

Ability Links Gym Up

Three-month gym memberships are available at the Kyogle Community Gym for six people under the Ability Links Program.

The pilot scheme, *Enabling Kyogle Community Gym*, is funded by the Northern Rivers Social Development Council in conjunction with *Kyogle Together* and is open to people who have felt unable to use the gym due to disability, mental health issues or life skill challenges.

The scheme is due to begin on Thursday, 2 July and will provide the group of six people with an hour-long supported session at the gym every week for 13 weeks.

The sessions will run from



Sharron is the Kyogle Community Gym Instructor

10am to 11am and carers of participants are included in the pilot funding.

Sharron, the gym's qualified trainer, will design a program to suit the needs of individual participants with the aim of increasing their confidence to train during general gym sessions.

Ability Links is a NSW-wide program aimed at promoting social inclusion for the many people in our society who are often excluded due to physical

or mental challenges.

Ability Links promotes the rights of people living with disability, particularly the right to participation and individual outcomes.

If you feel that you or a person you care for could benefit from a personalised exercise program and the opportunity for some quality social contact, call *Ability Links* staff: Sandy Kelly on 0438 407 006 or Robert Baldwin on 0400 127 514, to register.