



**Actionnaires**

Multi-sports clubs for blind  
and partially sighted children

# Release your child's potential



## Actionnaires clubs are unique!

They offer blind and partially sighted children, and young people the chance to take part in sport, make friends, keep fit and have fun.

Our clubs are for children and young people between 8 and 16 years of age.

**Under 8s** are also more than welcome, as long as parents /guardians stay at the club during the session.



# Please allow us to introduce ourselves...

**Action for Blind People is a national charity which provides free and confidential advice and support for blind and partially sighted people in all aspects of their lives, which includes our Actionnaires sports clubs.**

## 10 reasons to bring your child to an Actionnaires club:

- 1) Children that come to our clubs develop their self-confidence, social skills, sporting ability, health and fitness
- 2) It is free to attend
- 3) All staff are fully trained and CRB checked
- 4) All clubs are centrally located where possible, so they are easy to reach
- 5) We have specially adapted sports equipment so children can take part in all activities regardless of their level of vision
- 6) We cater for all levels of sporting ability, including those with secondary disabilities
- 7) Actionnaires is the largest sports project for visually impaired children in the UK
- 8) Action works with Sports National Governing Bodies and community clubs to provide pathways for children to continue their interests outside of the clubs
- 9) Your child will have the chance to take part in sports festivals and away days
- 10) You won't hear them say they are bored! There's a huge range of sports and activities to try e.g. archery, athletics, basketball, cricket, football, goalball, judo, tag rugby, parachute games, swimming and much more!



So why not bring your child along? You're also welcome to bring your child's siblings or one of their friends if you wish. While your child is having fun, you can meet other parents and stay for a chat, or use the time for yourself.

# Your questions answered...

## So you may be thinking about it, but would like to know:

### **Do the clubs have a child protection policy?**

Yes. We have set procedures in place to ensure that the highest standards of health and safety are observed at all of our clubs, which adhere to Action's Child Protection Policy and Health and Safety regulations. All of our staff are subject to a Criminal Records Bureau (CRB) Check.

### **Are staff appropriately qualified?**

Each club has two fully qualified Club Coordinators. We also have coaches who are professionally trained to deliver specific sports sessions, allowing children to develop a range of skills across many sports.

### **Do Actionnaires clubs have insurance?**

Yes. Our clubs are very safe, but should an accident happen, Action for Blind People has appropriate public liability insurance cover.

### **Are risk assessments carried out?**

Risk assessments of the venue, equipment and all activities are undertaken by the club prior to sessions taking place. Trained first aiders are present at all times.

### **Will you be able to provide activities suitable for my child?**

We are aware of many eye conditions, and other disabilities, but please feel free to call and discuss any particular requirements your child may have.

### **When do sessions take place?**

Opening times and the frequency of club sessions vary depending upon the location and may run weekly, fortnightly or monthly.

Try activities like New Age Kurling



# Let's hear from an Actionnaire's Mum...

The first time I saw my son at an Actionnaires club I cried with happiness. Matthew had just won a race for the first time in his life and he was so proud. My son the champion! It was something I never dreamed I'd see.

Finding a place where he can enjoy himself with other children has opened up a whole new world for him.



**It was at that moment that I knew bringing Matthew to our local Actionnaires club was the best thing I had ever done for him.**

Matthew enjoyed the rest of the day, making new friends and getting involved in everything. He tried the javelin, the high jump, the long jump - there was no stopping him!

Before he came to the club, Matthew had spent his life sitting on the sidelines. He was born with an eye problem called premature retinopathy and a hearing impairment. Matthew copes really well with both his conditions, but as soon as other children see his glasses and hearing aid, they just don't want to know.

Finally Matthew has a place where he isn't the odd one out and where he's given an equal chance to take part in everything.

## Further information?

Please call our National Freephone Helpline on 0800 915 4666 or visit our website at [www.actionforblindpeople.org.uk/children](http://www.actionforblindpeople.org.uk/children) to find out more about your local club.

