



WHEELCHAIR SPORTS

DISABILITY AWARENESS
PROGRAMME

CORPORATE SESSIONS & TEAM BUILDING EVENTS



DISABILITY AWARENESS

Active Lincolnshire's Wheelchair Sports programme is the largest of its kind in the UK, with over 40,000 participants since its inception in 2009.

Created to raise awareness of disabilities, sessions bring together people of any fitness level or sporting ability, disabled or non-disabled, to all take part in wheelchair basketball - the most popular disability sport in the world.

By using reverse integration to encourage people of all ages and abilities to participate in the same sport, the sessions break down barriers and promote inclusivity.



CORPORATE SESSIONS & TEAM BUILDING EVENTS

We deliver wheelchair sports sessions to a wide range of groups including businesses, schools, disability organisations and clubs across Lincolnshire. This is a great team building event for your organisation or community group. Everyone can play, no matter what their level of fitness or experience of basketball.

Our team brings the wheelchairs and equipment to a location near you, working with your team to coordinate the event and ensure it is tailored for you. With customised packages to suit your needs, we'll help you deliver a unique, inclusive experience you will all never forget.

Each session is led by qualified wheelchair basketball coaches with lived experience of having a disability, giving participants the chance to hear directly from experienced disabled athletes. These seasoned coaches also play for their local teams in the British Wheelchair Basketball League and have coached teams up to a national level.

WHAT TO EXPECT

Everyone is introduced to the chairs and their features before being paired with the right size chair and shown the basics of how to safely move around. The 'controls' aren't always as intuitive as you'd think, but everyone soon gets the hang of it!

We'll take you through a series of skills and drills that will make you laugh as everyone communicates, navigates and improves together.

With the basics mastered you'll move onto a mix of races, challenges, games and tournaments. We can't wait for you to have a great time as the competition ramps up.

Keep an eye out for our new networking events and fun corporate league which are all on the horizon.

It's a great leveller, giving those that don't usually consider themselves as sporty the chance to take part in a fun, accessible activity.



*“A fantastic experience
for everyone, regardless of their age.”*

T.D - Lincolnshire Scouts

If you would like more information and to discuss a tailored package, please get in touch with our wheelchair sports team.



ActiveLincolnshire.com/WheelchairSport
WheelchairSport@ActiveLincolnshire.com
01522 730 325