

No. 4
November 2010
Page 1

YORKability



All the news on Disability and Inclusive Sport in York

November YORKability

Welcome to the November edition. As always, we are looking for content so if you are putting on an event soon or have recently taken part in one, let us know!

Rob Tyas – Disability Sport & Physical Activity Officer – Children & Young People

Great success at 2010 Tag Rugby Festival



Special schools from North Yorkshire came together at Heworth Rugby League club for the 5th annual Tag Rugby festival. Over 80 young people with learning and physical disabilities from North Yorkshire took part in the festival. Seven schools took part including Applefields School, whilst Knaresborough's Forest School lifted the trophy for the event.

Pupils spent the full day receiving a combination of coaching from the Knights in between playing a series of games. For more info contact:





Val French on 07795 465862

 valfrench_ssc@hotmail.com

New activities at York St John Multisports

Thanks to a recent grant from the Tesco Community Fund, York St John Multisports have been able to purchase lots of new equipment including

tri golf  and table tennis. 

 Foss Sports Hall, York St John University



£2



Saturdays 10.30am – 12.00noon



Rob Tyas on 07932 602605

Special Olympics AGM

On the 8th November, Special Olympics City of York are holding their Annual General Meeting. Please come along to find out about the successes of the athletes in 2010 and the plans for 2011, including the election of the committee.



New Earswick Indoor Bowls Club, Huntington Road, YO32 9PX



8th November, 7.00pm – 8.30pm



Paul Ramskill on 07767318030



www.specialolympicscityofyork.org



Special Olympics
City of York

No. 4
November 2010
Page 2

YORKability



All the news on Disability and Inclusive Sport in York

New Inclusive Duke of Edinburgh Award Group

We are developing an Inclusive Duke of Edinburgh Award group for young people 14+ who would like to do the bronze award. In this group we will adjust the tasks to suit each person's individual skills and needs.

We had a launch night on the 1st November but are still recruiting people so please get in touch if you are interested!

If you would like an information pack then please contact:

 Steve Rouse on
01904 551764



More inclusive health walks coming soon

Following on from the popular Tang Hall health walks, there will be a series of more inclusive health walks across York coming soon. If you are interested in participating then please get in touch, details below. We are also looking for volunteers who will receive **FREE** training to become health walk leaders; get in touch to find out more.


Simon Kumar or Fiona Barker on:

 01904 553440

New Climbability sessions at Energise




Starting soon will be our new **Climbability** sessions at Energise. Our senior sessions and junior sessions are open to anyone with a physical or learning disability or a sensory impairment. We have a number of trial sessions before Christmas but in the New Year they will be run on a monthly basis. **Phone Energise to book a session.**


 Energise on 01904 552424


Junior Climbability is for young people aged 8 – 16 years old.

 4.15pm - 5.45pm

 Tuesday 23rd November
Tuesday 21st December

Senior Climbability for people aged 15 and over.

 10.00am – 12.00noon

 Tuesday 9th November
Tuesday 7th December




No. 4
November 2010
Page 3


YORK *ability*




All the news on Disability and Inclusive Sport in York



Featured Club 1: Copmanthorpe Junior Ability Counts

 Football coaching for individuals 7-16 years old.

↓
 At Energise (indoors), Cornlands Road, Acomb

 Fridays 6.00pm – 7.00pm

 £2.50 per session plus £25 membership fees


Paul Bird on  01904 704256
or  07721 672796






Featured Club 2: Copmanthorpe Senior Ability Counts

Football coaching for individuals 16+, the team plays in the Yorkshire Ability Counts League.

↓
 At Energise (outdoors), Cornlands Road

 Fridays 5.00pm – 6.00pm


 £2.50 per session plus £35 membership fees




Paul Bird on  01904 704256
or  07721 672796

Dates for your diary

- NOVEMBER -

8th, Special Olympics City of York AGM, New Earswick Indoor Bowls Club, 7.00 – 8.30pm.

This is also available in large print and other formats. Please phone Rob on (mob)  07786701536 to request a copy.

For more info, contact Rob Tyas  rob.tyas@york.gov.uk or ring (tel)  01904 553440 or (mob)  07786 701536. Please let me know your email address so I can email you each edition as soon as it is published!

Please check out our web page:



www.york.gov.uk/leisure/sports/sports_activities/disability_inclusive_sports