



The Sportarray Roundup

- Sporting opportunities for disabled people in North Somerset -

Introduction

Welcome to the latest edition of the Sportarray Roundup, aimed at anyone involved or interested in local, inclusive sport.

Sportarray is a North Somerset Council initiative aiming to increase the number of people with a disability or long-term health condition regularly playing sport. We support clubs, coaches and volunteers to gain knowledge and skills to provide inclusive sport sessions as part of their club activities.



The sun was out at our recent inclusive sport open day - find out more below
[photo by Weston Mercury]

Events

- Sun shines on first inclusive sport event in the park

People across North Somerset with a disability or long-term health condition enjoyed trying a range of free activities and sports tasters at an inclusive sport taster day in Weston-super-Mare on 10 April.



The event at Grove Park provided a free opportunity for people of all ages to play golf, tennis, cricket, archery, tag rugby, boccia and dance.

The day was organised by Weston College and North Somerset Council's Sportarray programme, aiming to highlight the local inclusive sports provision available.

To find out more about Sportarray in North Somerset visit www.n-somerset.gov.uk/sportarray

For inclusive sport and physical activity opportunities across the West of England visit www.sportsrush.org.uk or follow on Twitter @SportsRushWest
[photo and article adapted from Weston Mercury]

- Mobiloo

If you're looking for an accessible loo for your sports event or activity then Mobiloo could be for you. The facility has all the equipment you need (hoist, changing table, tail-lift etc.) in the back of a custom-built vehicle - the first of its kind.

Mobiloo is owned and operated by Active Impact, a community interest company whose aim is to break through the barriers that may prevent disabled people from engaging.

For more information see www.mobiloo.org.uk, email info@mobiloo.org.uk or call James Brown on 0330 030 1255.

Local roundup...

- *Swimathon Grant - new aquatic movement therapy sessions*

The Swimathon Foundation has awarded a community grant of £2,000 to leisure centre operator 'Places for People' to deliver rehabilitation swimming sessions in Portishead.

Parish Wharf Leisure Centre will provide swim and aquatic-related instructor-led sessions for customers rehabilitating from cardiac or stroke episodes and their carers. The sessions begin on Tuesday 7 June, 9.30 - 10am. The cost will be £2.50. The fee includes a free tea/coffee. Carers swim free of charge.

For more information please contact Parish Wharf on 01275 848 494.

- *Mencap's Cool Summer Club returns*

Mencap's Cool Summer Club (CSC) is aimed at disabled people aged 16 - 30 who are looking for sociable, enjoyable activity during the afternoons this summer.

The club will run on the following dates:

- Monday 8 and Wednesday 10 August
- Monday 15 and Wednesday 17 August
- Monday 22 and Wednesday 24 August

The sessions will take place at Nailsea Methodist Church, Silver Street, Nailsea BS48 2DS, and each one runs from 1.30 - 4.00pm.

If you want to come to the CSC sessions then you need to request a booking form to return with payment by 24 June at the very latest (cheques payable to North Somerset Mencap). The session price is £5.

There are some new activities to try this year, such as zumba and radio skills, as well as welcoming new volunteers.

To request a booking form or find out more please call Carole Pullen, Project Coordinator, on 07796 501 671 or email carolensm@blueyonder.co.uk

- New look Weston Ability FC

Weston Ability (formerly Worle Ability Juniors) is a football club solely for children and adults with learning difficulties or disabilities.

The club has recently set up a development section aimed at children between the ages of 10 and 14. The sessions are led by FA-qualified coaches with 18 years' experience of working with autistic children. All abilities welcome.

Come along to two free taster sessions on Saturday 21 and 28 May, 10am - 12 noon at Kewstoke Village Hall, Weston-super-Mare.

Thereafter, regular club sessions will take place as follows:

- Sundays, 10 - 11am, for ages 10 to 14
- Sundays, 11am - 12 noon for ages 14 to adult

To find out more call Dave Edmonds, Weston Ability FC, on 07442 162 744 or email weston.abilityfc@gmail.com



Weston Ability Football Club



- Outdoor cycling this summer!

As the weather improves and the evenings get lighter In2Biking Club in Weston will be running its Friday evening and Saturday afternoon sessions outdoors in the large car park at Worle Community School.

In-2-Biking is the first group within North Somerset to join Special Olympics Great Britain (SOGB) and the club is currently identifying future cycling events that some of its participants may like to get involved in.

SOGB is the country's largest provider of year-round sports training and competition programmes for children and adults with learning disabilities in Great Britain. Their aim is to establish more Special Olympics sports clubs, local, regional and national competitions, as well as working in partnership with existing local mainstream sports groups and helping to make them inclusive for children and adults with learning disabilities.

To find out more about In2Biking Club call Lin Thomas on 07557 132 680 or email info@age2age.org

For further details about the Special Olympics in North Somerset, including how to get your club involved, please call the Sport and Active Lifestyles Team on 01275 882 734 or email sportarray@n-somerset.gov.uk

- Feel good badminton

Sportarray and North Somerset's Leisure Team is supporting new badminton sessions launched by the Carlton Centre aimed at adults seeking support to improve their mental health.



The badminton sessions take place on Monday afternoons, 3 - 4pm at Clevedon's Strode Leisure Centre.

To find out how to get involved call Martin Pickford at the Carlton Centre on 01934 426 442 or email martin.pickford@n-somerset.gov.uk

Regional roundup...

- Somerset County Sports Association for the Disabled - Have a Go Day

Spring into Action

Date

Sunday 22 May

Venue

The Royal Bath and West Showground
Shepton Mallet, Somerset, BA4 6QN



10.30am start - 4:30pm finish

For all disabilities and all ages

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The events will be:

Discus	Javelin
Shot	Club
Light Ball	60 m Walk
60 m Run	60 m Wheelchair Dash
Fly Casting	Air Rifle
Short Mat Bowls	Table Tennis
Bean Bag (Target)	Skittles

- ❖ The hot food van will be on site during the day but if you wish to bring your own please do so
- ❖ Raffle tickets will be on sale during the day and the draw will take place at the end of the day

For more details please call 01747 840 412 or email peakashes@btinternet.com

- Your chance to swim in Bristol

Swifts Inclusive Sport Swimming Club (formally Avon Swifts SC) organises swimming sessions for disabled people.

The sessions take place on Wednesday evenings, 7 - 8pm at Henbury Leisure Centre, Avonmouth Way, Bristol, BS10 7NG. The cost is £2.50 for adults and £1 for under 16s. Anyone over the age of four years is welcome.

The club offers provision for any disability impairment. A carer is required to help with changing and assisting in water. The carer swims free.

For more information please call Alan Kingscott on 0117 942 7246 or email akingscott@btinternet.com

- Upcoming Tandem taster day for people who are blind or visually impaired - Bristol

Life Cycle UK's 'Two's Company' initiative is organising free sociable group taster tandem rides for young people and adults who are blind or visually impaired. The taster offers anyone a chance to try riding on the back of a tandem with an experienced volunteer before deciding to join regular rides.

The next tandem taster day is in Bristol's Queen's Square on Saturday 4 June between 10am and 2pm. The event will have tandems available suitable for adults and children, and experienced front riders on hand to give people a trial ride.

It will also be an opportunity to meet some of Two's Company's existing members and find out more about the group and the organised group rides. There are toilets and refreshments available at the event.

For further details please call Robin Lapworth, Two's Company Coordinator and Cycle Instructor, on 0117 353 4580 or email tandemrides@lifecycleuk.org.uk
Visit the scheme's webpage at www.lifecycleuk.org.uk/tandem-rides

@Go Kids Go!

Independence through mobility



Skills
Games



A great chance to meet other young wheelchair-users and to learn skills to help you become more independent. Extra wheelchairs provided for mums, dads, brothers and sisters to join in with the games.

We welcome young people from 2 - 18 years.

TV presenter Ade Adepitan learnt his skills here. Why don't you?

Free Wheelchair Skills Workshop

Saturday 16 July, 10am - 3pm

Stroud High School, Beards Lane, Cainscross Road,

Stroud, Gloucestershire, GL5 4HF

To reserve a place email roy@gokidsgo.org.uk

or call 01482 887163



www.go-kids-go.org.uk

- Gloucestershire Growlers Visually Impaired County Cricket Club

Gloucestershire Growlers is a visually-impaired (VI) cricket team based in Gloucestershire on the lookout for new players.

If you are blind or visually impaired and would like to have fun and take part in a sport, then VI cricket provides the perfect opportunity. This club offers you the chance to take part in training sessions delivered by qualified coaches.

VI cricket is played under rules adapted to suit blind and visually-impaired players. The ball is a size three football and the wickets are larger than standard ones. Players are classified in different categories depending on the quality of their vision. A team is made up of 11 players and must contain at least three totally blind players.

Any person, male or female, aged 11 or older is allowed to play VI cricket. The club has players of all ages. Most club members are playing cricket for the first time, so you don't have to worry if you've not played before.

Gloucestershire Growlers is also keen to encourage new volunteers to help the club reach its full potential. A range of support is needed and very welcome.

If you would like to give VI cricket a go then please call Marc Gulwell, Club Chairman, on 01242 221 170 or email mrwgulwell@gmail.com

Promotion

- All-new LD4U website for North Somerset!

The brand new website for adults with Learning Disabilities in North Somerset has recently launched.

Brought together by the Community Team for People with Learning Disabilities, the accessible online hub offers a great range of advice and resources to help local people with learning disabilities to look after themselves, be independent and find activities to get involved in.

Check it out now at www.ld4u.org.uk

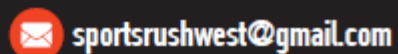
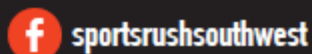
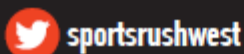
- West of England inclusive sport club finder and Twitter feed

A red rectangular area containing a white text box. The border of the red area is decorated with white icons representing various sports: basketball, wheelchair basketball, football, swimming, wheelchair tennis, badminton, table tennis, tennis, and basketball. The text box in the center contains the following text:

SportsRush is a dedicated sport and physical activity website for people with any disability, sensory impairment, long term health condition or chronic pain

If you would prefer to talk to somebody to find out more about your local activities, please phone one of the numbers below...

Access Sport / Bristol City Council Julia Williams 07917 753937	North Somerset Council Bob Hill 01275 882734
Bath and North East Somerset Council Natalie Tanner 01225 396979	South Gloucestershire Council Alison Finn 01454 865821



National roundup...

- British Blind Sport expands education library

British Blind Sport (BBS), the national disability sport organisation committed to enhancing and improving sport and physical activity for people living with sight loss, is pleased to announce the publication of its fifth educational resource.



The Visually Impaired Friendly Sport resource offers in-depth guidance and advice to help sport providers learn more about the impairment and how to adapt and modify sport to ensure any sport or physical activity session is inclusive and accessible to a person with a visual impairment (VI).

Visually Impaired Friendly Sport follows a series of sport-specific resources published by BBS over the last two years.

By utilising this resource, coaches, PE Teachers and sports leaders will:

- Understand sight loss
- Gain knowledge of specific eye conditions
- Learn about guiding and supporting VI people
- Adapt and modify sports and physical activity to include visually impaired people into mainstream sessions
- Understand the pathways available for VI people

BBS Chief Executive Officer, Alaina MacGregor said: "Our resources are used across the UK in schools and sports clubs to assist others to enable visually impaired people to become more active. We have such positive feedback from sports coaches who all want to use the resources to develop their skills and knowledge to increase participation in VI sport."

Visually Impaired Friendly Sport is available online to download in both PDF and plain Word format. It is also available in a printed version.

To request a printed copy of the resource please call 01926 424 247 or email info@britishblindsport.org.uk. For details visit www.britishblindsport.org.uk

- Government funding helps parkrun boost health of disabled groups

parkrun UK has been awarded government funding to embark on a three-year project, which aims to improve the health and wellbeing of disabled and excluded groups by increasing physical activity and social engagement.

The project will be funded through the Department of Health's Innovation, Excellence and Strategic Development Fund. It will initially focus on people from one or two impairment groups, then expand to cover all regions and a wide range of disabilities.

Other excluded groups will be added in response to local need and in partnership with public health leaders. Such groups have greater health needs than the rest of the population and would benefit more from increased physical activity, yet they are unlikely to see themselves as ill or in need of health interventions.

The project aims to:

- Support habitual physical activity and social engagement across all ages from four upwards
- Provide opportunities for all to participate in recreational running as a runner or volunteer
- Break down barriers to participation for those in the greatest need

Some communities are less well-represented within parkrun, including disabled people such as those with mobility impairment, learning disability, sensory impairments or enduring mental health problems.

North Somerset Council's Sport and Active Lifestyles team has recently launched the area's first junior parkrun.

Weston-super-Mare junior parkrun is a weekly, free 2k timed run for young people aged 4-14 years old. It's held every Sunday, 9am, at the 'Neighbourhood Open Space', Walford Avenue, Weston-super-Mare, BS22 7YZ. It's free to take part.

To find out more call Kira Thorpe, Active Lifestyles Development Officer, on 01275 882 731 or email westonsupermare-juniorsoffice@parkrun.com

Volunteering

- Leonard Cheshire Disability looking for volunteers in Weston-super-Mare

A charity supporting disabled people in Weston is looking for more volunteers.

Leonard Cheshire Disability, which is based at Birnbeck House in St Pauls Road, is looking for people to help its residents with various activities. This can include helping with cooking, arts and crafts or bowling - or perhaps a visit to a local sports club supported by Sportarray. Drivers are also needed for a few hours a week.

Carol Faulkner, volunteer co-ordinator at Birnbeck House, said: "We have a number of long or short-term volunteering opportunities and would encourage anyone interested to get in contact to find out more.

"There are plenty of ways to use your skills or perhaps share a hobby while working to support disabled people."

All volunteers will receive training to help them in their roles.

For more information please call Carol on 01934 626 498 or email carol.faulkner@leonardcheshire.org

[adapted from Weston Mercury]

- Sportarray needs you!

Would you like to volunteer in a local sports club? Interested in inclusive sport? How about one-off events?

We're looking to match volunteers with local sports clubs and events to help make new connections to support inclusive sport in North Somerset. It's a great way of gaining new skills for personal development and it benefits local sports clubs and disabled people.

To express your interest please call us on 01275 882 734 or email sportarray@n-somerset.gov.uk

Training

- Sportarray Training: Mental Health Awareness in sport and physical activity - review

A total of 21 local sport and physical activity stakeholders attended our recent Sportarray training session focusing on mental health awareness.

Over 60 requests to attend came from across the West of England, highlighting the demand for learning new skills and knowledge about mental health within the context of sport and physical activity.

We'd like to thank community interest company 'Trust in You' for providing the training.

- Places still available on tennis LD course

There are still places available on the Tennis Foundation's Learning Disability Tennis Course at Oxstalls Sports Park, Gloucester, on Thursday 26 May.

The course is aimed at accredited Level 2 and above tennis coaches who would like to develop their skills to work with tennis players with a learning disability.

The seven-hour course will improve the participant's knowledge, confidence and delivery of learning disability tennis sessions. The course involves a large practical element which may involve coaching players with disabilities.

It is highly unlikely there will be any further learning disabilities courses in the South West this year, so please make the most of this opportunity to attend this course.

Book your place online at www.tinyurl.com/gqxnoph

For further details about this or any other courses offered by the Tennis Foundation call Richard Ayling, Disability Tennis Development Manager (South West), on 07958 302 327 or email richard.ayling@tennisfoundation.org.uk

Funding

- Barchester Healthcare Foundation

Grants of up to £5,000 are available to small local groups / charities to improve the quality of life for older people as well as adults with a physical or mental disability, where health and/or social care needs cannot be met by the statutory public sector or by the individual. There are no deadlines and applications can be submitted at any time. The target groups are:

- Older people 65+
- Adults (18+) with a physical disability
- Adults (18+) with a mental disability

The foundation favours applications that help improve people's mobility, independence and quality of life. This year the focus is about connecting people with others in their local community, combating loneliness and enabling people to be active and engaged.

To find out more visit www.bhcfoundation.org.uk/request-our-help, email info@bhcfoundation.org.uk or call 0800 328 3328.

- Wesport's Grant Funding Support Service

If your organisation or club is looking to develop your coaches, volunteers, upgrade your facilities or equipment, then Wesport's Grant Funding Support Team is ready to help.

The service can help you access grant funding to deliver fantastic sporting, physical activity and healthy living opportunities across the West.

Access up to £10,000 to allow you to fulfil your organisations' aims and objectives through the delivery of high-quality community-based projects to increase sports participation, promote education and training and help improve the health of your local community.

If you are interested in this service call Sarah Casselden on 0117 328 6250 or email sarah.casselden@wesport.org.uk

Tweet!

We're part of a West of England partnership raising the profile and scope of inclusive sport. For news and alerts about inclusive/disability sport events, clubs and activities across the West of England follow SportsRush on Twitter.



To stay in the know go to twitter.com/SportsRushWest

For a full club directory and forthcoming events visit www.sportsrush.org.uk

Blog on!

Go4Life - North Somerset's brand for promoting healthy and active lifestyles - has launched its own blog. It's the place to go for any stakeholders in the physical activity sector - providing local news and views on health and exercise.

To see for yourself and to register for free updates visit <http://go4lifens.wordpress.com>

Sportarray - who to contact

Thanks for reading the Sportarray Roundup. We hope you enjoyed it!

If you have any comments or suggestions about this newsletter it would be great to hear from you. Please contact us via the following methods...

- Post: Sport and Active Lifestyles team, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ
- Tel: 01275 882 734
- Email: sportarray@n-somerset.gov.uk
- Log on: www.n-somerset.gov.uk/sportarray

