

Report on Ability Tennis 2017 at Cotham Park Tennis Club and outreach work with the Tennis Foundation

During 2017 the Disability Network continued to develop and grow. I was offered more hours for the Disability Network Co-ordinator role back in July – I now do 7 hours per week for the Tennis Foundation working solely for Bristol. I base myself x1 per week at The University of Bristol Coombe Dingle site.

The Ability tennis session on a Thursday at CPTC has become a mixture of a group from Silva Care and others who have continued to attend over the last 3 years. For the last 4 weeks I hired out The Elmgrove Centre next to the club as the weather made playing outside too challenging. We had 34 attendances over the 4 Thursdays with 16 participants with Learning Disabilities. We played adaptive tennis using all the equipment the Tennis Foundation have given us plus some hoops from the She Rallies bag we now have. This group will move to the University in January.



Other sessions I am involved with and helped to set up are:

- Wheelchair tennis session at The University- Coombe Dingle site on a Sunday 4-5.30pm which has been successful and will continue next year.
- Mental health group at Redland Green Tennis Club- Tuesdays 11.00-12.00
- Mother and Under 5s wellbeing group at Kings – Monday 9.30-10.30
- Group at Headways- I have now linked this group with Downend and Frenchay Tennis Club – I have done monthly sessions for 2 years to develop this group to a point where they feel comfortable playing tennis at a club. There was a tournament in August where everyone participated. I am always looking for volunteers to help out with these tennis sessions- there is training available. It is great fun and very rewarding. Please do contact me if you want to know more. helenabbott19@gmail.com 07872945664 @HelenAbbott19 www.tennisfoundation.org.uk