

CASE STUDY

DUNDEE DRAGONS WHEELCHAIR SPORTS CLUB

Dundee, Scotland

Dundee Dragons Wheelchair Sports Club offers a range of inclusive activities including rugby, basketball and tennis, with the focus being on maximising sporting potential regardless of a player's disability. The club prides itself on creating a welcoming and supportive community as Kevin Rattray, Club Coordinator, explains.

“We have young people come to the club at aged 13 or 14 clearly showing signs of depression because they feel excluded at school. We hear stories about them not fully participating in PE lessons, being asked to keep score or just kept busy, because their teacher didn't know how to fully integrate them into the session. They come to us and it's not an issue.

There can be emotional and psychological barriers to participation when they first start, but we break this down gently and slowly. After weeks, sometimes months, their confidence starts to grow. Parents will come to us and say their child is doing much better at school, and at the club we'll see them interacting with their peer group in much more positive way.

Being part of a team is absolutely vital - a lot of our members describe it as an extension of their own family. Our youngest participant is seven and our oldest is 59, so we cater to a huge range of ages. Whilst we have different abilities, everybody works together, everybody helps each other out and at the end of every session we always come back together so everybody feels part of the club.”



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