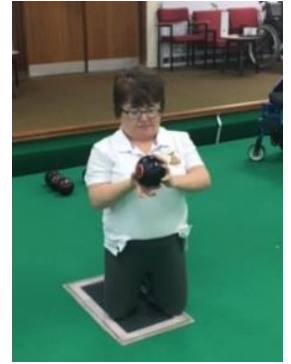


Meet Sabrina



1. Which sport or physical activity are you currently involved in?

Bowls

2. How did you get involved in the sport/activity?

I started bowling after doing a taster session run by cerebral palsy England. I also enjoy attending the disability group that is held at Desborough Bowls club on a Friday.

3. What do you enjoy most about being active?

Playing helps me to keep fit and keeps strength in my upper body.

It also helps with my mental health as I have to focus on what I am doing and work out the best way to roll the woods. It also gets me out in the community and mixing with different people.

4. Who (or what) inspired you to get involved in sport/physical activity?

The taster session run by Cerebral Palsy England

5. What has been your biggest challenge in sport/physical activity and how did you overcome it?

6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)

7. What are your personal goals regarding sport/physical activity in the future?

8. What has been your biggest achievement since becoming active?

My biggest achievement is being asked by the Ladies to join a league. It has made me feel accepted, I enjoy playing as part of a team and helping them win.