Thursday 10 October 2019
The American Express Community Stadium
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00 - 10.10</td>
<td>Welcome &amp; Active Sussex News</td>
</tr>
<tr>
<td></td>
<td>(Ross Joannides, Strategic Relationship Manager, Active Sussex)</td>
</tr>
<tr>
<td>10:10 - 10:20</td>
<td>Sussex Disability Sports Network Update</td>
</tr>
<tr>
<td></td>
<td>(Ross Joannides, Strategic Relationship Manager, Active Sussex)</td>
</tr>
<tr>
<td>10.10 - 10.30</td>
<td>Presentation: Rethink Mental Illness</td>
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<tr>
<td></td>
<td>(Mel Islin, Physical Activity Programme Manager, Rethink Mental Illness)</td>
</tr>
<tr>
<td>10.30 - 10.50</td>
<td>Question Time: How can we do more to support people with a mental health condition to access sport and physical activity?</td>
</tr>
<tr>
<td></td>
<td>(Round Table Examples and Discussions)</td>
</tr>
<tr>
<td>10.50 - 11.20</td>
<td>Comfort Break and Informal Networking</td>
</tr>
</tbody>
</table>
Sussex Disability Sports Network Agenda

11.20 - 11.40  Presentation: Talent Identification & Development within Para-sport
(Paul Brackley, Disability Manager for Albion in the Community)

11.40 - 12:00  Increasing Inclusivity and Provision
(Round Table Examples and Discussions)

12:00 - 12:20  Presentation: Impact of Collaborative Working – Badminton for Adults with a Learning Disability & Additional Needs
(Shanni Collins, Active For Life Worker, Healthy Lifestyles Team at Brighton & Hove City Council & Jackie Wood, Badminton Coordinator, Freedom Leisure)

12.20 - 12.30  Feedback, Wrap Up & Finish
Active Sussex & SDSN updates...

Active Sussex

• New Annual Report published
• Sussex Sports Awards deadline is midday tomorrow – bit.ly/SussexSportsAwards2019
• New Strategic Relationship Manager (CYP) – Andy Wright
• Gemma’s return!
• Ross change of role – older people and people with long-term conditions
• Inactive to Active Directory

Sussex Disability Sports Network

• 490 signed up to the disability and inclusion enews
• 15 in the Champion Role
• More collaborative working
• Action form the last event – new Facebook page (56 members)
• New SDSN taster days
Inactive to Active Directory

The Directory is for:

- Referrers such as social prescribers to find the most appropriate activity for potential participants
- Coordinating bodies such as local authorities to identify provision gaps in their area, and view what is offered in other areas
- Activity providers to promote what they offer to the groups most at risk of inactivity and link participants in with other activities
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Name of Activity</th>
<th>Town and postcode</th>
<th>Description</th>
<th>Location</th>
<th>Venue details</th>
<th>Supported groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspire Sussex</td>
<td>Health and Wellbeing courses</td>
<td>115 8HZ</td>
<td>The Health and Fitness team welcomes you to join one of our courses and find out why students keep coming back, year after year. Exercise classes are taught at an appropriate level for you and we believe our wide range of courses offers something for everyone.</td>
<td>West Sussex</td>
<td>We use fully accessible venues for all of our courses.</td>
<td>Older people, Younger people, People with long-term health conditions, People with disabilities, People living in deprived areas, People who are physically inactive</td>
</tr>
<tr>
<td>Organisation</td>
<td>Name of Activity</td>
<td>Long-term conditions or disabilities catered for</td>
<td>Age appropriate</td>
<td>Gender specific</td>
<td>Behaviour change support or weight management</td>
<td>Session timings</td>
</tr>
<tr>
<td>----------------</td>
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</tr>
<tr>
<td>Aspire Sussex</td>
<td>Health and Wellbeing courses</td>
<td>Asthma and COPD, Cancer, Cardiovascular, Diabetes, Fatigue and fibromyalgia, Knee, hip or other joint condition, Limb loss, Mental health, MS or temporary paralysis, Neurological condition, Visual impairment (blindness), Wheelchair users. We also cater for those with hearing loss who are Deaf.</td>
<td>People aged 25-49, People in their 50s, People in their 60s, People in their 70s, People in their 80s, People in their 90s or older</td>
<td>Not gender specific</td>
<td>Behaviour change support to become physically active, All classes will start with an individual initial assessments individualised SMART target setting</td>
<td>All week, excluding Friday evenings and Sundays.</td>
</tr>
</tbody>
</table>
Next Steps

To upload your activity, complete the form at:


Or email hmclaughlin@activesussex.org for more information
Role of the 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
- 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
- Support the organisation of bi-annual SDSN events and attend (where possible)
- Respect others views and work together to come to a collective agreement
‘Rethink Activity’ Project

Mel Islin
Physical Activity Programme Manager
Richmond Group of Charities

• Movement for All Programme – collaborative approach to increasing physical activity in partnership with Sport England, Activity Alliance and Mind.

• 10 charities from the Richmond Group of Charities received funding from Sport England

• Collectively, the Richmond Group of Charities reaches 15 million people living with a long term condition

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Aim of the project

• Seek to explore whether we can overcome the barriers which prevent people severely affected by mental illness and carers from engaging in physical activity by embedding activities into peer support groups

• Aim to support inactive people to do at least 30mins per week

• Contributes to NHS England’s drive to increase social prescribing opportunities
Project strands

• 3 key strands to the project;
  1. Steering group – oversee the delivery of the project and makes key decisions
  2. Co-produced toolkit – for group leads to embed physical activity into group sessions
  3. Evaluation – to measure the impact of the project
      – Nottingham Trent and Newman University
Steering group

• Range of internal and external stakeholders, as well as 3 people with lived experience;

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Area of expertise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rethink Mental Illness</td>
<td>Severe mental illness</td>
</tr>
<tr>
<td>Sport England</td>
<td>Physical activity</td>
</tr>
<tr>
<td>Richmond Group of Charities</td>
<td>Physical activity, long term conditions</td>
</tr>
<tr>
<td>Activity Alliance</td>
<td>Physical activity, disability</td>
</tr>
<tr>
<td>Mind</td>
<td>Physical activity, mental health</td>
</tr>
<tr>
<td>Nottingham Trent University</td>
<td>Evaluation of physical activity and mental health interventions</td>
</tr>
<tr>
<td>CLAHRC South London</td>
<td>Mental health, severe mental illness and physical activity research</td>
</tr>
<tr>
<td>Stroke Association</td>
<td>Physical activity, long term conditions</td>
</tr>
<tr>
<td>3 people with lived experience (including one carer)</td>
<td>Severe mental illness</td>
</tr>
</tbody>
</table>
Delivery

- Engage with network of 140 peer support groups, services and community organisations
- Embed physical activity into groups using toolkit
- 3 year project;
  - Year 1 (pilot) (2018/19) = 6 peer support groups
  - Year 2 (2019/20) = 20 peer support groups
  - Year 3 (2020/21) = 20 peer support groups

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Toolkit

• ‘First stop shop’ for information for groups to start facilitating physical activity provision

• Includes;
  • What is physical activity and benefits
  • Barriers and solutions
  • Top tips
  • Activity ideas
  • Case studies
  • Useful contacts

• Co-produced with people with lived experience of mental illness

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### Pilot year

<table>
<thead>
<tr>
<th>Group</th>
<th>Location</th>
<th>Activity</th>
<th>Session</th>
<th>Methodology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medway Area Rethink Support Group</td>
<td>Chatham, Kent</td>
<td>Medical qigong</td>
<td>Weekly 3 x 10min blocks</td>
<td>Group lead is martial arts instructor</td>
</tr>
<tr>
<td>Sadahaye Nashonida Group</td>
<td>Harrow, NW London</td>
<td>Yoga Virtual cycling</td>
<td>Weekly 2 x 1hr sessions</td>
<td>Fund discounted venue and participants pay donation</td>
</tr>
<tr>
<td>Sangam Group</td>
<td>Gravesend, Kent</td>
<td>Various</td>
<td>Fortnightly 1hr session</td>
<td>Purchased equipment. Delivery in local area (indoor and outdoor)</td>
</tr>
<tr>
<td>Support Together</td>
<td>Southend, Essex</td>
<td>Various</td>
<td>Fortnightly 2hr session</td>
<td>Purchased equipment. Delivery in local area (indoor and outdoor)</td>
</tr>
<tr>
<td>A Better You</td>
<td>Bow, East London</td>
<td>Fitness</td>
<td>Fortnightly 1hr session</td>
<td>Purchased equipment. Delivery in free community centre</td>
</tr>
<tr>
<td>Derby Walk and Talk</td>
<td>Derby, Derbyshire</td>
<td>Walking</td>
<td>Fortnightly 2hr session</td>
<td>Walking in local area</td>
</tr>
</tbody>
</table>
### Evaluation: Measures

<table>
<thead>
<tr>
<th>Measure</th>
<th>Quantitative (participant questionnaires)</th>
<th>Qualitative (focus groups/interviews)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Baseline, 3 months, 6 months, 12 months</td>
<td>3 months, 6-9 months</td>
</tr>
<tr>
<td>Physical wellbeing</td>
<td>- Short Active Lives</td>
<td>- Changes to physical wellbeing, motivation for exercise and health</td>
</tr>
<tr>
<td></td>
<td>- Behavioural Regulation for Exercise questionnaire</td>
<td></td>
</tr>
<tr>
<td>Mental wellbeing</td>
<td>- Warwick Edinburgh Mental Wellbeing scale</td>
<td>- Perceived changes in mental wellbeing, relationship between physical and mental wellbeing, support</td>
</tr>
<tr>
<td></td>
<td>- Conor Davidson Resilience scale</td>
<td></td>
</tr>
<tr>
<td>Individual development</td>
<td>- Bespoke single line measure – “I feel confident that I can approach new activities”</td>
<td>- “Are there any ways in which being part of this support group help you in other parts of your life?”</td>
</tr>
<tr>
<td></td>
<td>- Sport England/Traverse recommended self-efficacy item – “How would you rate your quality of life?” and “I can achieve most of the goals I set myself”</td>
<td></td>
</tr>
<tr>
<td>Social and Community development</td>
<td>- Bespoke single line measure – “I feel confident that I can approach new social activities”</td>
<td>- “Can you identify any changes for you since being a member of this support group?”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- “How would you describe your relationships with the other members of the support group?”</td>
</tr>
<tr>
<td>Economic development</td>
<td>- Participants indicate the number of visits they make or contact they have with various crisis services</td>
<td>- Explore the economic components of social recovery (Ramon, 2018) in focus groups/interviews</td>
</tr>
</tbody>
</table>
Evaluation: Peer Researchers

• 16 Peer Researchers recruited and trained
• All have lived experience
• Four options of involvement;
  • Quantitative data collection – questionnaires
  • Qualitative data collection – focus groups
  • Qualitative data collection – interviews
  • Data analysis
### Evaluation: Interim findings

**Measure** | Quantitative (participant questionnaires) | Qualitative (focus groups/interviews)  
--- | --- | ---  
Physical wellbeing | ↑ Physical activity levels, particularly walking  
                      ↑ Motivation to be active | TBC  
Mental wellbeing | ↑ Mental wellbeing  
                      ↑ Resilience | TBC  
Individual development | ↑ Reported quality of life  
                         ↑ Perceived health status  
                         → Ability to set and achieve goals | TBC  
Social and Community development | ↑ Confidence to try new activities  
                                 ↑ Confidence to try new social activities | TBC  
Economic development | TBC | TBC  

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How can you be involved?

• Promote activities being delivered in your area
• Raise awareness of project to local groups and organisations who might be interested in being involved
• Support with locating suitable venues, instructors, equipment, training opportunities
Any questions?
Mel Islin
Physical Activity Programme Manager

Mel.Islin@rethink.org

020 7840 3147 / 07483 332558
Question Time: How can we do more to support people with a mental health condition to access sport and physical activity?

(Round Table Examples and Discussions)
Talent ID in Disability Sports
• Understanding Talent ID in disability sport

• Different pathways and opportunities
  - TASS
  - FA

• Club culture – how to promote talent
  - AITC example

• Player Mind set (growth vs fixed)

• Mainstream or disability or both?
Come up with a definition for: ‘Talent’ ‘Potential’

• “Talent is the rate at which you get better with effort. The rate at which you get better at soccer is your soccer talent. The rate at which you get better at math is your math talent. You know, given that you are putting forth a certain amount of effort. And I absolutely believe—and not everyone does, but I think most people do—that there are differences in talent among us: that we are not all equally talented” (Duckworth, 2016).

• Potential is latent qualities or abilities that may be developed and lead to future success or usefulness.
What are you looking for?

What you see isn’t always what you get!

• Classification / eligibility (e.g. B2) – congenital or acquired;
• Impairment pathway;
• Deterioration;
• Age and maturation;
• ‘Coachability’ – attitude;
• Training age (exposure);
• Sporting journey;
• Level of opposition (good/poor) – mainstream, pan or impairment specific;
• Interference – significant others;
• Parent relationships;
• Associated medical treatment / injury roadmap;
• Education stage;
• Dual pathway opportunities and distractions (motivation level).
What factors impact the way we assess potential and talent (mainstream or Disability Pathway)?

Are there additional considerations for players in a Disability Pathway?

Discuss in groups . . . .
What is the pathway for your sport?

- Do you know it?
- Who can you contact about it or to recommend someone?
- How can you support it?
Disability Talent Pathway 2017-2021

- England Under 21s
- National Emerging Talent Programme 16-19
- National Emerging Talent Programme 12-16
- Reg. ETP 7-16
- Reg. ETP 7-16
- Reg. ETP 7-16
- Talent Hubs 7-16
- England Talent Days 5-16

Amputee (referrals currently)
Blind
Cerebral Palsy
Deaf (M&F)
Partially Sighted
Powerchair
TASS

TASS (Talented Athlete Scholarship Scheme) is a Sport England funded partnership between talented athletes, education institutions and national governing bodies of sport. We work together to bring the best out of our country’s most exciting young talents.

The TASS scheme helps athletes in education – aged 16-plus – to get the very best from their sporting and academic careers without having to choose between the two.

We support more than 600 athletes in 32 Sport England sports. Nominated each year by their national governing body (NGB), they are the cream of the crop..
Club culture

- Promotes excellence
- Celebrates success
- Embraces diversity but supports difference
- Provides for all levels of players
How we do it?

More than just a football session… all about the players

- Considered delivery programmes
- Low environmental factors
- Best practice models on delivery
- Suitable staffing ratios
- Extra staff training
- Engaging and listening to parents
- Support for participants and parents
- Understanding and patient staff
- Subtle outcome focus within sessions
- A focus on the opportunities
- Celebrating success regardless of what that means
Albion in the Community

Disability department

The disability department at Albion in the Community has been running our award-winning disability programme since 1997.

We are the largest provider of football for players with a disability in Sussex - giving more people than ever the chance to take part in both fun and competitive sport.

Currently we have 31 regular sessions 4 national teams, 14 regional teams and over 400 members.

We work with over 35 SEND schools every year delivering PE and sports session and run competitive inclusive football tournaments with over 650 players attending our last Albion Cup 9000 people partaking in our disability awareness talks.
Why is that important?

• There are many benefits of having a diverse programme of activity that can support and supplement a talent pathway.

• Without the range of opportunities and flexibility to support and engage in players in both mainstream and disability activities, our natural reach and opportunity diminishes.
Did you know….

68%

Of players within football disability pathway (RETP and NETP) play regular ‘mainstream’ football
The exception or the norm?

- Struggled in grassroots as Partially Sighted player
- Scouted for Talent Hub aged 11
- Initially outside classification (B4), now B3
- Thrives in Disability football
- On National Talent Programme (NETP)
<table>
<thead>
<tr>
<th><strong>FIXED mindset</strong></th>
<th><strong>GROWTH mindset</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability is STATIC</td>
<td>Ability can be INFLUENCED by effort and practice</td>
</tr>
<tr>
<td>“Look talented at all costs; avoid risks!”</td>
<td>“I want to learn new things!”</td>
</tr>
<tr>
<td>Avoid challenges and taking risks / possible failure</td>
<td>Embrace challenges (view them as opportunities) and take calculated risks</td>
</tr>
<tr>
<td>Give up easily due to obstacles – effort is embarrassing</td>
<td>Persist despite obstacles – effort is something to be proud of</td>
</tr>
<tr>
<td>Shy away from feedback</td>
<td>Embrace and learn from feedback</td>
</tr>
<tr>
<td>Threatened by others’ success</td>
<td>Inspired by others’ success</td>
</tr>
<tr>
<td>Mistakes = a lack of ability / blame others</td>
<td>Mistakes = more effort / different strategies needed</td>
</tr>
</tbody>
</table>

Can you think of instances when...

• **YOU** have had a fixed / growth mindset?
• **A PLAYER** you have coached has had a fixed / growth mindset?
Players with a GROWTH mindset tend to...

- Get stuck in & try new things – aren’t afraid to make mistakes (Confidence)

- Take ownership of their learning - embrace areas for improvement, make plans to improve, and persist in the face of challenges (Commitment)

- React to mistakes in a helpful way – it’s part of a learning curve, and means that practise, effort and/or new strategies is needed (Control)
Promoting a growth mindset - *Ideas...*

- Challenge players’ perspectives of risk-taking/mistakes
- Be a role model of growth mind-set principles
- Consider feedback
  - where is praise directed?
What’s right for everyone?

How do we as providers ensure we offer the best opportunities?

Is it supported mainstream pathways?

Parallel pathways blending both systems?

Disability only pathways?
Increasing Inclusivity and Provision
(Round Table Examples and Discussions)

Engaging with SEND pupils in schools – Katie Hooker, Primary School Teacher & PE Coordinator for Cradle Hill Community Primary

Increasing provision for people with long-term conditions – Alli Styles, Wealden Active Communities Officer for Freedom Leisure

LGBT+ inclusion and physical activity – Viv Woodcock-Downey, Officer of Membership for Federation of Gay Games

Physical activity for people with profound and multiple learning disabilities – Al Carter, School Sports Development Officer for Chailey Heritage School & Jo Butterworth, Life Skills Manager for Chailey Heritage Futures

Talent ID and development within para-sport – Paul Brackley, Disability Manager for Albion in the Community

Third sector funding – Ricky Perrin, Manager for Sussex Bears Wheelchair Basketball Team
Badminton for people with a learning disability
King Alfred Leisure Centre
Every Wednesday 3.30 – 4.30pm

Cost: £3
Drop in session
Partnership working

• In partnership with:

  Brighton & Hove City Council Healthy Lifestyles Team
  Freedom Leisure
  Grace Eyre Foundation & Sports For All
  Badminton England
Contributions

• Since starting in April 2019 the project received funding through ‘Sports For All’ to set up the session with support from the Brighton & Hove City Council’s Healthy Lifestyles Team.
• Publicity, marketing & promotion from BHCC.
• Discounted Court hire at King Alfred & developmental support from Freedom Leisure’s Badminton Co-ordinator.
• Funding support for coach from Badminton England.

• Working collaboratively has enabled the project to draw on the strengths of each individual within the different organisations.
• There has been a synergy through the partnership working bringing the best of each organisation to the project.
• “The Whole is Greater than the Sum of the Parts!”
• We’ve loved working together too.
Developments

• Working at the right pace with appropriate equipment has enabled participants to develop confidence in their capacity to progress

• Badminton is a great sport for having fun and being active – for everyone
Improving

- Badminton is great for skill development and with the correct support, participants are able to show improvement quite quickly.

- Playing as part of a doubles team shows participants capacity to work together.
Socialising

• Everyone gets on with each other, even in the competitive environment of a sports match

• Participants are getting to know each other and help each other out as well as having quite a lot of fun!
Skill Learning

• Skills are being learnt on all sorts of levels:
  • Hand eye coordination
  • Moving around the court
  • Striking skills
  • Serving both backhand and forehand
  • Shots to be used to ‘outwit’ your opponent

And our volunteers are learning how to best work with our participants
Working with volunteers

• Jonathon and Theresa both volunteer weekly and are a wonderful & much valued contribution to the sessions

• Jonathon runs VI Sports and Theresa has come through the councils Volunteer Plus scheme
Case Studies

• Lisa Smith

“This keeps me active and I’m enjoying the games and I like to make friends as socialising is my thing.

I’m quite active now and have been on slimming world. I lost 4.5 stone, the weight has fallen off! I would like to be part of competitions and special Olympics at some point, and take part.”
Case Study

“The Badminton sessions are a highlight of both Bobby’s week, and mine. When Bobby wakes up on a Wednesday she is always really happy as she knows it’s Badminton.

It puts her in a good mood for the whole day and it has a knock on effect on me too.

The lesson is great exercise yet also calming somehow. It’s very social and everyone is so supportive of each other. It just seems the perfect mix of good things! And I love to see Bobby so happy”.

Louise Scott-Smith (Mum of Bobby Sandbach)
Having fun whilst keeping active... Please spread the word and come along!
Thank you for listening & any questions?
Shanni Collins & Jackie Wood
Summary & Wrap Up

- Feedback
- Final thoughts and comments
- Next SDSN event – March/April 2020
Thank you for your time and support!