

# THE ABILITY NORTH PROJECT



The Ability North Project offers a series of free personal training programmes funded by Sports England to be provided to people of the North East with disabilities, mobility issues and mental health issues.

Our aim is to provide an opportunity to help people improve their health, fitness and wellbeing whilst building confidence to continue to keep active throughout the Covid-19 pandemic and beyond.

The project is open to those with a wide variety of medical conditions and impairments such as:

Wheelchair users due to Spinal Cord Injury, Stroke, Cerebral Palsy and Multiple Sclerosis

Limb Impairment - Learning Disabilities - Mental Health issues - Hearing Impairment - Visual Impairment

Each participant will receive 3 weeks training with one 30-minute session per week. The sessions will be instructed by specialist trainer Jonathan Baker of Motion North East.

Sessions will be held at Disability North's fully accessible Dene Centre:

The Dene Centre, Castle Farm Road, Newcastle upon Tyne NE3 1PH



**For more information and to apply for a space please contact**

**Jonathan Baker**

**Mobile: 07712289225 or**

**Email: [info@motionnortheast.co.uk](mailto:info@motionnortheast.co.uk)**

Participants must be 16 and over

[www.disabilitynorth.org.uk](http://www.disabilitynorth.org.uk)

DISABILITY NORTH... Supporting disabled and older people, their families, friends and carers.

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