AGENDA

SDSN update
Open Data: Getting your opportunities out there!
Activity Alliance update
Break
Insight & discussions around females in disability sports
Networking
Summary/Wrap up
SDSN update

SDSN Champions
General SDSN updates
- Due to GDPR we’ve had to make sure people have re-signed up to the network to receive updates if you aren’t receiving them please do so here (check spam): https://www.activesussex.org/about/get-the-latest-updates/
- Disbandment of the steering/action groups and creation of SDSN Champions (will explained more)

Active Sussex
- New Active Sussex Strategy released - priority group people with a disability or long term condition - SDSN continues to play an integral role in our work
- Sussex Sports Awards - Nominations now open, tickets on sale. Guest presenter Eddie the Eagle!!!
- Maternity cover for Gemma Finlay-Gray will begin 15 October. An email to the network will be sent with details.
Role of a SDSN Champion

To lead the strategic direction of the priorities identified via the Sussex Disability Sport Network and to support the development and provision of disability sport within Sussex.

- To actively champion the Sussex Disability Sports Network
- Encourage new membership to the SDSN by getting individuals/organisations to sign up to the network list - [https://www.activesussex.org/about/get-the-latest-updates/](https://www.activesussex.org/about/get-the-latest-updates/) (last box)
- Act as a champion/ambassador within their own organisation/community and networks
- Feed in views of their host agency
- Agree the priorities of the Network via the creation of a rolling action plan
- Establish and agree how success is measured – and when/how to report and publicise
- Take back and act on decisions/issues arising from champion discussions
- Attend champion group conference calls when possible
- Support the organisation of bi-annual SDSN events and attend (where possible)
- Respect others views and work together to come to a collective agreement
Current SDSN Champions
(that have moved over from original steering group)
- Gemma Finlay-Gray, Active Sussex
- Paul Brackley, AITC
- Aroop Tanna, Sussex Cricket Foundation
- Jade Harker, Sussex FA
- Carrie Reynolds, Freedom Leisure/Sport without Boundaries
- Bob Leeves, OutReach3Way (Dimensions) Out There West Sussex
- Alison Warner, OutReach3Way (Dimensions) Out There West Sussex
- Liz Bartlett, Sussex Tennis/Grace Eyre
- Ricky Perrin, Sussex Bears Basketball Club
- Marcia Eason, Sussex Community NHS Foundation Trust
- Clare Johnson, Sussex Community NHS Foundation Trust
If you feel you can actively support and contribute to the stated responsibilities and would like to become a champion, please sign the pledge document that will be sent out with the presentation.

You will then be added to the list of champions and called upon to support the roles as highlighted.

NB: Champion contact details will be shared with other champions.
Open Data: Getting your opportunities out there!

Gemma Finlay-Gray, Active Sussex
Funded by Sport England, developed by the Open Data Institute, OpenActive is a community-led initiative of sport and physical activity organisations and individuals, using open data to help people get active.

The vision is to help people get active, by making data about sport and physical activity opportunities openly available – as open ‘opportunity’ data.
OpenActive.io

An ambitious, community-led initiative for change across the sport and physical activity sector.
“All organisations that receive funding from Sport England will be required to make data which is relevant to getting more people involved in sport and physical activity publicly available in an agreed format.”

“Helping sport keep pace with the digital expectations of customers - making it as easy to book a badminton court as it is to book a hotel”
User experience across sectors

I want to be active!
Limited choice. Hard to find what I'm looking for.
Nowhere to easily search what's available
Give up. Remain inactive.

I want to go on holiday!
Loads of choice of how to book
Great search tools - easy to search through availability
Booked, paid and off I go!

Logos are included under fair use as a representation of the market and do not imply affiliation with OpenActive.
So what is open ‘opportunity’ data?

Bookable activities and facilities in the future that a user needs in order to make a choice (things that are already on the web) e.g.;

- Descriptions
- Locations
- Times and dates
- Prices
- Availability/spaces
- Activity Type
- Suitability (fitness, age, gender)
- Coach/instructor details

• Bookable squash courts
• Yoga class times
• Running group locations
What is in it for me as an activity provider or NGB?

• Find new ways to address underutilisation and balance demand
• Get your activities listed in more places than before
• Increase revenue by reaching and keeping new and existing audiences
Who then uses the open data to promote activities?

There are developing activity finder sites that use open data. Some examples;

• GetActive from London Sport (does include some Sussex activity) - [https://www.getactive.io/london](https://www.getactive.io/london)
• Hoop ([local activities from newborn to 11 years old]) - [https://hoop.co.uk/](https://hoop.co.uk/)
• Change4Life – in progress
• This Girl Can Activity finder (in development)

Plus a range of [start-ups via the OpenActive Accelerator programme](https://www.openactive.com) in partnership with Sport England, who are creating new tech products that get people active.

Examples being created;

• iPrescribe –An activity app that analyses health and prescribes a personalised exercise plan using an automated algorithm
• Find a race - Search, discover and book mass participation sports events
How do I become part of the community?

1. Join the initiative - [https://www.openactive.io/join/](https://www.openactive.io/join/) or fill out this short form

2. Publish your timetable and availability data (or ‘opportunity data’)
   - Visit [https://www.openactive.io/getting-started/](https://www.openactive.io/getting-started/)
   - Emailing the ODI at hello@openactive.io

3. Learn online in your own time - [https://www.openactive.io/e-learning](https://www.openactive.io/e-learning)

ODI contacts – Claire Holland claire.holland@theodi.org or Richard Norris richard.norris@theodi.org

Or contact Gemma – gfinlay-gray@activesussex.org
Where do you go to find activity opportunity data?

Is there a fit for purpose activity finder or app out there that would support the disability sports sector?

Is there a need for a specific app, or is it more about standardising what data is provided?

If there is a specific need, what should be considered when creating an app to support disabled people to find sport & physical activity opportunities? What key information is needed?
Where do you go to find activity opportunity data?

Google search – then provides a list of websites
National Governing Body of Sports website – Club finders
Active Sussex – email or call!
Local Authority sites - West Sussex Local Offer / East Sussex Community Information Service (inc. Brighton & Hove)
Local organisation sites – It’s Local, Actually from Possibility People (free to register), Grace Eyre Sports for All, Amaze
Apps – Amaze has an app linked to Compass card.

Is there a fit for purpose activity finder or app out there that would support the disability sports sector?
Is there a need for a specific app, or is it more about standardising what data is provided?
If there is a specific need, what should be considered when creating an app to support disabled people to find sport & physical activity opportunities? What key information is needed?

Some attendees felt there was a need for a specific app, that is tailored to the needs of disabled people.
Others felt the key should be focus on standardisation in terms of information that propoviders supply, as many say they are ‘inclusive’ and they aren’t. Also what does ‘inclusive’ actually mean!?
Providers need to be honest on what they can offer.

Can the SDSN take a lead on standardising what inclusivity means?
Would any members be interested in leading this on behalf of the network and engaging with the ODI on this point?
Activity Alliance update

Chris Whitaker, Activity Alliance
Three thing I’m here to talk to you about

• The latest from Activity Alliance and our approach
• How this links up with others
• To ask for your help with my Active Sussex trustee hat on
2017 – 2021 Vision, Purpose and Outcomes

• “Disabled people are active for life”
• Making active lives possible by enabling organisations to support individual disabled people to be active and stay active for life
• Individual: enhancing health and well-being
• Society: A more equal society with increased choice and opportunity
• Organisational: a system where organisations embed inclusion
Strategic Shift

- Strong foundations in early years continuing into later life
- Thought leaders in a wider world of sport and active recreation
- Thought leaders across a wide and inclusive definition of disability
- Even greater emphasis on engaging the least active people
- More range and choice in the settings for activity
Strategic Shift

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Alignment to CSP Performance Framework: An overview

- We share common goals – and offer a solution focussed approach with the CSP performance framework in mind.
- We are here to help guide and support you with a strong disability based offer

<table>
<thead>
<tr>
<th>PMIF Category</th>
<th>PMIF Criteria</th>
<th>Activity Alliance Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insight</td>
<td>Leading or making a major contribution to evidence, data and insight across partnerships and insight led change</td>
<td>Dedicated insight focus – inclusion of disabled people in research and improving collaboration and dissemination of results</td>
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<tr>
<td>Workforce</td>
<td>Building sport and physical activity into other interventions</td>
<td>Management of inclusive programmes (IAP, GOGA) and investment opportunities</td>
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<tr>
<td>Advocacy</td>
<td>Non sector partners understanding value of sport and PA</td>
<td>Advocating and influencing work including new collaborations and alliances</td>
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# Alignment to CSP Performance Framework: An overview

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<th>Activity Alliance Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy and investment</td>
<td>Engaging in transformational programmes, influencing policy and investment decisions</td>
<td>Programme management and engagement work to ensure sustainable infrastructure around PA for disabled people</td>
</tr>
<tr>
<td>Delivery</td>
<td>Improving relationships with existing providers and reaching non traditional ones</td>
<td>Supporting engagement by ensuring partners reach less active people and by driving improvement</td>
</tr>
<tr>
<td>Community Engagement</td>
<td>Making this central to our work and driving design of inclusive interventions</td>
<td>Supporting engagement and organisations to work inclusively in line with our organisational values</td>
</tr>
<tr>
<td>Learning</td>
<td>Effective use of evaluation which is built into interventions</td>
<td>Using research and evaluation to drive better understanding of how disabled people engage in PA</td>
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New Communications Resources

- New communications factsheets launched in August 2018
- Aimed at providing up to date information in a bitesize, accessible format
- 10 different resources on a range of topics
- Available online and free of charge via the Activity Alliance website
# New Communications Resources

<table>
<thead>
<tr>
<th>Inclusive communications factsheets</th>
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<tbody>
<tr>
<td>Factsheet 1: Social media</td>
<td>Download PDF</td>
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<tr>
<td>Factsheet 2: Events</td>
<td>Download PDF</td>
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<tr>
<td>Factsheet 3: Digital communications</td>
<td>Download PDF</td>
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<td>Factsheet 4: Language</td>
<td>Download PDF</td>
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<td>Factsheet 5: Accessible budget</td>
<td>Download PDF</td>
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<td>Factsheet 6: Campaigns</td>
<td>Download PDF</td>
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<tr>
<td>Factsheet 7: Design</td>
<td>Download PDF</td>
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<tr>
<td>Factsheet 8: Photography</td>
<td>Download PDF</td>
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<tr>
<td>Factsheet 9: News</td>
<td>Download PDF</td>
</tr>
<tr>
<td>Factsheet 10: Checklist</td>
<td>Download PDF</td>
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I need your help

• Recently seconded onto the board for a one year period - Part of my brief is diversity
• I would like to use your expertise to build an understanding of who I should be talking with (it might be you!)
• Please point me in the right direction and get in touch if you’d like to have a conversation about this!
• Take 5 minutes to note down
  • Key contacts
  • Any key considerations/issues to factor in with this work
Chris Whitaker
Engagement Advisor
East and South East
Chris@activityalliance.org.uk
07989 779489
@AllForActivity
Insight & discussions around females in disability sports

SDSN champions
What is the data telling us?
In most of Sussex, females are more inactive than males

* Insufficient data for males in Brighton & Hove
In every local authority disabled people are more inactive than those without disabilities.
Disabled women are slightly more inactive than disabled men.
Insight examples from Football Association and Women in Sport

Clare Nichols, Sussex FA
Female Disability Football

How to sustain and grow football participation for females with a disability
Contents

1. What does football know?
2. What does disability sport know?
3. What does female sport know?
4. What are the gaps? What's next?
Wider Football Learnings

The FA Research Women’s Football Universe 2014
Current barriers show the inconsistency in experience for women and girls across the country.

- Only recent emphasis or focus on young girls playing opportunities
- Accessing appropriate facilities or local opportunities
- Poor weather conditions when playing
- Varying quality of provision within education setting
Success has come in giving a welcoming environment

- Focus on friends, fun and health benefits
- Female friendly environments
- Use current touchpoints e.g. schools
- Football with a twist - soccercise moving to games
- Allow time to socialise together
- Girls only 5 to 11 product
Disability Football

County FA Disability Survey 2018
Proportionally there are more females than males within the disabled population as a whole

Gender distribution of UK disabled population - Sport England - mapping disability the facts - Jan 2016

Female 56%
Male 44%
Majority of female sessions have less than 6 players - whereas 1 in 3 male sessions have more than 20

Average number of players at disability turn up and play centres

<table>
<thead>
<tr>
<th>Number of players</th>
<th>Female</th>
<th>Male</th>
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<tr>
<td>1 to 5 players</td>
<td>64</td>
<td></td>
</tr>
<tr>
<td>6 to 10 players</td>
<td></td>
<td></td>
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<tr>
<td>11 to 15 players</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 to 20 players</td>
<td></td>
<td></td>
</tr>
<tr>
<td>More than 20 players</td>
<td>33</td>
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Current barriers to growing female disability are wide ranging - often varying from County to County

- Not enough awareness - some don't know that disability football is a sport they can try
- No bespoke female disability programme - lack of innovation and branding
- Transition from statutory settings into recreational opportunities and club
- Getting senior management to build targets into W&G
- Travel - players tend to be spread across the County
- Some like to play with males because of friendships and greater opportunities to play
- Traditional formats of the game can be off putting - why not try 3v3, 4v4 or soccercise/walking football
Current delivery tactics centre around integration with existing friendship, activity or football groups.

- Engage community groups with many females
- S.G.P inspire sessions and using role models
- Adult mixed dispensation sessions
- Engage with girlfriends of men playing PAN-Disability
- A female offer with current male provision
County FA Disability Officers see opportunities to grow via existing football initiatives

- Recreational opportunities with links to grassroots clubs
- Bi-monthly female opportunities at ability counts fixtures to build on mixed dispensation offer
- Embed disability across W&G programmes and initiatives such as Wildcats and Girls Football Week
Disability Sport

EFDS - Disabled People's Lifestyle Survey
Sample aged 14+

EFDS - 10 Principles Report
EFDS reported 10 Principles to advise on how to engage with disabled participants - these are...

1. My Channel
   Use communication channels that I already trust e.g social media and local media

2. My locality
   Traveling to get to activities can be a significant barrier for disabled and isolated people - I prefer opportunities closer to home

3. Me not my impairment
   Many people do not identify with being disabled and are put off by advertising that focuses on disability

4. My Values
   Everyone has values. Understanding what my values are and linking an activity to these can make taking part more appealing

5. My life story
   As people grow older our values change. Keep me interested over time through new ideas
EFDS reported 10 Principles to advise on how to engage with disabled participants - these are...

6. Reassure me
Some disabled people fear standing out and need to be reassured that an activity will be welcoming and suitable for our needs

8. Listen to me
Disabled people can be limited by our impairment and should be able to discuss our needs in a safe and private environment before taking part

10. Show Me
Engage disabled people who are already involved in your activity to promote it to others

7. Include me
Some disabled people need to know we are good enough to take part. Providers should make sure that people of varying ability levels feel included in sessions

9. Welcome me
An unpleasant first experience can prevent anyone from taking part again. Ensure that my first experience is enjoyable so I return
Core **barriers** exist across disability sport and largely fall into one of three categories:

- **Logistical**
  - Lack of opportunities
  - Geographically isolated
  - Financial cost of engaging

- **Physical**
  - My Disability
  - Poor Health

- **Psychological**
  - Low self-esteem or anxiety
  - Previous bad experiences
  - Socially isolated
Previous negative experience of sport a key inhibitor - the challenge is to re-engage and change perceptions

I have been made to feel uncomfortable in the past during sport: Disabled Women Aged 14+
Informing via relevant materials and methods essential to uptake - as in the EFDS 10 principles

- Making sure communication reaches relevant disabled women - digital led is accessible
- Incorporate popular hobbies - music, socialising and swimming
- Invest to improve promotional activity and give as much information as possible - use to challenge barriers
- Peer Buddy scheme to get them to activity
6 factors to consider with sessions

- Music
- Enjoyment
- Moderate exercise
- Indoor
- Arrive ready
- Fun
Mainstream
Sport

Sport England - Go where women are
UK Coaching and Women in Sport
Mainstream barriers exist in lack of flexibility - a social stigma also prevents girls from trying new sports

- Practical barriers - time poor or too high a cost to participate
- Personal barriers - fear of being judged, social confidence
- Lack of motivation - unaware of the value of participation
- Not having anyone to participate with - particularly in team sports
Six pieces of advice for supporting women and girls in sport...

1. Make it the norm - use relatable case studies and role models
2. Taking the activity to them - use familiar non-sport settings
3. Face to face recruitment gives immediate reassurance and confidence
4. Invest in those who shape the experience - train the softer skills
5. Sell the benefits - socialise and get fit in a safe and understanding place
6. Make it easy - right place, right time, right kit, right company
Summary
When thinking about disability engagement consider:

**My channel**
Utilise relevant and trusted online networks and reach – it's the most popular and accessible channel.

**My values**
Incorporate with other popular hobbies, music and socialising – focus on fun, friendship and enjoyment.

**My locality**
Take the activity to the community group - engage with those who are isolated close to home e.g village halls.

**Me not my impairment**
Use adverts to break down barriers with words like 'recreation' and suitable imagery - invest time in promotional activity and make sure it gives as much information as possible.
When thinking about disability engagement consider:

- **Reassure me**: Recruit face to face to add personal element - have regular communications so that they feel comfortable when returning.

- **Welcome me**: 68% have felt uncomfortable in the past - invest in good people who will shape the experience.

- **Include me**: Make it easy to get involved - taking the first step can overcome psychological barriers.

- **Show me**: Make sport the norm through peers and role models - consider a peer buddy scheme.
What next?
In identifying current knowledge the next step is unpicking the areas where questions remain.

1. What are the gaps?
2. Working Group
3. Focus groups
ME, NOT MY AGE OR IMPAIRMENT

Engaging women with a disability or life limiting health condition in later life

Acknowledgements to:
- The research participants
- GOGA Thanet and Your Leisure
- Percy Research, who supported us with the research
- Spirit of 2012, funders of the research and Get Out Get Active
BACKGROUND

Get Out Get Active (GOGA), funded by Spirit of 2012

Aim: To supports disabled and non-disabled people to take part in fun and inclusive activities together.

www.getoutgetactive.co.uk

Women in Sport carried out this research in collaboration with GOGA Thanet.

Thanet is the most deprived area of Kent and is also the least active district. 35% of the population are physically inactive.

People living in the east of Kent (including Thanet) are more likely to consider themselves to have a limiting health condition or disability than the average for the County.

GOGA Partners were guided by the Activity Alliance’s Talk to Me principles.
Existing research on women over 55 years old, particularly in a lower socio-economic group and/or with a disability, is limited. Women in Sport wanted to know more. (Method: observations, depth interviews and focus groups)

They spoke to and observed women attending GOGA Thanet sessions to understand:

1. Why the women attend and the barriers to being active
2. The role of influencers and enablers in encouraging women to attend

Also spoke to women over 55 years old in Thanet who are not currently active, to understand:

1. The barriers and potential enablers for older women who are not currently active.
2. Identify ways to encourage these women to get active.

They also explored how the Talk to Me principles were being used and how they could be effectively utilised to engage inactive women.

Nearly all interviewees had a disability or life-limiting health condition.

The research was carried out in November 2017.
THE ACTIVE WOMEN

The majority of women participating are fiercely independent and want to have control over their own lives.

For the female attendees, the enablers or influencers to participation are generally friends or neighbours.
WHY WOMEN ARE ATTENDING

The appeal of the inclusive sessions:

- **Sense of achievement**
- **Fun**
- **Relaxed, non-judgemental**
- **Regular but manageable commitment**
- **Social interaction**
- **Time and space for me**
- **Activities adapt to you/your level**
- **Cost**
- **Location**

I felt too disabled to go to a normal gym.

It makes you get up and get ready, put a bit of slap on and get out of the door.

There’s always someone here to talk to.

No one pushes you, you just do what you’re comfortable with.
## TRIGGERS TO BEING ACTIVE

### Specific triggers

- It is important to ‘look after yourself’. The women want to keep healthy and ‘keep going’.
- Important to be active now in order to see grandchildren grow up and keep playing a role in the family.
- Being active helps to avoid being a burden and keep control over their own lives.
- To prevent possible treatment or an illness.

### General trigger: ‘getting older’

- A particular illness or impairment worsens and they wanted to do something about it.
- An illness or impairment means they need to find a different way to exercise.
- Some women came to sessions to support or accompany family members (often husband).
- Sessions that the couples can attend and be active together.
THE INACTIVE WOMEN

For the majority of the inactive women, being sociable is often not part of their norm. They have few influencers encouraging and supporting them to be active.

Disability/health conditions felt to be severely limiting
Physical horizons felt to be very limited. Fearful of pushing themselves too much.

Notably socially isolated
To be social can be daunting

Financially challenging situations
Can be dependent on benefits.

May never have done physical activity
May not be part of how they have ever seen themselves.

Life for many of these women feels like hard work.

I keep myself to myself, apart from my relatives and the people here (casino).

When I got my diagnosis, I was very angry, I didn't understand it.

There are some days when I just want to stay in bed, lock the door, turn the lights out and not have to deal with it.
VALUES SYSTEM- INACTIVE WOMEN

We found the inactive women’s drivers or motivations fit within these 3 values from Women in Sport’s Understanding Women’s Lives research.

- There is high awareness of the value in positive mental wellbeing.
- Frequently the inactive women expressed a desire to do more, to get out but felt limited by their physical capabilities.
- Focused on managing or improving a health condition or impairment.

- Spending time in a positive way with friends and family can appeal.

BARRIERS TO BEING ACTIVE

Opportunity barriers
- Getting there: practical challenges
- Few enablers and influencers
- Cost

Capability barriers
- Low confidence in their own ability to be active.
- Wary of committing themselves

Motivational barriers
- Fear of being judged
- It’s simply too overwhelming
- Motivation existed for many of the inactive women. However, barriers were felt as numerous and difficult to overcome.

For women to change their behaviour and become more active, they must have the capability, opportunity and motivation to do so.

SOME OF THE ATTITUDES TO BEING ACTIVE

Not all the inactive women were interested in being active but...

The majority identified, and even yearned for, the potential benefits of physical activity.

Many women believed they might enjoy it.

A few keenly missed their more active lives prior to their life limiting health condition or impairment.

I used to walk for miles, used to love walking on the beach.

I would like to do more, I don't like to be a lazy lout.

I've got to have a knee operation. Until I lose weight they don't do the operation.

VIEWS OF THE ACTIVITIES BY INACTIVE WOMEN:

Some activities were seen as too easy or sedate for them; can sound boring.

The name of some activities implies it’s for ‘really old people’.

Some activities prompted interest and curiosity.

Some activities were not widely known and require explanation.

That would be a load of old people, I don't want to join them yet

Will they accept that I can’t do some things? I don't want to be asked lots of questions

Oh so I wouldn’t feel out of place if I had to sit down then? Well, that’s different
RECOMMENDATIONS

1. An opportunity to re-engage in exercise
2. Vary the group size
3. Utilise buddy schemes
4. Take advantage of the interest for quality family time
5. Provide as much information as possible
6. Me, not my age or impairment
7. Tap into the desire to do more
8. Goal setting
9. Get closer to where women are
10. Engage women’s values
Question time with...

Georgina Lee - Special Olympics Eastbourne and Sussex County Disability Cricket player

and

Jess Barnes - Founder, player and future coach of Limitless FC
Discussion

1. Understanding if female engagement is a key focus for organisations and if they are already doing work in this area
2. Explore what the challenges to currently engaging females are
3. Taking on board the insight shared, identify solutions for engaging females and how the SDSN can help
Feedback

What role do you consider the SDSN taking to support this area of work?

Advocacy

- Focus on engaging schools/education networks. Perhaps target education networks for the next SDSN event, or get an agenda item on their events.
- More engagement with health/social services networks - network members to promote to their contacts. Targeted agenda items to get professionals to events.
- Ambassadors/Role models – identify disabled individuals to talk about their journeys and advocate at a senior level to influence inactive people to get involved.
- Champions lobbying on behalf of the SDSN not just their organisation at a strategic level with organisations that make funding/commissioning decisions. Sitting on boards or becoming representatives on advisory groups.

Communication & promotion

- Cross provision signposting – if your session/activity isn’t right for that individual call on the network to see if there is an alternative to keep that person engaged.
- Sharing advice on making provision less ‘sporty’.
- Targeted promotion – using insight to understand the audience. Using the network to spread the word and get the message to the right people in their environment.
- Research says purple is a key colour to engage women! Share this type of information in updates.
- Create a campaign for Sussex, or hold a day or week to promote all the fantastic opportunities, use role models. Can this be linked to This Girl Can campaign?
Feedback continued...

What role do you consider the SDSN taking to support this area of work?

Insight
• Providing intelligence to the network to support their development of programmes and targeted marketing
• Do we really know what females in Sussex want! Can network members who have access to disabled females carry out surveys to better understand this?
• Sharing stories/case studies across the network – what has worked and as importantly what hasn’t worked. Members to send these for circulation via the updates.
• Using insight already out there. Some useful stuff on Active Sussex website.

Workforce
• Look at developing a framework for supporting create a fit for purpose workforce – training qualifications, more female coaches (‘like me’ approach), upskilling young sports leaders.
• Develop career opportunities for disabled women – inclusive coaching qualifications, work experience, board opportunities. 
• Promoting the Inclusive Activity Training

As a network member if you feel there are any areas listed that you could support or would like to lead on, then do let us know.
Networking
Summary/Wrap up

SDSN Champions