



**Provision for disabled adults and children and young people**

Resource	Description	Age	Link
Amaze Leisure, Learning and Lock-down guide	Produced by the Compass Team at Amaze, this is aimed at families of children and young people with additional needs, but is relevant for any parent wondering what to do in the current situation You can share via Facebook here <a href="https://www.facebook.com/AmazeCompassCard/posts/3079782265417707">https://www.facebook.com/AmazeCompassCard/posts/3079782265417707</a> or via our website link here	0-25	<a href="https://www.compasscard.org.uk/news-and-events/leisure-learning-and-lock-down/">https://www.compasscard.org.uk/news-and-events/leisure-learning-and-lock-down/</a>
Wave Leisure Get Set Club 10 day Challenge	Designed to support Wave Leisure Get Set Club, a activity club for Children with SEN, supported by ESCC Short Breaks	Children	<a href="https://www.waveleisure.co.uk/get-set-club/get-set-club-home-challenge/">https://www.waveleisure.co.uk/get-set-club/get-set-club-home-challenge/</a>
Wheely Good Fitness Videos #SofaSuperheros Parasports	A gentle stretching workout to improve overall flexibility finishing off with a few minutes relaxation. No equipment needed. Suitable for standing and seated participants.		<a href="https://youtu.be/hVcU15AHH-0">https://youtu.be/hVcU15AHH-0</a>
Cerebral Palsy Sports resources	Cerebral Palsy Sport has launched a number of new resources to help everybody to stay as fit and healthy as possible at home.They have been created with regular Cerebral Palsy Sport participants in mind. However, the activities and advice can be useful to everyone from beginners to family members.		<a href="http://www.cpsport.org/resources/resources/health-and-wellbeing/">http://www.cpsport.org/resources/resources/health-and-wellbeing/</a>
Wheelpower Adaptive Yoga videos delivered by <b>Sitting Fit Yoga</b>	A series of Adaptive Yoga videos to encourage wheelchair users to exercise from the comfort of their homes. Yoga is a safe and effective way to increase strength, flexibility and your balance that can lead to improvements in both your physical and mental wellbeing.		<a href="https://youtu.be/amiNhmeGe3U">https://youtu.be/amiNhmeGe3U</a>



<p>LimbPower and LimbPower Juniors: Stay In Stay Active</p>	<p>LimbPower and LimbPower Juniors have created a private Facebook group for all the LimbPower community and LimbPower Junior Families. They will support the physical, psychological and social wellbeing of amputees and individuals with limb difference. They will post videos, live videos, Q and A sessions and useful and relevant resources and social media challenges. Created to keep our community members active, reduce feelings of isolation and support their physical, social and psychological health.</p>		<p><a href="#">Visit LimbPower Members Facebook group here.</a></p> <p><a href="#">Visit LimbPower Junior Families group here.</a></p>
<p>Defiant Sports Keeping active in isolation</p>	<p>Keep an eye on what the Defiant Sports Team are up to, to StayIn StayActive.</p>	<p>All ages</p>	<p><a href="https://defiantsports.org.uk/how-defiant-are-keeping-active-during-self-isolation/">https://defiantsports.org.uk/how-defiant-are-keeping-active-during-self-isolation/</a></p>