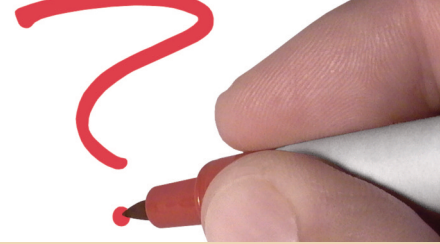


FAQs



1. Can only disabled people use the facilities?

No; the Greenbank Sports Academy is a fully inclusive centre that is open to all members of the public. Even though its priority aim is to increase sports participation amongst disabled people its opens its facilities are open to the whole community.

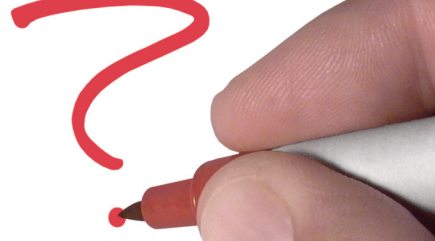
2. Who owns the facility?

The Greenbank Sports Academy is a non-profit making organisation and part of the Greenbank Project. The Greenbank Project is a registered charity (number 513814) based at Greenbank Lane, Liverpool L17. The organisation has been established since 1983 to 'enhance the opportunities and status of people with disabilities through education, training, sport and recreation'.

3. How is the Academy Funded?

The construction cost of the Greenbank Sports Academy was funded by Sport England, the European Regional Development Fund, the Foundation for Sports and the Arts and a range of individual company and trust supporters.

FAQs



Greenbank is a registered charity and relies upon sales; grant income and donations to support its work. The Greenbank Sports Academy fundraises from a wide range of agencies including public funding bodies, charitable trusts and individuals. Examples include, London Marathon Charitable Trust, Peter Harrison Foundation and BBC Children in Need.

4. Is the Gym accessible?

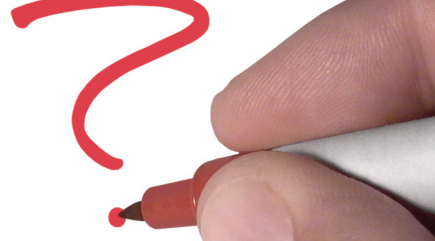
Yes; there are a range of machines which are accessible to disabled people. A range of cardio-vascular and conditioning equipment including hand bikes, lat pulls, tricep seated and chest press are accessible to wheelchair users.

Most fitness machines provide a computerised link via our Techo Gym Key System which can be useful for people with a visual impairment to access equipment.

5. What membership types are available for the gym and how much?

There are various types of membership available including 3, 6 and 12 months, student and disabled. Membership fees are

FAQs



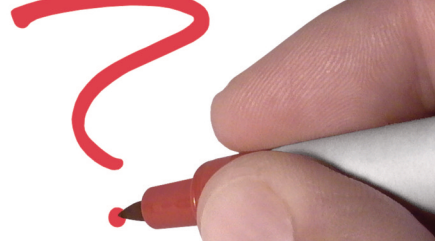
available from £60 for 3 months or as little as £15 per month via direct debit - for more information phone our reception on 0151 280 7757 or call in for a tour of the gym.

6. Can I use my lifestyle's card?

Greenbank Sports Academy is a privately owned gym and not a local authority site, and therefore lifestyle cards can not be used.

7. What Sports are suitable for people with disabilities?

There are no limits on the range of sports available for disabled people. Sports have been adapted and innovated so that people with disabilities can participate. Examples include table cricket, boccia, electric football and Wheelchair Rugby. Greenbank Sports Academy currently has 7 primary target sports that it promotes and helps develop through its Sports Development Officer. These sports are Table Tennis, Basketball (including Wheelchair basketball), Uni Hoc, Boccia, Handball and Disability Football (b1 and wheelchair football).



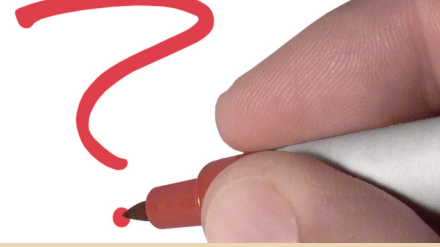
8. Do I need a special chair to play disabled sport?

When you are experiencing a new sport for the first time it is not essential to have a specialist sport wheelchair, however many sports such as wheelchair basketball and racing use equipment and chairs to make the sport easier to undertake. The Greenbank Sports Academy does not provide individual funding for sports wheelchairs, as these are very personal and are available from a number of manufactures and suppliers. At junior level there are some organisations that do help with funding including the Lord's Taverners, Get Kids Going and Whizz Kidz. For more information contact our Sport Development Officer or look on the links page of this website.

9. What are the Paralympic Games?

Held in "parallel" with the winter and summer Olympic Games the Paralympic Games are the Olympics for disabled people. Usually held in the same city as the Olympics, the Paralympic Games are held every 4 years and offer the ultimate sporting challenge for a disabled sportsman and woman. Many of Great Britain's

FAQs



Paralympic team members have accessed the Greenbank Sports Academy's facilities or are part of teams at the Academy. These include Sinclair Thomas (Wheelchair Basketball), Lynne Riding and Scott Robertson (Table Tennis), David Weir (Athletics) and Mark Ecclestone (Wheelchair Tennis).