

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.

## FUNDING!!! Disability Sport Support Scheme

The Herts Disability Sports Forum for Young People is pleased to announce that its Disability Sport Support Scheme is now open to receive applications for funding. The scheme exists to help individuals with disabilities *and* organisations delivering sport to disabled people to get involved in sport and physical activity in Hertfordshire.

Organisations delivering sport, including sports clubs and schools, may apply for support of up to **£500 in one application** with, among other things:

- **Training courses** for members to increase disability awareness
- **Providing taster sessions** for adults and/or children with disabilities to try new sports activities
- **Increasing the provision** of extra-curricular activity for children with disabilities
- **Sporting events** which aim to increase participation among disabled people in sport, improve activity levels and health of people with disabilities and improve the levels of performance of disabled sportspeople

For more information, or to receive application forms, please contact Shelley Woods on 01707 281005 or email [s.woods4@herts.ac.uk](mailto:s.woods4@herts.ac.uk)

## Recently funded!

Schools in Hertfordshire have been awarded £500 towards the cost of running a Pentathlon for children with Severe Learning Disabilities. Events will include Table Cricket, Boccia and Poly Bat. Look out for photos soon!

## Gosling Tennis Centre launches new session for adults with Down Syndrome

Gosling Tennis Centre have teamed up with **DActive** to run a weekly tennis session for people with Down Syndrome aged 18+. It runs on Wednesdays from 12pm - 1pm and costs £3 per session. For more information, or to let the centre know you'd like to go along, please contact Phillip Martin, Head Coach at

[Phillip.Martin@goslingsports.co.uk](mailto:Phillip.Martin@goslingsports.co.uk)

## Boccia Leaders Award

Our counterparts across the border in Essex are running a Boccia Leaders Award on **Sunday 27 October** as part of the Active Essex Coach Education Week. This is a one day course and takes place at **Chelmsford Sport and Athletics Centre, CM1 2EH** from **10am – 2pm**. Spaces cost £25 per person.

For more information or to book a space, please email Rebecca Jones at [rebecca.jones@activeessex.org](mailto:rebecca.jones@activeessex.org) or visit the [Active Essex Coach Education](#) webpage.


**Saturday 2nd November** @ **Gosling Sports Park** **10am-3pm**

# Gosling Disability Festival

★ **Morning (10am-12pm)**  
Tennis, Golf & Football  
 ★ **Afternoon (1pm-3pm)**  
Trampolining, Badminton & many more!

+ Face painting, Jungle Mania & Prizes available all day!

To book on or find out more:  
E: [disability@goslingsports.co.uk](mailto:disability@goslingsports.co.uk)


 Gosling Sports Park, Stanborough Road,  
Welwyn Garden City, Hertfordshire, AL8 6XE  
W: [www.goslingsports.co.uk](http://www.goslingsports.co.uk) T: 01707 384303 E: [bookings@goslingsports.co.uk](mailto:bookings@goslingsports.co.uk)

Leisure for life...





## Gosling Sports Park Open Day

Gosling Sports Park are running a Disability Festival on Saturday 2nd of November.

The centre will be open between 10am and 3pm, giving people with disabilities and their families/carers the opportunity to go along and try out a range of sports that the centre regularly offers, but for free! Activities will include tennis, golf, football and trampolining. For information, please email [disability@goslingsports.co.uk](mailto:disability@goslingsports.co.uk).

## Special needs sports club

The sports club is especially for those with special needs and offers a range of sporting activities including badminton, football, hockey, basketball, trampolining, bouncy castle and giraffe slide.

**Date:** Every Saturday (term time only)

**Time:** 3pm to 3.45pm

**Age:** 4+

**Cost:** £4.10 per session

**Venue:** The John Warner Sports Centre, Stansted Road, Hoddesdon, EN11 0QG

**Telephone:** 01992 445375

## Special needs swimming session

This is a session for families with disabled family members. The sessions are coached by Hoddesdon Swimming Club who can offer advice and assistance to those taking part.

**Date:** Every Sunday

**Time:** 4pm to 5pm

**Age:** Any

**Cost:** Free (disabled participant plus one carer)

**Venue:** The John Warner Sports Centre, Stansted Road, Hoddesdon, EN11 0QG

Participants should be accompanied by a partner in the water. If there are any problems with this, or if you would like more information about the sessions, please contact Janet Warrington on 07729 892729 or email [janet.warrington965@gmail.com](mailto:janet.warrington965@gmail.com).

## Special needs swimming session

Exclusive use of the pool for people with special needs and their families.

**Date:** Every Sunday

**Time:** 4pm to 5.45pm

**Age:** Any

**Cost:** Free (disabled participants plus one carer)

**Venue:** Grundy Park Leisure Centre, Windmill Lane, Cheshunt, EN8 9AJ

## 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](mailto:s.woods4@herts.ac.uk)

T: 01707 281005

## Wheelchair Dance Level 2 Instructor Awards

Wheelchair Dance is pleased to announce two forthcoming Level 2 Instructor courses.

### Cambridge

**Venue:** Imperial War Museum Duxford

**Dates:** November 18, 19, 20, 21, 22 from 9am to 4.30pm

**Cost:** £350 per person, a non-refundable £50 deposit is required to secure places.

### Bedfordshire

**Venue:** Dance Studio, Cedars Upper School, Leighton Buzzard

**Dates:** October 28, 29, 30, 21 and November 1 from 9am to 4.30pm

**Cost:** £350 per person, a non-refundable £50 deposit is required to secure places.

For more information or to book a space, please call 0300 111 30 45 or email [info@wdsauk.co.uk](mailto:info@wdsauk.co.uk). Details of the course content can be viewed on the [Wheelchair Dance](#) webpage.

## British Mountaineering Disability Symposium

Do you take people with disabilities hill walking, climbing or mountaineering? Get up to speed with the latest best practice at the BMC's inaugural disability symposium, with talks from paraclimbing world champion Fran Brown, mountaineer and quadruple amputee Jamie Andrew and climbing adventurer Andy Kirkpatrick.

The event is hosted in conjunction with the Lake District Calvert Trust on **16-17 November**. This two-day Continuing Professional Development (CPD) event based at the Calvert Trust's residential outdoor centre in Keswick will give delegates the chance to learn new skills and techniques for taking people with disabilities climbing, hill-walking and mountaineering. The weekend is suitable both for experienced practitioners who will be able to keep up-to-date with current developments and share best practise, as well as people who have not worked with disabled people before but recognise it as an important area for their continued professional development.

### Confirmed workshop titles include:

- Making sense of climbing and hill-walking for people with complex multi-sensory impairments
- Moving and assisting people in an outdoor environment
- Introduction to autistic spectrum disorders
- Wheelchair abseiling: Techniques and problem solving
- Performance coaching of people with disabilities
- Climbing with people with traumatic injuries
- 'Climbing for All'. A day-long MTA certified course which is a great introduction to working with people with disabilities.

As well as workshops, discussions and speakers, there will be the opportunity for delegates to gain experience by running activity sessions for people from the local area who have disabilities and wish to try out climbing or hill-walking. Thanks to funding from Sport England, the ticket price for this event is just **£90**. This includes two nights' board and accommodation, and entry to the full programme of speakers and workshops. Attendance carries 1 CPD point for MTA members.

For more details and booking information, please contact [JILL@lakedistrict.calvert-trust.org.uk](mailto:JILL@lakedistrict.calvert-trust.org.uk).