

Herts Sports & Physical Activity Partnership

HERTS DISABILITY SPORT NEWSLETTER

February 2017

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1. This month's edition

It's scary how time has already flown by since the last issue. We're now almost in March and Easter will be upon us before we know it!

As always, there are plenty of activities taking place in our region which is really a positive sign.

This edition has a number of new sports that might be of interest to the disability community. Ice Skating and Judo are two that are highlighted this month, and would normally not even be considered by most with a disability.

These alternative sports are great to see as they provide an opportunity to do something different to the mainstream sports that most are aware of. In addition to that, it also shows that more and more clubs are starting to take inclusion seriously and are willing to accommodate participants who have additional needs.

It's great to see so much activity taking place in and around the county, and I hope this will continue to grow.

FAO Gobi: hspmarketing@herts.ac.uk

Copy deadline: Third Friday of each month

2. Chair-Based Exercise Classes



If you struggle with mobility but want to get active, then chair-based exercises could help you, regardless of your age and mobility issues.

Join in with Chair-based Exercise Classes taught by a fully qualified and insured instructor, Suzina Blackman.

Suzina runs sessions in Welwyn Garden City on the

following days:

Mondays 2.30 – 3.30pm at Barndicott Hall, Moors Walk, Panshanger, WGC, AL7 2BS

Friday 2.30 – 3.30pm at Howland Baptist Church, The Commons, WGC, AL7 4RS

Classes are £3 per session and include free refreshments after class, with free parking available on site. Feel free to turn up on the day as there's no need to book.

For more information on these and other sessions, please call Suzina on 07930 302102 or email: suzina@homefitnessherts.co.uk, or visit: <http://www.homefitnessherts.co.uk/>

3. Ice Skating Sessions

The National disability charity, Sense has partnered with Centre404, a charity that supports people with learning difficulties, to develop a programme of ice skating sessions accessible for people with sight and hearing impairments and those with complex needs.

A free taster sessions was held on the 22nd February with another planned for the 1st March at Sobell Leisure Centre in Islington.



The programme, designed for individuals aged 14 and over with sight and hearing impairments and those with complex needs, will help to increase opportunities for people with deafblindness, to participate in sport and physical activity through its 'Sporting Sense' project.

You can read more about this project by clicking this link: [Ice Skating Sessions - Islington](#)

4. Rushjudo Special Needs Classes



Rushjudo is a Judo club that has a dedicated session for children and adults with disabilities.

The club's Special Needs Judo class takes place every Tuesday, and new members are always welcome.

The success of the Rushjudo Special Needs Team has resulted in the team being recognised for some recent International success.

As a result, have now been included in the Great Britain Special Needs Squad. The British Judo Association have also given these players recognition for their success and they have now been given their GB squad badges and included them onto the GB squad. This is a very proud moment for the team and they hope to attract others to the club.

If you are interested in Judo and want to find out more about Rushjudo's sessions, please click here: [Rushjudo Special Needs Classes](#)

5. World Para Athletics Championships

The World Para Athletics Championships is coming to London with a special discount is available for community groups and sports clubs. The offer is for groups/clubs to attend specific sessions of the World Para Athletics Championships, which will be taking place between the 14th and 23rd of July at the London Stadium, Queen Elizabeth Park. The offer available is as follows:



- Tickets cost £3 per child (16 and under)
- Tickets cost £5 per adult (Over 16)
- Available for 5 out of 16 sessions

*Please note that this offer is valid for group bookings of 15+ tickets and the discount is available to charities and foundations across all fields.

To express interest, clubs should contact Calum Campbell (Programme Co-ordinator) at ccampbell@london2017.org.uk or complete an application form at:

[London 2017 Sports Group Application Form](#)

6. Fitness with Friends



Fitness with Friends aims to provide fun exercise and sports sessions for people with learning disabilities to engage them in physical exercise in a social setting.

To help meet the various needs of individuals, the sessions offer the opportunity to take part in a range of activities. The sessions encourage friendships whilst participants are keeping fit and trying out new sports – after all, exercise is more fun when you're with friends!

Sessions will take place at St Michaels Memorial Hall, in Branch Road (St Albans) and will be running on the following dates:

Sunday 5th, Sunday 12th & Sunday 19th March from 1 – 2pm

To register your interest or if you require further information, please contact Joe or Louise at: fitnesswithfriendsherts@gmail.com

7. People's FA Cup – St Albans Youth FC Pan-Disability Team

St Albans Youth's Pan-disability team took part in the People's FA Cup.

Both the Premiership Team (coached by Liam Dwyer) and Championship Team (coached by Lewis Wynne) finished runners up in their respective

groups! However, due to the tournament format only the Premiership team were able to advance to the next round.



In addition to the two teams, the League team who are coached by Steve Ward, put in some battling performances. Based on this, the foundations for next season look very promising.

The players from each of the teams worked hard and performed well with goals galore from Dennis Cranswick and Ciaran Woods. There was also a sterling performance from Goalkeeper Paul Slattery, and there was also a "goal of the tournament" from Tom Christmas.

To find out more about St Albans Youth Pan-disability football team, visit the club's [Facebook page](#) or please email Mervyn at mervyn@webulike.co.uk

8. WheelPower Junior Sports Camp



The next Junior Sports Camp at Stoke Mandeville Stadium will be taking place on Saturday 25th March 2017.

The Junior Sports Camps offer participants the opportunity to have a go at a variety of sports in a fun, safe and inclusive environment.

As usual, there will be the opportunity to try the variety of activities on offer, ranging from archery to wheelchair basketball.

You can register using the entry form which can be downloaded here: [Entry Form](#)

Alternatively, find out more information and [enter online](#) by clicking on the following link:

[Junior Sports Camp Registration.](#)

9. Understanding Autism Lecture

The University of Hertfordshire's School of Education have announced details of the next instalment of their flagship lecture series - 'Understanding Autism' by Joshua Muggleton. The lecture will take place on Friday 24 March from 16:30-17:30.

Parents, Early Years practitioners, teachers, students, teaching assistants, and all education professionals are welcome!

Joshua Muggleton is a Trainee Clinical Psychologist. After a difficult education and dropping out of school, Joshua was diagnosed with Autism aged 15. Since then, he has lectured across the UK and internationally on his experiences.

If you would like to confirm your attendance for this event, please visit:

go.herts.ac.uk/understandingautism

