



Encouraging people with a learning disability in Shropshire to run for fun and for better health

parkrun organise free, weekly, 5km timed runs at almost 600 places in the UK and a lot more around the world. They are open to everyone, free, and are safe and easy to take part in. You turn up in a public park, run (or jog or walk) 5km (just over 3 miles), choose whether to stay for coffee and a chat and carry on with your weekend! The organisers want parkrun to welcome everybody and have recently produced some leaflets to encourage more people with a learning disability to join in.

Three parkruns in Shropshire have chosen a Saturday this summer when they will make people with a learning disability particularly welcome -

- As a runner
- As a walker
- As a spectator
- As a volunteer and/or
- Just for a chat and coffee after the run



The dates for our “learning disability specials” are:

- Saturday 18<sup>th</sup> May at the Shrewsbury parkrun in Quarry Park, Shrewsbury SY1 1RN - more details at [www.parkrun.org.uk/shrewsbury](http://www.parkrun.org.uk/shrewsbury)
- Saturday 22<sup>nd</sup> June at Telford parkrun in Town Park, Hinkshay Rd, Telford TF4 3NZ - more details at [www.parkrun.org.uk/telford](http://www.parkrun.org.uk/telford)
- Saturday 20<sup>th</sup> July at the Oswestry parkrun in Henley Wood off Cabin Lane, Oswestry - more details at [www.parkrun.org.uk/henleywood](http://www.parkrun.org.uk/henleywood)

On these dates, the normal weekly community parkrun will be taking place. These specials are not exclusively for people with a learning disability. We are promoting an inclusive activity but we are hoping for a larger participation by people with a learning disability or autism on these days.

Each event starts at 9.00 and you don't have to book in advance. However if you want to know your time and have your name recorded in the results, you need to register in advance at [www.parkrun.org.uk](http://www.parkrun.org.uk) and print out a personal barcode. It's free.

### Preparing for parkrun

- You may be fit enough to just turn up on the day and take part without any preparation or
- You may want to visit the park on a Saturday at 9.00 or another day to see what's it's like, take in the atmosphere and familiarise yourself with the surroundings or
- You may want to get together with others to train in advance

## Volunteering

If running's not your thing you might like to volunteer or just come to watch. There are lots of different volunteer roles to choose from depending on your skills and you may wish to consider:

- Being a marshall – clap, cheer, maybe wave a pointy finger and smile!
- Finish tokens – giving numbered tickets to people as they finish – a job for people with quick hands!
- Sorting out the tokens afterwards – putting all the tokens back in order (there may be 500 or more!)

Volunteers should register in advance (see the course page on the website) and of course it's important that you do turn up if you have put your name forward.

If you just want to watch, you are welcome just to turn up on the day.

## After the run

parkrun is not just a sporting event – it's a great social occasion too and we do hope that you will stay for a chat afterwards. Coffee and cake is particularly popular.



And if you really enjoyed yourself, why not come along regularly. Parkrun is a weekly event taking part in

these and nearly 600 other places around the country at 9.00 each week (see course pages for occasional cancellations)

## Support

These events do not have staff, so you should bring any support staff you require with you.

But can we help with reasonable adjustments?

- Do you need someone to come and explain parkrun to you in advance?
- Do you need a buddy to run with you?
- Are you looking for a group of people to train with before your first parkrun?



For general parkrun questions go to the parkrun website or the course pages for each run.



parkrun have produced some accessible guides at <http://bit.ly/parkrun-Easy-Read-flyers>.



Alternatively, I will try to point you in the right direction if you email [running@35007.co.uk](mailto:running@35007.co.uk).



There are some inspiring stories on the parkrun website (email me if you want the links) and



There's a Facebook Group for people affected by learning disability or autism interested in parkrun.

## Accessibility

You may wish to note that Shrewsbury and Telford parkruns are both run on tarmac / concrete paths and both courses have a steep slope. Henley Wood Oswestry is a mix of trail path, grass and wooded areas.

We look forward to seeing you at a parkrun soon