

BBLG meeting – July 2025



TOGETHER
WE CAN DO

www.togetherwecando.org
Reg. Charity No. 1192282



Life After Education for Adults with a Disability

- The Harsh Reality

The Reality



Employment

Only a lucky few find work



Isolation

Friends and daily routines lost



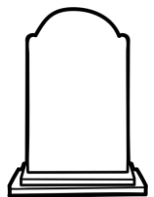
Inactivity

60% take no physical exercise



Health

Many become overweight



Mortality Gap

Adults with some disabilities die 20 years younger and are twice as likely to die from preventable illnesses

The Desire

75% of inactive disabled people want to do more exercise





Our Vision & Goals



Our **vision** is that individuals with a disability:

- have the opportunity to participate in exercise and sporting activities on a regular basis
- can strive to achieve sporting excellence through competition
- are supported so that sport and related social activities form part of a healthy lifestyle choice.

Our **goals** are:

- to provide safe, reliable, enjoyable and affordable sports and exercise experiences for members
- to enable members to improve their performance and experience competition
- to enable members to have the opportunity to meet and socialise with others.



← North West Tonight

Evening News: 08/11/2024



12:5



27:45



Our Offering

MONDAY

Thornton YMCA

1030
Football

12 noon
Netball

1215 & 1345
10 Pin Bowling

WEDNESDAY

Norbreck Bowling
& Tennis Club

Social Evening
(Alternate Weeks)

THURSDAY

Blackpool Sport
Centre

0930
Football

1000
Multi-Sport
inc bowls

1400
Football

SATURDAY

St Annes YMCA

1030
Multi-Sport
inc bowls





Highlights for the Last Year

- Membership reaches 187 with 75% retention rate
- Seven sports sessions held each week including some themed events e.g. "Feel Good February", Halloween and Christmas.
- Specialist sports sessions delivered by coaches from LTA, Fylde Rugby, GB Blind Baseball, Lancashire Cricket club
- 10-pin bowling league established
- Bowling coaching and competitions hosted by Blackpool & Wyre and Fairhaven bowling clubs
- Affiliation to the FA and participation in the Lancashire FA Ability Counts tournaments.
- Membership of Boccia England
- Regular social events; "Walk the Lights" & two Christmas parties
- Staff and volunteers achieved additional coaching qualifications + safeguarding training
- Organised and hosted the first Fylde Coast Pan-Disability Games



Fylde Coast Pan-Disability Games

- 12th Sept 2024 @ Blackpool Sports Centre
- Four sports competitions – netball, football, bowling and boccia
- 6 local organisations took part involving 120 participants & >30 volunteers
- Mayor & Mayoress of Blackpool presented the medals and trophies

Aims

- Enable individuals with a disability to experience sporting competition and being part of a team.
- Influence local authority representatives on the need take account of the disabled community when making decisions.
- Provide a safe and enjoyable sports related experience for participants, officials, support staff, volunteers and spectators.

No charge to take part

Every participant received a medal





What's Next

2nd Pan-Disability Games

- 4th Sept 2025 @ Blackpool Sports Centre
- More sporting competitions + some demonstration events
- Exhibition stands by various health and social care companies

Bendrigg Trust – Lake District

- Provide opportunities for individuals to take part in challenging outdoor activities

Football

- Two teams taking part in FA regulated competitions
- Programme of “friendly” fixtures for teams at different ability levels

Netball & 10-pin bowling

- Competitive matches with Special Olympic clubs

Boccia

- Sessions for visually impaired

People

- More staff and volunteers obtain coaching qualifications
- Provide opportunity for a disabled school leaver to gain work experience



Can You Help?

- Sponsorship for
 - 2025 Pan-Disability Games
 - TWCD Football Club
 - Visit to Bendrigg Trust
- Recruitment of Volunteers
- Promotion of our activities



Further Information

www.togetherwecando.org

info@togetherwecando.org

07859 916181

