



In association with:



NORWICH SCHOOL

Just4  
Children

irwinmitchell

presents

# Discover Your Ability

## 2024

# Sunday

# June

# 16th



## 10am-2pm

in the

## grounds of Norwich Cathedral,

Norwich Lower School Playing Fields, NR1 4AA



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# Discover Your Ability 2024

## Who can get involved?

Basically, **EVERYONE**.

The challenge is **inclusive** to all ages and abilities. We use adapted bikes and specialised equipment to ensure each and every person whatever their ability can get involved. We also love to have spectators to cheer on the partakers as well as helping to raise the profile of Able2B and these amazing children.

## What is DYA?

It is a challenge that pairs up mainstream and SEN pupils in aim of reducing the stigma around disability. The pair complete a challenge that involves biking, using **adapted bikes** if necessary as well as some frame runners. We have access to a whole array of bikes to ensure all children can get involved. In addition to the biking, the participants complete a walking, running or pushing (wheelchair users) challenge.

The event is to **celebrate & educate about inclusivity**.

Participants are encouraged to get sponsored for their challenge.

## What about the adults?!!

A recent addition to DYA is an **adult sponsored walk**, a way to include all adults that are interested in taking on a new challenge. The adults of all ages and abilities set off around the course together with family, friends, and other volunteers to support them. A great support network and an amazing achievement.

## Details?

10am-2pm

Norwich Lower School, Bishop Gate, NR1 4AA

Ice Cream Van

Coffee and Cake

Raffle

& more



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