



SDSN Webinar - 30 April 2020

## **'Connecting and Collaborating during Covid-19'**

The webinar recording which includes agenda items - 1, 3, 4 and 5 can be found on our YouTube channel here:

<https://youtu.be/Aw73x9fXMGg>



## Agenda

1. Brief introduction - Gemma Finlay-Gray
2. Challenges being faced in the current climate and best practice examples - Three breakout rooms facilitated by Gemma Finlay-Gray, Nicola File and Paul Brackley
3. Summary from break out group discussions and further sharing of ideas - All
4. Recovery planning - Nicola File
5. Collaboration and continued ways of working together - All
6. 121 breakout room networking opportunity

## Break out room 1

Facilitator Gemma Finlay-Gray, Active Sussex



**Contributors:** Shanni Collins (Bright & Hove City Council); Anna Card (East Sussex County Council); Katie Hooker (Cradle Hill CP School); Cath Donovan (Hastings Borough Council); Andy Wright (Active Sussex)

- Alternative delivery options are great, but don't forget about social element that sessions offer. WhatsApp groups have really supported keeping people connected
- Some people may struggle to watch a video and participate at the same time - think about alternative resources
- Need to find ways of engaging and supporting parents/carers/personal assistance - providing resources or session plans
- Wealth of information being shared around physical activity options, but not seeing/receiving much around supporting people who have a specific impairments, or adaptable advice being provided to make online sessions inclusive for everyone - again thinking about alternative mediums - voice recordings, picture graphics/illustrations
- Amount of information and communications can be overwhelming and hard to actually find the most relevant information for an individual. How is it being perceived by the individuals themselves who we are trying to reach? Are we checking and challenging? Gathering insight on what works?
- Some great examples being shared on social media, such as an inclusive hockey session, but hard to relocate due to feeds being updated so frequently
- On facebook think about turning session posts into 'Events' so they stay more prominent on the page
- Quality control - would peers be happy to be a reference point/reviewer before putting out video content?

## Break out room 2

Facilitator - Nicola File, Activity Alliance



Liz – Grace Eyre

- Day services has been closed, staff have been furloughed
- Offering 1:1 support where possible
- Supporting those in Grace Eyre Houses still
- FB friendship group with different activities on it – baking etc
- Planning for next steps with lower risk groups

Bob – Outreach 3Way/ Dimensions UK Ltd

- How can services be kept going? Usually this would all be community based and it may not be possible to do 1:1.
- Some services need to remain as Local Authority funded.
- Virtual deliver and services, FB etc. however still going into some day centres
- Finding ways to deliver online whilst adhering to guidelines with robust risk assessments, policies and procedures.

Sadie – Active Sussex

- Active at Home pages on Active Sussex Website – please send content to share via Active Sussex Website
- Events have been cancelled but Virtual School Games

Claire – Paradance UK

- Supporting deliverers to provide live/pre-recorded classes and to overcome anxieties of new ways of working
- Safety of participants is key, what happens for those living on their own if they fall?

Deb – Sport for Confidence

- Bringing Allied Health Professionals into Leisure Centres. Primarily in Essex and London currently but looking to expand to Sussex
- As well as delivering activity, work is to upskill staff and make reasonable adjustments to centres
- Essex CC have commission a Stay Connected programme to call the most vulnerable people so that provide advice and support as OTs
- Creating personalised physical activity videos for FB, Zoom etc

Nik – Outlook Sportz

- Following NGB guidance
- Looking at processes for restarting clubs – will venues need support etc?
- Whatsapp groups utilising for sharing information and keeping in contact

## Break out room 3

Facilitator Paul Brackley, Albion in the Community



**Contributors:** Louise Larkman (Long Furlong Riding for the Disabled); Loretta Lock (Defiant Sports); Jackie Wood (Freedom Leisure); Paul Gillett (Sound Tennis Sussex); Ricky Perrin (Sussex Bears); Anthony Statham, (Active Sussex)

- Digital divider growing bigger for people unable to access technology and those that can
- Online accessibility still an issue (lack of awareness) and quality of content/resources/engagement very variable. Did note that Zoom was very accessible for people with a visual impairment
- Various issues with staffing and funding; mainly organisations experiencing increased workloads (but different) with less staff (placed on furlough) and question marks on funding both now and in future
- Lots of people trying upskill during this time with online learning/cpd etc
- Good discussion on future planning and different approaches with key focus pm returning to action and getting ready to go!
- Otherwise nice to connect and hear how others are/what they are doing!



## Recovery planning

Nicola File from Activity alliance, highlighted some of the key focuses that the organisation is undertaking, in terms of short and medium term recovery planning.

This has included launching their STEP resources: [www.activityalliance.org.uk/step](http://www.activityalliance.org.uk/step).

The presentation that Nicola presents in the video can also be found here:

<http://www.activesussex.org/wp-content/uploads/2020/05/STEP-adapting-activities-slides-for-SDSN.pdf>

SDSN members where asked to consider the following;

- What have you learnt from your new ways of working that you will continue?
- What are you looking forward to going back to?
- What new elements need to be considered?

## Recovery planning



Partners made the following observations and comments;

- If this is the new norm, we need to ensure that it isn't detrimental to all the positive work that has been undertaken in encouraging an inclusive society and delivery provision. We need to ensure good practice is being promoted and provision still focuses on inclusivity and that end users are engaged in co-creation or providing their views and feedback about what is right for them.
- The current situation should be seen as an opportunity! It has forced partners to stop and review how things have been delivered or done in the past, and use the time to reflect and change or enhance provision for the better.
- This 'down time' should also be used, especially by clubs' to review their policies and procedures. Consider the effects of Covid-19 and think about future contingency planning should a scenarios like this every occur again.
- New ways of working have pushed people's comfort levels, but has provided new CPD and learning opportunities.
- Collaboration is still possible, and in facts has allowed for greater geographical partners engagement which may not have happened before

## Collaboration and continued ways of working together



## Thoughts/examples shared during the discussions

### REBOOT project

- Webpage: [www.activesussex.org/reboot](http://www.activesussex.org/reboot)
- This includes a link to **Defiant sports sessions** which you can also find here: [https://www.youtube.com/channel/UCPAyZf8rUK64o6n-fUXP0\\_w](https://www.youtube.com/channel/UCPAyZf8rUK64o6n-fUXP0_w)
- **Funding:** for weekly 30 minute videos through the REBOOT joint project - Contact Andy Wright [awright@activesussex.org](mailto:awright@activesussex.org) / 07760 156122

Virtual Sussex School Games: Inclusive competition [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk)

### Utilising Active Sussex comms

- Active at Home pages <https://www.activesussex.org/activeathome/>
- Sharing information: If you have any content that could be added to the relevant pages of our stay at home pages please contact Gemma Finlay-Gray or Carrie Smith [gfinlay-gray@activesussex.org](mailto:gfinlay-gray@activesussex.org) [csmith@activesussex.org](mailto:csmith@activesussex.org)
- Use the #StayActiveSussex #StayInWorkAt and tage @activesussex and or @sportsdevesussex on your social media posts



## Collaboration and continued ways of working together



## Thoughts/examples shared during the discussions

### Workforce

- Some top tips and things to consider <https://www.activesussex.org/activeathome/workforce/>
- Moving activity classes online article from London Sport on the various applications you could consider: <https://news.londonsport.org/news/covid-19-number-stayinworkout-moving-your-activity-classes-online-398376>
- It is important to consider the end user and their accessibility and ability to use technology. Is this always the best format!?

### Alternative formats

- Using hidden skills, passions and extended networks to consider other mediums to engage and support people to be active
- Illustrations being created by Shanni from BHCC as a different resource medium to get people active. Shanni will be sharing what she is producing to be used across the network
- Radio/podcasts being produced for example; 10 Today - short ten minute routines broadcast on the radio to get older people stretching and moving <https://10today.co.uk/>



## Future webinars

The next webinar will be held on **Thursday 21 May 2020** (time TBC - but likely 230pm)

It will focus on the Activity Alliance 'My Active Future' report and examples from both SEND and mainstream schools looking at sport and physical activity provision for SEND students.

A sign up link will be circulated in due course

Stay safe, stay well!

#StayActiveSussex #StayInWorkOut