

Designed for people with severe learning difficulties/disabilities, including autism who love sport!

Stay Inspired with

# Seashell Athletics Club

Sprinting

Cross Country

Duathlons

Triathlons

**Every Friday night whatever the weather, 7 – 8 pm at Woodbank Athletics Stadium, Woodbank Park, Offerton SK1 4JR**

Following a superb Summer of sport and the inspirational achievements of our Olympic and Paralympic athletes we are continuing the legacy and using sport and athletics as a vehicle to a life of greater well-being, independence, confidence and self-esteem.

Specialist resources include signing, schedules, worklists (written /symbolic/photos), sound switches and lots more.

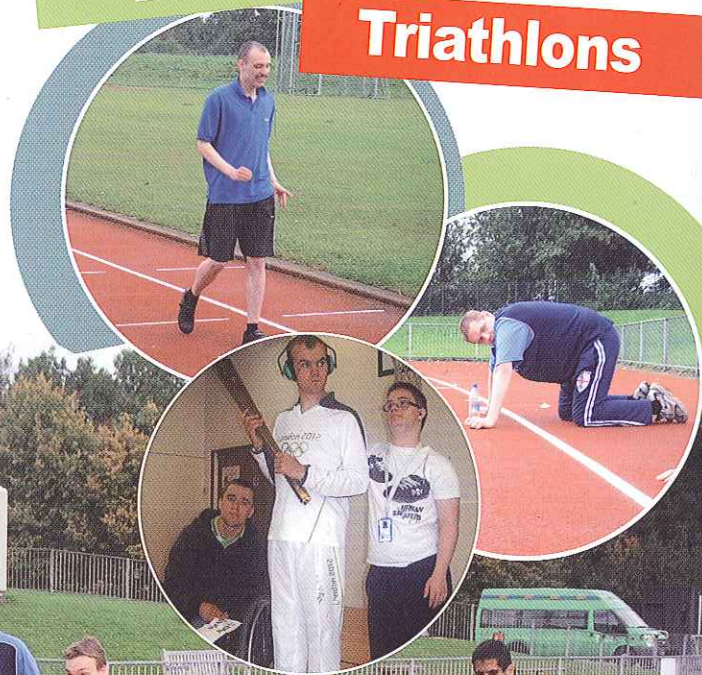
**£5**  
per session  
**£40**  
membership  
for the year\*

\*Includes equipment and coaching

**To book and more info please contact  
Maureen or Katherine on 0161 610 0150  
or email: [athletics@seashelltrust.org.uk](mailto:athletics@seashelltrust.org.uk)**

**Seashell  
Trust**

Communication for Life  
Registered charity number: 1092655





Seashell Trust  
Registered Charity No: 1092655  
Company Limited by Guarantee No: 04216714  
Registered in England and Wales

## Hello!

We work with young adults who have severe learning difficulties and/or disabilities. Whilst their educational needs are catered for with schools and colleges we want to expand their interests and experiences outside of education.

We have looked at the leisure provision available for adults with disabilities and finding that there were very limited opportunities for this important group of people, we have decided to do something about it!

## So!

Do you know people from the age of 17, with severe learning difficulties and/or disabilities, who would enjoy the opportunity to participate in structured athletics sessions with sports coaches, to develop their confidence and feeling of well-being?

Do you know people who would welcome the opportunity to be involved in sports competitions? If so, tell them about us!

We are a not for profit group. All monies collected will be used to pay for facilities such as; hiring the track, qualified coaches and equipment. We also hope, over time, money raised can be used to increase our facilities so that we are open to all types of disabilities.

## Places are going fast!

To secure a place or further information, please see the contact details on the accompanying flyer. We ask that you display our flyer as prominently as you can to promote this opportunity. Please feel free to photocopy the flyer as many times as you wish.

We want as many people as possible to have the opportunity to experience our athletic club and benefit from sport as much as we do!

We are also looking for volunteers, who are CRB cleared, to work with us in our coaching sessions, so if you are interested, please get in touch.

All the best,  
Maureen and Katherine

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Patron: Her Majesty the Queen  
Honorary patron:  
The Rt. Hon. The Lord Morris of Manchester AO QSO  
Chairman: Tony Snape  
Principal & Chief Executive: Mark Geraghty

