Get active outdoors with fully inclusive sports for Disabled people and their family and friends

Wednesday 22 August, 2018

Summer season has arrived! It is the perfect time to get active outdoors at Slade Gardens. Disability Advice Service Lambeth are inviting Disabled People plus family and friends to play friendly cricket, Boccia, and Volleyball with other adults, Coaches from Surrey Cricket Foundation and Disability Sports Coach. The next session is Wednesday 29th August from 10am to 12pm. Plus there is a programme of iSPA (inclusive sport and physical activities) all year round, cycling, swimming, ice skating, dancing, games and more (programme attached).

The One O' Clock Club is fully accessible, including for people who use wheelchairs. The space created is friendly and available for anyone to drop in between 10am-12pm.

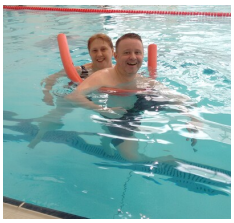
The Slade Gardens IntoSport Project completed a successful pilot project in the summer of 2017, hence the continuation of the project this summer and hopefully in the summer of 2019.

Disability Advice Service Lambeth would like Disabled people to be able to attend these all inclusive sessions where the activities are adapted to meet the individual needs of participants. It is a place where we are working to break down barriers and enable participants to have fun, achieve and develop their physical skills. Volunteers welcome as well.

Marilyn Morrison, Activities Manager at a local BUPA Care Home commented, "The residents thoroughly enjoy it. Thank you so much and we look forward to the session next week."

Husnara Zaman, Work placement volunteer stated, "It has been amazing working alongside the Coaches and participants. I have enjoyed adapting the activities to meet the needs of each individual participant".

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