

Sainsbury's

Active Kids

For All

Inclusive Community
Training Programme

For all ages



Coventry, Solihull and Warwickshire Sport
Operations Manager



“Everyone taking part agreed it had been worthwhile and interesting. Thank you so much for an enjoyable, affirming and enabling session”



Rachel, the Operations Manager at Warwickshire based charity Enrych, attended a Sainsbury's Inclusive Community Training workshop hosted at Ardley Community Hall by Coventry, Solihull and Warwickshire (CSW) Sport. Rachel works with around a thousand disabled people aged 14 + in achieving their desired outcomes especially in the areas of leisure and sporting activities. She attended the training to open up possibilities for her charity to set up sporting activities for the people they support. The training has had a massive impact on her charity Enrych, with both Rachel and the people she works with benefitting hugely.

Before

Prior to attending the workshop, Rachel hadn't been on any sport specific courses and didn't deliver physical activities to the people she worked with. Therefore, she attended the training in order to gain knowledge and practical skills needed when assisting people to access sporting activities. Rachel attended the training expecting to learn new ways of adapting activities to make them accessible for a range of people with disabilities.

During

During the workshop, the key skills Rachel gained were; how to adapt sporting activities making them accessible for a range of disabled people, how to keep everyone at her sessions motivated and not to be scared of having a go at trying new things. These were relevant to Rachel as it will enable her and her staff at Enrych to run new groups, to involve more people in physical activity and to help people realise their goals.

After

The training has already had a positive impact on the disabled people she works with. It has given her and her staff the confidence to try new things as well as opening up possibilities for future projects and partnerships. This includes a new Accessible Walk event being planned for the New Year. Since the training, Rachel always keeps balloons handy and ready for impromptu activity games learnt at the workshop.

inspired
by 2012

“We enjoyed the sport training at our meeting as it meant we could also have a giggle as a team”

For more information about the Sainsbury's Inclusive Community Training Programme, including details of upcoming workshops, please contact AK4A@efds.co.uk / 01509 227751.

