

Personalised physical education, tuition and support service

For vision impaired young people

Unlock
potential, build
confidence and
have fun!



Make bounds,
not boundaries!



RT VITALS

Make **bounds**,
not boundaries!

Roy Turnham

Vision Impairment Awareness, Training and Active Living Skills

What RT VITALS can offer

Unlock potential, build confidence and have fun!

1-to-1 PE tuition for vision impaired (VI) young people

- **Tailored sessions:** customized 1-to-1 PE lessons supporting each child's Education Health Care Plan.
- **Accessible instruction:** breaking down complex drills and movement patterns into easy to understand formats.
- **Enjoyable learning:** creating fun and engaging sessions that foster a love for sports and physical activity.



Support for educators

- **Bridging knowledge gaps:** offering practical strategies for educators who lack specialist training in PE with VI students.
- **Inclusive environments:** helping teachers create PE settings where all students can participate confidently.
- **Expert guidance:** sharing decades of experience to enhance educators' confidence and competence.

Support for family and friends

- **Inclusive play:** providing fun and innovative ways for sighted friends and siblings to play sports with their VI friends and family on a level playing field.
- **Strengthening bonds:** educating families to adapt activities, fostering stronger relationships.
- **Understanding and empathy:** helping loved ones relate better to their VI friend or family member in sports.

What are the wider benefits?

It's about so much more than sport...



Expert communication and accessible environments

- **Promoting freedom of movement:** adapting activities to encourage independence and self expression with minimal assistance.
- **Challenging misconceptions:** demonstrating that limitations are often due to communication and environment, not capability.
- **Empowering participants:** ensuring young people feel safe and free to explore their potential fully.

Positive role modeling and inspiration

- **Lived experience:** drawing from my journey as an elite VI athlete and coach.
- **Inspiring confidence:** showing what's possible and motivating young people to pursue their passions.
- **Independent living:** encouraging aspirations for independence and self reliance.

Enhancing Mobility & Life Skills

- **Beyond PE:** complementing general mobility training such as using a cane and navigating daily routes.
- **Developing skills:** improving balance, co-ordination and orientation.
- **Building independence:** helping young people gain self assurance in all aspects of life.

About RT VITALS

Choose ability over disability!

RT VITALS empowers visually impaired (VI) individuals to lead confident, active, and independent lives by breaking down barriers and fostering inclusion.

We achieve this through:

Sports and fitness techniques to improve balance, coordination, and posture for VI individuals of all ages and abilities.

Sight loss awareness training for healthcare, education, and sports professionals, fostering understanding and creating inclusive environments.

Roy's story...

RT VITALS was founded by Roy, a blind athlete, consultant, and musician, whose life is a testament to the power of inclusion. Born totally blind into a family where both parents and siblings also have vision impairments, Roy was raised in an environment that focused on abilities rather than limitations. His parents' unwavering encouragement enabled him and his siblings to thrive in mainstream education, excel in fulfilling careers, and proudly represent England and Great Britain in sports. Roy's passion for disability awareness grew from listening to the struggles of other VI individuals who lacked the inclusive experiences he enjoyed. Shocked by the barriers and misunderstandings they faced, especially in sports and education, Roy has committed himself to fostering inclusion and accessibility, and promoting a much more 'Can do' attitude amongst communities and organisations.



Roy Turnham

RTVITALS Founder, Paralympic Athlete and sight loss awareness consultant

Learn more about how we can work together to support visually impaired children in sports and beyond!

Whether it's moving around more and having fun, training to be a paralympian like our coach Roy someday or anything in between - RT VITALS physical education sessions can help visually impaired young people to develop their physical skills, confidence and determination to navigate the world independently.

Contact us:

Please contact us to book a session, or to have an informal chat about this training:

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Visit our website to find out more:

[**rtvitals.com**](http://rtvitals.com)

Find us on social media:

