# **Inclusive sport in Bristol**

## Important Information

Where possible we’ve included links to take you directly to website and/or booking forms.

Please contact providers before attending as details may change at the last minute due to COVID-19

If you require an alternative version, or any assistance please contact [lizzie.edgcombe@accesssport.co.uk](mailto:lizzie.edgcombe@accesssport.co.uk) or call 01179415829

To keep up to date, make sure you’ve signed to receive the ignite Bristol newsletter here: [https:bit.ly/IB-signup](https://bit.ly/IB-signup)

Something missing? Let us know! Email [info@ignitebristol.co.uk](mailto:info@ignitebristol.co.uk) with details

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## Adaptive Martial Arts - Online Sessions

### **Beginner Martial Arts**

Who: all abilities and disabilities, aged 6 up

Where: Tuesday nights 6pm-7pm on zoom

Cost: Free

Register: <https://my.coacha.app/member_signup/C80C0EF14C>

Contact: [info@adaptivema.co.uk](mailto:info@adaptivema.co.uk)

### **Fitness Class**

Who: all abilities and disabilities, aged 6 up

Where: Thursdays 5:15-6:15pm on zoom

Cost: Free

Register: <https://my.coacha.app/member-signup/c80C0EF14C>

#### 1:1 classes also available get in touch for details

#### [info@adaptivema.co.uk](mailto:info@adaptivema.co.uk)

## AMA @ Home

## Register Today! Adaptivema.co.uk/ama-home

Professional instructors have designed a 12 week disability inclusive program suitable for all experience levels. Kit loan and up to 3 sessions a week! All for only £20 per month direct debit. Plus £25 delivery.

### **Zoom Classes include:**

### Group exercise classes, Striking Training, Self-Defence Training, Brazilian Jiu Jistu Training and so much more

### **Kit can include:**

Boxing gloves, focus mits, elbow pads, shin pads, resistance bands, grappling dummy, slam ball, aqua ball, agility markers and kit bag! RRP over £780.

## Gympanzees Easter Pop Up

Visit Gympanzees this Easter for inclusive, fun, fitness, and friendships!

A pop up activity centre for children and young people with disabilities.

11th-22nd April 2022

SGS Pegasus School, Patchway, Bristol BS32 4AJ

Gympanzees sessions are for children and young people with sensory, physical, learning difficulties, SEN and any mild to profound disability.

Book [Here](https://www.gympanzees.org)

## Visually Impaired Body Conditioning

Kingswood Leisure Centre, Church Road Staple Hill, BS16 4RH.

£8 per session

Every Monday at 2pm from 17th May

Book 6 for £30

Low Impact

Provides full body workout for strengthening and toning muscles and burning calories

Contact Hayley or Marcella for more info [resultft@gmail.com](mailto:resultft@gmail.com)

## Yoga time with Emma

In person disability inclusive yoga sessions for children and their families.

### **Weekly Sessions**

Imperial Sports Ground, BS14 9EA

#### Yoga for 5-11 years

Thursday, 4.15- 5.00 pm

Parents welcome to join in!

#### Yoga for Girls 12-16 years

Thursdays, 5.15- 6.00pm

##### **Key Information**

Suitable for children with impairments or additional needs- siblings welcome too!

No experience or equipment or equipment needed

First session free, £2 there after

Limited spaces available, sign up in advance by completing the online form <https://bit.ly/Yoga-With-Emma-Thursdays>

If you have any questions, please contact [emma@yogaclassesbath.co.uk](mailto:emma@yogaclassesbath.co.uk)

## Children’s Yoga

Tuesdays 5pm (6-9yrs) 6pm (10-12yrs)

Long Ashton Community Centre Club Room BS41 9DP

Contact Jaz to book:

02086388627

[soleilsalutations@gmail.xom](mailto:soleilsalutations@gmail.xom)

[www.soleilsalutations.com](http://www.soleilsalutations.com)

## Inclusive Yoga

Thursdays 4.30pm 16-19 year olds

Thursdays 5.15pm Chair Yoga, all ages welcome

All abilities welcome.

Shirehampton Public Hall, BS11 9TX  
Book Now <https://bit.ly/shirehampton-yoga>

Pay by donation

Contact Jaz

02086388627

[soleilsalutions@gmail.com](mailto:soleilsalutions@gmail.com)

[www.soleilsalutions.com](http://www.soleilsalutions.com)

## Roll and Stroll

Walking and rolling group for disabled people. A great way to not only get some exercise and fresh air, but also make new friends young and old.

### **What to expect**

Walks last between 40 minutes and 2 hours

Fully accessible

Light-hearted atmosphere with plenty of laughter and respect amongst others

#### Key Information

Free

Wednesday and Friday, 11:30am

Various locations across Bristol

Express your interest by contacting Dan

[Mch.bristoldef@gmail.com](mailto:Mch.bristoldef@gmail.com) or 07552580678

#### Upcoming Dates

Friday 27th May. 1pm at Castle Park, meet by the main entrance on union street.

Wednesday 1st June. 1pm at Ashton Court Estate, meet by the café near carpark of Kennel lodge road.

## Online Disability Strength and Conditioning

Mondays 7pm

Open to all ages

Bring along friends family and pets!

Contact Mike info@functionaladaptivemovement.com to express interest

Donation of £4 to £6 for those able to

[Donate for the cost of the session here](https://www.paypal.com/donate/?hosted_button_id=X553B8X7ZR2XA)

## Children’s Inclusive Dance

Tuesdays 5.30pm-6.15pm

Sense Woodside Family Centre

Kingwood Foundation Estate, Britannia Road, BS15 8DB

A fun and inclusive dance session with Flamingo Chicks incorporating a mix of active learning, story telling and magical music!

Open to all children aged 5 and above with complex disabilities and/or sensory impairments along with their siblings/families

£3 per session. Please bring cash with you.

Accessible toilets and changing facilities available.

All participants must be accompanied by an adult/carer.

Register [here.](https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-dance/)

## Wheelchair Tennis with wheely good tennis club

### **Key Information**

Wednesdays, 7-8pm

Coombe Dingle Sports Complex- Indoor Courts

£5 per session

All ages and abilities

Contact [andy.trott@bristol.ac.uk](mailto:andy.trott@bristol.ac.uk) for more information or to book on to a session

## Ability Tennis Sessions

Why not have a go?

These sessions are aimed at adults with a learning disability to develop your tennis and ball skills and improve your overall fitness. No need to have played before. The sessions are for beginners upwards and are run by a qualified tennis coach and are fully inclusive and tailored to the needs of the participants.

Cotham Park Tennis Club, 80 Redland Road BS6 6AG

For more information contact Helen Abbott 07872945664 [info@abilitytennis.com](mailto:info@abilitytennis.com)

An inclusive session for 16 and above.

Thursdays 2pm-6pm

Starting April 28th-30th June

£3 per session

It is outside so please wear trainers and suitable clothing.

Refreshments are available.

## Accessible Tennis for Kids

Inclusive tennis sessions

Children age 6-10 with SEN

6 Week block

Runs during half term

Book [here](https://ellyshearmantennis.co.uk/junior-coaching/accessible-tennis/)

Kings Tennis Club, Maplemeade, Bishopston, Bristol

Run by Elly Shearman Tennis Coaching

## Walking Tennis Taster Session

A fun game accessible to everyone, why not come and have a hit?

#### Sunday 29 May

2pm-3:30pm

Bristol Central Tennis club, Happy Lane (off derby road), St Andrews, BS7 9AQ

Walking tennis is for anyone who wants to play tennis, but at their own pace. It is ideal for those who:

Use to play tennis

Have never played tennis before

Are looking to get more active

Are recovering from an injury

You can play tennis at any age, and walking tennis offers an easy way for older people to keep their body and mind active- while also enjoying the social side.

Come and try a new sport in a friendly supportive environment. All equipment provided. Refreshments are available. Please register for free by emailing [info@abilitytennis.com](mailto:info@abilitytennis.com) or otherwise just drop in on the day.

## What is Flyerz hockey

Flyerz is leading movement across the UK to make disability inclusion the norm in hockey

### **Who is Flyerz for**

Flyerz is for everyone. Disabled and non-disabled people and their families, inclusive to any disability and long-term health condition. Parents, carers and siblings are encouraged to join in the fun.

### **Free Monthly Sessions**

2nd Sunday of the Month 3.00-4:00pm

Badminton School, BS9 3BA

Next Session: Sunday 22nd May

Sign up online [www.accesssport.co.uk/forms/bristol-flyerz](http://www.accesssport.co.uk/forms/bristol-flyerz)

For more information on Flyerz, please get in touch with us at

[Lizzie.edgecombe@accesssport.co.uk](mailto:Lizzie.edgecombe@accesssport.co.uk) or 01179415829

## Project Inc

### **Free Adult Pan disability football hub**

#### Youth Pan Disability Football and multi skills

Monday 5pm-6.30pm

Ashton Park Sports Centre BS3 2JL

Outside ages 5-18

#### Youth Pan Disability Football and multi skills

Wednesday 5pm-6.30pm

Bridge Learning campus BS13 0RL

Indoor ages 5-18

#### Youth Pan Disability Football Hub

Tuesday 6pm-7pm

Imperial Sports Ground BS14 9EA

Outside ages 6-15

#### Adult Pan Disability Football Hub

Tuesday 7pm-8pm

Imperial Sports ground BS14 9EA

Outside 16 plus

#### Youth Pan Disability Football Hub

Friday 5pm-6pm

Bradley Stoke Community school BS32 9BL

Outside ages 6-15

Contact sam.smith@bcfc.co.uk

## Bristol City Cerebral Palsy Football club

Fun and friendly junior sessions

A great way to boost confidence, get fit, socialize and experience support from a team of understanding players and coaches.

For more details visit [www.bccpfootball.co.uk](http://www.bccpfootball.co.uk) or email [info@bccpfootball.co.uk](mailto:info@bccpfootball.co.uk)

Imperial Sports Ground Sat 10am-12pm

Open to boys and girls all skill levels

## Bristol Frame Football

### **Making Football everyones game**

Every Saturday 10-11am

Ages 3-16

Delivered by Bristol Frame Football club in partnership with Bristol City Robbins foundation.

Merchants Academy Sports Centre, Molesworth Drive, BS13 9BJ

Cost-£4 pay as you play

Frame football is a unique version of the beautiful game for people who use a frame to walk. Come and join us to develop a variety of skills whilst having fun

For more information please contact [NickDewfall@aol.com](mailto:NickDewfall@aol.com) or 07411013516

## Bristol Rovers Football

Free of charge

For males and females aged 8-16 years old who have/are cerebral palsy, visual impairment, deaf or hearing impaired

Bi- weekly (Term Time only)

Tuesday 5pm-6pm

Lockleaze sports centre Bonnington Walk (BS7 9XF)

For more information and to register visit

<Https://bristolroverscommunity.org.uk/paratalenthub>

Part of the FA para talent pathway

## Bristol Rovers Football

For males and females aged 10-18 years old who are either registered blind or severely sight impaired

Sessions involve the use of audio footballs which make a noise so players can follow the balls movements.

Bi-weekly (Term Time Only)

Tuesday 5pm-6pm

Lockleaze Sports Centre, Bonnington Walk, BS7 9XF

For more information and to register visit <https://bristolroverscommunity.org.uk/blindfootball>

## Longwell Green Inclusive Football

### **Youth (6-16 years)**

Thursday 6.00pm-7.00pm

Brunel Fitness centre (Brunel Academy)

Speedwell road, Bristol, BS15 1NU

Male and Female, all disabilities

Free Sessions

Contact Paul Griffin, email [goaliegriff@tiscali.co.uk](mailto:goaliegriff@tiscali.co.uk) or telephone 07813256875

## Goals Beyond Grass

### **Bristol PFC Powerchair football sessions**

Training dates subject to change, Saturdays 12.00 to 14.00

Visit our website for confirmed dates [www.bristolpowerchairfc.co.uk](http://www.bristolpowerchairfc.co.uk)

Contact GBG for more information [info@goalsbeyondgrass.co.uk](mailto:info@goalsbeyondgrass.co.uk)

## Try Powerchair Football

Wed 18th May

16:30-17:15 at Warmley Park School, Bristol, BS30 8XL

### **Everything you need to know:**

Suitable for children and adults with a physical disability. Ages 4+

Free

Football Powerchairs provided

Hoist available, bring your own sling

Contact Jenny to book your place

[Jenny@novasportsandcoaching.co.uk](mailto:Jenny@novasportsandcoaching.co.uk)

07880743453

## Mental Health Football Sessions

Mental health football sessions are for those currently struggling with mental health or are at risk of developing mental health problems.

Sessions will be games-based, with an emphasis on positivity towards other players. Sessions will be led by a qualified coach and activator.

The football sessions will help with physical health issues that are associated with mental health. Participants will also be encouraged to stay after each session for tea/coffee and an opportunity to talk.

Venue: Pen Park Pavilion, Jarrats Road, Southmead, Bristol, BS10 6WF

Start Date: Wednesday 3rd November

Times: Every Wednesday 1-2pm

Ages 16+

Price: Free

Click here to sign up

For further information contact support @gloucstershireFA.com

## Inclusive Adult Disability Football

Are you looking for something active, fun and social to do?

Then our inclusive football could be for you. The round the world challenge is all about turning hours of fun sports into a round the world adventure.

Tuesday 7pm-8pm (Outdoors)

Imperial Sports ground, BS14 9EA

Thursday 12pm-1pm (indoors)

Horfield Leisure centre, BS7 0XW (Term Time only)

In partnership with Mencap’s Round The World Challenge our inclusive football sessions are aimed at adults with a learning disability but open to all! Sessions are free to take part in.

For more information please email [sam.smith@bcfc.co.uk](mailto:sam.smith@bcfc.co.uk) or phone 07899 991983. Please let us know id there are any adjustments we need to make to accommodate you at our sessions.

## Sensory Football Sessions

Thursdays 5-6pm

Warmley Park School, Tower Road North, Warmley, Bristol BS30 8XL

Our new innovative and engaging sensory football sessions offer a fully inclusive way for children with any disability to play football! Sessions will be tailored to suit everyones needs.

Open to all children ages 5-16 with complex disabilities and/or sensory impairments.

£3 per session payable upon online booking

Accessible toilets and changing facilities available

All Participants must be accompanied by an adult or carer.

For more information contact Alice Miller

[Alice.miller@sense.org.uk](mailto:Alice.miller@sense.org.uk)

07599 104405

## Inclusive Sport and Physical Activity Club

Wheelchair Rugby, Wheelchair basketball, sensory fun, multi-sports and ball games

Every Sunday 11:00-12:00

All abilities- siblings and families welcome

Ages 4-18, mixed gender, free for all

### **Address**

UWE centre for sport, coldharbour lane, Bristol, BS16 1QY

#### For more information

[iblundell@bristolbearsrugby.com](mailto:iblundell@bristolbearsrugby.com)

## Shine Sharks Basketball Inclusion Squad

Ages 5-18

Led by qualified coach

Essential technique and skills of basketball

Be part of a growing squad

Starts Sunday November 7th

Every Sunday 13:30-14:30

Held at Shine Community Sports Hall, Brecon road, Henleaze, BS9 4DT

Book Now on MYshine.co.uk/my-team

## Bristol Family Cycling centre

Bristol Family cycling centre offers cycling activities to people of all ages and abilities

### **We offer**

A traffic free sire

Wide Range of bikes

Bikeability Training- from balance bikes and learn to ride to confidence-boosting sessions for adults

Inclusive cycling on our specialist bikes including trikes, a wheelchair accessible platfrom bike, bicycle for two and hand cycles

Bike maintenance sessions for adults and children

Cycle sport coaching for children and adults

New for 2017: Adult and toddler sessions with trailer bikes, bike seats and tag-alongs

Volunteering opportunities

Bristol Family Cycling centre, Bamfield, Bristol, BS14 0FE

#### For more information

[www.betterbybike.info/familycyclingcentre](http://www.betterbybike.info/familycyclingcentre)

email [cyclingcentre@bristol.go.uk](mailto:cyclingcentre@bristol.go.uk)

facebook familycyclingcentre

phone 01275832800

## Two’s Company

### **Fun and enjoyment through cycling**

Two’s company is a tandem cycling project for adults and young people in Bristol who are blind or visually impaired. By enabling people to get out into the countryside and experience the joys and freedoms of cycling, we offer the opportunity to take part in a sociable fun and healthy activity, meet new people and make new friends.

“It’s brilliant to get back on a bike again. I never thought I would be able to do this after I lost my sight”

“Two’s company has been empowering for me to meet other people, both visually impaired and sighted, in a social environment”

Call 01173534580

Email [tandemrides@lifecycluk.org.uk](mailto:tandemrides@lifecycluk.org.uk)

Visit [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

## Tandem Rides

Exercise, company and fresh air

### **What to expect:**

You will ride on the back of a tandem bicicle with a friendly sighted volunteer at the front. All rides are led by an experienced ride leader.

#### We offer:

Taster days

Tandem rides for young people

Tandem rides for adults

Routes to suit all abilities

Volunteering opportunities

##### **Want to know more?**

Call 01173534580

Email [tandemrides@lifecycle.org.uk](mailto:tandemrides@lifecycle.org.uk)

Visit [www.lifecycleuk.org.uk/tandem-rides](http://www.lifecycleuk.org.uk/tandem-rides)

## Ride Out Ride On (RORO)

Why shouldn’t we all be able to get out into the community, interact with other people and have some fun on a bike?

3 free sessions

Ride out Ride On (RORO for short) is a Bristol-based cycle service dedicated to empowering adults and children whose lives have been affected by illness, disability or stroke.

By taking clients out on a specially designed tandem- the Hase Pino- we can offer anyone the freedom of movement and joy of cycling.

### **We offer**

Specially designed tandem- the Hase Pino- including a number of attachments and adaptions to suit the client’s needs.

A highly trained, fully insured and knowledgeable back rider.

One or two hour session, chosen to suit the individual’s abilities and requirements.

Risk assessed routes, using local Sustrans and National cycle network cycle paths.

We work with mental health conditions such as anxiety and depression, to mobility issues related to stroke, heart conditions, visual impairment or learning disabilities.

#### Testimonial

“Ben has really been enjoying his bike riding session with Holly. He was very nervous to go outside, and trying new things and places is a huge obstacle for him. The confidence he has shown, just getting on the bike… then trying new places and routes has been amazing”

Helen, mother of client with autism. Bishopsworth

“Using Ride Out Ride On has been a liberating experience for me and above all given me hope. It has introduces me to probably the only type of bike I could manage following my stroke”

Mary, Fishponds

“The service has been excellent for us. The fact that you have extras such as arm sling and harness available shows how through you are”

Dave, partner of client. Central Bristol

##### **Benefits**

Boost self esteem

Build self confidence and feeling of autonomy and control

Feel the freedom of movement

Immerse yourself in the great outdoors

Work in partnership with someone else

Discover or rediscover a sense of freedom and independence

Have fun on a bike

###### **Get in Touch**

Anyone can get in contact to discuss getting involved with RORO either for themselves, or on behalf of a loved one or a patient.

Email [hello@rideoutrideon.com](mailto:hello@rideoutrideon.com)

Telephone 07823461892

Our Website [www.ridoutrideon.com](http://www.ridoutrideon.com)

## Strawberry Line Cycles

### **Cycle minded community well-being cycling**

Cycling is good for your health and fitness and it is good for your mind too. Cycle minded is all about better well-being through getting out and about. Being active in outdoors helps you feel happier and more positive, you can achieve something new, feel better about yourself and meet other people.

Take some time to look after yourself

Community Cycle Rides

Thursday Morning Rides 10.30am

Tuesday Evening Rides 6.00pm

Evening rides starting soon

Join our training guided ride leaders for a cycle along the strawberry line cyle oath. Bring your own bike or use one of ours. Email [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com), call 07983816426 or visit [www.strawberrycycles.com](http://www.strawberrycycles.com) for further details.

Or rent a wide range of bikes including adaptive bikes, tandems and hand cycles and cycle at your leisure down the Strawberry Line Cycle path

Book Online: [www.strawberrycycles.com](http://www.strawberrycycles.com)

We are pleased to announce we are now working in partnership with Sport England and Westport, through their Tackling Inequalities fund, to deliver a wider range of cycling opportunities to people with disabilities.

Whether you are looking to start cycling, to develop your cycling skills, increase your fitness, make new friends or support well-being through outdoor exercise- please do give us a call or email us to book. We can offer free use of bikes and ride leaders to support you with your cycling.

07983816426

[strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com)

## Warmley Wheelers

We have a range of specially adapted bicycles for people with disabilities or additional needs – these include battery-assisted bikes, bikes with platforms for wheelchairs, recumbent bikes and a variety of trikes. Our tandem bikes mean that carers can be part of the ride too. You can ride the bikes on the Bristol to Bath railway path or in a safe area in Warmley Forest Park.

You must book in advance. Please also download and complete our Equipment Hire Agreement and bring it with you to your first session. You can book now by calling Project Coordinator Andy Underdown on 07587 034 366 or emailing warmleywheelers@milestonestrust.org.uk Visit the website.

## Super 1s Cricket

Free cricket sessions. Make new friends.

All disabilities welcome.

Ages 12-25

Every Thursday from 5pm-6pm starting January 13th

Hengrove Promenade, Hengrove Park, Hengrove, Bristol, BS14 0DE

To book a place please email [steve.gass@somersetcricketfoundation.org](mailto:steve.gass@somersetcricketfoundation.org)

### **2021 Winter Activities! Free Cricket sessions! All disabilities welcome**

#### Mondays Mendip Hub 6pm-7pm

Millfield school, street, BA16 0YD

#### Mondays Sedgemoor hub 6pm-7pm

Robert Blake & Elmwood Sports centre, Bridgwater, TA6 6AW

#### Wednesdays Taunton Hub 6pm-7pm

Bridgewater and taunton college, taunton site, TA1 5AX

#### Thursdays North Somerset Hub 6pm-7pm

The priory school, Weston super mare, BS22 6BP

#### Thursday South Somerset Hub 6pm-7pm

Westfield academy, Yeovil, BA21 3EP

For more information contact steve gass vis [steve.gass@somersetcricketfoundation.org](mailto:steve.gass@somersetcricketfoundation.org)

## Walking Cricket

Thursdays 3-4pm Bristol County Ground

For more information please contact [jess.jones@glosccc.co.uk](mailto:jess.jones@glosccc.co.uk)

## Table Cricket

After School table cricket sessions- accessible to all!

Lead by Jeanette Tate from Gloucestershire Cricket Foundation.

Table Cricket is an adapted version of cricket, played on a table tennis table and specially designed to give young people with any disability the chance to play and compete in a fully accessible activity. It is a very strategic game with different scoring zones around the table and has the same participants as a normal game of cricket, such as fielders, bowlers and batsman.

Monday’s 4.30-5.30pm

Thornbury Cricket club

Book at [www.jigsawthornbury.org.uk/events](http://www.jigsawthornbury.org.uk/events)

## Inclusivity Cricket

Every Saturday from 7th May

10:15-11:00am

Ages 7-16

Golden Hill Cricket Ground BS6 7YA

## Gloucestershire Growlers VI Cricket

Sunday 29th May 1-3pm

Sunday 3rd July 1-3pm

Sunday 7th August 1-3pm

Knowle Cricket Club, Broad Road, Knowle, Bristol, BS4 2HD

Just bring yourself and comfy trainers

For any further details please email Phil Gingell [bristolbluephil@googlemail.com](mailto:bristolbluephil@googlemail.com)

## Glorious Sporting Memories

Conversation and fun activities

Join us for free, every Thursday 12pm-1:30pm

Bristol County GroundNevil RD

BS7 9EJ

Dedicated to bringing people together to tackle dementia, depression and loneliness through the power of remembering sport

Contact [jess.jones@glosccc.co.uk](mailto:jess.jones@glosccc.co.uk)

07719030010

## Enjoy running but lacking the confidence to get out there?

VI runners Bristol can support you to reach your goals and fulfill your dreams…

Facebook- [VI Runners Bristol](https://www.facebook.com/groups/1890506954520150/posts/3026763507561150/)

### **VI runners Bristol was set up in March 2017 by Colin Johnson.**

The group was created for both VI runners and running guides in and around Bristol to connect up for training runs and races. The group also share ideas and thoughts on VI guiding.

Tracey Paling took up running in 2017 after hearing about the group through RNIB Guide Dogs. Tracey is blind, diabetic and was previously house-bound, living as a recluse. She made the decision to make a healthy change and start on a new adventure, her first venture out was a guided 2 mile run/walk.

‘I’ve got the bug! I just love the freedom, and being outside come rain, snow or sun I run. Being blind, it was something I thought I could never do. It motivates me to get up in the morning, whereas before I had no drive. Now I run, swim and have joined the gym. I run parkruns regularly and have just entered my first half marathon! I also attend evening sessions with VI runners Bristol where I am guided on Tuesdays and Wednesdays each week.’

If you would like to find out more about the group just visit the Facebook page VI Runners Bristol and send us a message if you have any queries.

Alternatively, just come along to one of our weekly sessions and have a go! We’re a really bunch who just love running! We look forward to welcoming you soon.

## Para Athletics at Yate

From January 2022, Adaptive Athletics is expanding to include older school children as well as adults with a wide range of disabilities. We concentrate on what people can do and adapt our athletic challenges to match. We have a range of new equipment for fitness and a range of racing wheelchairs, frame runners and seated throws.

We welcome those who are just beginning their journey as well as those with aspirations for International paralympic success.

#### Sessions are:

Mondays 10.30-12.00 adults with a physical disability

Mondays 12.00-13.00 wheelchair racing and frame running

Fridays 4.15-5.25 Primary school age adaptive athletic

Fridays 5.30- 6.30 12 to 15 year old adaptive athletics

Fridays 6.30 to 8pm youth and adult para-athletes

The sessions are based at Yate outdoor sports complex, and are funded by Sport England and Yate Town council.

For more information contact Jim [adaptive4athletics@gmail.com](mailto:adaptive4athletics@gmail.com)

Yate Outdoor Sports Complex, Broad Lane, BS37 7LB

## Deaf Athletics Summer Program

Deaf studies trust together with Bristol and West Athletics Club provides weekly sessions for young deaf people from secondary school age to 90 years.

#### Dates

April 30th

May 14th, 21st, 28th (possible full day programme)

June 11th, 25th

9.00am to 10.30am

At the Wise Campus South Gloucestershire College, Filton

Parents and even brothers and sisters can join in

As well as developing general fitness, the programme each week covers two disciplines of athletics, explaining the techniques and giving you a chance to try out your skills and measure your performance. It’s fun but it can also point you in the direction of development in the world of athletics. We will be covering: sprinting, middle distance running, long jump, high jump, javelin and also warm-up and fitness. We use video and demonstrations. The coaches are UK Athletics licensed and all the necessary equipment is supplied at the college (apart from your trainers).

There is also a course for parents and partners which is part of the college provision. Remember you need to register with the college- and that makes the parking free. Dates through summer are still to be fixed.

For more details and to join the sessions, please contact [jim.kyle@deafstudiestrust.org](mailto:jim.kyle@deafstudiestrust.org)

#### Information for Deaf Athletics

At Kip Keino Stadium, Wise Campus, Filton Avenue, Filton, Bristol, BS34 8LP

On the first session you may have to pay and display the parking fee at machine unless you are already registered.

Your lead coaches (licensed by UK Athletics) are Eugene Hechaverria and Jim Kyle from Bristol and West Athletics Club.

The session will be on the track, you can go through the college to get to the track.

## Hidden talent Athletics

Saturday 28th May 2022

Come along to our hidden talent event. We have sprints, endurance, throws and jumps for you to try.

School Years 7-11.

This is an event for those that are not currently in clubs but may have a hidden talent for athletics. To book visit website [www.sgscol.ac.uk/athletics](http://www.sgscol.ac.uk/athletics)

## Frame Running

Monthly Frame running fun and games. All Welcome. Come along and take part.

For Children aged 2+ and adults with a disability which affects your mobility and ability to walk or run independently.

Get in touch to find out more

[jenny@novasportsandcoaching.co.uk](mailto:jenny@novasportsandcoaching.co.uk)

07880743453

## Frame Running Have a go day

With Gloucester Athletics club at Blackbridge Jubilee Athletics Track, GL1 5TX.

Sunday 29th May 12-4pm Gloucester

Try Frame Running and other activites including wheelchair racing and adapted cycling.

Free event. For all ages 4+ to adult, all abilities.

Register at <https://cpsport.org/events> or just join us for the day. Contact [info@cpsport.org](mailto:info@cpsport.org) for more information

## Blind Rowing

#### Free Open day for visually impaired

Date : Sunday 27th March 2022

Price: FREE

Time slots: 10.00 am, 11.00 am, 12.00 pm, 2.00 pm, 3.00 pm.

Minimum Age: 14 years

Location: All-Aboard Watersports, Cumberland Road, Bristol, BS16XG

You will enjoy a 45 min row up Bristol Harbour supported by experienced rowers in a GIG rowing boat.

#### Book Now

Email your preferred time slot to v[olunteering@allaboardwatersports.co.uk](mailto:volunteering@allaboardwatersports.co.uk)

#### Who are we?

All-Aboard Watersports and Bristol Gig Club are partnering up to offer a FREE experience to the Visually Impaired community.

All-Aboard is a Watersports charity who work to remove barriers to watersports.

Bristol Gig Club is a local Gig rowing club who rows regularly on Bristol Harbour.

#### Enjoyed your time with us?

All-Aboard wants to start weekly Visual Impairment friendly rowing sessions.

If you enjoyed rowing with us there will be an opportunity for you to sign up to join new weekly sessions. These sessions can be delivered over a 6-week Learn to Row Course and or weekly fun social rowing sessions with an instructor.

Experienced rowers can then apply to join Bristol Gig Club.

Come and have a fun day out with us and discover if Rowing is a new passion for you.