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"Come & Try" with Donegal Sports Partnership's Sports Ability Day

Donegal Sports Partnership will host their Annual Sports Ability Day on Saturday 24th of September in Aura Leisure Complex, Letterkenny from 10-2pm. The event which this year runs as part of Social Inclusion week and is also supported by Donegal County Council is a "Come and Try" event for people with disabilities and offers them the opportunity to try sports which they may not have previously tried.



Donegal Sports Ability Day is part of the overall Sport Inclusion Disability Officer (SIDO) Programme which runs under the umbrella of Donegal Sports Partnership. The initiative which was launched in 2008 is supported by the Irish Sports Council has seen many positive developments to-date in Donegal with approximately 700 individuals with disabilities having participated in sports participation programmes or events with similar numbers having participated in education and training programmes.

Speaking in advance of the event SIDO with Donegal Sports Partnership Thérèse Laverty encouraged people of all abilities to come along to the Aura Leisure Complex and join in on the day. "The event is hosted on an annual basis and gives people the opportunity to try new sports, I'd like to encourage people with disabilities, their friends and family members to attend the event and see what we have on offer.

Many individuals have a preconception about disability sport but when they get to experience the sports this normally changes. We'd also like to see as many local club coaches come along and join in the coaching with the various National Governing Bodies of Sport which will be present such as the GAA, FAI, Badminton Ireland and Athletics Ireland, everyone is welcome. We are also hoping to have some of the Donegal GAA County Players attend on the day to meet the participants."



Further information on the event can be obtained from www.activedonegal.com or by contacting Donegal Sports Partnership on 074(91)16078/79 or by email at sidoactivedonegal@gmail.com.