READY FOR SOME AUTUMN ACTION?

We are on a mission to help more children and young people with a physical disability have access to sport. Every child loves to play, to run and to swim. We should ALL be able to experience the joy of movement!

The Penguin Sports Foundation is a small charity based in North Devon. Led by experienced physiotherapists, we provide individual/group hydrotherapy and run a Frame Running Club and adaptive athletics programme for schools. We are also actively developing new activities.

Thanks to the support of funders and the local community, we are able to provide programmes that are heavily subsidised. This means families only need to contribute 10% of the real cost. But there are more local families we would like to reach and children to help. And we cannot do this alone...

CAN YOU HELP?

We would love your school, your workplace and family and friends to help to raise funds and awareness of what we do. And we'll give all the support you need to make whatever you do a success.

SAVE THE DATE! Sat 6th Dec, inclusive Xmas disco

Halloween Bake Sale - get creative with those creepy cakes or concoct some bonfire buns...

Why not organise a **dress down day?** Simply charge £1 to not wear school uniform that day. In the office? Dress up or down in black and white. Penguin outfits optional!

One BIG walk - encourage your school or colleagues to take part in a sponsored walk or waddle...

Get festive! Dig out that Christmas jumper, run a fete, a tombola, a raffle... the list is endless. Just remember to tell us about it so we can tell the world!

Small things soon snowball into something **BIG...**

£6

pays for a child to have a fun-filled hour in the pool at our After School Hydro Club.

£25

pays for a frame to be serviced so a child can experience the thrill of running at our Frame Running Club.

Katie, aged 19 with celebral palsy says...

"If it wasn't for The Penguin Sports Foundation I would not be doing any exercise and my body would be weaker and stiffen up. I would have remained in my bedroom... but thanks to this charity I have benefited physically, socially and emotionally."

The Penguin Sports Foundation
Registered Charity Number: 1206051

Get in touch

07591 647698

info@thepenguinsportsfoundation.co.uk

www.thepenguinsportsfoundation.co.uk

Please scan to support