

Do you want to learn new sports skills and improve your wellbeing?



Are you, or someone you know, interested in learning sports skills in a safe, enjoyable environment?

East Cheshire Eye Society, the Disability Information Bureau and Macclesfield FC Community Sports Trust have joined together to run a new multi sports initiative

It will provide the opportunity for people with disabilities to learn new sports skills through a series of sessions, run by the qualified Community Sports Trust team.

These sessions will bring together like-minded people to engage in activities that will improve physical, mental health and wellbeing, improve confidence, provide new sports skills and experiences that could encourage progression into specific sports teams.

People with disabilities will benefit from:

Improved physical and mental wellbeing

More confidence

New sporting opportunities

How can you take part?

**Wednesday evenings,
6.30pm to 7.30pm at
Macclesfield Leisure Centre**

**Starts on 1st December,
twice per month.**

Get in touch with the Disability Information Bureau today!

Email us: reception@dibservices.org.uk

Call us: 01625 501759

Booking is essential

