

'Awards for All' funding at local leisure centre...

Lakes Leisure Ulverston has received a £7,018 grant from the lottery funded Awards for All scheme to run inclusive sports sessions for children with disabilities. The centre on Priory Road will now provide a multi-sports club every Sunday starting in February 2009.

The grant is a great coup for the centre and highlights the work being done to include the whole community; in particular areas which have had previously low provision. It is hoped that the new club will attract a variety of children and their families to enjoy sport together on a weekly basis.

The Inclusive Sports session is open to any child with any special needs mild or more severe, children with both physical and/or learning issues are welcome to the session; it will be adapted to include all ages from 5-16 years old. The aim of the club sessions is to introduce the children to different types of sport and exercise in an environment where they can learn the skills at their own pace, whilst having fun.

Many children with additional needs attend mainstream schools but often feel they cannot join in the sports because they do not have all the skills needed to compete against other children who may be faster or more coordinated. Children who feel this way can enjoy sport without feeling they are struggling to keep up with others, the session is specially designed with this considered.

Although there are endless conditions that can affect children, the children often face similar challenges trying to access sport. Many children and parents alike would love to be able to access sports but are unsure of the best way to go about finding a sport the children can enjoy and join in.

The sessions at lakes leisure Ulverston will have a huge range to offer over a period of weeks including hockey, floor lacrosse, tennis, tag rugby, athletics (javelin & discus) curling and much more. There will also be lots of games to help develop co-ordination, agility and motor skills and of course to build up confidence and self esteem.

For more information about the new club please contact the centre on 01229 584110, visit the website www.lakesleisure.org.uk and look out for more details to follow in the New Year.

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lakes leisure is a charitable trust which runs three centres in South Lakeland; lakes leisure Kendal with a 25m pool, gym, fitness classes and indoor sports. lakes leisure Ulverston with a 25m pool, gym, outdoor pitch and tennis centre plus lakes leisure Windermere an outdoor pursuits centre offering watersports on the shores of lake Windermere