



ACCESSIBLE SPORT DIRECTORY



CONTENTS

- Page 3: Introduction
- Page 4: Accessible Dance x Dance Studio Reading
- Page 5: Katananu x Wokingham Waterside Centre
- Page 6: Wheelchair Basketball x Reading Rockets
- Page 7: Wheelchair Rugby x Berkshire Banshees



INTRODUCTION

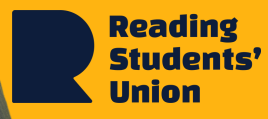
"At Reading Students Union, we are committed to making sports and physical activity inclusive and accessible for everyone.

Finding something that suits your needs and energy can be difficult and even feel impossible at times, which is where we have worked hard on creating this directory!

It is your guide to a range of accessible sports on and around campus, designed to showcase different activities which accommodate diverse needs and abilities.

Whether you're looking to join a team or try something new, this growing directory will have something to help you stay active and get involved in the local community.

We want every student to be able to enjoy the many benefits sports can provide, and are always looking to expand your options. If you think there is something missing from this list, let us know by emailing Senior Sports Coordinator, Chrissy Nazif (c.nazif@reading.ac.uk) and either provide details of a club you know of, or ask us to research an accessible sport for you."



ACCESSIBLE DANCE



Contact Details

 thedancestudioreading@hotmail.co.uk

 07710 408473

 <https://www.dancestudioreading.co.uk/>



The Dance Studio Reading, is committed to creating an inclusive environment where dance has no barriers.

There goal is to make sessions inclusive and accessible for all participants by offering flexible arrangements that suit the needs of participants, ensuring that everyone gets the attention and support they require.

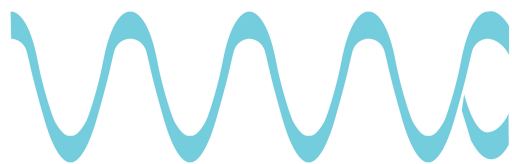


Adaptive dance sessions can be arranged on a one-to-one basis or as small group sessions, depending on demand.

Our training studio is wheelchair accessible, located on the ground floor with parking available directly outside.



CANOE KATAKANU



wokingham waterside centre

Contact Details



office@wokinghamwatersidecentre.com



0118 9268280



www.WokinghamWatersideCentre.com



Katatanu's are super stable 6 person boats that allow groups to go out together for inclusive paddlesports sessions.

The boats can be accessed by wheelchair users – assistance may be required during transfers into and out of the boat.



Wokingham Waterside Centre have hoists, backrests and neck supports to support athletes during their session.



WHEELCHAIR BASKETBALL



Contact Details



steph.johnson@readingrockets.co.uk



N/A



<https://readingrockets.co.uk/>



Reading Rockets Wheelchair basketball club are really excited to start their new community wheelchair program at Reading University SportsPark.

The program will provide an opportunity for students and staff to come along and receive coaching and guidance from the Reading Rockets Wheelchair basketball coaches. The program is open to all abilities whether you've played for years or never played before.



You don't need to have a diagnosed disability to play as the program is open and inclusive to all. If you'd like to have a go, then we would love to see you at one of our sessions starting in March 2025.



WHEELCHAIR RUGBY



Berkshire Banshees Contact Details



berkswr@gmail.com



07798 844202



<https://bansheeswr.club/>



For the adult game, Berkshire Banshees offer the following two opportunities within the sport of Wheelchair Rugby:

WR5's: Open to anyone with a physical impairment and paraplegics.

WR4's: To be eligible to play the Paralympic discipline of wheelchair rugby, athletes must have an impairment which affects 3 or more limbs. Many athletes have spinal cord injuries, with full or partial paralysis of their legs and partial paralysis of their arms.



Players with other impairments such as cerebral palsy, muscular dystrophy, amputations, polio, and other neurological conditions may also be eligible to play.

