Hannah, a youth support co-ordinator at the Teenage Cancer Trust, provides support for young people between the ages of 14 – 25 who have been diagnosed with cancer. Before Hannah attended the Sainsbury’s Inclusive Community Training workshop organised by the West of England Sports Partnership, she didn’t deliver any physical activities but wanted to gain some experience of offering sport based activities to young people with a physical impairment. Having never attended anything like this before, Hannah expected to learn different ways to engage young people in physical activity especially when they might not feel like they can do it.

During the workshop, Hannah learnt how to adapt sports for certain groups and individuals as well as new ideas about warmup games which can be used as icebreaker activities. An aspect of the training she found particularly relevant was gaining useful contact information by being linked to sport charities which she can now refer young people onto.

Since attending the training, Hannah has felt more confident offering sport based activities alongside their usual programme; recently in a table tennis session Hannah was able to suggest modifications to allow the people she works with to all have a fair go.

This has had a positive impact on the disabled people she works with in the sense that it has boosted their confidence, giving them something to focus on and practice.

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