



Welcome to
Uckfield Rugby Football Club



Inclusive
Rugby

For Kids
5-18

URFC ACORNS

A new inclusive group allowing children of all ages with any additional needs or vulnerabilities to access rugby in a safe, supportive and encouraging environment.

Non-contact, fun activities which teach children basic ball skills, teamwork and foundations of rugby.

- DBS-checked, qualified coaches
- Held during 'quiet' sessions at the club
- Demand-free, no pressure to participate
- Gentle exercise, adaptable activities, supported social interaction and lots of smiles

Launch Date: 20th August 1-2pm

Last Sunday Of Each Month From 1-2pm

Free Of Charge

If you think your child would benefit from these sessions and enjoy a low demand environment to learn new skills, please get in touch.

Please note, parents are required to attend sessions.



hello@uckfieldrugby.uk

www.uckfieldrugby.uk

Scan the QR code
to sign up!





I am coming to Uckfield
Rugby Club.

I will come through the main
gate to the carpark





The rugby club has fields.
This is where I will meet my
coaches and play games.





The rugby club has a clubhouse.





This is where the toilets are.
Through the front door, girls
on the left, boys on the right.





Upstairs is a bar. I can go in here to have a sit down.





I will meet some new people.

Lee and Martin will be my coaches. They will help me.



Lee



Martin



Some other children and their grown ups will be there.

I might also meet Vicky and Amy. They will help me.



Vicky



Amy



This is some of the equipment I might use at rugby



When I come to rugby, I can:



- ◆ Bring my grown up with me. They can stay with me.
- ◆ Wear any clothes that I am comfortable in.
- ◆ Join in with all the games if I would like to.
- ◆ Just watch to start with and join in a bit later if I would like to.
- ◆ Just watch, and maybe join in next time if I would like to.
- ◆ Bring my own water bottle and a snack if I would like one.