



Sussex Disability Sports Network - online forum 14.10.2021

1. Get Out Get Active Learning workshop

Relentless focus on inclusivity and motivations, powered by tea and cake!

EXAMPLE 1: GOGA Thanet, East Kent

Community - social connections

Empowerment - indiv and organisation

Try new things and engage partnership

Training

Success - lasting commitment to change (GOGA values embedded throughout work), engaged inactive

Challenges - steering group (local partners) wasn't as impactful as expected, lack of leadership/accountability from some. Advisory group more impactful

Legacy - strong team with 'Your Leisure' lead to strategic pieces of work, LEAD programme (organisational change), greater collaboration and additional work/projects have come out of this, marketing (people like me principles), successful funding applications

EXAMPLE 2: Live Active NI

Welcoming, reassuring, unique, community, inclusive, supportive

Participant journey - not just transactional

Partnerships, positive environment, adaptive delivery, people focused, social, listening, breaking barriers

Success - sensory mile (very visual, engaging all the family. Picked up by other organisations), inclusive programme (range of ages such as social mums session, older people tai chi, children summer programmes), Nordic Walking (life changing disabilities, acquired brain injuries - Cedar foundation)

Challenges - putting on activities before talking to audience meant

Legacy - secured additional funding, applying learning when future planning

Wavehill Evaluation

Top 3 learning points

- Increase awareness of demographic differences - expectations, needs and barriers. Withdraw presenting different challenge
- Consultation, insight co-production
- Blended delivery - online requires extra focus

Report - Recommendations for commissions



Learning outputs - How, who (participant journey), What (principles), Commissioners (What we want)

GOGA Resources

A wealth of resources are now available on the website [here](#). There will be some videos to sit alongside these.

Key resources to consider;

- [Reaching the least active: The partner journey so far](#)
- [Creating a workforce that gets me!](#)
- [How we built an inclusive framework for engaging the least active](#)
- [Top tips from Get Out Get Active localities: Engaging different community groups](#)

For those who didn't attend the workshop but would like to receive further GOGA information there is an external GOGA update sent out on a quarterly basis. Just email goga@activityalliance.org.uk and you can be added to the mailing list.

Key questions to consider following the workshop:

What points resonated for you?

Similarities and differences for Sussex?

How could successes be applied?

Embedding a change in thinking/cultures around inclusion is key, how is this going in your own organisation or across the network and partners you work with?

What can we (Active Sussex, Activity Alliance, SDSN) do to support this?

- *GOGA resources*
- *SDSN Community of practice?*
- *Monitoring and evaluation*

SDSN forum Thoughts

- Significant amount of funding to help deliver these projects
- Covid has changed delivery but common barriers
- Evidence base is key to show impact and advocate change across the system



2. Partner updates - What have you been doing/planning

Partners have provided their email address should you wish to make contact and discuss anything in more detail.

Paul Brackley, AITC

Venue hire issues

Mental wellbeing project - focus on men

Insight broad understanding of landscape

Strategy refinement - resetting targets and outcomes

People wanting competition but out of routine and so not then engaging

Liz Bartlett, Grace Eyre & Tennis Sussex

Grace Eyre service users are funded by BHCC so there has been significant challenges

Still quite a lot of zoom sessions - committed to continue as part of the programme

Focus on getting things back up and running

LTA pan disability event went really well and had people from all over the country attending.

Lots learnt and will work with national competition team to build on opportunities

Ian Burlinson, Out There! West Sussex /Dimensions

Out There! West Sussex provides sports and leisure support for people aged 16+ with learning disabilities or autism across multiple sites in West Sussex. It is a part of Outreach 3Way, which in turn is a part of Dimensions UK.

Their revamped programme will be circulated.

Bognor Leisure centre now taking on a session

WSSC - Can't attend another session or day centre for 7 days, day centres aren't allowing people out

Staff are as pleased to be back as the people using services.

Clearing equipment

Had to increase costs for sustainability

Targeting people who haven't done anything for 18months

Corporate companies struggling to fund - financials to support charities

Matt Laird, Crawley Wellbeing /CBC

Parents and PA - forgotten about processes

Wheels for wellbeing - decline in usage so consultation out to find out need

Gateway club and Flamingos Swimming Club back at K2

Footloose have gone independent

Hoist and pool chair purchased

Rich Kerr, CP sport Football

Football league (16+ males and females) started back

Junior opportunities

Female CP football focus - working with 5 areas creating regional hubs (just play centre)

- Premier United informal sessions

- Link through to AITC

Rental programme for frames

Skill cards

Wanting emulate Frame football festival/project

Frame football steering group being formed - awareness

Frame football forum 29 October

Revamp website - working with a variety of NGBs

Diane Van Eygen, ESCC

Communications with Care homes across West Sussex.

Can distribute information and signpost so would love to be promote zoom activities or help to enable coaches to connect with care homes to deliver activities

Keen to know what offers are available

Interested in areas of improvement

Jackie Wood, Freedom Leisure (Brighton)

Community fun days - parents surprised at what their children could take part in

Word of mouth main way of promotion

Mainly children with learning disabilities and their families

Was really interesting to see that several of the parents had ability assumptions of their children, need to help educate and show that sports can be adaptable and there is something for everyone

Reconnect coffee mornings - sheltered housing

New marketing lead

Training for staff

Gemma Finlay-Gray, Active Sussex

SDSN Conference 2022 - update

- Proposal discussed with Rix & Kay
- Form a working group - if you are interested get in touch!
- April-June sometime
- Venue Sussex Cricket Ground TBC
- Looking for key note / people with lived experience



Continuation of virtual forum

- Keen to see it continue every other month
- What/topics/general connections
- New people seem to be joining each time

TGC network

- Womens Wellbeing forum - Wednesday 20 Oct - focused on wellbeing, in particular mental health and long term conditions, lived experiences and sharing of opportunities and resources (recording will be made available)
- Girls & young women forum - Wednesday 1 December (tentative) - focusing on girls, some of the barriers for engagement and areas we can help activity providers, educators and coaches to better support girls to be active.

Tackling Inequalities Funding

- Just awaiting confirmation of updates to criteria and eligibility for Phase 4
- If you are interested/have a project in mind though do get in touch now still

Live Longer Better - <https://www.livelongerbetter.uk/index.html>

- The Live Longer Better revolution aims to reduce disability, dementia and frailty by enabling older people to become more active, physically and mentally. It is now accelerating its drive to take radical action to reframe, re-enable and re-invigorate a whole systems approach to support our ageing society to become more physically active, more independent and fundamentally improve their quality of life.
- We are part of the national learning programme and Sir Muir Gray spoke at our conference. If you would like more details and to be kept in the loop, please email Ross - rjoannides@activesussex.org