

CSPN IMPACT AWARDS

Reducing Inactivity Levels for Under - Represented Groups

Inclusive Adventure Play

Background

In 2016 GreaterSport consulted with 100 disabled people to explore their activity levels and any barriers to taking part so that these could be overcome. The key findings included;

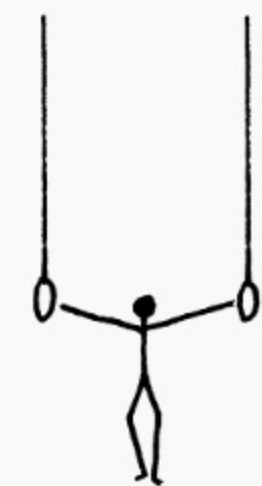
- 86% like or love taking part in physical activity or sport.
- It can be awkward for the individual to be the only disabled person taking part in a session.
- Previously able bodied siblings have not been able to participate in the same session as it was for disabled people only.
- The biggest barriers included a lack of suitable local opportunities or facilities and individuals lacking a group or someone to go with.

Using the findings

GreaterSport used their findings to work with EFDS (English Federation of Disability Sport) on the Get Out Get Active (GOGA) programme. GOGA supports sessions that enable disabled and non-disabled people to enjoy being active together. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities. GreaterSport worked with Inspiring Healthy Lifestyles and Wigan Council to develop the Inclusive Adventure Play programme.

Objectives

Although the programme has a target of 20 participants per session the key aims are to use the 'Talk to Me' principles to overcome the barriers highlighted in the consultation. These principles are designed by EFDS so that sports providers have some guidance to help make their sport or activity more appealing to disabled people.



Impact

- **175** individual participants have attended one or more sessions; totalling **1,930** attendances.
- Participants have had the opportunity to take part in other activities like skiing, scuba diving and conservation walks, **growing confidence** and **building relationships** between participants and their families.
- **'Talk to Me' principles** have been used throughout the planning and delivery of the sessions, including the day, time and venue.
- A new opportunity for those with a disability to be **active with their family** rather than on their own.
- An opportunity to **meet new people** and **socialise in a safe, friendly environment** has been widely praised by participants' parents.

Maxine and Dominic's Story

One session which has performed particularly well is Howe Bridge's Inclusive Adventure Play and Climbing sessions. What is particularly impressive is the way these sessions have used the original research and addressed the barriers disabled people faced. Maxine Waith attends the sessions with her son, Dominic who has a range of sensory needs. These are met through sporting activity, but due to his learning difficulties and poor muscle tone he was unable to attend some 'mainstream' sessions. Maxine and Dominic have attended the sessions since they started in October 2016 and have shared their story with us.

"Myself and other parents had previously mentioned that we had attended Howe Bridge Leisure Centre Adventure Play on a Friday afternoon, which the kids loved but the environment wasn't great due to noise levels and busy periods. We are all **thankful to the team for listening to what our kids want** and putting on these sessions on a Friday evening which was much quieter. They also **created a safe, inclusive environment** where they can thrive and we can **socialise with other parents and families** that have become friends through attending these activities.

The GOGA sessions **opened up new experiences** for Dominic **to learn new skills alongside other children and adults both with and without disabilities**. Dominic has also made a number of **new friends** from attending the sessions.

As a family, the activities have been an eye opener at just how much Dominic appreciates the challenge of climbing with his dad and older brother. **The first time we all joined in the climbing session as a family he signed "Mum, dad, Elliott, family, climb, happy."** This meant the world to me coming from a boy with so much to say but not able to speak clearly.

He **loves the sessions** and each night comes in from school, changes into 'playing out clothes' and signs "friends". The reality was, in the past due to his learning difficulties and limited sense of danger he couldn't just go out and play with friends like other children do, this has changed since starting GOGA."

