

BETTER



sense  
connecting sight, sound and life

## Sensory Tennis

**Location:** Barnet Burnt Oak Leisure Centre, Watling Ave, Edgware HA8 0NP

**Time:** Every Thursday (starting on 12th Jan) 11.45am-12.45pm

**Cost:** Free

### About the activity:

Sensory Tennis offers the opportunity for people with complex disabilities and sensory impairments to play tennis in a more sensory and engaging way that is adapted for their specific needs. Taking part in this activity will help you to develop your health and fitness, coordination, independence and communication, and support you to carry out everyday tasks.

### Who is this for?

This activity is suitable for both beginners and those with previous experience in tennis. All activities will be suitably modified to suit the participant. This activity is suitable for adults aged 18+ with complex disabilities and/or sensory impairments.

### About our activity leader:

This activity is led by Jon Wildman, Head Tennis Coach at Get Set 4 Tennis. He has lots of experience in coaching tennis and working with people with disabilities. He is friendly, considerate, and adaptable in his delivery style.

I've always wanted more opportunities to play. Now, with sensory tennis, I can join in! I'm happy in these sessions, I'm always included in the game.

- Lin, Sensory Tennis participant  
Watch Lin play Sensory Tennis [here](#)



For more information, or to book the activity, please contact Katie Sawyer – [katie.sawyer@sense.org.uk](mailto:katie.sawyer@sense.org.uk)