

Active Me Sports Showcase Event Tuesday 17th February 2015

Context

Sport England awarded the City Council marketed as 'Active Me' grants funding in 2012, through the Places People Play Programme, to deliver the "Activate Me" project in order to increase weekly participation in sport and physical activity by inactive or moderately active adults with a disability.

The grant funding was awarded as part of the London 2012 Olympic and Paralympic legacy programme for grass roots sport which aims to provide sporting opportunities to people who were inspired by the 2012 Games.

The project is also being supported financially by Liverpool Mutual Homes and Your Housing Group.

We are into our second year of delivery and have over 20 weekly sporting opportunities for adults with disabilities to participate in. We are over achieving in our participation targets and continue to attract adults from all over the city into the programme.

In order to strengthen our links with community clubs we hold a number of annual showcase events. On Tuesday 17th February we showcased a number of different sports, including Karate.

Karate

During the event 67 individuals with a range of different abilities and needs accessed a 30 minute karate taster session at Archbishop Beck High School. Every half an hour, on a rotation, a group of approximately 10 adults of mixed abilities were able to access some free coaching delivered by a team of four Karate Union of Great Britain Senior Instructors who have a combined experience of around 80 years teaching. They were able, with that experience and by talking to the participants (and where relevant their carers), to provide a supportive and stimulating session. The instructors tailored the sessions appropriately to ensure all adults were included and received a positive experience.

The feedback, so far, has been fantastic. Many of the participants indicated that they would love to participate in karate more often and information was on hand in order to signpost across the city. We are hoping to work with the instructors more often not only to strengthen the club links but in order to highlight the positive effects karate can bring to their confidence and self-esteem and the overall enjoyment of the sport.

A great day was had by all!

For more information about Active Me please contact Michelle Messom on 07545200317

