



DSS-GB are incredibly honoured to have received a funding award from the Toyota Parasport Fund. This exciting UK-wide programme aims to help activity providers improve the quality and quantity of sport and activities available to people with a disability, giving them more opportunities to get active than ever before.

Our Parasport project is to provide public benefit training camps to introduce swimmers with Down syndrome to an opportunity to see elite swimmers with Down syndrome perform, as well as give them access to land and swim training sessions. Our aim is to encourage more people with DS to take up swimming with all the health and wellbeing benefits that it brings.

We have used the fund to hold 3 regional training camps so far at Oundle School, the Mountbatten Sports Centre, Portsmouth and at Cheltenham Ladies' College Sports Centre for local swimmers with Down syndrome. At each camp we have held two hour swimming training sessions for our participants alongside members of the DSS-GB squad, followed by land based activities. Parents have had the opportunity to speak to DSS-GB parents and coaches to find out how to progress their swimmer's involvement in competitive swimming. DSS-GB have provided feedback to each participant. We have had such positive emails and conversations with the new people that have engaged with our outreach. Most importantly, the swimmers have been enthusiastic, engaged and given it their all - they have loved it, and we have loved meeting them.



The fund has allowed DSS-GB to grow and understand its own ability to help its community share the enjoyment and feel the benefits of swimming. We can continue to broaden our reach to attract more people to discover the pleasure of our sport, which in turn improves both physical and mental wellbeing for all.



Parasport is developed by ParalympicsGB in partnership with Toyota as part of their commitment to making movement better for everyone.



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