**Outreach Department**

Mission Statement

CIYMS Tennis Club aims to increase access and opportunities for people with a disability who want to play tennis with the values of fun, respect, inclusion, and courage being paramount.

Tennis, like all sports, provides more than just an opportunity to play. It can help to improve mobility, co-ordination, fitness and provides interaction with others both on and off the court. We at CIYMS have an ambitious plan to offer tennis opportunities to people who have:

o People with physical disabilities

o People with a hearing loss (deaf or hard of hearing)

o Peoples with sight loss (Blind and partially sighted)

o People with learning disabilities

We currently run 2 groups –

**Tennis for Blind/Visually impaired** on Tuesdays 1130 -1230

Blind/VI tennis is a growing sport and can be played by everyone, regardless of sight loss. Our group includes players living with all degrees of blindness from B1 – B4. Blind tennis balls have a rattle inside, allowing players to track the ball.

**Dementia Friendly** 1130 – 1230 Wednesdays 1130 – 1230

Our group works closely with Dementia NI. We welcome players living with dementia to come and play some fun games tailored to their level, from beginner to competitive.

Both groups are currently free of charge and are followed by a cup of tea in the clubhouse. Our coaches and volunteers have undertaken specialist training to work with both groups and we can teach tennis from scratch to those who have never played before. All equipment is supplied, participants just need to wear trainers and comfortable clothing. We have indoor facilities, so the sessions are always on, regardless of the weather!

Carers and family are welcome to stay and watch or participate in a gentle game of tennis.

For more details or to register, contact Outreach Manager Jane at outreach@ciymstennisclub.org