

TAUNTON GLADIATORS WHEELCHAIR RUGBY CLUB



Taunton Gladiators Wheelchair Rugby Club brings both veterans and civilians together to play wheelchair rugby on a weekly basis, as well as having opportunities to play competitively.

"This club empowers you. It makes you feel invincible, like you can achieve anything"

 **Bridgwater**

 **£9,049**

 **People with a disability**

 **Wheelchair Rugby**

Project Overview

Funding was used to support Gladiators Wheelchair Rugby Club to deliver weekly sessions in Bridgwater, training 3 hours a week every Sunday. It initially helped subsidise costs for players out of work or on disability allowance, through payment of facility use. After visiting the project, additional funding was awarded to purchase additional chairs to support the growth of the club.



Impact

Increased physical activity levels

New friendships

Improved mental health

Mixing with people from different backgrounds



"I suffer with depression and physical mobility issues and pain and the Gladiators Family have helped me manage these instead of them managing me."

Recommendations when working with disabled people

- 1. Create a friendly atmosphere.** Making the session positive, supportive and fun makes players feel part of a community.
- 2. Adapt activities for different physical and mental disabilities.** Taking time to explain the session to those who need more time makes people feel the sessions are adapted to suit their needs.
- 3. Provide appropriate equipment.** Providing chairs has enabled players to take part quickly and easily, without worry.

Next Steps

Aspirations for the club are to train with more players turning up, at least 20 per session. The team would like to progress to the National League, with an end goal of playing in the GBWR Premiership League.

