

# "HAVE A GO"

## Accessible Activities and Sports Groups

*presented by  
Nick Wilson*

### OVERVIEW



Attendance numbers of disabled people at accessible activity and sport groups, pre Covid, was 65% lower than those for the able-bodied and now the legacy of Covid, is one where people with health conditions have gotten into a routine of staying at home for fear of becoming ill.

We seek to get the disabled community active, through the creation of videos introducing the wide range of accessible activities and sports available across Northamptonshire. Presented by local public figure, Nick Wilson who is himself disabled, they'll feature his visiting the various groups, speaking to those who benefit from them and where possible, Nick will also get involved and "Have A Go".



### Informative

Audiences will gain a better understanding of what accessible activity and sports groups are available across Northants and hear from the individuals who attend, on how they've benefitted and what difference it has made to their lives.



### Empowering

Through highlighting all of the options open to people, sharing stories of how it has changed the lives of others with disabilities and available schemes to assist with transportation, we can empower our disabled communities to become more active, engage with the wider community and live a fuller life.



### Hopeful

Seeing others with disabilities get involved in an activity or sport and hear them talk about; the enjoyment gained from being involved and the differences it's made to their health and lives, gives hope and encourages others to get involved.

Look at the impact of the Paralympics!