



Suffolk Spartans became the first powerlifting club in the county to achieve the Clubmark standard in 2008. The BAWLA affiliated club originally started to increase their disability membership through being part of a showcase day for disability sport. The club also have done a variety of taster sessions with local schools. In order to ensure that disabled people are part of the decision making process at the club one of the clubs disabled athletes is part of the club committee. The club is based at an Inclusive Fitness Initiative Centre which helps ensure their facility access needs are met and the club has a close working relationship with the facility. Additionally the club has worked in partnership with the Suffolk Disability Sports Academy in order to apply for funding and equipment.

### **Patchway Judo Club**

Patchway Judo Club was one of the first inclusive judo clubs to gain British Judo's Clubmark Bronze Award. The clubs inclusion policy has been well established into the club and where ever possible participants are integrated into the clubs main classes. To support this all of the clubs coaches attending inclusion training to increase their disability awareness. Additionally the club has a named lead contact for their inclusive work enabling both coaches, participants and parents to contact one individuals regarding any queries or concerns that they may have. The club recruit members from a variety of taster session as well as by word of mouth.



### **Richmond Volleyball Club**

Richmond Volleyball Club are a well established Clubmark club catering from grassroots level up to international players. The club wanted to increase its disability membership so it began catering for Sitting Volleyball. Sitting Volleyball is variation of the game that is fully inclusive and can be played by disabled and non-disabled players. Working with a range of partners including their governing body, local authority and county sports partnership the club put together a series of events and activities to promote the sport. The club saw a massive increase in participation through introducing sitting volleyball and have continued to see participation increases. Interesting due to the totally inclusive nature of sitting volleyball the club attract both disabled and non-disabled participants which has enable the club to promote themselves and the sport in a new and unique way.

### **Stafford Town Football Club**

Stafford Town Football Club developed an extensive disability section to their club after realising there was no opportunities for disabled people in their area. Participants attended a variety training sessions in the local area but interest was kept high due to monthly football festivals that were created to enable individuals to play against each other as well as other teams that travelled to the event. The club developed its successful programme by working in partnership with local schools, Mencap, Special Olympics and the county FA.