WIDENING THE COMMUNITY OFFER FOR PEOPLE WITH DISABILITIES ACROSS LEICESTERSHIRE, LEICESTER AND RUTLAND

INCLUSION SUMMARY REPORT 2013 – 2018

LOTTERY FUNDED

SPORT ENGLAND

Ellesmere College

LEICESTER-SHIRE & RUTLAND SPORT

PHYSICAL ACTIVITY & WELLBEING
HEADLINE ACHIEVEMENTS

OVERALL £752,000 invested into schools and community programmes
RESULTING IN 22,326 participants taking part in new opportunities

13,871 MALES

7,871 FEMALES

USER VISITS 87,335

AGE GROUPS

Number of participants in disability IMPAIRMENT GROUPS

11,563 Intellectual
502 Sensory
982 Physical
2,511 Psychological
4,612 Non Disabled / Paralympic Roadshows

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with the voluntary sector, NGBs, national organisations and schools

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provided to offer competition and festival opportunities

175 disabled leaders participating in development programmes

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SETTING THE SCENE

Across Leicestershire, Leicester and Rutland, 168,318 individuals (17% of our population) identified themselves as having a long-term health problem or disability in the 2011 census. The Active Lives Survey indicated that Leicestershire, Leicester and Rutland had a higher percentage of inactives than the England average (24.1% compared to 22%).

With this in mind, back in 2013 Leicester-Shire & Rutland Sport and the Elesmere College Community Inclusion Team combined forces to drive forward a 4 year Sport England funded community based inclusion project. The purpose of the project was to complement the existing sport and physical offer in place within the special school network, plus develop the opportunities within local communities across all age groups.

With an investment of £270,000 from the Sport England Inclusion Fund, together with match funding through grants and other contributions, a healthy budget of £670,000 was available to increase sport and physical activity opportunities for disabled people across Leicestershire, Leicester and Rutland.

The project focussed on the following key areas to enable:

- Disabled people to play a more active role in the development and delivery of local sport as coaches, leaders and volunteers.
- Special and mainstream schools to have key pathways to community sport club settings for young disabled people.
- Improved participation for older disabled people by improved access to regular community based sports clubs and settings.
- Better access to regular sport and physical activity through leisure centres and open spaces.
- Raised awareness and information and promotion of disability sport.
- An upskilled local workforce to have the confidence and knowledge to deliver sport and physical activity to people with disabilities.

DELIVERING THE PLAN

To support future sustainability the project aims needed to be embedded into the existing delivery routes of partners. With this in mind, the team set out to capitalise on the already proactive and close working relationships with the local authority sport and recreation teams and local sport alliances. From an education aspect we knew of the existing opportunities, but the community offer was a little unclear with pockets of excellent work taking place but being aware of gaps in provision. To address this each local authority undertook an audit of local provision, local organisations and groups and generally any relevant programmes in place. This gave an overview of the local area and could identify where resources could be utilised and/or shared, gaps to be filled, networking opportunities and an understanding of local need.

Impact was quickly seen through the development of local disability action plans, club development and wider community engagement. Developments within the special schools became visible with more young people participating in coaching programmes and events through engagement with National Governing Bodies and local School Games initiatives.

The communication between organisations improved through newly developed forums and there was an increase in shared good practice, joint working and delivery with new partners.

Over the past 5 years, there has been the opportunity to embed sustainable inclusion within local sport and physical activity delivery, both impairment specific or generally ensuring more accessibility within mainstream settings. The network is now much wider with more partners aware of the local disability infrastructure and where the target audiences are.

In April 2017 Leicester-Shire & Rutland Sport received a further 12 months funding to focus on local activation and upskilling the workforce (both paid and voluntary). This additional resource has supported further sustainability and engagement with local partners and service providers resulting in more opportunities for people with disabilities.

Due to the efforts of all the partners involved we believe we have a positive platform for future development and sustainability.

LOGIC MODEL

CONTENT

- Programmes of activity developed within school, club and community settings.
- Increased access to leisure facilities.
- Development of competition pathways through school and national organisation pathways.
- Leadership programmes and opportunities to support disabled people to develop their leadership skills.
- Workforce Education programme to support coaches, volunteers and partners, campaigns and events to raise awareness of disability sport.

AIMS

- Develop a broader range of sport and physical activity opportunities for people with disabilities of all levels of ability and ages, through participation, workforce development and raised awareness.

INPUTS

- Sport England Funding together with contributions from LRS, Elesmere College and wider partners to deliver across the sub-region.

ACTIVITIES

- Total Participants
- Funding Invested
- Opportunities created
- Demographic data

OUTPUTS

OUTCOMES

- Increased participation of people with disabilities in sport and physical activity across all age groups.
- An upskilled local workforce to deliver quality and inclusive sessions in clubs and leisure facilities.
- An increased awareness and promotion of disability sport.
- More disabled people taking a lead in the delivery and support of sport and physical activity sessions.
- Wider network of local partners to develop sustainable programmes.
- Increase in % of active adults, children and young people.
KEY THEMES
The outcomes and targets for the project fell into six categories and focused on enhancing existing programmes, developing new interventions and creating a wider local network for disability sport.

Community Engagement
The most effective way to gain further community engagement was to work with each local authority with the aim of building stronger local networks, raising the profile of disability sport and creating a wider offer of sport and physical activity embedded within the existing infrastructure. Developing locality disability action plans was deemed the most appropriate approach, creating a more co-ordinated plan which included activity within the community, school provision along with voluntary and statutory provision. The funding enabled a specialist inclusion activator to work along side the locality teams for a short period of time, which added additional capacity to initiate new interventions.

Network and Communication
Although different approaches were needed to ensure local need was met, it was important to have a central forum to enable those involved to share good practice, share information, network with new partners and to be updated on local, regional and national initiatives and resources.

The Disability Officers Forum was set up and initially brought together those who had inclusion/disability within their remit. This proved to be a very practical informative forum and resulted in strong working relationships being formed to enhance the overall work being carried out.

From an officers point of view, targets and outcomes were known however it was vital that we responded to the voice of the people we were trying to support and engage with – the disabled person. The Community Forum was initiated which involved people with disabilities, carers, parents and specialist services, all coming together to share views, ideas, express concerns and generally give a direction as to what opportunities they were seeking.

This was of great benefit as it could support the development of the project whilst having a better understanding of how and what direction it should take.

Access to Facilities
Vital to local communities, are accessible leisure facilities offering the best environment for people with disabilities to enable them to feel confident and comfortable in accessing sport and physical activity.

There was an opportunity through the funding for leisure operators to be part of the Inclusive Fitness Initiative (IFI) which was being driven through the English Federation of Disability Sport. Fundamentally an access audit, those taking part could work towards a recognised accreditation mark, but perhaps more importantly, it supported the facilities to look wider than just accessibility.

Six leisure facilities embarked on the IFI audit alongside a programme of whole centre training to address staff awareness, instructor training, programming, marketing and community engagement.

The IFI initiative has since ceased and is now contained as a module within Quest, however the support to leisure facilities to upskill their workforce and enhance their offer to the local community remains through the additional funding received.

Education
Sport and physical activity has been a keen priority for the special school network. A key driver of this has been the team at Ellesmere College who offer a wide package of support, together with co-ordinating the Inspire2 meetings (Special School Heads of PE). With financial input from each school, a strong network has been forged enabling access to a wide variety of provision including: a range of school based events, CPD for teaching staff, coaching programme and mentoring in schools and leadership programme.

Positive engagement with National Governing Bodies of sport has supported the development of specific programmes in schools, testing and developing the skills and confidence of the students across all impairment groups. Alongside this there are opportunities for SEN students to participate within competitive pathways such as the School Games, which offers a substantial appropriate programme of competition.

To allow for further development, progression and increased participation, the Sport England funding has been utilised to support and develop appropriate pathways into community settings including after school clubs, community clubs (including those within the Special Olympic network) and inclusive clubs.

Workforce Development
Whilst striving to provide more inclusive opportunities it was vital to address the needs of the workforce both paid and voluntary. A comprehensive programme of workforce education was put in place to support and develop more people to be inclusive and confident in their practice, therefore offering greater opportunities for all.

This included: impairment specific workshops, bespoke training for leisure facility teams, support with community engagement, coach mentoring, marketing and communications and general disability awareness for partners and deliverers.

The outcome of the programme is a more informed and confident workforce from a wide range of settings who have a better understanding of the time, support and interventions sometimes required for people with disabilities to access and benefit from their delivery.

Bespoke Leadership and Volunteering
As well as developing the wider local workforce, importance was given to enabling people with disabilities to take a lead role in delivering and supporting events both school and community based. An existing Ellesmere College project, Inspire to Lead, was enhanced through the funding and enabled young people the opportunity to develop their confidence, skills and qualities on a bespoke leadership programme.

The many additional benefits of being involved in sport are well known and with the appropriate time and support leaders have developed not only in the sport and physical activity environment, but transferring their personal development into their day to day lives. Inspire to Lead continues and a further leadership residential took place in February 2018 at which young people were able to attain recognised qualifications, increase their skills and have the opportunity following this to be part of an efficient team of leaders and assistant coaches.

The funding has also enabled selected leaders to embark on sport apprenticeship programmes and these are now confident, professional deliverers in a range of settings.

On the following pages you will find a selection of case studies reflecting on some of the work undertaken over the duration of the project and demonstrates some of the positive impact achieved.
CASE STUDIES

Basketball Club

In partnership with the Leicester Riders basketball club, Ellesmere College have continued the learning disability basketball club with great success. The students who attend the sessions, get the opportunity to increase their skill sets and partake in different drills and games, in addition, to socialising with peers and gaining ethics such as teamwork and leadership; developing them as individuals for life outside of sport.

With the addition of 4 other clubs being set up around Leicester and Leicestershire due to the success of the pilot club at Ellesmere, there is a hope that the clubs can then play matches against each other, celebrating the achievements of the players in their training sessions.

“*The students really enjoy taking part in the basketball club as they learn new skills which are transferable to every aspect of life.*”

- Will Maynard, Basketball Coach

Paralympic Roadshows

The idea of the Paralympic Roadshows was initially born out of the desire to increase the opportunities to engage in and provide the appropriate sports for disabled students in mainstream schools, and to raise awareness of these sports to the mainstream population. We started in the run up to the London Olympics and Paralympics in 2010/11 and although we started in mainstream school settings, the roadshows were soon in action in community settings as well.

We took a selection of Paralympic/disability/inclusive sports on the road, which included wheelchair Basketball, Sitting Volleyball, Goalball, Boccia and New Age Kurling.

“*It has been a source of great satisfaction to see the positive engagement by thousands of people in our roadshows, and to hear of the motivation and inspiration reported by teachers, parents and participants as a result of their participation.*”

- John Duggan, Disability P.E. & Sport Manager, Ellesmere College

Amongst the benefits and successes have been:

- Increase in the numbers of young disabled people in mainstream schools participating in the School Games
- Increased exposure, knowledge of and participation in a range of Paralympic/Disability sports
- Increase in awareness of disability issues to aid social integration
- Opportunity for disabled people to develop their leadership and coaching skills
- Improved connection to NGB support structures for coaching and signposting of local provision

BMX

Ellesmere College have introduced a BMX Community club, based at their BMX Track and mountain bike trail. Different people from across the community have the opportunity to learn new skills from coach Ben Rafferty, a veteran 4X Rider. With his relaxed attitude and exciting methods of learning, Ben keeps everyone engaged whilst they are learning and socialising with peers.

Every Tuesday evening, they partake in competitions and races, as well as learning new jumps off different ramps. Ben mentioned how ‘the sessions, with widely ranging abilities, are well received, with all benefiting from increased confidence due to learning new skills and pushing personal boundaries in a fun, exciting and challenging way.’

“*The BMX sessions has given me new life skills by engaging in tasks and being able to complete them through my own individualised plan.*”

- BMX Club Participant

Sidekick Dance

Ellesmere College had been at the forefront of developing performance opportunities in dance for the young people in special schools for a number of years. There was a desire to develop these opportunities from ‘one off’ occasions to a regular opportunity for the young people to be part of a dance company. Sidekick dance was therefore born in 2013. Ellesmere provided a venue and contracted a highly qualified and experienced dance practitioner and assistant to come and lead the sessions.

There was a good level of interest and the group quickly became well established, meeting on a weekly basis in school term time. Ellesmere fully funded the group for around two years and supported its development. The group is now well established and for the last two years has been self-sustaining.

“It’s been an absolute pleasure to work with such incredible young people who make up SideKick Dance. From their very first class each individual has grown in confidence, and they have become stronger technically as young dancers. Their dance and creative skills improve a huge amount every term and people look forward to seeing the work that they create. The journey for each dancer has been incredible to see.”

- Charlotte Thomlinsen, Dance School Director
CASE STUDIES

Together we Can

This community group received support through the Sport England funding over a 2-year period and is now a fully constituted club. The club runs monthly and provides a valued opportunity for adults with profound and multiple learning disabilities, offering a variety of activities including coaching by a specialist coach, sensory provision and hydrotherapy. The unique aspect of the club is that it offers and provides a valuable support and networking opportunity for the parents, who are able to enjoy a coffee and a chat whilst their young people are being active.

The provision of sporting activities at this group requires a coach with a thorough understanding of the needs, abilities and limitations of the young people in order to empower them to achieve at their best. The Special Olympics Motor Activity programme has been introduced to the club with some of the members representing the East Midlands region at the 2017 National Games.

“Inclusion Activator Role

Activators have been placed within localities, working closely with local authority teams and community groups to enhance the provision of inclusive sport and physical activity.

Utilising their specialist knowledge and experience, the Activators have been delivering sessions as well as mentoring and supporting other coaches and volunteers to enable them to feel more confident in delivering sessions themselves, thus enabling the sustainability of inclusive opportunities.

Activators have not only worked alongside community groups, but also with local leisure providers to deliver bespoke training to staff and instructors and provide guidance on community engagement, with the aim of more people with disabilities being able to access local leisure facilities.

Twilight Games

Residents in care settings across Rutland, Melton, Charnwood and Hinckley & Bosworth took part in a pilot project to coincide with the Rio 2016 Olympic and Paralympic Games. The aim was to deliver a programme of adapted sports to enhance day to day life by increasing mobility and co-ordination, mental health and wellbeing and social activity. The most important aspect however was to have fun!

Following staff training, residents enjoyed taking part in sitting volleyball, boccia, bean bag target, audio basketball and petanque. After weeks of training, the care settings immersed themselves in the cultural aspects of the Olympic and Paralympic Games and each represented a different country during the LRS inaugural Twilight Games, in which they could compete at the best of their abilities whilst enjoying the success of Great Britain athletes competing in Rio.

Feedback from staff and residents was extremely positive and all wished to continue to deliver the activity sessions which have become embedded into their weekly routine. Several of the homes have requested that the competition element becomes an annual event.

”The quality of life has risen this week whilst being part of the games and crucially it has helped our residents with their mobility, concentration and co-ordination whilst having fun, being active and socialising with others.”

- Moat House, Care Home Burbage
**Apprenticeship Programme**

15 young disabled leaders from the Inspire to lead leadership programme assisted in the delivery of the Paralympic Roadshows. Hollie Sturgess found her involvement in the work so positively motivating, that her mother described it as ‘saving her’.

Hollie’s increased confidence and motivation to want to pursue a career in the Sport and Leisure industry meant that she felt confident enough to successfully undertake a Level 1 coaching course in Wheelchair Basketball, a game she had started to play about a year before. Allied to the ongoing opportunities to coach on roadshows and volunteer at a range of different events, together with mentoring advice and support she was able to receive, Hollie’s experience and confidence grew, and her CV expanded. She then felt confident enough to apply for an apprenticeship place, at which she was successful, and which she duly completed after one year.

Following the completion of the apprenticeship, Hollie sought employment opportunities and was successful in acquiring a substantial amount of work at one of the schools that she had completed an apprenticeship work placement.

“Volunteering to help on that Roadshow nearly four years ago was the best thing I’ve done.”

- Holly Sturgess, Sports Coach

**Volunteering**

Having recently moved to Ashfield Academy, a Special Educational school, Mohammad was finding it difficult to adjust, having previously studied in a mainstream school. However, he had an undying hunger for sport in any form, especially volunteering.

Born with his heart on the opposite side, Mohammad also has epilepsy along with a learning impairment. His passion is within sport and supporting people to achieve their best. This was picked up at his new school and he was recommended to take part in a new volunteering initiative, Inclusive Futures. Having attended a local leadership camp he then moved onto the National camp held at Loughborough University, supported by his sister Onaiza in the role of his carer.

Onaiza had expressed her love of sports and volunteering, but due to work constraints struggled to find the time to support events. However, the national camp inspired Onaiza to pick up volunteering and sports leadership again. By attending as Mohammad’s carer, she was able to participate whilst allowing her brother to do the thing he loved and ensure he was in a safe environment whilst doing it.

With sport being a trigger for his seizures it would be very easy for Mohammad to stop volunteering and supporting people. However he has used this as a catalyst to continue his work and he now supports two inclusive clubs at his school and is in the process of starting a third!!

Mohammad and Onaiza came to the UK School Games finals held at Loughborough University in September and both had a fantastic time. Onaiza was able to socialise and volunteer with like-minded people and Mohammad was able to do the same. Both of them were fantastic across the weekend and gained a lot of experience and knowledge.

“Mohammad and Onaiza are a pleasure to work with and are fantastic volunteers full of energy and enthusiasm. I have received nothing but praise about them, especially at the School Games, thanks to their infectious personalities and positivity. Onaiza getting involved in Inclusive Futures means Mohammad is able to attend events without a member of school staff, making events more accessible for him!”

- Event Organiser

**Curve Dance Performance**

The annual dance production at the Curve Theatre for Leicestershire special schools was a resounding success year on year. Each special school devises their own performance aligned to the theme and sets about creating their costumes and special effects to support their act. The impact is enormous not simply on the children taking part but for staff members, both within schools and the Curve, parents and members of the community. Each year the performance was themed, including music from the musicals etc. which produced a spectrum of brilliant dances. Once again it is the way that schools embrace the whole concept of the performance not simply what happens on the stage.

“It becomes increasingly difficult to find superlatives to describe the day. The backdrop was particularly inspiring with artwork from several schools and a series of incredibly creative films introducing each school. These films were made by children from the Hospital school (who have never been involved before and would struggle with physically taking part) they added humour and yet another aspect to this amazing show.”

- Nicky Collet, Chair, Active Harborough
In 2017, Sport England invited LRS to apply for a 12 month extension fund to focus on specific areas to achieve further impact. Each local authority were in turn invited to submit an interest in receiving some of this funding to support their local community delivery. The following pages outline the utilisation and impact of this resource.

ACTIVE RUTLAND

Active Rutland’s key highlight of the scheme to date has been providing support to local groups and organisations to support disabled individuals into mainstream activities. This has been achieved through a number of ways; funding specialised equipment, offering CPD to local coaches/volunteers to boost confidence and helping spread the word to various inclusive groups about sessions available to them.

Choice Unlimited CASE STUDY

Choice Unlimited is the biggest disability event in Rutland, promoting information, services and products available to disabled people, older people and carers. Active Rutland worked in conjunction with the event organisers to showcase and raise awareness of inclusive sport and physical activity opportunities to the immediate and wider community.

Active Rutland engaged with local providers to put on a variety of taster sessions and performances across the day including; multi-sports, boccia, cycling and dancing. Alongside the delivery element of the event, Active Rutland also engaged with individuals from the community regarding local activities they wanted to get involved in.

Brightways Boccia Club CASE STUDY

Active Rutland has established a new boccia session at Brightways in Oakham to provide variation for existing service users. As a result of this session being set up, Active Rutland has utilised local budding leaders identified from secondary school leadership programmes by offering them opportunities to develop their skills. Active Rutland has continued to support them by offering identified CPD which will help them grow as future coaches/volunteers.

Initially there were barriers to participation with individuals not having access to transport after 4pm. By working with key partners in order to find a time that worked for the participants, the venue and also the school leaders, this was quickly resolved and has been used by individuals from 2 local adult support services.

“I really enjoy working with people with disabilities it brings happiness to them and happiness to myself.”
- Hannah, Year 10 Sports Leader, Catmore College

“Jashton Darlington said the activities were “great”, beamed, nodded and gave a thumbs up.

Rugby with WASPS CASE STUDY

Working in partnership with Hinckley HRFC and coaches from WASPS RFC, ‘Play Tag Rugby’ has really taken off. Tag Rugby proved very popular at a ‘come and try it’ event in August and participants readily transferred to Hinckley RFC playing on a Wednesday evening.

Number steadily built up and in November sessions moved indoors, to ensure that participants carried on having a great experience. The group has 16 regular attendees and HRFC is committed to make rugby available to all members of their community. Members play tag rugby and through this develop their movement, hand eye co-ordination, communication, fitness and understanding of the game, without the worry of physical contact and potential injury.

“Mr son had a great time. There are few opportunities for trying different sports for people with learning disabilities. A great opportunity, lovely supportive & friendly atmosphere. Thank you.”
- Participant’s Parent

Come and Try it @ Sport In Desford [SID] CASE STUDY

To build on the summer activities and to promote ongoing activities a come and try it da was ran, attracting participants from as far as Northampton. SID was selected as they provided the facility for free and it’s in the centre of the borough so it has ease of access.

Activities on offer included:
- Football- Leicester City in the Community
- Rugby- WASPS Rugby Club
- Tennis- Desford Lawn Tennis Club/Tennis Foundation
- Basketball- Leicester Riders
- Boccia – HBBC
- Cycle – Free Wheels

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The inclusion activator funding has had a big impact on the Sport and Health team delivery in Harborough during 2017/18. By having a small funding pot, it has opened up opportunities to work with new partners, particularly through the ‘Safe, Well, Happy Harborough Partnership’. By pooling resources and submitting a successful funding bid to local charity, the group will now be delivering a ‘Safe, Well and Happy’ launch event in June which will focus on the elements to create the right environment for people with disabilities and their carers.

Through working in partnership with Market Harborough Leisure Centre, we have been able to develop a session where people with Learning Disabilities can access the gym facilities within the centre. People now regularly access the sessions on a weekly basis, and work is ongoing. The next step is to develop a ladies own gym session following consultation with people with learning disabilities. The gym instructor involved in the project was recently trained through the Instructability programme and has since gained employment in the leisure centre setting.

We worked with Leicester City Football Club and Supporting Leicestershire Families to provide a programme of activities during the summer holidays. The Twilight Games has also been a popular programme in Harborough and we are now engaged with 4 settings and with another 4 expressing an interest in plans to build this into our future plans for funding into our forthcoming year.

The Leicester ‘Wheels for All’ programme has been a popular success. Throughout the summer months we delivered 3 adapted cycling sessions on Welland Park and an indoor session at Lutterworth Sports centre. To date, in Harborough we have engaged with nearly 600 participants across an array of sessions and activities.

The programme was delivered across all 3 localities of Harborough, Blaby and Wigston and culminated in an event held at Huncote Leisure Centre for all families who had accessed the sessions. There were able to signpost into local provision appropriate for each family and they gained access to wider health partners.

Sport England inclusion funding has provided the opportunity to increase awareness and further develop resources to improve and widen our inclusive offer across the district.

To provide a positive impact in the community resources were spread across three specific outcomes; sustainability, upskilling workforce and delivery. These outcomes were achieved through a variety of programmes that targeted young people, older adults and families.

To enhance opportunities for young people we worked with Supporting Leicestershire Families to enhance their summer offer and re-engage young people into sport and physical activity. This included hosting Picnic in the Park where young people and their families had the opportunity to try sporting activities such as gaff and archery as well as enjoy inflatable equipment.

Further to this we formed positive relationships with Leicester City Football Club and Blaby & Whetstone Youth Club to develop a community offer. Leicester City Football Club provided community sessions at hub venues to promote multi-sports where as Blaby & Whetstone Youth Club provided a venue to host cooking and crafts sessions.

Further opportunities for young people and families included raising awareness of inclusive cycling and green space opportunities at our annual Love Parks event. The event attracted 462 participants and we worked effectively with Wheels for All to deliver inclusive cycling and further promote their service.

Our largest project focused around raising awareness of the benefits of exercise and physical activity in care settings. The care of the project focused around Twilight Games where we worked with the Inclusion Activator to upskill a suitable workforce. Once upskilled a 6 week programme was delivered across three settings across the district. To ensure sustainability each setting, once completed the 6 weeks, received a kitbag containing a variety of equipment alongside a resource booklet containing a variety of activities, top tips and advice.

The ambition of the programme was to provide sustainable opportunities for care home residents to participate in unstructured physical activity which would be achieved through three overarching outcomes; upskilling the workforce, engaging with care homes and providing sustainability.

Training was delivered to 5 members of the Health and Leisure Services, establishing how to deliver each activity as well as increasing their understanding of how to effectively engage with older adults and participants with disabilities. There was also a focus around adaptability, to ensure that the activities could be enjoyed by everyone regardless of their ability.

The next step was to work with care staff to enable them to deliver the activities without additional support to their residents. This was achieved through a six week period of stepped training to ensure care staff were fully confident to deliver the activities unsupported by the Health and Leisure Team.

The health and mobility of the residents varied considerably within the care homes with some having dementia whilst others were frail. The games therefore had to be adaptable so that all could take part. The care staff noted the impact the games were having on the residents and how they were changing their day to day lives through socialisation and in some cases their memory especially through the repetitive actions required by the games.

Overall the funding has further increased our inclusive offer across 3 target demographics as well as aiding the development of a sustainable delivery model which incorporates local organisations and community groups.

We have engaged with 568 participants across all projects, 126 of those were targeted participants with physical or mental disabilities. In addition to this we upskilled 5 members of the Health and Leisure Services which has in turn provided the opportunity to upskill 8 members of staff across 3 care settings.

The Twilight Games

The Twilight Games has been utilised within both Harborough and Blaby to enable our elderly residents within care settings the opportunity to participate in physical activity.

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Across the 6 week training period care staff were provided with all the resource cards and equipment necessary which allowed them to play the games on a more regular basis and when it suited the daily routine of the home.

The impact of the programme can be seen within care settings through residents asking to play the games, increased socialisation and in particular, for those with dementia, a recognition of what the games are and how to play them. Above all through a sustainable programme we have more elderly residents taking part in physical activity and having fun.
The impact of the project is visible within local communities through; more accessible facilities and sessions; schools with a wider range of after school programmes in place leading to local exit routes; an upskilled workforce both paid and voluntary, and a wider network of individuals/organisations/groups working towards inclusivity thus ensuring more opportunities for people with disabilities to access sport and physical activity.

Key to the development of the project has been the co-ordinated approach with our local partners to establish a sustainable offer and to embed inclusivity within their wider remit. Significant growth has been achieved in our wider partnership working with National Governing Bodies of Sport, local disability organisations, voluntary groups and club structures to enable appropriate exit routes and onward pathways.

Whilst there have been significant successes and progress in achieving greater opportunities for the disability community, there are challenges to be faced which can affect the sustainability of local initiatives. Many localities are experiencing changing structures and widening remits, together with financial resources ever harder to come by it is essential that the networks and working relationships forged continue into the future.

Offsetting this to some degree, will be the increased and upskilled workforce in both the voluntary and third sector areas. With greater numbers of individuals having been offered a wider choice of opportunities than ever before, this workforce will be key to ensuring continuity and growth to avoid either duplication or gaps in provision.

The extension period of the project in particular has enabled the localities involved to stretch further into their local networks to build stronger links within their local physical activity infrastructure, taking into account gaps in provision and local need.

Through the work of all partners involved we have a wealth of local good practice and experience to capitalise on to take us into the future I would be gratifying to think that through this project, sustainable, targeted and co-ordinated opportunities exist across Leicestershire, Leicester and Rutland. However, there will always be more that can be achieved and particular consideration should be given to:

- Workforce development to ensure that those delivering sport and physical activity are supported to deliver in the most appropriate manner to accommodate people with disabilities and have the confidence to do so.
- Leisure facilities creating the right environment to welcome disabled clients and their families into their venues to benefit from appropriate and inclusive programmes.
- The continuation of locality sport and physical activity teams to drive forward and support a fully embedded inclusive approach within their sport and physical activity remit.
- Consideration within planning of universal programmes and initiatives to ensure appropriate provision is made for people with a disability.
- Develop appropriate pathways to support continued participation, whether through national governing body competition pathways or local recreational routes.
- Understand the target audience and what the barriers may be to influence and retain their participation in sport and physical activity, including the various ways to market and promote opportunities.
- Building close working relationships with local disability organisations, groups and care organisations.

**CHARNWOOD**

**LOCAL CASE STUDIES**

The inclusion grant has enabled a delivery of some fantastic work across Charnwood and has really pushed inclusivity in sport. The fund has supported in the development of some additional programmes, especially working jointly with Fusion, with inclusion projects scheduled at all three Leisure Centres. One of which is supporting the Charnwood Partnership with a social/wellbeing morning once a month using the Twilight Games programme.

**Training**

Through the inclusion fund 17 people have been trained up skilling them in enabling disabled groups to access physical activity.

**Twilight Games**

The Twilight Games has been delivered to over five groups ranging from elderly through to learning and disability groups. These have been very well received by every group.

**Events**

A disability sports event was held at Loughborough Leisure Centre with 49 people in attendance. Workshops were delivered by Leicester City Football, Leisure Riders Basketball, Inside out Tennis, Leicestershire County Cricket and Fusion Gymnastics.

**Tournaments**

A county wide Christmas New Age kurling tournament was delivered.

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