

“In rugby there’s a place for everyone: big, small, thinker, grafter, slow or quick. Everyone in the team is equal and you can all bring your own personality. I think, as well, the realisation that you are part of something bigger, the values, it makes you a better person.”

Jonny Wilkinson
2003 Rugby World Cup winner



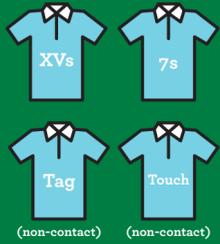
RUGBY IS GOOD FOR YOU

1. Welcoming

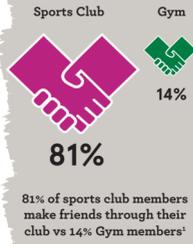
Family friendly club environment



Many ways to play:



Creating friendships¹



2. Team Sport



Rugby union builds:



5 Ways that rugby is good for you

Where can I find rugby?



References:
1. Sport & Recreation Alliance 2012
2. NHS Choices 2015

3. Health Benefits

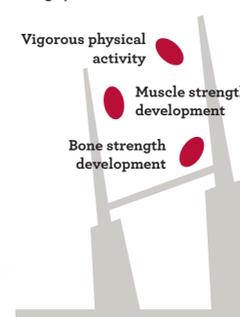
Health benefits of physical activity²



The NHS recommends:



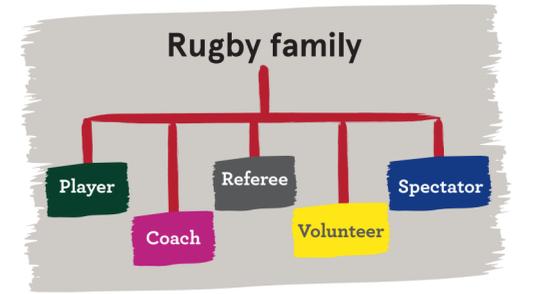
Rugby is recommended for²:



4. Player Safety

Player welfare is at the heart of everything we do

5. Life-long connection



Girls and boys, men and women of every body shape and size have a place in rugby union



“Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can”

Nelson Mandela
Rugby World Cup 1995

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