

# Ealing Extreme Ability

The Ealing Extreme Ability is a unique 3 year disability project running from (2008-2011), which plans to target people with disabilities and additional needs in Ealing.

The Extreme Ability project aims to increase the number of disabled people in Ealing, participating in sport and physical activity. The objectives are to increase participation among those who are already active, and to encourage those who are sedentary to become active. It will create new opportunities for adults and older people with disabilities. Help will be provided so existing sports clubs develop skills and experience to adapt their offerings for disabled people and become more inclusive.

Extreme Ability is one of the Ealing CSPAN Projects. (Community Sports and Physical Activity Network ) CSPANs bring together a range of partners at a local level to ensure that sports and physical activity initiatives and projects co-ordinated. Operating in a local area that they draw on the individual strengths and priorities of member organisations.

The project welcomes disabled participants aged 14 plus from a range of impairment groups to include, those with learning disabilities, physical disabilities, visual impairment, members of the deaf community and mental health patients.

Extreme Ability is being managed and co-ordinated in partnership by Active Ealing and Brentford FC Community Sports Trust, and will offer a range of activities and sports to include:

- Swimming & Aquatics
- Canoeing/Kayaking
- Multi sport sessions including: boccia, new age kurling, tri golf, kwik cricket
- Wheelchair Football & Basketball
- Dance
- Table Tennis
- Climbing Wall Sessions

In addition to increasing participation, amongst disabled people, we also aim to train a number of disabled people to become sports coaches and encourage volunteering opportunities across the range of sessions.

If you would like to learn more about the project, as a potential participant, volunteer or coach, please feel free to contact one of the Extreme Ability Co-ordinators listed below.

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