

# AUS



## ABILITY USING SPORT

Ability using Sport is a club specifically created to provide sports facilities and sessions for disabled children and young adults with Special Educational Needs, Autism, ADHD, Learning Difficulties and physical and mental difficulties.

We believe in promoting healthy living and exercise by providing Multi-Sports sessions on a Tuesday evening at Stanway School and Youth Football sessions on a Thursday evening and also a Football Academy style football session on a Friday night, these football sessions are held at Stanway Rovers Football Club.

We chose to host all of our classes in Stanway as the proximity to local schools was essential. The facilities at both sites that we use are far superior to other areas we have looked at in Colchester.

We believe that our club has lots to offer the local community especially those families that have disabilities and we have links to all of the local schools in Stanway.

By hosting our sessions in Stanway, it has positively promoted the area as we have advertised across the borough and beyond. Stanway has become our home and we believe that our service has positively enhanced the area as a disability friendly village.

We want to forge as many ties as we can within the local community to encompass as many families that could benefit from our club and what we offer, improving the quality of life for young people with disabilities, giving them an outlet to get active, have fun and make new friends.

**Ability using Sport (A.U.S) is a non-profit sports club for young people with disabilities.**

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