INTRODUCTION

We believe everyone should have an equal opportunity to access physical activity.

Inclusive Newcastle provides a wide range of services to remove the barriers you may face to participate in sport and physical activity. Working closely with local clubs and organisations our inclusive physical activity programme is aimed at all abilities and includes the delivery of para-sports, on campus activities, a qualified support team and sport volunteers. Even if you just need a bit of extra support, assistance or reassurance to get involved, talk to us – we’ll listen and work to get you active.

www.nusu.co.uk/inclusive
We believe that everyone should have an equal opportunity to access physical activity and a fair sporting chance. As such, throughout the academic year you can get involved in our inclusive disability sport and physical activity programme with various commitment options available; from weekly sessions delivered by qualified coaches to taster sessions each term allowing you to access and explore new ways of being active.

Contact Details

Email: inclusive.union@ncl.ac.uk  Facebook:/nusuinclusivenewcastle  Twitter: @inclusivenewc  Telephone: 0191 239 3952
Looking for para sport opportunities? Why not try one of our off campus sports? We can provide transport to Hedleys Sport or you can claim expenses through our transport bursary scheme should you wish to participate in any of the following sports:

- **Wheelchair basketball**
- **Wheelchair handball**
- **Wheelchair rugby**
- **Powerchair football**
- **Boccia**
- **Sitting volleyball**

All sessions are fully inclusive and cater for all abilities, including able-bodied participants. All sessions must be booked by contacting the Inclusive Sport Coordinator.

“One thing I particularly enjoy about the academy is the social side of the sports and the friends I’ve made while playing there. I also like the fact that that I’m never patronised or held back and can be fully competitive”.

*Lee Armstrong – Powerchair Footballer*
ON CAMPUS

There is a wide range of sports and physical activities for you to get involved in on campus. All of the programmes and opportunities we offer can be tailored to suit any needs you may have. Do not hesitate to contact us if you are interested in taking advantage of these fantastic opportunities:

<table>
<thead>
<tr>
<th>SOCIAL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>GYM* &amp; EXERCISE CLASSES</td>
<td>GIVE IT A GO</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEMI-COMPETITIVE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>HALL SPORT</td>
<td>INTRA MURAL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMPETITIVE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ATHLETIC UNION CLUB</td>
<td>PERFORMANCE SPORT</td>
</tr>
</tbody>
</table>

*discounted gym membership may be available

inclusive.union@ncl.ac.uk
SUPPORT SERVICES

Inclusive Newcastle provides a support system you can use to enhance your access to sports and physical activities. If you need any extra support or if there are any barriers preventing you getting active we want to help you overcome these, be this physical, educational, social or mental health issues.

- **Transport bursary scheme**
- **Participation bursary scheme**
- **Information regarding opportunities**
- **Tailored programmes and activities**
- **Discounted gym membership***
- **Referrals from well-being**
- **Drop in office hours for our Inclusive Sport Coordinator**

*terms and conditions apply

“I often don’t feel able to go to activities as it is difficult for me to explain to the activity leader that I have a hearing impairment, what that means and how it impacts me. I have definitely gone to things that I wouldn’t have if Inclusive Newcastle hadn’t sorted things out. It has given me the confidence to attend”.

*Charlotte Carr – Year 1 student*

www.nusu.co.uk/inclusive
MENTORS

Mentors are student or staff volunteers at the University, who enjoy being active. The aim of the scheme is to pair you up with someone who enjoys similar sports and activities to you.

A mentor can help in the following areas:

- **Attend a sport or physical activity with you**
- **Acting as a gym buddy**
- **Trying out a para-sport off campus**
- **Helping deliver inclusive sports on campus**

If you would like to find out more or to become a sport mentor yourself please get in contact with the Inclusive Sport Coordinator.

inclusive.union@ncl.ac.uk
EARN YOUR STRIPES is an accreditation scheme which provides support and recognition to encourage Athletic Union clubs to become more inclusive and continually develop. Apply now to receive recognition and funding for your club!