



NORTHAMPTON TOWN F.C.

COMMUNITY

the cube
DISABILITY

GRANT ELLINGHAM

Grant Ellingham is a participant of Northampton Town FC Community Trust's multi-disability squad and has now been coming along to sessions for the past 13 years. He is a well-known and respected member of the team and now holds the position of captain within the multi-disability squad.

"Since taking part in the multi-disability football 13 years ago I have really enjoyed myself, Russell has been great, and I have met so many new people. Throughout my time with the multi-disability squad, I have also learnt a lot of new skills as well as coaching abilities, that is something that I help Muzzy (multi-disability manager and volunteer) with sometimes.

"Without these multi-disability sessions, I don't know what I would do, I would be lost. I have been trying to secure a job somewhere for the last 9 years and I haven't been able to, these sessions are a lifeline to me."

Ever since Grant has been part of the multi-disability squad it has led on to further opportunities for him. He works closely with our Disability Development Officer, Russell Lewis, and volunteers his time to help wherever he can, he is a regular at many of our programmes, he helps with a lot of the different disability and health sessions we run as well as the Extra Time Hubs sessions, sometimes even beating Russell to the venues!

As well as making new friends and learning new skills it is the smaller things that are important to Grant, "It gives me a reason to get out of the house and it means I can go and see all of my friends. I enjoy being out in the fresh air and the exercise that comes with playing some football, it is really enjoyable, one of my favourite times of the week.

"The Cube have been excellent for us. We get to have them on our kit, and we are all very grateful that they are sponsoring us, they are a major part of us being able to continue what we do. I have volunteered at The Cube before, so it is good that there is a link between them."

