



Championing Inclusion – Amanda Worne



Themes: inclusion, disability, women and girls

After being in a cycling accident in 2015 which left her paralysed from the hips down, Amanda fell in love with table tennis and has never looked back.

Six years after her accident a friend introduced Amanda to table tennis, taking part in the sport gave Amanda a sense of empowerment and helped her to switch off from her disability and the challenges it brings. Amanda regularly attends Worthing Table Tennis Club, competes in the League and is also a Level 2 qualified coach.

Taking part in table tennis has allowed Amanda to push her boundaries, travel the country taking part in the sport and

"I have so much support from people within the table tennis community to help me achieve my goals and I think that is one of the great things about table tennis, that it helps bring people together".

Barriers

Although Amanda has been fortunate to not have ever felt excluded due to her disability or gender, she feels there are not enough women or wheelchair users in the sport. This lack of representation may discourage others from taking part, so Amanda believes visibility of these players is extremely important to improve inclusion.

Goals

Amanda aspires to continue in her playing and coaching journey, inspiring others to participate in the sport no matter their gender or abilities.

Her dream would be to compete for Paralympics GB one day, saying even if she doesn't quite reach the destination the journey will have been an amazing one.

"I think what I always try and believe is that we should never give up and that we are always capable of more than we know if we are given the right support and help".

