

The **Herts Disability Sports Forum for Young People** exists to support individuals with disabilities, and organisations delivering sport to disabled people, to get involved in sport and physical activity in Hertfordshire. The forum has representation from the county's Project Ability School, Special Educational Need Schools, Local Authority Sports Development Officers and the Herts Sports Partnership; and invites officers from local sports clubs, National Governing Bodies and Advisory Services to its meetings on a regular basis. The forum works to four themes; **support of Project Ability, talent ID/taster days, increasing participation and the support of community and clubs.**

Nominal amounts of funding are available for clubs to apply for through the group, to support ventures that aim to increase participation in sport among the disabled community. This newsletter aims to share information about activities and events taking place to the wider community.



Wheelchair Dance Classes

Come along and join in on the fun with the Shire Spinners!!!!

- Latin
- Ballroom
- Other group dances

WDSA UK

Every Thursday @ 4:15pm–
6:15pm

Asda Community Centre
Asda Watford Supercentre Odhams Industrial Estate,
St Albans Road,
Watford,
WD24 7RT

@WDSAUK
WDSA UK
www.wdsauk.co.uk

For more information please contact :
0300 111 30 45

Herts Deaf Badminton taster session

As one of the most recent recipients of a Disability Sport Support Scheme funding award, Herts Deaf Badminton will be holding a free [taster session](#) on **Saturday 8 November** at Watford Woodside Leisure Centre, WD25 7HH from 12pm to 3pm.

The session is open to everyone within the deaf community and their friends/families, and a small amount of equipment will be available to borrow.

For more information, please contact Neal at hdbc2012@yahoo.co.uk.





GBWR

Fun, Fast and Furious.
Wheelchair Rugby is coming
Are you ready?

WHEN?

11th, 18th & 25th October 2014 6pm – 7pm

1st, 8th & 15th November 2014 6pm – 7pm

WHERE?

John Warner Sports Centre, Stanstead Rd

Hoddesdon, EN11 0QG

WHO?

Disabled Young People aged 10 – 16 years

Please contact Kirsty Clarke - kirsty.clarke@gbwr.org.uk

OUR PARTNERS



www.gbwr.org.uk



British Athletics Parallel Success

British Athletics are promoting a series of **free** Para Athletics Introduction Days for aspiring disabled athletes to train with specialist coaches across the Paralympic athletics events – sprints, ambulant throws, seated throws and wheelchair racing.

If you enjoy sport and want to try something new, have met one of the Parallel Success team at an event, or joined an athletics club already these events are for you!

The Introduction Days are from 10am – 3pm, free to attend and staged at indoor athletics tracks.

- Aged 11+, children and adults
- Sporty background – enjoy P.E, athletics, sport or working out
- Paralympic impairment groups including:
 - Visually Impaired and Blind
 - Cerebral Palsy inc Stroke & Trauma
 - Spinal Injuries
 - Amputee inc Dismelia & Talipes
 - Dwarfism
 - Learning Disability

DATE	VENUE	CONTACT
Sunday 19th October	LOUGHBOROUGH	Job
Sunday 23rd November	MANCHESTER	Shelley
Sunday 25th January	SHEFFIELD	Shelley
Sunday 8th February	LOUGHBOROUGH	Job

Athletes need to register in advance for the Introduction Days, stating which Introduction Day and event(s) they are interested in:

Job King (Midlands & South) E: jking@britishathletics.org.uk T: 07841 504311

Shelley Holroyd (North & East) E: sholroyd@britishathletics.org.uk T: 07912 070625

Alternatively new athletes can complete this online form and we will get back to you:

www.englandathletics.org/parallelsuccess

Coaches will be delivering the following sessions:

- Sprints & Running
- Ambulant Throws
- Seated Throws
- Wheelchair Racing

Promote your Activity here...

If you would like to promote your activity free in the Herts Disability Sports Forum for Young People newsletter, please send your articles, along with any pictures, posters or web links to;

Shelley Woods

E: s.woods4@herts.ac.uk

T: 01707 281005



level water.

Getting disabled kids swimming

Free swimming lessons for disabled children in Broxbourne

Level Water is offering free swimming lessons for disabled children. These lessons are for primary-aged children with a physical disability or sensory impairment. We do not work with children who have learning, social or behavioural difficulties.

Why free swimming?

Swimming is a great sport for these children, but it can be ineffective or unsafe for them to learn in mainstream groups. Level Water provides small group and one-to-one lessons until they are ready to join a mainstream class or competitive club.

How does it work?

We work in partnership with the John Warner and Laura Trott leisure centres. The teachers receive specialist disability training from the Amateur Swimming Association. They will then deliver your lessons as normal, but we cover the cost until your child is ready to move on.

1

Email

contact@levelwater.org

And include your postcode. We will send you a questionnaire to complete.

2

If you meet our criteria, the swim school will contact you to arrange your lessons.

3

Once your child is ready, they can join mainstream lessons. We will stay in touch and continue to support you.