Discover Your Ability 2026: They Were Told They Couldn't. They Proved They Could.

Tuesday 7 July, 2026

More than 250 participants from across the UK and Europe - came together in Norwich for Able2B's flagship “Discover Your Ability” event, helping raise more than £20,000 so far while proving that disability does not define potential.

From children taking their first independent steps to adults overcoming life-changing injuries and diagnoses, Discover Your Ability 2026 wasn't about competition - it was about changing perceptions, celebrating potential and demonstrating what can be achieved when we focus on ability rather than disability.

Children, young people and adults living with a wide range of disabilities, neurological conditions and long-term health conditions came together to tackle a series of physical challenges, not against one another, but alongside one another. United by encouragement, teamwork and the belief that everyone has something valuable to contribute, the event became a powerful celebration of inclusion and community.

For Able2B, Discover Your Ability is far more than its flagship annual event. It is a living demonstration of the charity's philosophy that when people are given the right support, high expectations and opportunities to succeed, extraordinary things really do happen.

Throughout the day, participants achieved milestones that many had once been told would never be possible.

Tommy, who suffered a global brain injury following an out-of-hospital cardiac arrest in his forties, was told he was unlikely to survive and would never walk or communicate again. This year he independently navigated the course in his powered wheelchair before walking the final 30 to 40 metres with support.

Holly, aged 24, had been unable to stand just four months ago after spending around three years in a wheelchair. On Sunday, she ran approximately 200 metres across the finish line.

Participants travelled from across the UK, Ireland and as far afield as Germany, including Anke, who lives with cerebral palsy. After being told she needed a hip replacement due to severe pain that had left her increasingly reliant on a wheelchair, she completed the entire course using hiking poles - pain free - following support from Able2B.

Eight-year-old Harry, who only three years ago relied on a K-walker and lacked the confidence to take part alongside other children, spent the day running lap after lap with his teammates, leaving his parents cheering proudly from the sidelines.

Yet as remarkable as these achievements were, they told only part of the story.

Rachael Hutchinson, Consultant Orthopaedic Surgeon and co-founder of Able2B, said: "What made the day so special was seeing people who had only met three times before come together as a team. They arrived with different experiences, different challenges and different goals, but by the end of the event they were encouraging one another, adapting to each other's needs and celebrating every finish line as if it were their own.

"In a society that can too often focus on labels, differences and limitations, Discover Your Ability showed something much more powerful. Inclusion isn't about treating everyone the same. It's about creating the right environment so every person has the opportunity to thrive."

Discover Your Ability reflects Able2B's belief that disability should never define potential. By focusing on strengths, providing expert support and creating inclusive opportunities, Able2B helps people achieve far more than they - or others - ever believed possible.

Jon Thaxton, former British and European boxing champion and co-founder of Able2B, said: "People often ask us what success looks like, and it isn't simply someone crossing a finish line. It's seeing people who have so often been defined by their diagnosis become teammates, encourage one another and discover what they're truly capable of.

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"That's what Discover Your Ability is all about. It's about changing perceptions, building confidence and proving that when people are given the right support and opportunities, they can achieve far more than they - or anyone else - ever thought possible."

As the final participants crossed the finish line, the lasting legacy of Discover Your Ability 2026 wasn't measured in laps completed or medals earned. It was measured in confidence gained, friendships formed and perceptions changed.

Planning is already underway for Discover Your Ability 2027 as Able2B continues its mission to help more children, young people and adults discover what they are capable of achieving.

The event has already raised more than £20,000, with donations continuing to come in from supporters inspired by the achievements and stories from the day.

Anyone wishing to support Able2B and help create more life-changing opportunities can donate via the Discover Your Ability 2026 JustGiving page:
https://www.justgiving.com/page/able2b-directors-23?utm_medium=FR&utm_source=CL

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