Queen’s Christmas message 2012

During those past years of abounding sporting events , I have seen for myself, just how important sport is, in bringing together people from all backgrounds, from all walks of life and from all age groups.

In the parks of towns and cities, and on village greens up and down the country, countryside people every week give up their time to participate in sport and exercises of all sort, also they encourage others to do so.

These kinds of activities are common throughout the world and play a different perspective on life.

Apart from developing physical fitness, sport and games can also teach vital social skills. None can be enjoyed without abiding by the rules and no team can hope to succeed without cooperation between the players.

This sort of positive team spirit could benefit communities and enterprises of all kinds.

Thus the success of recent Paralympics bears witness. The love of sport can also help rehabilitate.

One only has to think of the injured men and women of the Armed Forces to see how an interest in games and sport can speed recovery and renew a sense of purpose, enjoyment and comradeship.