

I PLAY 30

I Play 30 is a new Bright Ideas for Tennis initiative aimed at getting more people playing more tennis. According to Sport England, UK Active and the UK Chief Medical Office, inactivity is now the 3rd most common cause for premature death in the UK responsible for a fifth of all deaths and costing the NHS a staggering £8.2 billion a year. It is frightening to discover that the life expectancy of our children will be, for the first time ever, less than what we can expect, due to their incredibly inactive lifestyle.



Bright Ideas for Tennis are committed to reversing these trends. Designed to target some of the most common, current inactive groups (people from poorer socio-economic backgrounds, women,

and the disabled), but equally open to everyone, Bright Ideas for Tennis is creating a number of inclusive tennis activity sessions which will be piloted at several clubs in Surrey. Each participating venue will open their courts to the public for a few hours each week, and all sessions will be free of charge.

Bright Ideas for Tennis plan to source the venues, forge links with the local Special Educational Needs schools, train the volunteers, provide the equipment and fund the initial running costs.

Each new venue will cost somewhere in the region of £2000 to fund. And it is events like today that will help to raise funds for this project.

If you would like to find out more about 'I Play 30', explore the opportunity of a corporate partnership, or would like to make a private donation please contact:

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www.brightideasfortennis.org

GORDON REID



Q. You started playing wheelchair tennis in 2005. Was it easy to access courts / coaching back then? Have things since improved?

When I started playing wheelchair tennis I continued playing at the club I played at as a kid. The club welcomed me and it wasn't until I improved that I needed to change venues because of the playing surface. I do however know that not everyone has the same experience but with multiple Tennis Foundation interventions, playing wheelchair tennis has become much easier.

Q. Your career achievements are incredibly impressive - 2 Grand Slam Titles, Rio Paralympic Gold medallist, the World Number 1 Ranking. What are your goals moving forwards?

My goals are to complete the set of all grand slam singles titles but also to keep improving my own game and to keep raising the bar for wheelchair tennis in general.

Q. You became disabled as a result of a neurological illness when you were 13 years old. Has tennis helped your recovery?

Tennis was a big part of my physical and mental rehab as well as being a great social scene. wheelchair tennis helped me to get active again after 6 months in a hospital bed and enabled me to travel the world. It also gave me role models to aspire to, and goals within the sport.

Q. What advice would you give to a player starting out now?

Make sure that you enjoy it and play as much as you can - the great thing about wheelchair tennis is that you can play with everyone.

Q. 'I Play 30' is a new Bright Ideas for Tennis project set up to encourage players of all disabilities to take up tennis. We aim to co-ordinate, and increase the number, of all participating venues in order to make finding and accessing a session easier for all parties. Do you think that projects like this will help unearth the next 'Gordon Reid'?

The bigger the participation pool the more likely we are to increase the talent pool and wheelchair tennis is no different. I hope that this new venture helps to encourage more disabled people to play this great sport.