

Disability Sport & Physical Activity Newsletter April 2016

Special Olympics City of York Charity Golf Open Day

Pike Hills Golf Club will be hosting the first Special Olympics City of York Charity Golf Open Day on Thursday 16th June 2016. Tee off times are available from 8am - 3pm for teams of 4 people (costing £80 per team). For more details and an application form please go to [Pike Hills events page](#) or contact [Glyn Newberry](#).

Halliwick Swimming Concept Foundation Course

22nd – 25th August 2016 at Queen Margaret's School, Escrick, York.

The Halliwick teaching concept is renowned throughout the world as the most effective method of teaching people with disabilities to swim. The Foundation Course aims to give instructors a practical knowledge of how to use the Halliwick Teaching Concept with individuals and small groups of swimmers with disabilities. The course costs £400 for the four day course, working 9am - 5pm. Low cost accommodation and meals can be provided at the school if required. For further details please contact, [Phillip Puckrin](#) or Tel: 01904 654 302.

WheelPower – British Wheelchair Sport launch National Survey

#TalkAboutTakingPart

The 'Talk About Taking Part' survey will find out what can be done to help more wheelchair users lead healthy active lives and take part in sport and physical activity. The survey takes around 10 minutes to complete and aims to find out what activities wheelchair users currently take part in, what they would like to try or do more of in the future, and how we can support them to do that. The results will help guide WheelPower's new sports strategy and these will be communicated with you as well. To take part in the survey please [click here](#). The closing date is the 6th May 2016.

Tang Hall – York Be Active - No Session 4th April

Due to staff holidays there will be no Monday multisports session on the 4th April. The club will be back to normal from the 11th April. Please contact [Hannah Higginson](#) for further information.

Sports and Active Leisure Successful Grants March 2016

York Blind and Partially Sighted Society successfully received £270 to help fund their fortnightly visually impaired Boccia sessions at Rougier House, 5 Rougier St, York YO1 6HZ every other Friday 10.30 - 11:30am and 1 - 2pm. The sessions are followed by a social gathering including coffee and biscuits. For further details contact, [Hannah Higginson](#).

Wilberforce Trust currently runs Active Sensory Sessions for people with a learning disability and sight loss. The Active Sensory Sessions are designed to stimulate all the senses and in addition are proven to bring cardio vascular fitness and muscular activity to those who have severe multiple disabilities and who gain most benefit from a sensory room. They

were awarded £417 towards new equipment to hopefully increase participation. For further details contact, [Hannah Higginson](#).

Elvington Jets Pan-Disability Football Team is a new Under 15 disability section of Elvington Harriers AFC. The club was awarded £500 to assist setting up the club. The funding will go towards sports equipment, balls, cones etc. and a Level 1 FA coaching course. The sessions run every Saturday from 12 - 2pm at Lower Derwent Sports and Social Club in Elvington. For further details contact elvingtonharriers@yahoo.co.uk.

Autism – Sport and Physical Activity

This course provides a comprehensive introduction to Autism, focusing on the delivery of sport.

Venue - The Poppleton Centre, Upper Poppleton, York, YO26 6JT.

Date - 26th April 2016, 9.30am – 4pm.

For more details about the course and booking information please go to www.rsvpbook.com/event.php?595805.

Re-launch of the Inclusive Cycling Club

The inclusive cycling sessions are back again after the winter break. Come and try out specialised bikes for disabled people in a traffic-free, safe environment. Ages 11+. Every Tuesday 10am - 12noon, Thursday 2 - 4pm and Sunday 3 - 5pm. York Sport Village, Lakeside Way, York, YO10 5FG. Cost: £5 per hour. Please pay at sports centre reception. For further information contact [Glyn Newberry](#).

To discuss any of these further or to request information, unless stated otherwise, please contact: 01904 553377

Glyn Newberry on glyn.newberry@york.gov.uk

Hannah Higginson on hannah.higginson@york.gov.uk