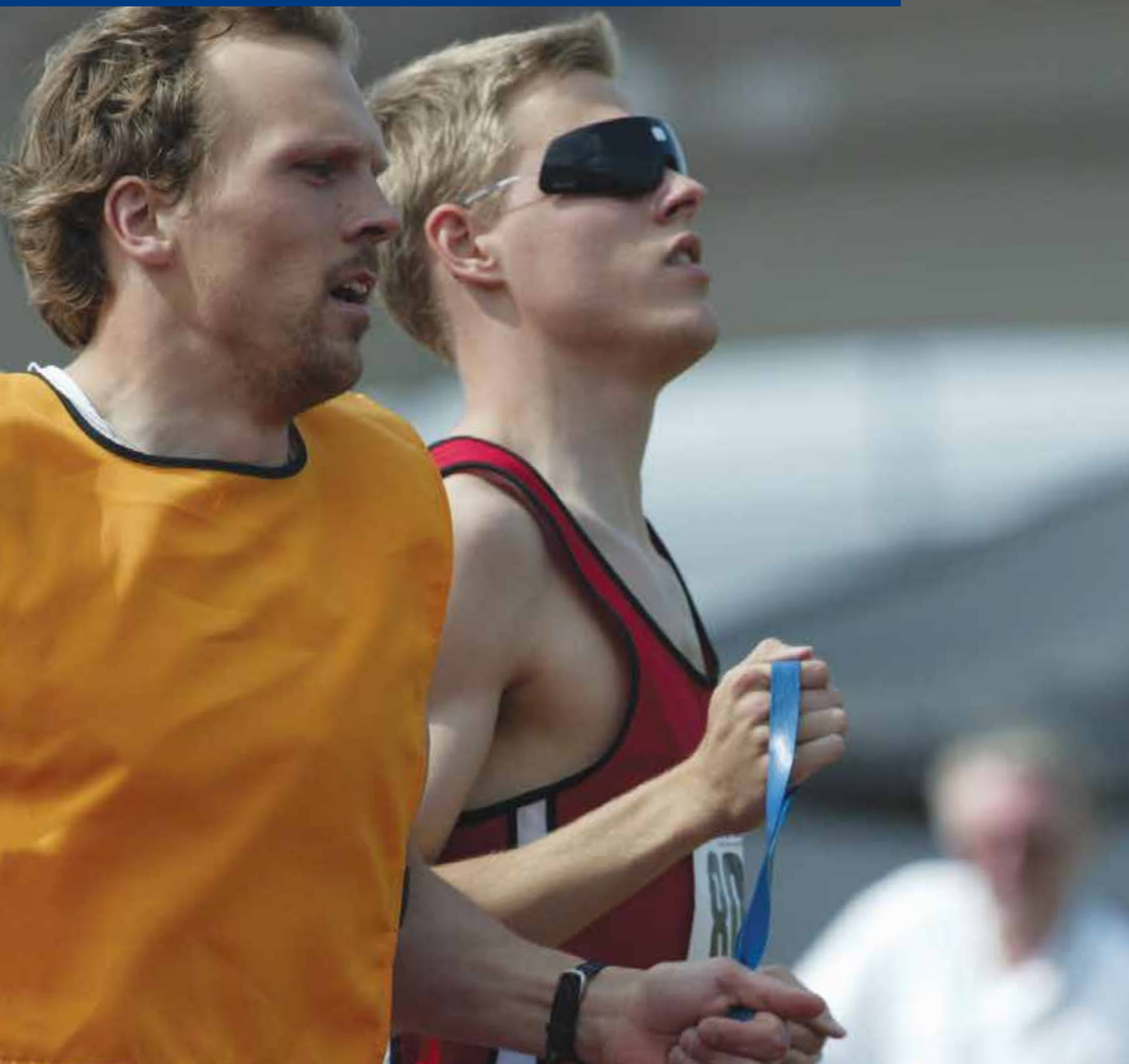


Engaging disabled people in sport and physical activity



A guide for County Sports Partnerships to support their engagement with disabled people.





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“Forming new relationships with new partners which have not been approached before can not only help to access more participants, but it also reaches out to new channels for volunteering, promotion and funding...”

Purpose of the Resource

This guide has been developed by the English Federation of Disability Sport (EFDS) in partnership with the County Sports Partnership Network (CSPN) to support County Sports Partnership (CSP) employees to strengthen public sector engagement with disabled people. It provides both a guide for organisations to improve the engagement process as well as demonstrate examples of good practice from which lessons can be learned or replicated.

While the guide's title refers to engaging disabled people, successful engagement needs to also involve disabled people themselves, their families, guardians, carers and assistants of disabled people, people who work for disabled people's organisations in a paid or voluntary capacity, public advocates, academics and others with an active interest in disability issues.

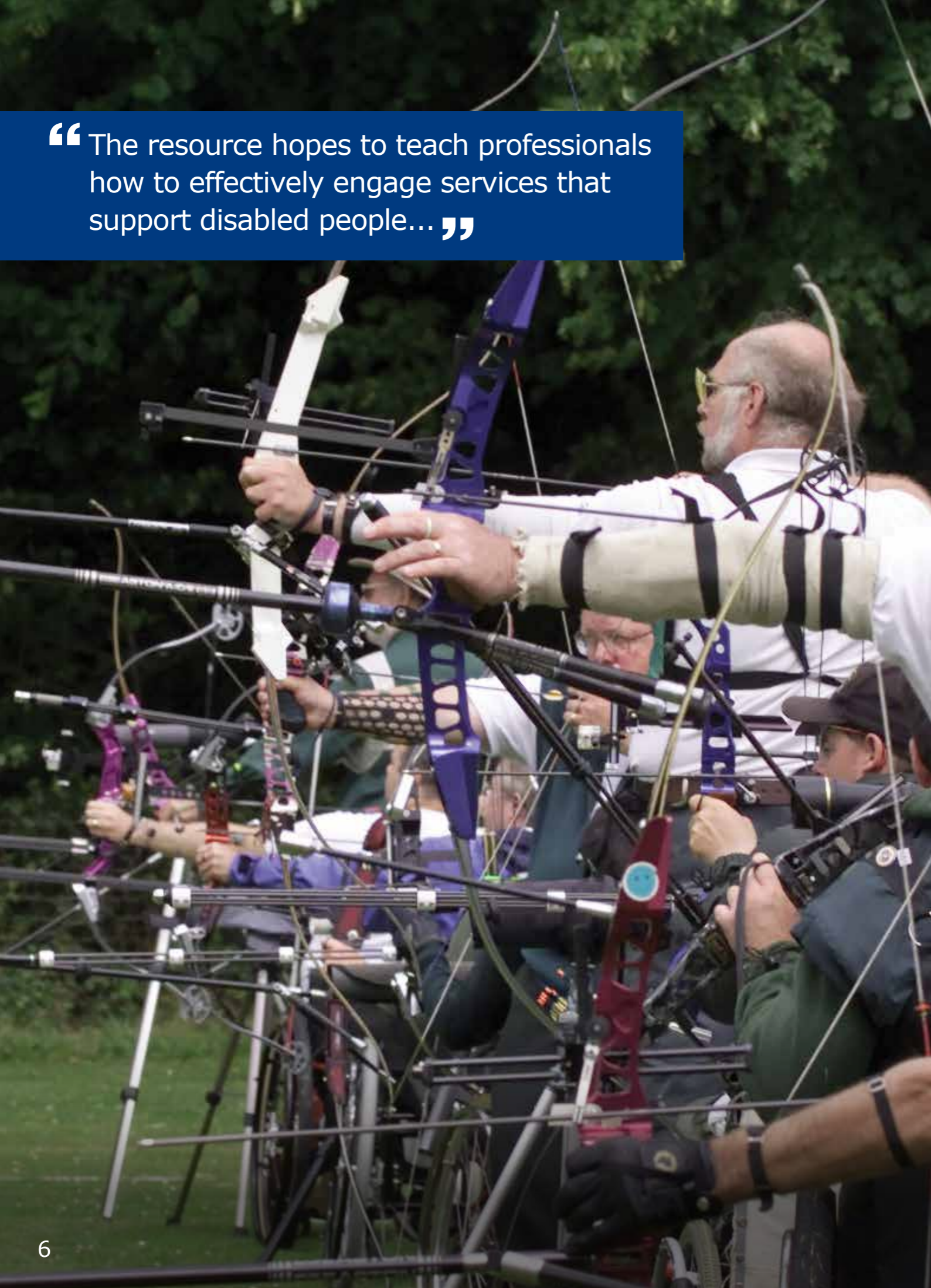
The resource was developed with the support of interested parties including disabled people, family members of disabled people and organisations that support disabled people. Many of these partners have many years of experience working and supporting disabled people.

The Need

Four out of five disabled people are currently not active, but seven in ten want to increase the amount of physical activity they take part in. This highlights a latent demand for more opportunities and ways to enjoy being active.

There is great need to understand disabled people's needs in sport and physical activity and use that knowledge to develop new routes to market. The sector needs to provide additional, alternative and innovative ways to engage disabled people, so there is a range of opportunities, which provide more choice and encourage disabled people to participate.

It has been recognised by CSPs that more professionals working in the sport and physical activity sector would benefit from resources including toolkits to enable them to positively engage with disabled people. Forming new relationships with new partners which have not been approached before can not only help to access more participants, but it also reaches out to new channels for volunteering, promotion and funding. Some of these new partners include those based in the non-sports sector and those that work and support disabled children and adults.



“The resource hopes to teach professionals how to effectively engage services that support disabled people...”

Our commitment to positive engagement of disabled people

Sport England has invested £10 million into projects targeting disabled people through the Inclusive Sports Fund. It is stated within their new strategy 'Creating a sporting habit' that National Governing Bodies of Sport (NGBs) need to demonstrate a 'growth in participation by people who have disabilities, including the most talented'.

This resource is aimed at those people working within CSPs who either have a direct or indirect responsibility for sport for disabled people, to help increase the participation of this under-represented group. The resource hopes to teach professionals how to effectively engage services that support disabled people so that they can have the choice and opportunity to participate in sport and physical activity.

Within this resource, you will be given a basic understanding of some key national policies to demonstrate the effect and opportunities that these strategies can bring to counties. It also highlights the importance of effective engagement and how to effectively engage disabled people.

Examples of good practice are included alongside a table of organisations that need to be considered for positive engagement and successful sports development for disabled people.

Definition of Disability

A clear definition should help clarify the target audience you seek to engage:

'a person that has a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on their ability to carry out normal daily activities'.

(Equality Act 2010, Legislation.gov.uk) (Not applicable to N.Ireland)

EFDS and its partners support the social model of disability, which says that disability is caused by the way society is organised, not by an impairment. The social model looks at ways of removing barriers that restrict life choices for disabled people. When barriers are removed, disabled people can be independent and equal in society, with choice and control over their own lives.

Disabled people developed the social model of disability because the traditional medical model did not explain their personal experience of disability or help to develop more inclusive ways of living.

Reaching the Market

Disabled people have the same right as everyone else to be active, wherever and however they wish to take part. The following statistics gives a picture of the number of disabled people in the UK and their reasons for not participating in sport and active recreation. Included is some impairment specific data which can provide a bigger picture of particular groups within the disabled population.

- There are over **11.2 million people** with a limiting long term illness, impairment or disability and who have a significant difficulty with day to day activities in Great Britain. The prevalence of disability rises with age, **5.2 million** are adults of working age, **5.2 million** are over state pension age and **0.8 million** are children.

Office for Disability Issues updated Department for Work and Pensions estimates based on Family Resources survey 2009/10

- Only **17%** of disabled people were born disabled. The majority (**83%**) of disabled people acquire their impairment during their working lives.[†]

Papworth Trust - www.papworth.org.uk/downloads/disabilityfactsandfigures2010_100202152740.pdf

- The majority of impairments are not visible – less than **8%** of disabled people use wheelchairs.

NHS purchasing and supply agency 2000

- There are around **1.2 million** wheelchair users in the UK, roughly **2%** of UK population.

NHS purchasing and supply agency.

- There are **1.86 million** people in the UK with sight loss that has a significant impact on their daily lives. Almost **one in thirty** people in the country.

RNIB Sight Loss UK 2012 report

- **1 in 7** people in the UK (**9 million**) are Deaf or hard of hearing in the UK (**14%**).
RNID

- Restricted growth is believed to affect between **3,000** and **6,000** people in the UK with approx one in **25,000** babies born with Achondroplasia which is the most common dwarf condition.

DSAuk

- **1 in 400** children are born with cerebral palsy (estimated **30,250** in UK) with **1,800** babies being diagnosed with the condition each year.

SCOPE

- There are about **1.5 million – (2.4%)** – in the UK who have a learning disability.

Papworth Trust - www.papworth.org.uk/downloads/disabilityfactsandfigures2010_100202152740.pdf

- There are approximately **450,000** adults with Autistic spectrum disorders in England, around half of whom have a learning disability.

Department of Health.

- **1 in 4** British adults experience at least one diagnosable mental health problem in any one-year, and **one in six** experiences this at any given time.

The Office for National Statistics Psychiatric Morbidity report 2001.



- Disabled people remain significantly less likely to participate in cultural, leisure and sporting activities than non-disabled people. Latest data shows disabled people are more likely to have attended a historic environment site, cinema, museum or gallery than in 2005/06. However disabled people are less likely to have participated in moderate intensity level sports or attended a library over the same period.

Office for Disability Issues updated Department for Work and Pensions Taking Part Survey 2010/2011

- Just over half (**54%**) of non-disabled adults said they suffered at least one barrier to playing sport compared to almost three quarters (**72%**) of disabled adults.

Life Opportunity survey 2009-2011

Barriers to participation can be split into three main groups:

Physical: Adaptions and changes needed to support participation are not available/have not been implemented.

- Facility
- Equipment
- Health and safety

Logistical: Adaptations have been made but have not been implemented effectively.

- Geography
- Expense
- Support of others
- Communication
- Suitability

Psychological: Attitudes, opinions and perceptions preventing participation in sport.

- Personal attitudes of disabled people
- Attitudes of non disabled people

“Psychological barriers are the most influential. Changing attitudes is the key to increasing participation...”

EFDS qualitative research into barriers to participation April 2012.

Why is it important to understand the national picture?

It is important to recognise the changes to children and adult care services at a national level as this can determine the ways in which the personal budgets of disabled people are organised and spent. Sport and physical activity needs to be an essential part of a disabled persons social, health and wellbeing. By understanding these changes a professional can make positive partnerships with the organisations providing care across all three sectors – this is a revolutionary step for these services.

Health will become a key player in this process and potentially could be the most promising sector to engage with for the development of physical activity opportunities and funding. There are so many programmes that both health and the sports sector could potentially work together on to fulfil both national and local outcomes.

The national governance will also indicate to a certain extent the way in which services at a sub county will develop and be commissioned in the future. It is certain that commissioning for disabled children and adult services will be a joint process; this will prevent duplication and ensure sustainable quality delivery of services. CSP employees working locally need to be aware of this process and use it to the benefit of sport development.

There will also be a directory called the 'Local Offer' – the government's strategy will require all local authorities to publish information on services and provision across education, health and social care for children and young people aged 0 - 25 with special educational needs and disabilities (SEND). The purpose of a local offer is to enable parents and carers and young people to have easy access to the information they need.

It will be essential for CSPs to make available the information on services and activities targeted at disabled people. Whilst there are many sports opportunities available for disabled people, in some cases disabled people do not access them. One of the main reasons for this is because the activity is not advertised to them in a way that they can readily access and understand. The Local Offer should solve this problem by advertising directly to the intended targeted audience and therefore this could lead to increase in participation levels.

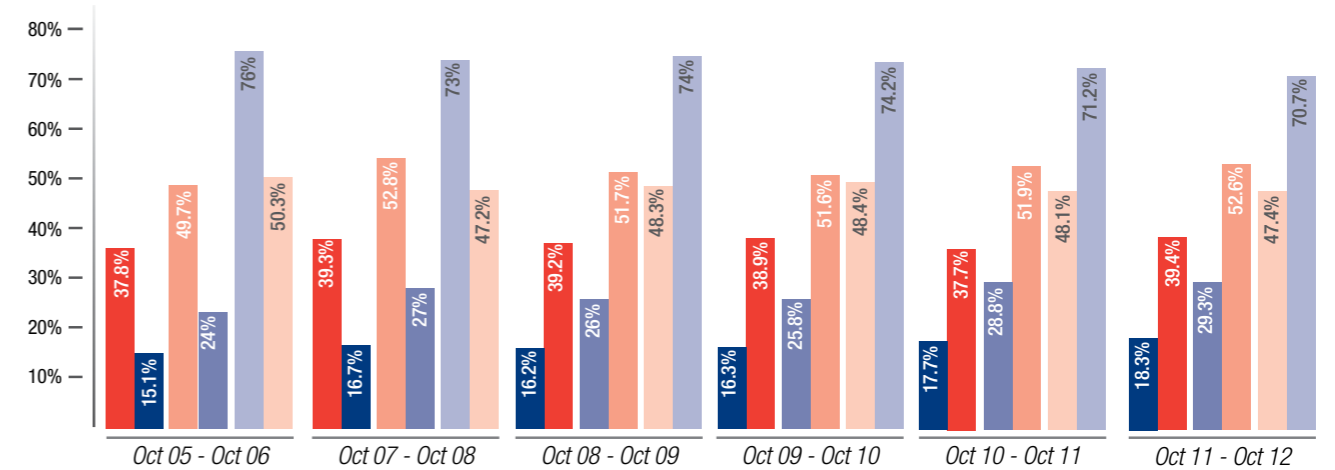


Active People Survey Figures

Non disabled people

People with a limiting illness or disability

■ % who participate once a week
■ % who participate in any sport
■ % who do not participate in any sport
■ % who participate once a week
■ % who participate in any sport
■ % who do not participate in any sport



Sport England Active People Survey Data 2013.

Understanding the national picture for Children and Adult Services

The Government's Green Paper for Special Educational Needs and Disabilities (SEND) - Support and aspiration: A new approach to SEN (published in March 2011) proposes moving away from "special educational needs". It proposes identifying the needs and bringing together the support children, young people and their families rely on across education, health and social care.

The main points from the Green Paper include:

- Supporting 0-25yr olds with disability or special educational needs
- Introducing a single education, health and care needs assessment and delivery plan that would replace both the statutory SEN assessment and statement (for under 16s) and the Section 139a Learning Difficulty Assessment (for over 16s)
- Personal budgets will be an option to families by 2014
- Early (and earlier) intervention and prevention
- Joint working between health, social care and education
- Partnerships – in and across agencies, communities and the Voluntary and Community Sector
- Parental participation at an individual and strategic level
- Structural and cultural change necessary
- Focus on outcomes
- Currently there are 20 Pathfinders who are piloting the changes. National role out of this programme will be effective from September 2014.

Physical Activity and Health Sector

In the past disabled people have had limited experiences of freely participating and choosing general activities. Research tells us the majority of disabled people have not participated in any sport or physical activity.

Many have not had opportunities or positive experiences of sport and they may have been isolated for large periods of time in their lives. There is a need to recognise that more providers should engage with those people who are who are currently not participating in any form of physical activity. For most people getting fit means enjoying informal activity with a social element and this is also true for disabled people.

Society's attitudes and values have improved and continue to improve over time. Nationally there is an increased number of strategies that now have specific targets to improve the inequalities in physical activity and sport. This inevitably cuts across into the Health strategies which brings with it opportunity, some resources and funding to help improve this situation. CSPs need to take advantage of this change to develop new ways of working and new partnerships. These will help improve the engagement of disabled people 16 plus in physical activity.

Health – Current Position

Public Health England is now the responsible national body for overseeing and addressing the inequalities in public health and the budgets to deliver the targets now sit within local government.

It will be key for CSPs to be involved in the Health and Well Being Boards that sit at a county and district level as they will be responsible for delivering some of the public health targets. Please note that health boards and structures may vary in each region and therefore it is advised that each CSP look into which board is most appropriate to have sports representative. The health boards will be an effective way to influence the agenda on physical activity and how this is targeted at disabled people. It should help make new partnerships and potentially open new funding streams.

Physical Activity could also be commissioned directly from Clinical Commissioning Groups (CCGs) – this could prove difficult to infiltrate

as there could be several in an area and most CSPs may not have the time to sit on each one.

There will also be a responsibility for the Health and Wellbeing boards to ensure that all targeted and universal services for disabled people are advertised and/or marketed to disabled people through the 'Local Offer' – (Local Authorities may choose to call it another name). The 'Local Offer' will exist in the 20 pathfinders by April 2014 and will roll out across all other authorities from September 2014. The 'Local Offer' will be one of the most effective marketing toolkits to ensure that opportunities are targeted at the correct people.

Health & Fitness Good Practice – Inclusive Fitness

The Inclusive Fitness Initiative (IFI) has been established for over 10 years, with a national coverage of 400 IFI Mark gym facilities. The project funded by the Department of Health and managed by the English Federation of Disability Sport (EFDS) has been fundamental in addressing inequality in physical activity; reaching inactive populations, raising awareness of the benefits of exercise and creating demand.

IFI Mark facilities engage within their local communities to promote participation among the inactive populations not only through GP referrals but through proactive engagement and outreach to disabled people, disability charities organisations and other services that they may access in the local community.

The most successful IFI Mark facilities, in terms of encouraging disabled people to use their facility, are those that have specifically appointed or written marketing to disabled people into a member of staff's job description and embedded inclusion in their marketing plan.

More recently the IFI have teamed up with Instructability – a programme delivered by YMCA fit and Aspire to train disabled people to become fitness instructors - to provide marketing and outreach training to their delegates and 12 week work placement opportunities at IFI Mark facilities.

In 2010 - Lincolnshire County Sports Partnership teamed up with the NHS Lincolnshire, District Councils and the 17 leisure facilities across the County and were successful in securing £340k funding from the Health and Wellbeing fund to promote physical activity to disabled people and increase participation among this group. The project resulted in 800 disabled people becoming members of their local gyms with an average increase of £17,000 in revenue per facility per annum.

The IFI advocates this type of good practice and since the changes in the local commissioning structure earlier this year two more counties are looking to follow this example of a joined up approach to promote the health benefits of physical activity.



The Importance of Engagement

To ensure effective future development a good understanding of baseline opportunities and the local landscape is essential.

The benefit of having this understanding enables the sign posting of partners and participants to existing opportunities to help meet demand and current KPIs as well as avoid unnecessary duplication. Secondly, through understanding the local landscape CSPs can not only develop a mechanism to consult and identify local needs but to develop the local infrastructure and enable them to have the ability to connect to more disabled people on a regular basis, thus improving communication between sport and people.

To effectively engage you need to think about the following four themed areas:

Gaining Local Insight and Intelligence

- Understanding the needs of the market

- Explore and investigate the needs of disabled people to gain a better understanding.
- Clearly define the target market – this is very important as you do not want to raise aspirations if they cannot be met.
- Consultation with groups on how best to deliver the opportunity/activity – they may have alternative and more effective ideas.

Improved Communication and Market Reach

- Connecting with disabled people

- Find out what groups are out there and what they want to achieve – there could be joint outcomes achieved for both organisations.
- Like most people, disabled people need inspiration to participate – concentrate on what is possible rather than what is not possible!
- Try to understand how and where to promote opportunities and disseminate information – key to the success.
- Utilise existing communications systems – i.e. Voluntary Support Bureaus, School Sport Networks and Local Authority Networks as a starting point.
- Find local role models appropriate to the target audience you are trying to engage in order to inspire them.

Workforce Development

- Building capacity in the workforce

- Pair up coaches and volunteers with those skilled in supporting disabled people on a regular basis.
- Recruit volunteers and support workers from the ‘disability community’ into the delivery of sport and physical activity for disabled people.
- Encourage disabled people into becoming coaches and leaders so they can inspire and raise the aspirations of all others.

Potential to increase Funding and Investment

- Increasing financial resources

- New cross sector partnership may lead to new money and investments.
- More sustainable opportunities created.

The impact to effective engagement in the above areas are demonstrated below

– see good practice section for examples

1. Gaining Local Insight and Intelligence

- Understanding the needs of the market

- Increased desire and take up by disabled people to take part in sport and physical activity.
- Better resourcefulness in promotion of activities.
- Improved connectivity with parents, carers and individuals through consultation.

2. Improved Communication and Market Reach

- Connecting with disabled people

- Achieving the right messages to different target groups.
- Disabled people are aware of where opportunities to participate exist and actively help promote them.
- Disabled people are inspired to be active through sport.

3. Workforce Development

- Building capacity in the workforce

- Better skilled, and more informed workforce delivering sport for disabled people.
- Greater confidence in delivering sport for disabled people.
- Greater capability within the sector.
- More volunteers and support workers to support the delivery of sport for disabled people.
- Increased numbers of disabled people becoming coaches and leaders.

4. Funding & investment

- Increasing financial resources

- The potential for increased investment into disability sport.
- Greater availability of resources through improved efficiency and partnership working.
- Increased opportunities developed.

Hints and Tips - Methods of communication

It is useful to remember that there are various methods of contacting and building relationships with sporting and non sporting organisations. The Playground to Podium Programme supported by the CSPs researched and identified ways of connecting and marketing to various organisations.

These methods, which are highlighted below, may sound obvious and some are more readily used than others. However, a reminder may be helpful and some of them useful, especially if they have not been used before. Different organisations will be more responsive to some methods than others.

The more creative one is, the more chance of being noticed!

- Letters
- Phone calls
- Flyers / posters / postcards
- Information packs – make your own pack for distribution or include a flyer in another organisations pack
- Emails
- Websites – feature an article, advert, competition or web link to partners websites
- Word of mouth
- E-newsletters and traditional newsletters – many charities have them and send them out to members
- Local press
- Radio - especially local radio stations
- Regional workshops/seminars in partnerships with schools and community partners
- Roadshows within school and community, use local fetes and galas where numbers of people gather
- Highlight case studies of athletes that have progressed through the pathway
- Utilise role models
- Network sessions – regional / national level
- Social networking – start your activity trending! #engagement



Services/Organisation Matrix

This matrix has been developed to assist those development workers who need to make contact with the organisations and services that currently engage the disability community. To cut down on time and resources the matrix has been colour co-ordinated to assist development workers to approach the organisations that will best suit their needs.

Services highlighted in GREEN are services that will predominantly exist in each county and will support a large number of disabled people of all impairments.

There will be key members of staff within the service that development workers should be able to link with. Therefore if you want to advertise a number of events or sports opportunities to a generic audience, these organisations will be key.

Services highlighted in AMBER will also be a good source of support.

However their numbers may differ as they are a mixture of national and county level services. They could be an impairment specific service and/or particular to a geographical area and therefore are not standard services across the whole of England. It is good to approach these organisations if you have impairment specific opportunities or want to develop talent pathways in partnership with an impairment service.

Services highlighted in RED are national services and therefore it maybe hard to find a key person who can directly help.

Alternatively the other services in red are county-based but have many outlets i.e. school and children centres so it maybe hard to pinpoint a key worker. Engaging with any of the red services could be time consuming.

County or Sub-County Level

Name of Service	Service Description	Sector	Route of contact	Benefits
Health and Wellbeing Boards	Role is to lead and advise on work to improve the health and wellbeing of the population through the development of improved and integrated health and social care services.	Health	Through the local County Council or first tier authority. Website for example www.derbyshirepartnership.gov.uk/thematic_partnerships/health_wellbeing/	Develop a joint Health and Well-being Strategy with physical activity being targeted. Developing closer working relationships between Public Health England, NHS, local government, Director of Public Health and GP consortia. Provide a framework for commissioning plans for the NHS, social care, public health and other services to best meet health and wellbeing needs. Ensure that services improve health and reduce inequalities.
Clinical Commissioning Group (CCGs)	Group of GP Practices that are responsible for commissioning most health and care services for patients.	Health	Currently it is hoped that each CCG will have a website and a CCG lead on the Health and Wellbeing board. It is not clear what the route of contact will be. This could also vary from county to county.	Similar benefits to the above – Health and Wellbeing Boards.
Clinical organisations (health)	Commissioning organisations in each area (often called NHS Nottinghamshire, NHS Brighton and Hove etc.) They commission health services centrally.	Health	Each county should have a website and central contact point. In some counties there is a Patient Advice and Liaison Service (PALS).	This service should have a list of contacts that may be able to disseminate information via a central mailing list for cascading to frontline workers who work with families.

School nursing service	Provide advice and information on range of health issues within schools, including special schools and Pupil Referral Units.	Health	There should be a School Nursing Manager for a geographical area who could signpost to a specific school nurse. Every primary school should have a school nurse associated with it although she/he may not be based at the school full time. Secondary schools are more likely to have a full time school nurse as the main point of contact.	School Nurses come into direct contact with parents and carers of disabled children as well as those professionals working with children who have Statement of Educational Needs.
General Practitioners (GPs)	First point of contact for health services. Will see children with obesity or disabilities and refer them on to more specialist services	Health	The NHS Choices website www.nhs.uk has details of all local GPs. If contacting a GP directly send information to the Practice Manager who could then disseminate it to a number of GPs working in the same building.	The commissioning organisation for the local area may have mailing lists that can be utilised by sports professionals. Local GP surgeries may display information/posters in waiting room or in some practices will pass on information direct to families.
Child Development Centres (CDC)	The centres see children with a range of disabilities. Usually a CDC is a base for a range of different health professionals (eg. physiotherapists, occupational therapists, paediatricians etc) who see children for diagnosis and treatment.	Health	British Academy of Childhood Disability (BACDIS) www.bacdis.org.uk has a directory of Children's Development Centres online but it is very dated (2006) so phone numbers may have changed. Alternatively the local PALS service could give you the contact details.	The centre will have an area that supplies information to parents and carers. There may also be specific clinics for children with a diagnosis and there may be opportunities for development officers to attend to promote the activities on offer.

Local hospital out patients	Hospitals run clinics for children with epilepsy, diabetes and these can vary from hospital to hospital. Some hospitals also have specialist nurses covering particular conditions for example ADHD and ASD.	Health	All hospitals have a website or are on the website of a local hospitals or health services trust. PALS would be a good point of contact to find out is there are specialist clinics and nurses.	Out patients waiting areas may be willing to display information. Specialist nurses may be keen to encourage exercise and could pass on information when talking to families and young people.
Wheelchair Services or Disablement Services	NHS wheelchair/ disablement services offer assessments to determine what type of wheelchair or mobility equipment people may be entitled to on the NHS.	Health	www.wheelchairmanagers.nhs.uk/services.html The above link to the National Wheelchair Managers Forum details each wheelchair service across the England.	An outlet for passing on opportunities direct to a targeted market – i.e. wheelchair basketball, Boccia etc.
Childrens Disability Register	All Local Authorities (LA) have a statutory obligation to provide information to families of disabled children (children from birth to 18 years). Therefore they must hold a register of these children – the register is voluntary therefore will only capture some families with disabled children in the locality.	Statutory	Local Authority customer services main contact details would be the first contact point. In most cases the register will be held by the Disabled Children's Team.	The local authorities use this database as a way of passing on relevant information to families – there is an opportunity for CSPs to have discussions with the LA on how they can use this database to specifically target families of disabled children.

Disabled Children's Team	Provides advice and assistance to families with children who have severe and complex disabilities.	Statutory	These teams sit within the Local Authorities and therefore contact should be made through the main customer service number of the LA.	For each disabled child that wants support from this team they will have to undertake an initial assessment. The assessment will determine whether they meet the threshold for the teams support. Therefore information on opportunities may be able to be disseminated to these families. This team is a good starting point to find out and ask for the contacts of people who provide short breaks to disabled children.
Adult Social Care Team – variations include Adult Contact Team	These teams support adults (18 years and above) who have social care needs. Many children that meet the thresholds for Disabled Children's Team will transition to Adult Social Care when they turn 18 years.	Statutory	These teams sit within the Local Authorities and therefore contact should be made through the main customer service number of the LA.	Teams will come into contact with disabled adults through the various services they both provide and commission to support disabled adults. This would be the first contact point to explain the opportunities that are on offer and to ask for the contacts of the providers of services that this information and potential partnership working would be best contacted.

Families Information Service (FIS)	FIS provides a range of information on all services available to parents, to help support children up to 25 years with a disabled child. FIS also hold up-to-date details of local childcare and early years provision.	Statutory	<p>These teams sit within the Local Authorities and therefore contact should be made through the main customer service number of the LA.</p> <p>FIS establish close links with children's centres, Jobcentre Plus, schools, careers advisers, youth clubs and libraries.</p>	<p>FIS supply all families including those with disabled children lots of information on childcare, events, activities and short breaks.</p> <p>They will pass on information and signpost to opportunities if supplied to them in a variety of formats.</p>
Youth Service (may have a dedicated Disability Support Team)	Offer a wide-ranging, exciting and engaging programme of activities that build young people's skills and confidence.	Statutory	<p>These teams sit within the Local Authorities and therefore contact should be made through the main customer service number of the LA.</p>	<p>Working in partnership with the youth services they are in direct contact with disabled young people.</p> <p>They do promote activities to disabled young people on a regular basis.</p>
SureStart Children's Centres	The centres are open to all parents, carers and children. They provide help and advice on child and family health, parenting, money, training and employment.	Statutory	<p>www.gov.uk/find-sure-start-childrens-centre - search facility for local children's centres.</p> <p>Children centres may be run by Statutory, Health, or VCI sectors however all Local Authorities will have details of all children's centres in their locality. Therefore use the LA website or main customer telephone number.</p>	<p>Surestart Children's Centres cater for children aged birth to 12 years. The CSP can build up a partnership with local centres to provide opportunities and help promote existing activities.</p> <p>The real benefit is that each child is registered and each centre should be able to identify those children registered who have a disability.</p>

Portage Teams	Portage is a scheme for teaching pre-school children with special educational needs, new and useful skills in their own homes.	Statutory	These teams sit within the Local Authorities and therefore contact should be made through the main customer service number of the LA.	Direct contact with families of disabled children – excellent opportunity to have discussions with the team about the promotion of healthy activities for disabled children and if they would be prepared to help disseminate that to families.
Parent Partnership Service (PPS)	Every Local Authority has to provide funding for a PPS, to give impartial advice, information and support about education issues to parents and carers of children with special educational needs and disabilities living in the area.	Statutory	<p>Most PPS' have their own website.</p> <p>The National Parent Partnership Network website have details of all county services</p> <p>www.parentpartnership.org.uk</p>	<p>These services come into contact with many families of disabled children. This is an excellent opportunity for information to be passed on through their service, direct to families.</p> <p>They may have website whereby they can promote opportunities and a regular newsletter.</p> <p>Most PPS services run a helpline service and each call is logged with basic family details these numbers can run into thousands in each area.</p> <p>Most PPS' are in contact with local Parent Support Groups therefore another avenue direct to families.</p>

<p>Schools – including Special Schools and Pupil Referral Units</p>	<p>Responsible for providing the National Curriculum to all school age children.</p> <p>The majority of disabled children will attend a mainstream school, only those children with more complex needs will attend a special school.</p> <p>Some schools also have enhanced resource units that specialise in a specific diagnosis for example Autistic Spectrum Disorders or Deaf and Hearing Impairments.</p> <p>Pupil Referral Units – these Units will have children with more emotional and behavioural issues.</p>	<p>Statutory</p>	<p>Local Authorities will have details of all schools on their website and therefore contact should be made through the main customer service number of the LA.</p> <p>There is also a search facility via the following link www.gov.uk/schools-admissions/choosing-schools</p>	<p>Most likely the CSP are already engaging with schools, however it is still worth mentioning that they have there own internal and external communications systems i.e. websites, e-news, text systems that could be utilised.</p> <p>Partnerships between local schools and clubs could be strengthened by establishing bridging clubs. This type of club would sit well with the schools Extended Services agenda.</p> <p>Many parents led groups are based in schools as the venues are free and therefore sustainable – worth asking the local school if they have such groups operating.</p>
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<p>Targeted Support Teams</p>	<p>Targeted Support Teams are specialist services whereby professionals are pooled together in locality teams.</p> <p>These services are for those children and young people who are vulnerable both in and out of school which could cause them to be anti social and become at risk of offending later on in life.</p> <p>These teams vary from county to county but many disabled children and young people with complex emotional and behavioural difficulties for example Autism and ADHD may potentially access these teams.</p>	<p>Statutory</p>	<p>Local Authorities will have details of targeted support teams on their website and therefore contact should be made through the main customer service number of the LA.</p>	<p>By making the teams aware of the opportunities through flyers, posters etc they will be able to promote this to families. They will do this by sending direct to families or by using the internal communication tools they have available to them.</p>
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<p>Local Authority Sports Development Service</p>	<p>Sports Development Units vary in size. Sport is classed as an enhanced service and therefore budgets fluctuate.</p> <p>Sports Development Officers (SDOs) are responsible for the local development of sport and recreation to the residents there LA serves. They will operate all community activity and leisure facilities.</p>	<p>Statutory</p>	<p>Local Authorities will have details of the Sports Development Unit on their website and therefore contact should be made through the main customer service number of the LA.</p>	<p>Within most Sports Development Units there will be an SDO whose role is part responsible for overseeing Equity, alternatively in well resourced units there might be an SDO whose main role is Inclusion/Disability.</p>
<p>Parent Led Groups</p>	<p>Groups that are establish out of the needs of families. Therefore parents and carers tend to be the main people who would establish these support sessions for parents and some may lead to develop activity sessions for children.</p>	<p>Voluntary, Community and Independent Sector (VCI)</p>	<p>This will vary in each county.</p> <p>The local Families Information Service will know of many of these groups.</p> <p>If there is a Self Help Association in the County they will have a list of all VCI parent sector groups.</p> <p>PPS services will also have connections to local Parent Groups and networks.</p>	<p>The number of parent/carer led groups will vary from county to county, due to the way in which services are delivered and dependent upon the need of families.</p> <p>These groups are an excellent way of promoting activities direct to families as they are the ones that are delivering the support.</p> <p>Many of these groups are in need of support from other agencies – the CSP lead for disability could link the families to local club opportunities.</p>

<p>Inclusive Living Centres – names vary across different Locations.</p> <p>Exist in some counties but not necessarily all.</p>	<p>These are organisations made up of disabled people. They work to apply disabled people’s own ideas and experience to developing services and public policies.</p>	<p>VCI</p>	<p>Web search with key words and the county i.e. Devon Inclusive Living Centre.</p>	<p>There are many disabled people that either work in these centres or are members of the centres and they could help in distributing information to others.</p> <p>These centre may also help you contact with other groups and disabled people.</p> <p>The centres could assist the CSP on consulting disabled people on matters of physical activity and sport.</p> <p>The centres rely on volunteers and this is also a good source of support when trying to engage disabled volunteers in sport.</p>
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A Selection of National Level Organisations

Name of Service	Service Description	Sector	Route of contact	Benefits
British Association for Community Child Health (BACCH)	Exists to promote and protect the good health of children and their families in their communities.	Health	BACCH, 5 – 11 Theobalds Road, London WC1X 8SH Email: bacch@rcpch.ac.uk Telephone: 020 7092 6082/6084 Web: www.bacch.org.uk	Could promote nationally via their newsletter and e-news.
British Academy of Childhood Disability (BACDIS)	An organisation for all professionals working in the field of childhood disability, including consultant paediatrics, specialist nursing, speech and language therapy, physiotherapy, occupational therapy, psychology and education.	Health	BACDIS, 5 – 11 Theobalds Road, London WC1X 8SH Tel: 020 7092 6083 Fax: 020 7092 6194 E-mail: bacd@rcpch.ac.uk BACDIS has regional representatives across the county – their details are not on the website but you can email the main BACDIS office and presumably they could forward the email or details of the regional representative. The regional representative may be able to suggest useful local contacts within health to promote disability sport.	BACDIS produce a newsletter four times a year. CSPs could feature specific disability or inclusive activities so that interested paediatricians and other health professionals could be updated and have be informed of a contact person.

Mencap	Mencap is the leading voice of learning disability. They provide a variety of services to support people with a learning disability, and their families and carers.	VCI	Mencap, 123 Golden Lane, London EC1Y 0RT Tel: 020 7454 0454 Fax: 020 7608 3254 Email: information@mencap.org.uk Web: www.mencap.org.uk	Nationally most of these charities have dedicated websites, newsletters and social media accounts that members (i.e. families) will interact with or receive. Therefore contacting the person within the Public Relations/ communication department will be useful especially if you are targeting a specific group of disabled people. Most of the national charities have regional arm or local branches that offer a range of support to families. It would be advisable to ask if there is one in your area and ask for a contact, this is a effective way of promoting local opportunities. Many of these charities maybe looking to provide further sport and physical activity opportunities to their members, therefore there maybe the potential for new partners, programmes and funding streams.
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National Autistic Society (NAS)	NAS are the leading UK charity for people with autism (including Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for people with autism.	VCI	The National Autistic Society, 393 City Road, London EC1V 1NG [Administrative offices only] Tel: 020 7833 2299 Fax: 020 7833 9666 Email: nas@nas.org.uk Web: www.autism.org.uk	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.
RNIB	RNIB offers support and advice to blind and partially sighted people in the UK, helping people who have lost their sight to find their lives again.	VCI	RNIB Headquarters, 105 Judd Street, London WC1H 9NE Tel: 0303 123 9999 Email: helpline@rnib.org.uk Web: www.rnib.org.uk	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.
Leonard Cheshire Disability	Leonard Cheshire Disability supports thousands of disabled people in the UK. They help people with physical impairments, learning difficulties and long-term health conditions, as well as their carers, friends and families.	VCI	Head Office, Leonard Cheshire Disability, 66 South Lambeth Road, London SW8 1RL Tel: 020 3242 0200 Fax: 020 3242 0250 Email: info@LCDisability.org Web: www.lcdisability.org	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.

Scope	Provide opportunities for disabled people with complex needs and their families. They offer practical support – from information services to education and everyday care.	VCI	Scope, 6 Market Road, London N7 9PW Tel: 0808 800 3333 Email: response@scope.org.uk Web: www.scope.org.uk	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.
Action for Hearing Loss – formally RNID	Action on Hearing Loss offers a range of services for people who are deaf or hard of hearing and provide information and support on all aspects of deafness, hearing loss and tinnitus.	VCI	Action for Hearing Loss, 19-23 Featherstone St, London EC1Y 8SL Tel: 020 7296 8000 Textphone: 020 7296 8001 Fax: 020 7296 8199 Web: www.actiononhearingloss.org.uk	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.
Enable Housing (There are variations on these private companies across the UK)	Enable Housing, Care and Support Group. Provide a wide variety of housing, support, care, activities and training for people with learning difficulties.	VCI	EHA and ECHS Registered Office, Enable Group, Ellen House, Heath Road, Holmewood, Derbyshire S42 5RB Tel: 01246 599999 Fax: 01246 599980 Email: info@enable-group.org.uk	The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.

<p>Downs Syndrome Association</p>	<p>The charity gives support to children and adults with Downs Syndrome and their families. They provide various types of support from telephone and one to one support.</p>	<p>VCI</p>	<p>Langdon Down Centre, 2a Langdon Park, Teddington, Middlesex TW11 9PS</p> <p>Tel: 0333 1212 300 (not premium rate)*</p> <p>Email: info@downs-syndrome.org.uk</p> <p>Web: www.downs-syndrome.org.uk</p>	<p>The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.</p>
<p>MIND</p>	<p>Mind is the mental health charity. They provide support and advice for all those people with a Mental Health issues.</p>	<p>VCI</p>	<p>15-19 Broadway, Stratford, London E15 4BQ</p> <p>Tel : 020 8519 2122</p> <p>Fax: 020 8522 1725</p> <p>Email : contact@mind.org.uk</p> <p>Web: www.mind.org.uk</p>	<p>The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.</p>
<p>Motability</p> <p>Local branches of this company in counties.</p>	<p>Over the past 30 years Motability has helped over three million people get mobile by exchanging their mobility allowance for a brand new car, scooter or powered wheelchair.</p>	<p>VCI</p>	<p>Web: www.mobility.co.uk</p> <p>Branches vary – refer to website.</p>	<p>The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.</p>

<p>BILD</p>	<p>Help develop the organisations that provide services to disabled people, and the people who give that support.</p>	<p>VCI</p>	<p>British Institute of Learning Disabilities, Campion House, Green Street, Kidderminster DY10 1JL</p> <p>Tel: 01562 723010</p> <p>Email: enquiries@bild.org.uk</p> <p>Web: www.bild.org.uk</p>	<p>The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways to each other.</p>
<p>The National Association of Family Information Services (NAFIS)</p>	<p>NAFIS is a registered charity that supports, links and promotes Family Information Services (FIS) in Great Britain</p> <p>They are working in partnership with the Daycare Trust.</p>	<p>VCI</p>	<p>Anthony Ellison, NAFIS Manager, Family and Childcare Trust, 2nd Floor, The Bridge, 81 Southwark Bridge Rd, London SE1 0NQ</p> <p>Tel: 0845 872 6260 (020 7940 7510)</p> <p>Fax: 020 7940 7515</p> <p>Email: info@daycaretrust.org.uk</p> <p>Web: www.daycaretrust.org.uk</p>	<p>The benefits of contacting this organisation are similar to those that are listed in the 'Mencap Benefits entry' as most of the national charities work in very similar ways.</p>

National Sport and Leisure Services

<p>Self Help UK</p>	<p>Self Help UK is a free service provided by Intuition Communication Ltd, specialists in health care publishing on the Internet. They provide a searchable database of over 1,000 self help organisations, patient support groups and charities across the UK that provide support, guidance and advice to patients, carers and their relatives. The groups and organisations that are covered, embrace many medical conditions, diseases and treatments.</p>	<p>VCI</p>	<p>Intuition Communication Ltd, 3 Churchgates, The Wilderness, Berkhamsted, Herts HP4 2UB Web: www.self-help.org.uk</p>	<p>This searchable website could identify many local parent led, charity/voluntary sector organisations for specific disabilities in your local county in which you can make direct contact.</p>
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Name of Service	Service Description	Route of contact	Benefits
<p>British Blind Sport</p>	<p>British Blind Sport is a registered charity and the leading voice of sport for the blind and partially sighted in the UK. The charity was set up to enable VI people to participate in a full range of sporting activities.</p> <p>BBS believe in the many benefits that sport can offer visually impaired people, including improved health and mobility, broadening horizons, making new friends, and becoming more independent.</p> <p>BBS try to encourage as many blind and partially sighted children and adults as possible to participate in sport at all levels, from 'grassroots' to Paralympic representation.</p> <p>In addition BBS try to provide help and support to the many professionals working with VI people, particularly within leisure and recreation, sports development, education and social services.</p>	<p>British Blind Sport, Pure Offices, Plato Close, Tachbrook Park, Leamington Spa, Warwickshire CV34 6WE Tel: 01926 424247 Email: info@britishblindsport.org.uk Web: www.britishblindsport.org.uk</p>	<p>British Blind Sport realise the value of building and maintaining relationships with key partners and organisations within the visually impaired sector in order to achieve improved connectivity with the VI community.</p> <p>BBS also understand that connecting these communities to NGB programmes and interventions is key to ensuring sustainable outcomes of increased participation.</p> <p>Each National Disability Sports Organisation will or should have good partnerships with the organisations that provide non sporting services for that impairment group.</p> <p>For example British Blind Sport will have stronger communication and partnerships with organisations such as RNIB that support blind and partially sighted people.</p> <p>Therefore if specifically targeting an impairment group these NDSOs should have good connectivity with disabled people and the organisations that support them and should be a priority contact.</p>

Limbpower	A registered charity that supports developments in sport for people who have lost limb/s.	Limbpower, Whitecroft, Tandridge Lane, Lingfield Surrey Tel: Kiera Roche (Chair) 07502276859 Email: kiera@limbpower.com Web: www.limbpower.com	Limbpower can provide advice and support on the development of amputee sports opportunities. Limbpower runs an annual event programme at Stoke Mandeville Stadium, Aylesbury for all ages aiming to provide new amputees opportunities to have a go at a variety of sports.
WheelPower	WheelPower, the national charity for wheelchair sport, provides opportunities, facilities and equipment to enable disabled people to participate in sport and lead healthy active lives.	WheelPower, Stoke Mandeville Stadium, Guttmann Road, Stoke Mandeville, Buckinghamshire HP21 9PP Tel: 01296 395995 Fax: 01296 424171 Email: info@wheelpower.org.uk Web: www.wheelpower.org.uk	WheelPower can provide advice and support on the development of wheelchair sport opportunities. The charity has a number of education resources such as 'coaching manual wheelchair users' and 'promoting your session/club'. WheelPower can also support the development of bespoke resources.
Dwarf Sports Association UK	DSAuk promotes grass roots participation for those people with a form of Dwarfism or restricted growth. They seek to increase the number of participants and opportunities on offer at both grassroots through to podium.	Dwarf Sports Association UK, PO Box 4269, Dronfield S18 9BG Tel: 01246 296 485 Web: www.dsauk.org	DSAuk provides the expertise to those trying to develop opportunities. They have resources to help the development of sport for those with Dwarfism. Organise a number of events for both grassroots and talented athletes to participate.

CP Sport	Cerebral Palsy Sport is the country's leading national disability sport organisation supporting people with cerebral palsy. Our vision is that everyone with physical disabilities are able to access a sport(s) of their choice. Our mission is to improve quality of life of people with physical impairments through the provision of appropriate sport and recreational activities. Our aims are to increase participation, raise aspirations, promote inclusion and help fulfil the potential of children and young disabled people.	CP Sport, Unit 5, Heathcoat Building, Nottingham Science Park, University Boulevard, Nottingham NG7 2QJ Tel: 0115 925 7027 Email: info@cpsport.org Web: www.cpsport.org.uk	We provide sporting opportunities for children, young people and adults to enjoy We achieve this through providing disability sports, such as football, swimming, athletics, Boccia, table cricket and adapted sports. We also offer expert, specialist support to parents, support workers, teachers, coaches, physiotherapists, occupational therapists, sport providers and other professionals on how to adapt sports for people with cerebral palsy. CP Sport have established strong partnerships with non-sporting organisations who work with people with cerebral palsy such as Hemihelp, Hemichat, Cerebra and Scope. We also connect with the Association of Paediatric Chartered Physiotherapists and their network of over 2000 physiotherapists.
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<p>Mencap Sport</p> <p>Special Olympics GB</p>	<p>The English Learning Disability Sports Alliance was formed in 2011 and is a partnership between Mencap Sport and Special Olympics GB.</p> <p>The Alliance aims to develop and promote inclusive sporting opportunities for people with a learning disability.</p> <p>Alongside the Alliance, Mencap Sport also campaign and lobby for better sporting provision for people with a learning disability. They also organise a programme of national championship events, and support talented athletes to compete in international competition.</p> <p>Special Olympics GB offers year-round sport training and competition opportunities and is open to all people with intellectual (learning) disabilities regardless of their ability.</p> <p>The Special Olympics GB programme is designed to allow athletes of all ages to learn, enjoy and benefit from participation in sport. Events are modified where necessary to give athletes with severe disabilities opportunities for meaningful participation.</p>	<p>Mencap Sport, Mencap, 123 Golden Lane, London, ECY1 0RT</p> <p>Tel: 020 7696 5574</p> <p>Email: sport@mencap.org.uk</p> <p>Web: www.mencap.org.uk/sport</p> <p>Special Olympics Great Britain, Corinthian House, 1st Floor 6-8 Great Eastern Street London EC2A 3NT</p> <p>Tel: 020 7247 8891</p> <p>Email: info@sogb.org.uk</p> <p>Web: www.specialolympicsgb.org.uk</p>	<p>The English Learning Disability Sports Alliance aims to share skills and resources and work together to promote inclusive sporting opportunities for people with a learning disability. The Alliance provides information, support and advice to sporting organisations to help develop an inclusive sports environment.</p> <p>The Alliance has links with a number of 3rd sector learning disability organisations and charities to enable us to promote more opportunities to a wider non-sporting population.</p> <p>We also have links within our own organisations to our members. SOGB have over 150 clubs with 8,000 athletes and 4,000 volunteers. Mencap has over 400 affiliated local groups and gateway clubs across the country.</p>
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<p>UK Deaf Sport (UKDS)</p>	<p>UK Deaf Sport encourages people who are deaf or hard of hearing to participate and reach their full potential in sport, by creating a world leading system for deaf people to participate and succeeds. They provide expertise to sporting bodies on the barrier deaf people face in accessing sport and how to adapt programme and projects to engage with the deaf community. They are the UK's official affiliated body with The International Committee of Sports for the Deaf (ICSD) and the European Deaf Sports Organisation (EDSO).</p>	<p>Web: www.ukdeafsport.org.uk</p> <p>Email: office@ukds.org.uk</p>	<p>As the Strategic lead agency for deaf sport in the UK, UKDS work with partner organisations to provide bespoke, expert advice supporting organisation to engage with the deaf community and provide endorsement to projects, programme and activity that are Deaf Friendly. They also promote and develop resources that will educate and enable partners to understand the issues that Deaf people face in accessing sport and physical activity.</p>
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English Federation of Disability Sport (EFDS)

EFDS is the national body and strategic lead for disabled people in sport and physical activity throughout England. EFDS has a vision that disabled people are active for life. The national charity supports the sport and physical activity sector to increase opportunities and be more inclusive.

In 2011, in addition to EFDS receiving national partner funding from Sport England, the charity along with several of its member organisations (NDSOs - National Disability Sports Organisations) were pleased to receive further National Lottery funding. The NDSOs are British Blind Sport, Cerebral Palsy Sport, Dwarf Sports Association, Mencap Sport, Special Olympics GB, UK Deaf Sport and Wheelpower. Some of this funding was to enable the NDSOs to support National Governing Bodies of sport (NGBs) to deliver more opportunities for disabled people, through impairment specific sports development advisors. Also, funding was provided to review and improve governance, business planning, fundraising and membership activity in these organisations. Each NDSO has an appointed advisor to look after the inclusive sport programme.

English Federation of Disability Sport,
SportPark,
Loughborough University,
3 Oakwood Drive,
Loughborough,
Leicestershire
LE11 3QF

Tel: **01509 227750**

Fax: **01509 227777**

Web: **www.efds.co.uk**

EFDS provides support through expertise, resources, insight, event management and training for a range of providers. Through a dedicated team, EFDS can help to signpost and access more information on various topics.

As a Sport England national partner, EFDS play an important role in sport for under-represented groups.

Free online tools which EFDS has helped to develop include:

www.diversitychallenge.co.uk

www.inclusion-club-hub.co.uk

Acknowledgments

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Resource created in November 2013.

Photographs courtesy of EFDS, copyright Mark Lomas, Michaela Greene, Graham Bool.





**English Federation
of Disability Sport**

English Federation of Disability Sport (EFDS)

EFDS is a national body, which is dedicated to disabled people in sport and physical activity throughout England.

The charity aims to increase participation, working with those in the relevant sectors to provide inclusive opportunities. With a vision that disabled people are active for life, EFDS also encourages more disabled people to take part at whatever level they choose.

www.efds.co.uk



**COUNTY SPORTS
PARTNERSHIP
NETWORK**

County Sports Partnerships Network (CSPN)

County Sports Partnerships (CSPs) are networks of local agencies committed to working together to increase participation in sport and physical activity.

They are led by a strategic board supported by a central team of professional staff who provide leadership, co-ordination and structures which allow people and organisations to work more effectively together at a sub-regional level. There is a network of 49 County Sport Partnerships across England.

www.cspnetwork.org

