

# QUIZ NIGHT AUCTION



Lot 1



Signed Leicester Tigers shirt  
Provided by AJG



Lot 2



Paralympic Roadshow - a team  
building day in Hertfordshire



Herts Disability  
Sports Foundation

Lot 3



Set of 3 handmade designer cushions  
Orla Kiely pattern  
Provided by RECOVER



The auction will take place on 25<sup>th</sup> March during the Quiz.  
Sealed bids can be made by 5pm on 25<sup>th</sup> March.  
Please email [Alynne.Phillips@ROGroup.co.uk](mailto:Alynne.Phillips@ROGroup.co.uk)

Payments can be made stating 'auction' in the reference along with your name.  
S Graham Rowlandson & Co Ltd, Sort code: 60-17-49 Account number: 72782900

## Thank you to our generous supporters.



*In business to do business*



Herts Disability  
Sports Foundation

## Afternoon team building event

Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire.

We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants.

We work with Individuals, groups, schools and businesses.



## Paralympic Roadshow

Gosling Sports Park,  
Stanborough Road, WGC, AL8 6XE

3-HOUR EVENT

SUITABLE FOR TEAMS FROM  
10 TO 30 PEOPLE

ACTIVITIES SUITABLE FOR  
ALL ABILITIES

To be redeemed at a  
mutually available date  
during 2025.

[www.hdsf.co.uk](http://www.hdsf.co.uk)

### **Boccia - Low intensity**

Boccia is a seated sport like French boules. This activity is about tactics and accuracy rather than physicality.

### **Wheelchair Basketball - Medium / High intensity**

This is the technically easier of our two wheelchair sports. We will start with some chair based skills and then add in the basketball and see what happens.

### **How good is your communication? Low intensity**

Communication games to see how effectively we communicate simple instructions

### **Visual Impairment experience - Low intensity**

Ever wondered what the different visual impairments are like? Our set of visual impairment glasses will give you an insight into some of the most common conditions.

### **Curling - Low intensity**

We unfortunately don't have any ice, but this target sport is a bit of fun testing accuracy and team tactics

### **Wheelchair Tennis - Medium / High intensity**

Technically tricky, but a must try for anyone that likes racket sports.