



Gemma Lumsdaine

Gemma Lumsdaine is a wheelchair sports player. She has played both wheelchair basketball and wheelchair rugby.



Gemma:



- is a wheelchair sports coach



- helps other sports players make the step to more difficult levels



- is a part of government groups who support women and disabled people



- worked hard to support disabled people through sport during **COVID-19**

COVID-19 is also called Coronavirus. It is an illness that is spreading around the world. It can affect your lungs and breathing.



- runs workshops and training about disabled people in sport



- raises support to include everyone in sport.



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