

LIVING SPORT

Stepping Stone 2015

What is the Stepping Stone Project?

Stepping Stone is about supporting young people and adults aged 14+ with a disability, long term health conditions or additional needs, to take part in sport. The aim is to help individuals gain entry to regular sporting activities as a participant, official or coach through the provision of information support and/or financial aid. This is achieved by working directly with individuals with additional needs or through supporting sports clubs to become more accessible.

What we can provide for individuals:

- Information about what sports people could do and where they can go.
- Funding for items such as uniform, equipment, membership and taster sessions.
 - Course fees for coaches and officials
 - Short term support to attend sessions
- Specialist training offered to clubs and providers to support individuals needs

Living Sport have been delivering the project since April 2015.



Impacts of the Project so far.....

57

Individuals are registered to the Stepping Stone project, with over 90% still participating after 16 weeks

Over 150

Partners engaged with to increase awareness and promote disability sport

38

Individuals received funding to help them Step into Sport

£3300

Has been given to individuals to help them Step into Sport

19

People have been signposted into sport

13

Different sports have been part of the project

Improved individuals confidence and awareness 'to have a go'

Improved relations between individuals and their support staff

Supported clubs and coaches to become more accessible

Pilot Model successful, desire to continue

Creating new social opportunities for individuals with disabilities

Increased skill and fitness levels of individuals

Individuals feel empowered to choose what they want to do

'This was the first sport that I had done apart from swimming since 1979.'

'Having my leg amputated probably is going to open a lot more doors for me than shut'

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