Audio description (AD): 31 year old Megan sits in a sports centre facing the camera.

I learned to deal with my sight loss from quite an early age, but still I never thought I'd be able to take part in a team sport.

Basically, I thought I'm either going to embarrass myself or just get in the way.

My experience with sport in school didn't really help either.

It wasn't accessible or inclusive.

You know, aimlessly swinging a tennis racket around in the air, hoping for the best, wasn't really enjoyable or motivating.

So I just accepted that sport wasn't for me.

AD: Megan meets friends in the sports hall.

But I had a eureka moment when I discovered Goal Ball at Hereford College.

I didn't know there was sports out there specifically designed for people with sight loss.

AD: Megan and her teammates put on kneepads and arm guards.

My friend convinced me to go.

It did take us several attempts, but she did persuade me to take part in the end.

AD: The team warmup.

I was so nervous.

I'm thinking, I'm not sporty.

I don't know anyone and just the idea of putting a blindfold on and having a ball thrown at me, it all just seemed bizarre.

AD: Their coach starts the session.

But it was amazing.

It was the most comfortable I had ever felt playing sport.

AD: Megan throws a ball towards the goal and it's saved.

It wasn't about what I could or couldn't see.

We were all in it together.

AD: She lies on his side to save a goal.

And, I saved a goal actually, on my first day, which was definitely a bonus.

I couldn't believe I hadn't done it before.

It felt like the best thing in the world.

I was pushing myself out of my comfort zone and the sense of achievement was incredible and I've been playing ever since.

AD: She throws the ball and scores a goal. Her team talk tactics.

It's given me the confidence to try other activities like park runs and even joining a gym, which I never would have done before.

AD: After the game, Megan and the team chat on the side of the court.

The social side of the game is great too.

We don't just play together.

We eat, drink and laugh together, which is great for bringing the team closer.

It's no exaggeration to say that Goal Ball has changed my life.

And even though at times I'll come off court completely knackered, I still couldn't imagine living without it.

In fact, I highly recommend Goal Ball to anyone.

Whether you're blind, partially sighted, or fully sighted.

I just really wish that I discovered it earlier.

Don't wait to find something you love.

Complete the See Sport Differently quiz to find an activity that's best for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery.