

# Football Program in Windsor Encourages Fitness, Skills and Fun for Locals with Disability

Afford's Windsor Day Program encourages fitness and fun for physical health and wellbeing of participants with disability. Afford integrates meaningful programs to support individuals with disability through COVID-19.

Images available here. Afford's Windsor Day Program has established a football program to support people with disability to engage stay active, develop skills, and enjoy social interaction for health and wellbeing during COVID-19.

Afford (The Australian Foundation for Disability) is a not-for-profit disability provider that applies a whole-of-life approach to disability supports to help individuals realise their goals for work, home, and life.

Thanks to the dedication and expertise of an Afford lifestyle assistant at Windsor Day Program, participants who attend the site have maintained fitness, football skills and a love for the game despite COVID-19 disruptions.

Keith is a lifestyle assistant at Afford's Windsor Day program. He is also a first-grade coach with a level one coaching ticket. He has been coaching NRL football for juniors and seniors for around 13 years.

His love of the game has fostered a football following at Windsor Day Program, with participants Kieran, Daniel, Scott, Luke, Kyle and Keilan all enthusiastic football supporters.

Throughout COVID-19 disruptions, Keith and the other staff at Windsor Day Program established an on-site football program to support the physical and mental wellbeing of participants.

Following safe health and hygiene practices, the football program encourages team building, social skills, physical fitness. The program also gives every individual who participate a sense of being part of a community and a team.

Keith coordinates warm-up sessions that involve a walk or run in the local area or on on-site. They play skilled exercise games. After a break, everyone has a go at tackling practice against tackle bags and relay races. More recently, Keith has organised training sessions at Peppertree Oval in Erskine Park.

To build mateship, the group finishes their sessions by singing the team song with three cheers at the end!

"It's great to see a few of our clients who wouldn't normally get involved, participating, and becoming part of the team," said Claressa, Team Leader at Windsor Day Program.

"Our staff love their jobs. They bring their unique abilities to their roles and support every individual to get the most out of life and experience something new," added Claressa.

After months of hard work and training, Windsor participants Kieran, Daniel, Scott, Luke, Kyle and Keilan, received a surprise when professional NRL Panthers football player, Reece Alderton, visited their site, Windsor Day Program. Reece presented each of the Windsor footy fans with jerseys, in celebration of their determination and continued efforts during unprecedented times.

Afford is a registered charity and has been operating in Australia for 68 years, providing a range of disability supports to thousands of people every day.

As one of Australia's longest-serving not-for-profit disability organisations, Afford goes above and beyond traditional service offerings to adapt to new operating environments to support individuals achieve their goals for work, home and life under the NDIS.

For more information visit [www.afford.com.au](http://www.afford.com.au) or call 1300 233 673.

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Editor's Note: Images to accompany the story are available [here](#).

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About Afford - [www.afford.com.au](http://www.afford.com.au)

The Australian Foundation for Disability is a registered charity providing disability services to thousands of people across Australia. The supports provided by Afford include Shared Living; Overnight Respite; Social and Community Programs; Transition to Work Programs; Transition to Retirement Programs; Carer Support; Disability Employment Services; Supported Employment; Allied Health Support, Support Coordination and Supported Holidays.

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