

Sense Active School Offer

2023/24

Who are Sense Active?

Sense Active are the active team within Sense, a national charity who support people living with deafblindness and complex disabilities. The Sense Active team aim to get more disabled people active through a range of different options from more relaxed activities like going to the zoo or organised sensory sport sessions. We have regional coordinators across all of England and in South Wales.

Sense Active in schools

Many of our ways of working with you are funded through Sense and so there would be no or very little cost to schools. Our Sense Active team can support your school in a variety of ways:

- Organise for coaches to come in to deliver sessions within the school
- Support you with finding activities that are going on locally that you may want to attend
- Provide your staff with training (see options below)
- Give opportunities that can be shared with families to take part in away from the school day
- Take part in our online activities such as drumming to music
- Access our resource packs so that staff can get ideas of what to include in their lessons



What types of activities have you offered before?

- Sensory sport – this is a format of various sports such as football and tennis that may be harder for people with complex disabilities to take part in. It takes the concept of the sport and breaks it down into movement based activities for the individuals to take part in. Currently we have sensory football and sensory tennis however sensory rounders, sensory badminton and sensory snooker are all coming in spring 2024.
- Physical activity sessions such as dance, sensory walks or ice skating.
- Relaxed activities such as trips to petting zoos, gardening sessions, pumpkin picking and virtual reality centres.

What workforce support can you offer?

We have a number of different workshops and will be developing more over the next couple of years.

- Sensory Walks
- Sensory Football
- Sensory Tennis
- Supporting people to remain active, and participate in sports sessions (coming soon)

What cost is there?

Where possible we do not charge schools anything to be involved. Our current training offer is free of charge however bigger scale future workshops may have a small cost attached. Our activities are generally funded by Sense however your local coordinator can have a discussion with you about how we can make these sessions sustainable so that they can continue after the funding from Sense has gone.



How do we get involved?

You can contact your regional coordinator to get involved

- South East & London – Katie Sawyer Katie.Sawyer@sense.org.uk
- South West – Alice Miller Alice.Miller@sense.org.uk
- East – Chloe Brown Chloe.Brown@sense.org.uk
- Midlands – Matthew Rickard Matthew.Rickard@sense.org.uk
- North East – Laura Purcell Laura.Purcell@sense.org.uk
- North West – Jake Williams Jake.Williams@sense.org.uk
- South Wales – Lauren Heath Lauren.Heath@sense.org.uk

Our resources and useful links

All of the below bullet points are hyperlinked.

- [Sensory Football](#)
- [Sensory Tennis](#)
- [Sensory Walks](#)
- [Making Sense of Mini Games](#)
- [Sensory Exercises](#)
- [Making Sense of Yoga](#)
- [Communications guide for sports professionals](#)
- [More information on Sense Active, our training and research](#)
- [See what is on in your local area](#)
- [Activities to do within school](#)
- Sensory stories – coming soon
- Sensory snooker – coming spring 24
- Sensory rounders – coming spring 24
- Sensory badminton – coming spring 24