

Sussex Disability Sports Network - online forum 12.08.2021

1. Conference ideas conversation

The SDSN previously ran face to face events. It is appreciated that the virtual forums have been very successful and therefore a blended module of online and face to face opportunities for network members to keep connected will continue.

However we know the value of coming together to learn and network and have been generously supported by Rix & Kay to look at an opportunity to do this in the new year.

To ensure the event fulfils the needs of the network SDSN Champions and those who attended the forum on 12 August, where given an opportunity to feed in to any future event.

The headline points and takeaways from this feedback are as follows;

- An annual or twice yearly face to face opportunity would be beneficial as opportunities to network and share knowledge face-to-face are very limited (and obviously so over the last 18months)
- A full day would be preferred as you can get more out of this, but the agenda will be key to making it worthwhile and drawing in key partners.
- Accessible transport options need to be considered alongside venue choice
- Key themes/topics that could be included on the agenda;
 - Post covid return to play
 - Building back better
 - Creating an inclusive sports workforce
 - Collaboration
 - Specific impairment experience
 - Mental health
 - Infrastructure
 - Working education and statutory agencies

- It is important to network members that this is not only an opportunity to learn, share and hear from lived experiences, but to use this as an opportunity to influence key stakeholders such as Disability Organisations or services not already connected in (i.e. Care homes) and health professionals (Social prescribers, Hospitals, Healthcare staff) and those who make decisions around services and funding such as commissioners as well as corporates who could support the work of the network and individual organisations through their CSR.
- It is important to measure the impact and progress of the SDSN (and individual organisations) in general as well as following these events, so it has been suggested that a one page action plan for the SDSN as a whole could be a good way to monitor this, which will include some key ways to capture impact.

If you have any feedback or additional thoughts you'd like to feed in on the above please contact Gemma Finlay-Gray gfinlay-gray@activesussex.org.

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 Gillett, Sound Tennis and East SUSsex Visions Support pgillett3@gmail.com

East Sussex Visions Supports

- New provision via Active Sussex Tackling Inequalities Funding
 - Starting Sept
 - various activities for people doing limited activities
 - working with Defiant sports in Eastbourne

Sound tennis

- Started back up with good uptake
- Tournaments re started
- Some anxieties
- Sharing experiences of trying different things
- Adaptions allow people to continue to play

Would like to collaborate more with 4Sight - focusing on older people

Aroop Tanners, Sussex Cricket aroop.tanna@sussexcricket.co.uk

- CYP coordinator at 4sight - Family taster day visually impaired cricket
- Building back to full capacity
- Currently planning outreach stuff - surveys completed to gather interest
- Community Clubs Funding bids for 8 clubs = Defiant sports [IMPACT]
- Increase Disability sessions/sections within community clubs
- Supporting Disability players to become coaches
- Young leaders to more support
- TIF

Paul Brackley, AITC Paul.Brackley@albioninthecommunity.org.uk

- Building back with realistic expectations
- New ideas/projects - social action = young people video project
- Young people leading holiday clubs - workshops for peers
- SEND delivery - embed as a whole school approach
- Research - 26,000 in mainstream schools with SEND support of some description - how to get to those, get them into provision. Innovations

Graham Rowcroft, East Grinstead Target Shooting Club chairman@egtsc.co

- Mainly volunteers with some accredited coaches
- Wheelchair access in to the facility
- 4 range inside
- Bench rest
- Want to make themselves more visible to people with a disability and be as welcoming as can be
- Could look to do some visual impairment sessions

Monica McCusker, Stay Up Late monica@stayuplate.org

Stay Up Late

- 10th Anniversary
- Campaigns - work with a range of ambassadors (learning disability and autism)
- More participants than volunteers
- Gig Buddies (8 years)

Sport Buddies (new via Tackling Inequalities Funding)

- Survey sent to gig buddy's on their movement and over ¾ said they have been less active since pandemic, and over ½ have not engaged in regular exercise since leaving School (Reasons why included - ability, getting to activities, multiple LTC, shielding/Covid specific)
- Interpersonal connections through shared interests
- Using Gig buddy infrastructure (match making)
- Working with;
 - BTTC on this project - Fitness gold and TT home workshops
 - Nam Yang Martial Arts (Sam) at Hove Methodist Church - sliding scale of membership
 - Connections with Grace Eyre, Cafe Dominica, Community Works, Together Co etc already
- Sass going to be Sports Buddy ambassador and connected with JT at AITC
- Launch of Sport buddies - 24 August 3-6 on Hove Lawns - Flyer to be circulated in due course
- Sign up as a volunteer <https://gigbuddies.org.uk/sportsbuddies/> - PLEASE SHARE
- Interested in signing up as a participant (with learning disabilities or autism) they apply online here: <https://gigbuddies.org.uk/find-a-gig-buddy/> - scroll to bottom for application form.

Janine Starling, Parkinsons UK - jstarling@parkinsons.org.uk

- Free online training course for those who are or want to work with people with Parkinson's (Gym instructor, yoga instructor etc) - PLEASE SHARE COURSE
- Exercise is really important for people with Parkinson's as has potential to slow down condition which medication doesn't - Health professionals aren't having those conversations so working with Active Sussex to deliver PACC training workshop to healthcare professionals

Paul Taylor, Horsham District Council paul.taylor@horsham.gov.uk

- Reaching higher - sports and arts activities
- Virtual opportunities
- Planning from September
- Quite a few still not wanting to do face to face - going to use cameras so people can link in virtually
- Wheels for All - cleaning advice = airborne transmission not through touching recheck guidance.

Suzie & Dinko, Boss Gym (Eastbourne) info@bossgym.co.uk

- Gym
- Combat club
- Accessible venue
- Exploring what they can offer realistically
- Connect with schools
- Set up - what they are offering

Jackie Wood, Freedom Leisure jackie.wood@freedom-leisure.co.uk

- Sessions slowly getting back up and running
- 4th Sunday of every both Moulsecomb inclusive sessions

Ricky Perrin, Sussex Bears r.perrin@hotmail.co.uk

- Attending TAKEPART festival
- Delivered 6 sessions with the holiday food funding project
- Haver organised GP vs GP wheelchair basketball comp
- Paralympics starting on 24 August - use it as a platform, Lewis Edwards in GB team
- Schools with SEND - Go in via Occupational Therapist
- Corporate route - annoy Kwickfit (as people with mobility vehicles sent to kwickfit)
- University of Brighton - coaching courses, BUCS sport, high performance
- BACA connection

Gemma Finlay-Gray, Active Sussex

Active Sussex

- Active Sussex Conference Thursday 23 September [bookings now open](#)
- TGC network
 - Just launched some more ambassadors
 - Ladies living well in later life learning project to gather insight and good practice for engaging ladies aged 60-70 in physical activity.
 - Wellbeing forum in October - focused on wellbeing, in particular mental health and long term conditions.
 - Children and young people learning forum in December - 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.
 - Hoping to launch a new website next month!

National partners updates

- Activity Alliance - return of face-to-face Inclusive Activity Programme workshops



- [British Cycling](#) - There are several funding pots open that aim to diversify the cycling workforce and provide inclusive opportunities, with a specific focus on women & girls, ethnically diverse communities, disability and LGBTQ+
- [UK Coaching Awards](#) - The prestigious UK Coaching Awards are now open and there are 11 award categories (8 for coaches and 3 in support of coaches). All honour #GreatCoaching and truly celebrate coaches and organisations that make a difference. It would be great for Sussex coaches to get recognition for their work so please promote via your networks.