



**SDSN Presentation Thursday
2/7/20.**

Proving life can get better

WHO ARE OUT THERE?

.Out There West Sussex is a community based preventative health and social service and we are part of Outreach 3 Way/Dimensions UK.

.We are funded by WSCC to provide sports and leisure services for people aged 16 plus who have a learning disability or autism.

.Our primary role is to support people to improve their physical and mental health through regular exercise and social interaction. The focus is to reduce the reliance on the NHS and associated services.



WHAT DO OUT THERE PROVIDE?

.Out There provide weekday, evening and weekend services across West Sussex.

.We operate in Crawley, Horsham, Burgess Hill, Worthing, Bognor Regis and Chichester.

.Our sessions take place in leisure centres and similar facilities alongside members of the public.

.We offer gym and swim sessions, many various sports and leisure activities and have a strong presence in the SCFA disability league.

.We support around 250 people a week and have negotiated reduced access fees to leisure centres for our clients.



BARRIERS AND CHALLENGES.

- . Funding cuts [More for Less]**
- . How services are commissioned.**
- . Local Authority expectations.**
- . Lack of opportunities for people with disabilities.**
- . Lack of disability awareness training.**
- . Uncertainty around where to go for information.**



MAINSTREAM SPORTS CLUBS.

Out There has been working to get mainstream sports and leisure clubs on board and work with us so that they can become more disability aware and accessible.

The response to our offer has been very limited but we continue to try and bridge this huge gap so that people with disabilities can enjoy the same experiences that many of us take for granted and really enjoy.



THE CHICHESTER FALCONS STORY.

Two years ago I was approached by the manager of the Chichester Falcons Softball team David Morris. He informed me that they would like to work with people with disabilities and our contact details had been passed to him from another source. Dave shadowed a couple of our multi sports sessions to get an idea of what we do, how we make adaptations and communicate with the members of the group. From there he offered us the opportunity to play softball with the Falcons team so a couple of free taster sessions took place.

From day one I was really impressed in how all if the team interacted with our group members and it was evident that they where not phased by the experience.

Dave and I had several meeting and we devised a plan for the Falcons to deliver their own sessions independent of our support. To do this Out There worked with the team in a mentoring role, providing feedback on the sessions they delivered, classroom training around disability awareness, safeguarding H&S and much more. The partnership was so successful that the Falcons now deliver their own independent sessions and they are proving to be very popular with the guys. Although not all of the group can play at league level a couple can which is a huge step forwards and the rest still enjoy the regular training sessions.



A PICTURE PAINTS A THOUSAND WORDS!



WHERE DO WE GO FROM HERE!

- .We are working with the **BAR** boxing club.
- .Strong presence in **SCFA** disability league.
- .**Crawley Town FC** partnership.
- .Coaching opportunities for people we support leading to paid work.
- .Volunteering opportunities for anyone.
- .**Chichester University** programme.

NEXT STEPS.

- .We are keen to work with interested mainstream sports clubs across the board.
- .We can provide an adaptable programme.
- .Want to engage a range of sports in the programme.



**THANK YOU FOR YOUR TIME AND IF YOU ARE
INTERESTED IN OUR OFFER OR WANT TO
LEARN MORE PLEASE CONTACT.**

**Bob.leeves@outreach3way.org or phone
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