

**Donegal Sports Ability Day**

On Saturday 4<sup>th</sup> October Donegal Sports Partnership hosted a Sports Ability Day in Aura Leisure Centre Letterkenny. The event was organised by Thérèse Laverty, Sports Inclusion Disability Officer (SIDO) with Donegal Sports Partnership. The aim of the event was to encourage people with disabilities to come along and participate in sports that they may not have previously tried. Almost seventy people with disabilities (including physical, sensory, learning, medical and mental health difficulties) attended to try sports such as archery, athletics, boccia, new age curling, gaelic games, soccer, table tennis, cycling and badminton.

There was great commitment shown by the National Governing Bodies of Sport including Athletics Ireland, the Football Association of Ireland, Badminton Ireland, Basketball Ireland and the GAA they also led very enjoyable and energetic sessions in their respective sports. A number of organisations also had promotional stands on the day including MS Ireland, Special Olympics Ireland, The Bluestack Foundation and Donegal Down Syndrome Association.

Feedback from all who took part was very positive with many expressing an interest in participating in sport and physical activity on a more regular basis. Participants' ranged in age from 6 to over 65years.

Donegal Sports Partnership would like to take this opportunity to thank all who volunteered and provided their coaching expertise on the day; the event was thoroughly enjoyed by all involved. Over the coming months Donegal Sports Partnership will be organising a number of events and initiatives for people with disabilities. A fortnightly boccia club for people with physical and sensory disabilities is currently running in Bonagee hall, Letterkenny every other Tuesday. If you are interested in participating or require any further information on disability sport please contact Therese at 074(91)16078/79.