Active Wellbeing Pack

FUN AND INCLUSIVE ACTIVITIES FOR YOUR WHOLE FAMILY!

Brought to you by...

NOVA SPORTS & COACHING

ACCESS SPORT
Transforming lives through sport

with support from...

somerset COMMUNITY | FOUNDATION

sasp
Somerset Activity & Sports Partnership

SOMERSET
County Council



Get in Touch!

We would love to hear from you for:

- Feedback on the activity packs and what you get up to
- If you need more ideas on how to adapt activities or stay active at home
- Any questions on any of the clubs or sessions shown
- You'd like additional resources printed

For more information and ideas visit:
www.sasp.co.uk/be-active-at-home

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@AccessSport @NovaSportsAndCoaching @SASPsomerset

Hello!

We hope you are excited as much as we are for your new Active Wellbeing Pack!

If you flick through this Activity Booklet you will find:

Activity Cards with fun inclusive sport activities to try at home, in your garden or the local park

Sport Specific Activity Cards for you to practice your skills

Wellbeing Activity Cards to help you look after your mind as well as your body

Information on more activities that you can access online

We hope you enjoy your Active Wellbeing Pack, and we look forward to hearing how you use it.

Take Care,

Access Sport & Nova Sports and Coaching

Top Tips!

- Wash your hands and clean your equipment before and after use
- Make sure you've got sufficient space and moved anything that might get broken
- Do a warm up before you start your activity, and a cool down after you finish - this will help stop your muscles aching, and helps prevents injury
- Make sure you drink lots of water to keep hydrated
- Aim to do 30-60 minutes of physical activity a day. This doesn't have to be all in one go. You could play a 10 minute game, go on a 10 minute walk and practice a challenge for 10 minutes too!

STEP

By altering the elements of STEP, it enables you to make activities more inclusive and adapted to your specific needs. Here we have included some tips from Activity Alliance.

Space

- Surface type:
  - Easier surface: pavement or wooden floors
  - Challenging surface: Grass or carpet (but provides some cushioning)
- Target games: expand space to make more challenging. This can be done in terms of distance and height!

Task

- Try sitting instead of standing, and vice versa
- Work on different coordination activities, e.g. tapping your head and rubbing your chest
- Think about different ways to interpret moving (in all directions)
- Set yourself challenges to beat

Equipment

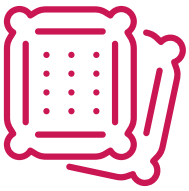
- Check out our list of alternative equipment. Household objects can easily be incorporated into various activities.
- Think about weight, size and shape when making easier/harder
- E.g. Balloons are lighter and larger than balls making them a great alternative when learning or for those with limited mobility

People

- Do activities with other individuals
- Work together for balancing games or activities
- Make it a competition between yourself and others to build up motivation.
- Why not play with pets! Tug of war and fetch are very active games

what to use?

Play using items you have at home



Beanbags **or** Zip lock Bags filled with rice or beans





Balls **or** Rolled socks, balloons, scrunched paper





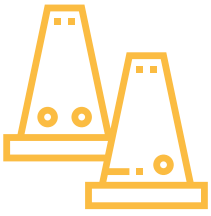
Target **or** Cushions, bucket, saucepan, bowl, bin





Net **or** String, chair, table





Cones **or** Cups, Toilet Roll, Tins or Water bottles



Home Activities!

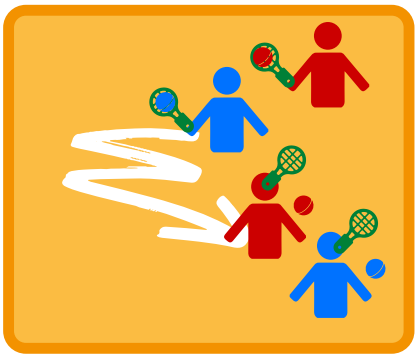
Fun and inclusive activities for you and your family!

Equipment

- Any equipment e.g. football or racket & ball
- Cones

Activities

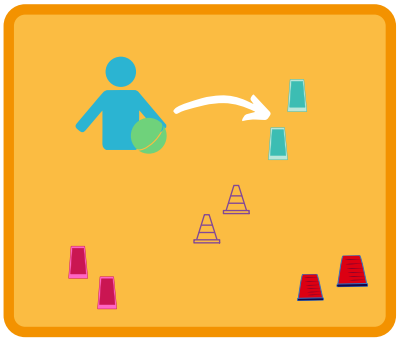
Follow the Leader



- With a partner, each person has your chosen piece or equipment e.g. ball, racket and ball
- Move around your space, with one person as the leader and the other to copy
- Do different skills like dribbling, bouncing the ball on your racket side to side, or round different obstacles

Through the Gates

- Create 'gates' using pairs of cones
- Dribble, kick or roll the ball through each gate - each one you go through is 1 point
- See how many points you can score in an allotted time



Cool Down

Balance Beam

- Create a balance beam using a towel on the floor
- Can you balance & do different stretches without stepping off your beam?

Challenge!

Around the World

How many times can you pass a ball round your waist, head or legs in 60 seconds?

Home Activities!

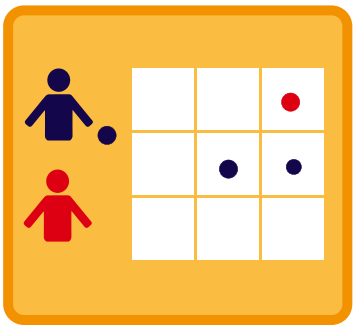
Fun and inclusive activities for you and your family!

Equipment

- Small Balls
- Cones
- Bean Bags
- Towel/cushions/tape

Activities

Noughts and Crosses



- Create a 3 x 3 grid on the floor - you could use towels to make lines or cushions to make squares.
- You will need an opponent and you will both need 5 objects to throw.
- The aim is to get 3 of your objects in a row: vertically, horizontally or diagonally.

King of the Cones

- Each player should have 3 cones lined up in front of them.
- With a soft ball, roll the ball to hit your opponents cones.
- If you hit the cone, you get to take their cone and add it to your line.
- The winner is the first person to get all the cones.



Cool Down

Number Yoga

- Can you make the numbers from your birthday date?
- Lay down or standing up try to be different numbers stretching & relaxing your muscles.

Challenge!

Clap Catch

Throw a ball in the air & see how many times you can clap before catching it again.

Home Activities!

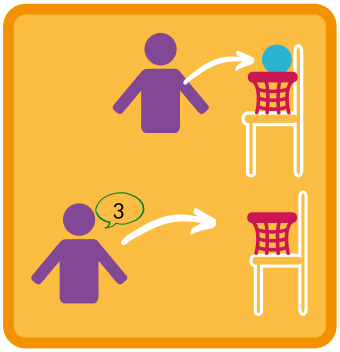
Fun and inclusive activities for you and your family!

Equipment

- Small Balls
- Target
- Net
- Rackets

Activities

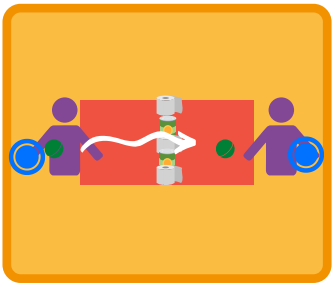
Countdown



- Use a bucket, bowl or a saucepan as a net to throw in.
- Starting close to the bucket throw a ball (or rolled up socks)
- Each time you get it in take one step back, if you miss, you have to take one step forward closer to the net.
- See how far away you can get away from your net.

Table Tennis

- Use tins or a towel as a net, with your rackets and small soft ball.
- See how many times you can get it over the net without it hitting the table.
- Or play a game, try to get each other out by making it difficult to return the ball.



Cool Down

Copy Cat

- Standing in front of your partner, copy each other's movements and stretches.
- Be imaginative as you stretch out & relax your muscles.

Challenge!

Scissors

How many times can you scissor your arms or legs in 1 minute. Just move in and out!

Home Activities!

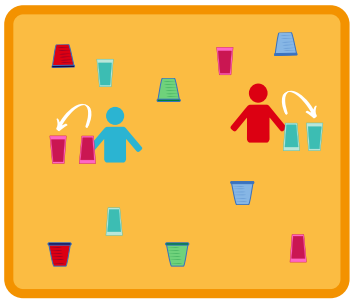
Fun and inclusive activities for you and your family!

Equipment

- Any Ball
- Cones

Activities

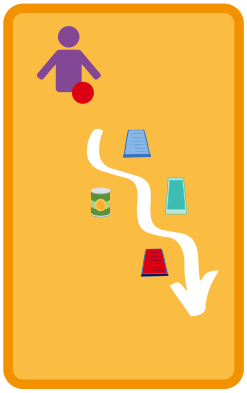
Cups and Saucers



- In your space scatter cones with some cones the right way (Saucers), some cones upside down (Cups)
- You can play this on your own, or with your family, but team up to be Cups or Saucers
- In a set time, one team has to try and make all the cups look like Cups, and one team has to make them all Saucers

Snake

- Set out cones, tins or cups in a long line with space between each to get through
- Like a snake - run, dribble or balance a ball, in and out of the cones
- You can make it harder by making the space smaller or speeding it up



Cool Down

Wildlife Walk

- Pretend you are walking through the woods, stretch & pretend to be different things you would find in the woods. Stretch tall like a tree, or small like a mouse.

Challenge!

Rainbow Race

Race to collect different coloured objects from around your house and make a rainbow!

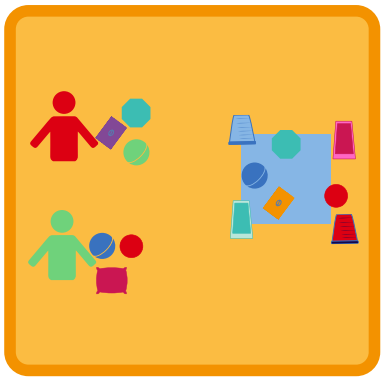
Home Activities!

Fun and inclusive activities for you and your family!

Equipment

- Small Balls
- Bean Bags
- Cones

Activities



Into The Box

- Create a square using cones
- With a partner, take it in turns to throw objects in your 'box'
- The person with the most balls in the square wins!
- You can make it harder by making the square smaller or stepping back

Battle Ships

- In pairs, create 'Ships' out of cones/tins
- You can have single small ships, or big ships made up of 3-4 cones
- Each player should have 5 ships each and should spread them around the space
- Using a ball, you should take turns to try and to hit your partners ships to make them explode!



Cool Down

Mirror Mirror

- Standing in front of your partner, copy each other's movements & stretches like you're looking in a mirror

Challenge!

Tetris

- How high can you stack your different pieces of equipment?

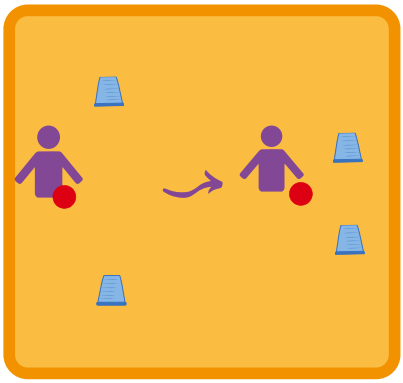
Home Activities!

Fun and inclusive activities for you and your family!

Equipment

- Any Ball
- Cones

Activities

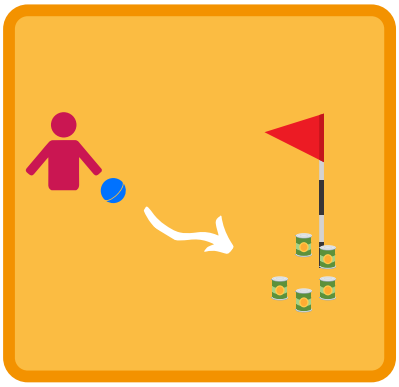


Goal!!!

- Create a goal using cones.
- You have to kick or roll the ball between the goal.
- Each time you score, make the goal smaller. If you miss it, do a forfeit e.g. 5 toe touches, or 5 star jumps.
- Keep going till you have a tiny goal!

Big Ball Golf

- Create a 'Golf Course' using cones and different objects to make 5 holes around your house.
- You can kick, push or hit the ball in to the holes.
- See how many turns it takes for you to get the ball to stop on your hole.
- Can you get a HOLE IN ONE?!



Cool Down

Alphabet Yoga

- Try & spell your name through different stretches/yoga moves.
- You can do it standing, lying, or however you can think!

Challenge!

Hot Potato

- How many times can you throw a ball between your family without dropping it?

Intro to Tennis!

Open Court
Disabilty Tennis

1. Bounce Catch Rallies

Good to start looking at the ball, standing sideways on and throwing to where you want it to go - accuracy.

- Ready/Warrior position: feet apart, bend knees, arms outstretched at hip height, ball between your palms.
- Drop the ball and catch it after it bounces with both or 1 hand(s). Moving your hands to come under the ball – x10 in a row.
- Same again with a partner taking it in turns to catch and pop up the ball – the start of a rally. Move around to make it harder.
- Hold the ball in both hands, turn your body and throw the ball from the side - partner can catch either with 2 rackets or mitts or both hands or one of each.

Tip: Bend your knees when catching – always keep your eyes on the ball to track it into your hands for a successful catch

2. Floor Tennis / Handball Rally

Great way to get control of the ball and introduce a cooperative rally

- Standing or sitting sideways on
- Roll the ball back and forth with your hand or a racket to a partner or a target
- Splat the ball with a racket or your hand to stop it before sending it back - this is sending and receiving the ball – a rally!
- Make a goal with two cones and aim to roll it through. How accurate are you with your hitting?
- Increase or decrease the size of the goal, or move closer/further away from your partner to make it easier/harder. Can you successfully hit 10 in a row through the goal?

Extra challenge! Try hitting with the other side of the racket across your body – This is the backhand

For video examples and more resources visit:
https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/

Intro to Tennis!

Open Court
Disabilty Tennis

3. Switch Catch

Good for hand/eye coordination and cooperation with your partner

- Stand close to your partner each with a ball
- Hold the ball with your arm out straight
- Both drop the ball at the same time and try to catch each other's ball after the bounce
- To progress, move further away

4. Fantastic Forehands

- Starfish position: standing/sitting sideways to where you are going to hit, feet apart, racket in hand held below waist behind back foot, hold the ball in the other hand with arm out straight at shoulder level in front of you
- Drop the ball, let it bounce, bend your knees and tap to a partner (make an arc/rainbow shape with the racket in a smooth motion)
- Your partner can catch the ball and underarm throw back for you to catch between your hand and racket strings. Repeat x10
- To hit the ball further, have a bigger swing low to high

Tip: Hit the ball (contact point) out in front of your feet at waist height

5. Bulls Eye

Great for accuracy and hand/eye coordination

- Place a target a little way away from you and throw the ball underarm to hit it
- Progress to self-feed a forehand - how many times can you hit it?
- If you have a wall put a marker on it to aim at – throw or hit the ball gently and let the ball bounce before either catching it or hit it again to have a rally against the wall
    - NB: you will need quite a bit of space for this!

Tip: Remember to stand/sit sideways on to the target

Intro to Boccia!

How To Play

- You can use beanbags, boules balls or rolled up socks to play
- Make sure you play sitting down! You can throw or roll the ball however you want. Play 1 vs 1 or in a team
  - Throw out a target ball (usually a different colour).
  - Players aim to get their balls closer to the target than their opponent.
  - During play, if your ball is closest, the other player throws.
  - Once all have been played, see who is closest to decide your winner!

The red team are closest, so the green team should throw next



Skills Practice

1. DISTANCE

Warm up by trying to get all of your balls to stop on a towel placed horizontal. Vary how far away you put the towel.

2. ACCURACY

Aim to get your ball to hit a cone (or tin can!). If you hit the cone you get to keep it. Who can collect the most cones?

3. POWER

Find a larger ball. Throw or roll your balls to knock it towards a wall. Now try to knock over a bag of pasta!

More activities and information:

- GEM Boccia Facebook page - weekly challenges
- Boccia England - www.bocciaengland.org.uk/staying-active-at-home

Super1s Cricket

1. Catching Challenges

- Throw a ball up as high as you can. How many claps can you do before you catch it?

- With a partner throw a ball to each other 10 times from 3m, 5m and 10m. How many catches out of 30 can you do?

2. Throwing Challenges

- Throw a ball at a set of cricket stumps (or another target) from 3m, 5m and 10m. Have three throws at each distance. How many hits out of 15 can you get?

- Have 3 hoops (or coned areas) 2m, 4m, and 8m away. Have five throws. 5 points for the closest hoop. 10 points for the middle hoop and 20 points for the furthest hoop. How many points can you score?

3. Batting Challenges

- How many times can you tap the ball on the bat without it touching the ground?

- Hit a ball off a tee/cone through a 3 m target from 5m away. How many times in 5 goes can you get it through the target?

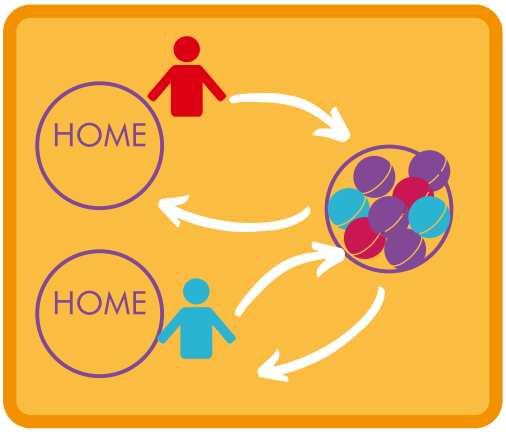
More activities and information:

- Super1s Gloucestershire Facebook page
- Super 1s website
  - https://www.gloucestershirecricketboard.com/disability-cricket/lords-taverners-super-1s/
- The Lord Taverners Super1s Staying Active at Home pack
  - https://www.lordstaverners.org/how-we-help/charitable-programmes/super-1s/staying-active-at-home/

Ball Sports Fun!

Collection Chaos!

- Using cones mark out a large circle where all balls are kept.
- Each player has a "home base" where they start from and collect their balls.
- Players can turn-take to collect balls from circle - or the player with the most balls wins!



Space

- Reduce space between circle and home base to help focus individuals.
- Increase space between circle and home base to increase physical exertion.
- Raise circle onto table-top to aid wheelchair users.

Task

- PERSONAL BEST – collect as many balls in set time. Can you beat it?
- BEST FRIENDS – in pairs tag team to collect balls, focus on the tag and communication of turn-taking.
- BEST WAY – alternating between travelling and ball control methods – carry, dribble, bounce, pass back to your team or to your home base.

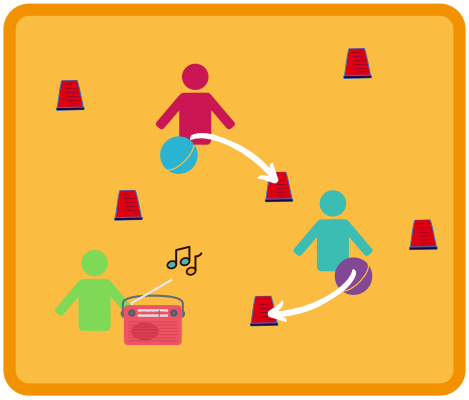
Explore-A-Ball

- Gather around a selection of balls (different shape, size, colour, texture etc)
- When the music starts, choose a ball to play with either independently or share
- Practice passing, rolling, holding, kicking, bouncing etc
- When the music stops, all the balls must return to the start position
- Option to introduce rules on who goes (e.g. when their name/hair colour is called/signed) or what ball to explore (e.g. balls that bounce/have yellow in)

Ball Sports Fun!

Collection Chaos!

- Place spots/cones around the playing space at random
- Move around the space dribbling or holding a ball
- When the music stops, find a spot on the floor to stop on or a cone to stand next to. Only one person per spot!



Space

- Larger space to allow more freedom
- Smaller space to challenge ball control

Equipment

- Flag / Stop / Go signs instead of music
- Larger balls to assist feet contact, or tactile balls

Task

- HOLD IT – players hold the ball until comfortable with task
- FOLLOW IT – players kick ball and move to where it stops. Allow them to pick the ball up to move to spot/cone
- TAP IT – toe taps on top of ball when on spot/cone
- TACKLE IT - introduce tackling whilst the music is playing!
- PASS IT - when the music stops, pass the ball with another player and then move to a spot/cone
- SCORE IT - introduce a goal or bucket for players to score in when the music stops

Ball Massage

- Use a range of sensory objects (soft/hard, squishy, twiddly) and/or balls (football, tennis)
- Be in a comfortable seated position with ambient music/ lighting.
- Roll balls in palm of hand, slowly progressing to different parts of the body.
- My time: individual massage
- Our time: shared massage

Take Notice

What has made you smile?



Smile Diary

- It is important to notice the little things that make you smile and bring you joy.
- Use the below schedule to write down or draw one thing every day that has made you happy
- This could be anything! Listen to your favourite song, see something cool, or give someone in your house a hug?

Monday	Tuesday	Wednesday

Thursday	Friday

Saturday	Sunday

Mindfulness

Here are some mindful activities

Touch, Sight, Sound

- TOUCH: Put a selection of mystery items in a bag and take turns feeling one object at a time and guess what it is as you describe the texture and shape.
- SIGHT: Look around the room in silence for one minute and point out all of the things you never noticed before.
- SOUND: Set a timer for one minute and count how many different sounds you can hear with your eyes closed, and then share what you heard with each other.

Hi-5 Breathing

- You can use your own hand, someone else's or the one drawn here
- Start on the outside of your thumb, breath in and trace the outline of your thumb
- Hold your breath at the top then breath out and continue round your fingers



Tense and Release - Muscle Relaxation

- Starting at the feet, gently squeeze your muscles for a few seconds and then slowly relax your muscles
- Next squeeze the muscles in your lower legs and gently release.
- Work your way up your body, gently squeezing your muscles for a few seconds and slowly relaxing each muscle
- Remember to breathe deeply!

Online Activities

If you do not have access to the internet then please get in touch and we can arrange for resources to be printed where possible.

Local Bristol Groups

- **Gympanzees 'Our Home'**
  www.gympanzees.org/get-involved/our-home
  - Videos and resources specific to children with different play & exercise needs
  - Specific subject small group zoom calls for parents with a different topic each week, previous topics have included proprioception and high tone spasticity - details on Facebook page or email info@gympanzees.org
- **The Lockdown Bike Club by Access Sport's Making Trax Programme**
  www.accesssport.org.uk/lockdown-bike-club-activities
  - A collection of cycling based activities, videos and resources from different providers
  - Activities that can be done with and without a bike
- **GEM Boccia Club**
  - Weekly boccia challenges on their Facebook page
- **Lord Taverners Super1s**
  www.lordstaverners.org/how-we-help/charitable-programmes/super-1s/staying-active-at-home/
  - Weekly cricket based challenges and activities on their website
  - Additional activities on the Super1s Gloucestershire Facebook page
- **Bristol Bears Community Foundation**
  - Daily videos following a weekly schedule on Facebook and Youtube with activities that are suitable for all, including those with more severe learning difficulties.
- **Flamingo Chicks**
  www.flamingochicks.org/athome/
  - Virtual dance class videos with different themes
  - Adaptations for different levels of mobility and Makaton signed

Online Activities

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National Disability Sport Organisations

- **British Blind Sport**
  - https://britishblindsport.org.uk/stay-in-work-out/
  - Videos with good audio description for a variety of activity types
- **WheelPower - Seated Adaptive Yoga**
  - https://www.wheelpower.org.uk/resources
  - Videos of seated workouts including yoga, cardio and resistance bands
- **DS Active**
  - https://www.downs-syndrome.org.uk/coronavirus-covid-19/keeping-fit-and-healthy-at-home/
  - Videos of home exercises, football, boccia, table cricket and their Challenge 50
- **Cerebral Palsy Sport**
  - http://www.cpsport.org/resources/resources/health-and-wellbeing/
  - Downloadable resources of nutrition, stretching and mobility
- **Special Olympics GB**
  - https://www.specialolympicsgb.org.uk/coronavirus
  - Downloadable resource of Young Athletes at Home and links to other fitness videos
- **Limb Power**
  - https://limbpower.com/index.php/resources/toolkit-videos
  - Search for LimbPower: Stay In Stay Active on Facebook
  - Videos focusing on different fitness components
- **Dwarf Sports Association UK**
  - https://www.dsauk.org/news/nfeed/
  - Combination of workouts that can be printed off or videos to follow
- **UK Deaf Sport**
  - https://ukdeafsport.org.uk/deafstayinworkout/
  - Links to Live Workouts on their website that are either BSL interpreted or with captions

Online Activities

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Other Fun Things on the Web

- **140 Fun Things to Do Indoors**
  - https://www.learningandexploringthroughplay.com/2020/03/140-fun-things-to-do-indoors.html#more
  - Loads of ideas including games, crafts, projects and play
- **Cosmic Kids Yoga**
  - https://www.youtube.com/user/CosmicKidsYoga
  - Yoga, mindfulness and relaxation specially designed for kids
- **Superhero Series #SofaSuperheroes**
  - Fun live & recorded workouts on their Facebook page
  - Seated and standing options with clear instructions and demonstrations
- **RFL Active at Home Activity Toolkit**
  - http://secure.rugby-league.com/ign_docs/Active2fromhome.pdf
  - Booklet of seated strength, cardio & stretching exercises that could be adapted to standing if preferred.
  - Diagrams, descriptions and videos for each exercise.
- **#ThisGirlCan - Disney Dance-Alongs**
  - https://www.thisgirlcan.co.uk/activities/disney-workouts/
  - A fun way to get moving - great for children and adults alike
- **Glen Higgins Fitness - Get Kids Moving**
  - https://www.youtube.com/user/Glennhigginsfitness
  - Themed fitness videos: Harry Potter, DC Comics, Star Wars etc
  - Visual demonstration, no audio and typically standing
- **Couch to 5k**
  - https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/
  - A plan to take total beginners to running for 30 mins
- **Motor Activity Training Programme**
  - https://www.youtube.com/watch?v=2exFuKxCooo
  - 10 minute video providing [pactical ideas for developing kicking, striking and dexterity for those with PMLD whilst at home

Live Sessions

Sessions that happen in 'real time' either for you to follow along or with interaction from the coach

- ★ All
- Blind / Visual Impairment
- Deaf / Hard of Hearing
- Learning Disability
- Autistic Spectrum Disorder
- Wheelchair User
- PMLD
- Ambulant Physical Impairment

Open Access

- **Daily 9am: PE with Joe** 🔴🟢🔵🔵
  - Live on The Body Coach youtube and posted after
  - 30 min class. Clear demonstrations but not much time is spent on each exercise which may make it challenging for some if more processing time is required. A lot of jumping and leg based movements so mostly not suitable for wheelchair users without considering other adaptations.
- **Bumble Bee Physio** ★
  - Mondays 11.00am - 'PMLD Superheroes' - children who may require hoisting, who need support to sit and may have reduced head control.
  - Tuesdays 11.00am - 'SDR superheroes' - primarily for children pre or post SDR surgery, but other children may also benefit: who are learning how to walk with a Kaye walker, or tripod sticks, or have cerebral palsy and spasticity or high tone.
  - Wednesdays 11.00am - every child of every ability, there are options for sitting, lying and standing with support.
  - Fridays 4.00pm - 'Differently abled superheroes' - children who can sit unaided and stand with support. This will be practising transitions and gross motor skills.
  - Live on Bumble Bee Physio Facebook and Youtube Channel
- **Weekdays 11am: Cray Wanderers - Fun Family Fitness** 🟢🔵🔵
  - Live on Facebook for you to join in and play games. No equipment needed, maybe the odd household item!
- **Monday 11am: Sofa Superheroes Workout** 🟢🔵🟠🟣🔵
  - Live 10-15 mins session on Facebook for you to join a fun exercise routine to music
- **Daily 5pm - Adapt to Perform - Wheelchair Workout** 🟠
  - Live on Youtube and Instagram for approx. 20 minute session

Live Sessions

Sessions that happen in 'real time' either for you to follow along or with interaction from the coach

- ★ All
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- Ambulant Physical Impairment

Sign up before to receive details

- **Tuesday 4pm: Maypole Project - Fun, Family, Fitness** ★
  - 20-30 mins of fun games for the whole family to join in with
  - To sign up, please contact phillipprice@themaypoleproject.co.uk with participant information and say you've been directed by Access Sport
- **Tuesday (Seated & Standing) & Friday (Seated) 6.30pm - Freewheelin** ● ●
  - Learn a new dance routine each week. Suitable for those with and without disabilities
  - Contact freewheelin@yahoo.com for details, £5 per class
- **Tuesday 7pm: Adaptive Martial Arts** ● ● ●
  - Beginner online sessions for you to learn self-defence whilst coaches provide feedback. Suitable for 6+ years
  - Express your interest by emailing info@adaptivema.co.uk
- **Thursday 7pm : FAM - Functional Adaptive Movement** ★
  - Strength & conditioning interactive class. A friendly, motivational session to improve your fitness - no previous experience needed!!
  - Secure your spot by emailing lizzie.edgecombe@accesssport.co.uk
- **Various times - KEEN - 10 virtual sessions a week** ★
  - Including sports, drama, yoga, crafts, cooking & choir, with something for everyone.
  - For more information and sign up, call 07806 743 595 or visit: https://www.keenuk.org/online-projects-1
- **Saturday 10am - The Lockdown Bike Hub** ● ● ● ●
  - 40mins HIIT Workout - mixture of upper body, lower body, cardio and mobility exercises
  - No equipment needed. Adaptations to the exercises will be provided, but if you have any specific requests please let us know prior to the session.
  - Details: www.facebook.com/groups/makingtraxclubhub/events/

Local Clubs

In Somerset there are lots of inclusive opportunities that will be resuming when COVID-19 has passed and it's safe to do so. This will vary between groups so please get in touch with any clubs that interest you and they will be able to keep you updated.

Frome Falcons Powerchair Football

Where: Frome
Who: Ages 4+ with a physical disability
Contact: Nova Sports and Coaching, jenny@novasportsandcoaching.co.uk

SuperNova Sports Club (Multi-Sport)

Where: Frome
Who: Ages 7 - 15 with learning disabilities and autism
Contact: Nova Sports and Coaching, jenny@novasportsandcoaching.co.uk

Wheelchair & Visually (VI) Tennis

Where: Taunton
Who: Youth and Senior
Contact: Ivor Griffiths (LTA) on langleycottage1212@gmail.com

Inclusive Swimming Sessions

Where: Yeovil
Who: Ages 12+ for any disability
Contact: Somerset Activity & Sports Partnership on CRidgwell@SASP.co.uk

Somerset Apache Stealers (Multi-sports)

Where: Yeovil
Who: Ages 10+ for any disability
Contact: Somerset Activity & Sports Partnership on CRidgwell@SASP.co.uk

Huish Tigers Football Club

Where: Taunton
Who: Ages 5 - 15 years, PAN Disability
Contact: Mike Ryan – mikery@richuish.ac.uk

South West Athletics Academy

Where: Exeter Contact: info@sw-athletics-academy.co.uk
Who: Open sessions for any age and ability plus specific disability days

Wellington AFC

Where: Wellington
Who: Youth and Senior, PAN Disability
Contact: Jason Fox on 07477 100529 or Colin Waller on 01823 667411

Get Active Together (Multi Sports & Outdoor)

Where: Taunton
Who: Ages 8 - 18 for children with a disability and their siblings
Contact: Somerset Activity & Sports Partnership on CRidgwell@SASP.co.uk

Somerset Wheelchair Sports Club (Multi-Sports)

Where: Taunton
Who: Ages 10+ all abilities welcome
Contact: Jane Cooke on jollyjane63@gmail.com

Somerset Wheelchair Sports Club (wheelchair Basketball)

Where: Taunton
Who: Ages 10+ all abilities welcome
Contact: Jane Cooke on jollyjane63@gmail.com

Disability Gymnastics

Where: Taunton
Who: Children and Youth session,
and adult
Contact: Parker School of Dance, patkerschoolofdance@outlook.com

Burcott & District Group (Horse Riding)

Where: Glastonbury
Who: Children with disabilities up
to the age of 18
Contact: Harry on harry.crowley@btinternet.com

South West Cerebral Palsy United Football Club

Where: Bridgwater
Who: For those with CP, all ages
Contact: Julie on jbswcp@gmail.com or 07775802317

Super 1s (Cricket)

Where: Bridgwater, Frome, Street, Taunton, Weston Super Mare & Yeovil
Who: 12-25 years of age, mild/ moderate LD or physical disability
Contact: steve.gass@somersetcricketboard.org

For more information and ideas visit:
www.sasp.co.uk/be-active-at-home

01823 653990

CRidgwell@SASP.co.uk

@AccessSport

@NovaSportsAndCoaching

@SASPsomerset