



Everybody Sport and Recreation is a health and wellbeing charity that improves people's lives through physical activity and healthy recreation. Their Ability for All programme provides a range of activities for young people with an impairment or additional need to take part in. These activities offer young people the opportunity to take part, promote independence, improve their health and wellbeing and fulfil their potential.

Everybody Sport and Recreation have been commissioned to deliver the following Short Break activities:

Inclusive Cycling

Inclusive Cycling sessions are for children who might find cycling on a two wheeled bike more challenging. Everybody have a range of adapted bikes to support disabled children to learn basic cycling skills or just have some fun cycling. The bikes allow young people who can't cycle independently the opportunity to be involved and take part in cycling with the support of Everybody staff.

The Inclusive Cycling sessions are held at Alsager Leisure Centre and Macclesfield Leisure Centre on alternative Sundays starting at 1.30pm and 2.30pm.

These sessions will be small numbers (maximum of 5 per session) and suitable for those aged 4 to 17. Helmets will be provided but you are welcome to bring your own helmet if you prefer.

More information about Inclusive Cycling including activity dates can be found on Everybody's website at www.everybody.org.uk/what-we-offer/disability-activities/junior-activities/inclusive-cycling/

Activity Hub

Activity Hubs are a fortnightly multi-sport and play session at Holmes Chapel Leisure Centre between 10am and 12pm and suitable for those aged 4 to 17.

The Hub will offer a variety of activities including multi sports such as soft archery, new age curling, racket and ball sports, bowling, football, dodgeball, there will be arts/crafts and board games. The different activities will be adapted to make sure they are suitable for all ages and ability levels, this ensures people enjoy the session, develop social skills and explore their abilities.

More information about Everybody's Activity Hub session including activity dates can be found on their website: www.everybody.org.uk/what-we-offer/disability-activities/junior-activities/multi-sport-activity-sessions-activity-hubs/

Activ8 soft play

Everybody Sport & Recreation

Company limited by guarantee in England & Wales (No.08685939) Registered Charity (No. 1156084)

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Activ8 sessions allow children to try out new activities and let off steam without fear of being judged. Children can play on the specialist soft play equipment and get creative with arts and crafts, supervised by Everybody's friendly coaches and volunteers.



The sessions will run every month on a Monday evening and take place at two venues - Fun 4 All in Macclesfield and Playworld in Shavington.

The sessions allow families the opportunity to visit a soft play centre to have a go, try out new activities, supervised by Everybody's staff and let off steam without fear of being judged.

More information about Everybody's Activity Hub session including activity dates can be found on their website at www.everybody.org.uk/what-we-offer/disability-activities/junior-activities/soft-play-sessions-activ8/

School Holidays

During the School Holidays Everybody will deliver a range of activities to keep young people engaged and rotate these activities at venues across the borough to enable families to access them. The holiday programme may include multi-sports such as soft archery, boccia, football etc. inclusive cycling, indoor climbing and outdoor water-based activities to name a few. These activities are suitable for ages 4 to 17.

More information about Everybody's activities during school holidays including dates can be found on their website www.everybody.org.uk/what-we-offer/disability-activities/holidayactivities/

Splash & Play

Splash & Play is a 6-week block of pool sessions to encourage children aged 4 to 17 to be more relaxed, have fun whilst developing basic safety awareness and swimming capability. The sessions will be in small groups, with an appropriate ratio, conducive to aid learning to support the swimmers needs.

Once young people have completed the 6-week programme, they will have the opportunity to progress our adapted swimming lessons on the Alpha Swim Scheme.

More information can be found on Everybody's website www.everybody.org.uk/what-we-offer/disability-activities/junior-activities/swimming-lessons-alpha-swim/

For more information on Everybody's Ability for All programme:

Telephone: 07506 317055

Email: inclusion@everybody.org.uk

Website: www.everybody.org.uk/what-we-offer/disability-activities/

Facebook Group: Search for Ability for All Cheshire East