**Name of Organisation:** All Ability Sport & Leisure

**Title of project:** Disability Sport Tasters

**Date ‘Get Active for All’ funded sessions started:** January 2016

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**ABOUT THE PROJECT**

- This project is a sports programme for Harlow College Special Needs students, providing taster sessions in Boccia, Tennis, Wheelchair Basketball, Athletics, Sitting Volleyball and Football.
- The aim is to help the students find sports they would be interested in taking part on a regular basis at the All Ability Sports and Leisure community sessions.
- The project also worked with the Harlow College Sports & Leisure Students in the delivery of the sessions. This helped provide volunteer experience to these students.
- This project will run for 24 weeks
- An average of 10 students per session and 4 college student volunteers

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**IMPACT**

**Participant Impact**

- 90% of participants stated they had gained new skills
- 90% stated that their confidence was boosted
- 90% had made new friends
- 90% had discovered something new that they liked doing
- 75% stated their physical fitness had improved
- 100% felt part of something
- 90% will carry on taking part

**Student Volunteer Impact**

- 100% of volunteers stated they had gained new skills
- 100% of volunteers stated their confidence in delivering sessions had increased
- 100% of volunteers discovered something they like doing
- 100% of volunteers would like to carry on volunteering at sport sessions

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**PARTICIPANT & VOLUNTEER FEEDBACK**

“I found a game that I love” **Connor** (Participant)

“The best thing about the sessions is playing as part of a team and working together” **Billy** (Participant)

“Volunteering at these sessions gives me wider skills and knowledge” **Charlie** (Volunteer)

“The best thing about volunteering at these sessions is learning new sports and skills in helping others” **Max** (Volunteer)

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See video: www.youtube.com/watch?v=vdlYCWMOhhc