

Inclusion Programme

Leicester-Shire & Rutland Sport (LRS) is leading the way down an inclusive pathway for sport and physical activity, offering a wider range of accessible and impairment specific opportunities for people with disabilities.

Evidence of Effective Planning

17% of the population of Leicestershire and Rutland identified themselves as having a long term health problem or disability in the 2011 census. Acting on this along with local insight and match funding an investment from Sport England, LRS, along with key partners, embarked on a 4 year project with the aim of addressing areas for improvement. With an already strong educational offer in place, the main focus of the project would be community with the aims and outcomes being clearly in place to ensure all partners were on the same track...

Context

To develop a **broader range of sport and physical activity opportunity for people with disabilities** of all levels of ability and age, through participation, workforce development and raised awareness.

Aims

Embed an inclusive, sustainable approach into the development and planning of programmes and projects of partners to enable more **disabled people to access both universal and condition specific opportunities.**

Inputs

- Sport England Funding
- LRS and Countywide partners contributions

Impact

20,811
participants taking part in new activities



69 CPD opportunities provided to upskill the local workforce



98
new partnerships formed to create a wider local network

2 Leisure facilities accredited as IFI Centres

86 school and community events provided to offer competition and festival opportunities



121 leaders and volunteers trained

Outcomes

Increased participation
Upskilled workforce
Increased awareness and promotion of disability sport
Disabled people taking a lead role in delivery
Sustained programmes through effective partnerships

Activities

Activities developed within school, club and community settings.
Improved access to leisure facilities.
Development of competition pathways
Bespoke leadership programmes for disabled people to develop their skills.
Workforce education programmes
Campaigns and events to raise awareness of disability sport

Impact

28 Care Homes taking part in the Twilight Games Programme



5 disabled young people accessing sport apprenticeships

67 Paralympic Awareness Roadshows delivered within schools and community settings with **3,830** participants



LEICESTER-SHIRE & RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

Evidence of Sustainability and Business Development

To support future sustainability the project aims needed to be embedded with existing delivery routes of partners and the development of effective new working relationships.

To achieve this we:

- Enlisted specialist inclusion activators to work with localities
- Provided a far reaching workforce education programme
- Developed bespoke leadership programmes for young disabled people
- Supported leisure providers to become more accessible and welcoming
- Provided coaching programmes in schools with exit routes into the community for recreational a competition



"Quality of life has risen this week whilst being part of the games – not laughed so much for a long time and the residents are still talking about it." Moat House, Burbage

Effective Local Leadership

Local forums were initiated to bring key partners together to create a co-ordinated approach to meet the aims of the project.

The impact of these groups is visible through shared good practise, co-ordination of projects, effective partnerships and wider network. Through these forums we have created a sound platform to continue to drive forward inclusive opportunities.

Innovative Practice

Raising the awareness and profile of disability sport through Paralympic Roadshows has proved successful with almost 4000 participants taking part in school and community events. The events have also been instrumental in enabling young leaders the opportunity to demonstrate their skills in support and delivering activity.

Not forgetting our older residents, the LRS Twilight Games initiative proved to be a positive boost to those in care homes. Staff training, and the provision of equipment has enabled a regular and consistent programme of activity to take place enabling key benefits in a fun and social atmosphere.

Video: youtu.be/i085fvo1v34

