



Welcome to INSPIRE

Welcome to Inspire Sport - INclusive SPort In Recreation and Exercise - is open to anybody with a disability or special need, and aged 15 + giving you the opportunity to play various sports such as basketball, cricket, short tennis, volleyball and much more.

Come and Try as an Athlete or Volunteer!

+++

The Aims of Inspire Sport

Inspire Sport aims to help each member develop competencies in these important life skills.

+++

Communication

Communication is the act of transferring information from one place to another, verbal, non-verbal, written, graphs & charts.

How to improve

Be clear about what you want to say, practise it first if necessary.

Learn to listen; try to see things from the point of view of others.

Encourage, make people feel welcome and notice their efforts.

+++

Confidence

Confidence is not something that can be learned like a set of rules: confidence is a state of mind. It comes from feelings of well-being, self-esteem and belief in your own ability, skills and experience.

How to improve

Positive thinking, practice, training, knowledge and talking to other people are all useful ways to help improve or boost your confidence levels. "I am good at....."

+++

Teamwork

Teamwork is your ability to work with others.

How to improve

Openly encourage and support each other, know your role in the team, shared attitude, committed to improving performance.

+++

Resilience

Resilience is your ability to spring back into shape, recover quickly. Resilience develops as you grow up.

How to improve

Supportive friends and team players, confidence in your strengths and abilities, ability to manage strong feelings and impulses, good problem solving and communication skills, seeing yourself as resilient (rather than a victim)

+++

Problem Solving

Problem solving is your ability to deal with something hard to understand and a difficult matter requiring a solution.

How to improve

1. Identify the problem.
2. Find out more information about the problem.
3. Decide on a range of possible courses of actions.
4. Make a decision.
5. Accepting and carry out the chosen course of action.
6. Check that the decision was successful if not go back to steps 3 & 4 above.

+++