



Sports with People First Dorset!

Kickboxing

“It got me out from being at home on my own to socialise and do something fun”





Cricket

“It helped with my catching and throwing, it was very active. Would be good to do it more”





“Would definitely want to play cricket again...”



Volleyball



"I felt proud when I got the ball over the net"





Tennis



“It will help me to lose weight”





Indoor Bowls

“I’m really pleased I came. There aren’t many sports I can do easily, but this really worked for me”

**“The instructors
were very
encouraging”**





Circuits

"I feel really proud, but I'm absolutely knackered now!"



Instructor Feedback

“Thanks for the last 2 taster events at Dorchester and Weymouth which I really enjoyed, I hope the participants enjoyed them as much. Great having you with us!

Glad and proud that disability cricket will now be a regular activity at Redlands”

“It was good for us to learn to teach adults with learning difficulties”

“Fantastic to hear from you, and thank you for reaching out for this wonderful opportunity”

“It was great to be able to work with a range of people with varying needs and support requirements”

