

Sussex Inclusive Sport & Physical Activity Conference



Wednesday 22 June 2022

American Express Community Stadium, Brighton

Event host: **Richard Reynolds - Matchday Television Presenter at Brighton & Hove Albion FC**



Richard Reynolds is a broadcast professional who has worked as a journalist and presenter for both the BBC and the commercial sector. For Brighton & Hove Albion Richard works for My Albion TV as the anchor for all matchdays at the American Express Community Stadium and is proud and somewhat bemused to be known as “the voice of the stadium”.

Keynote speaker: **Fabienne Andre - Paralympian and Physiotherapy Assistant**



Born 7 weeks early, Fabienne has Cerebral Palsy due to lack of oxygen at birth. As a young child Fabienne’s key focus was on becoming stronger to gain independence and mobility, and although always on the move, she was not particularly sporty.

In 2011 Fabienne underwent major surgery and her physiotherapist recommended learning to swim to support her rehabilitation. This gave her an incredible sense of purpose and belonging and opened up a world of Para Sport. Whilst studying Physiotherapy at University she competed in various swimming and sporting events and was invited to the Weir Archer Academy to try wheelchair racing.

Her first athletics season in 2019, saw her fast-tracked to gain international classification and compete at the Anniversary games coming second in the 100m.

In 2020 she qualified for the European Championships, where she became double European Champion for the 100m and 800m. This qualified her for the delayed Paralympics and on her debut achieved 4th in the 800m and 5th in the 100m.

Fabienne is now a qualified Physiotherapy Assistant working for the NHS and private clinic.

Session 1: This Girl Can: Coach, Play, Learn

This session explores lived experience and opportunities of effectively working with disabled women and girls in the sporting environment. We will cover how targeted marketing, specific resources and activity planning can assist in reaching this group. With an introductory presentation, an experienced panel of women in sport and time to think about what could be done differently to improve engagement of female coaches and players in the sector.

Panellists as follows.



Loretta Lock - Managing Director, Defiant Sports

Loretta trained as an athletics coach in 2005 to enable her children and their home educated friends to have PE lessons. Her son, Callum, who has some disabilities and barriers to participation made her realise that not everyone has the option to access and enjoy sport. As a result, Defiant Sports was created with a mission to help anyone get involved with sport.

As well as being a Sussex Disability Sports Network Champion, she became a This Girl Can Sussex Champion in 2021 to help other women and girls overcome the barriers they face to participation, regardless of age, ability or gender.



Jess Barnes - Football Coach, Worthing Town Football Club

In 2011 Jess was diagnosed with Idiopathic Intracranial Hypertension, after having numerous operations to place a shunt, one causing a bleed on the brain. Jess then developed Cauda Equina Syndrome (no feeling in left leg). When her health improved, and adopted an assistance dog, she felt more confident to volunteer and started volunteering for the Sussex Disability Football League. She gained her Level 1 Football Coaching qualification and coaching disabled football and set up a disability walking football team - Limitless Football FC.

Jess is now a coach at Worthing Town FC, previously at AFC Wimbledon and Uckfield Grasshoppers. Jess is also the Disability Development Manager at Russell Martin Foundation, which is really starting to take off and thrive post pandemic. She continues to support the Sussex disability football league where she can and has recently become one of Active Sussex's Project 500 Champions.

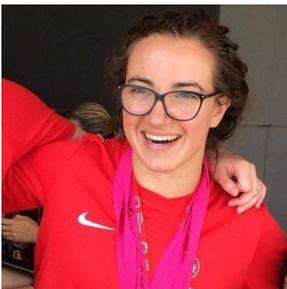


Dr Nicola Tweedie - NHS Acute Lead for Psychology in East Sussex, Invictus Games Assistant Rowing Coach (2020-2022), Affinity Rowing Club Coach & Founder Newhaven Gig Rowing Club.

Nicola is a chartered clinical psychologist practising in Sussex. She works in adult mental health and specialises in chronic and severe mental health. She is interested in how we develop habits and maintain them or change them, and what are the most effective ways to do both.

Alongside her clinical role, Nicola set up the Newhaven Gig Rowing Club (2016-2019) and left to help set up Affinity Rowing Club and take on the role as Coach. Central to these roles has been to support people in the local community to experience rowing and to collapse barriers (related to physical and mental health and social inequalities) by creating a range of opportunities and events and collaborating on individualised risk assessments and training plans to ensure accessibility and getting people into regular activity. In 2020 she was selected to be an Assistant Rowing Coach at The Hague Invictus Games and worked with the UK Rowing Squad with British Rowing and Help for Heroes to prepare the team to compete.

Nicola's contribution and dedication to Sport in Sussex was recognised as she was a finalist for the Outstanding Contribution to Sport Award at the 2021 Sussex Sports Awards.



Fabienne Andre - Paralympian and Physiotherapy Assistant

Fabienne is current double European Champion (for the T34 100 and 800m on the athletics track) and 2020/1 Tokyo Paralympian. Alongside competing Fabienne is a Physiotherapy Assistant at Chailey Heritage School (Sussex Community NHS Foundation Trust) and the Nikki Penny - Stroke and Neurological Physiotherapy Clinic.

Session 2: Inclusive Provision in Education Settings & Beyond

This session explores the partnership experiences and opportunities between community sport and education (mainstream and SEND) for inclusive sport provision for children and young people inside and outside of educational settings. The session will share new insight, case studies, and provide an opportunity to discuss how future investment should be directed.

Case study guest speakers as follows;



Tom Brown - College Deputy Head (Teaching & Learning), Woodlands Meed

Tom is Deputy Head of Teaching and Learning at Woodlands Meed. He oversees the continuous evolution of the curriculum to ensure the progress of learners by raising expectations and improving achievements. He works with the staff team to deliver their vision and create an environment that encourages pupils to succeed.

His role ensures that broad and balanced curriculum is on offer at the college, to provide students with the opportunities to gain the necessary knowledge and skills to prepare them for adulthood taking. As part of this the college recognises the important part sport and physical activity plays and its benefits towards a positive physical and mental health.



Natasha Britton, BCA(a) - Co-Founder & Artistic Director, Parable Dance

Natasha has worked in inclusive dance since 2000 as a freelance artist and on education teams for organisations including Candoco Dance Company and Magpie Dance.

She is the Co-Founder of Parable Dance and Artistic Director of Parable Dance UK, a CIC providing inclusive dance workshops in the South East of England and training worldwide. Parable Dance runs weekly classes, outreach workshops and monthly networks. In 2019, Natasha and Co-Founder Erica Moshman created an award-winning film resource about inclusive dance teaching and developed bespoke training programmes.

Natasha is also Education and Training Officer for Spymonkey, on the education teams for Sadler's Wells and The RAD Step Into Dance Programme, a mentor on the MA Research programme at Rambert School and a proud trustee for DanceSyndrome. Natasha is passionate about provision of arts education for all and has dedicated most of her work to the development of inclusive dance. Natasha has received a British Citizen's Award for her contribution to the arts.

Session 3: Changing the Narrative - Communication is everyone's business!

The session will provide an open and honest learning opportunity to:

- Discuss what needs to change to improve representation of and reporting on disabled people in sport and physical activity.
- Consider the language and imagery we use to engage and promote opportunities to disabled people.
- Understand how you can take a person-centred approach when communicating to and with disabled people.

We want attendees to go away feeling more confident in making sure that the person they are wanting to reach or representing is at the heart of whatever communication we use.

Panellists as follows;



Nicola File - Strategic Partnerships Advisor (South East), Activity Alliance

Nicola works with organisations across the South East to improve the delivery of sport and activity opportunities for disabled people by advising on all aspects of embedding inclusion into organisations and driving attitude change in society.



Ricky Perrin - Director, Sussex Wheelchair Basketball

In 2006 Ricky had a spinal injury which left him paralysed through 60% of his body. After several depressing years he found wheelchair basketball and wheelchair sports; enabling him to get stronger, fitter and independent all over again. He returned to education and qualified in accountancy and web design.

Ricky manages a Sussex wheelchair basketball club, delivering community outreach all over the south. The social enterprise side focuses on helping children born with a disability, adults injured or diagnosed with a lifelong physical disability, to find sports, which from his personal experience shows the positive change sport can make.



Mark Ridley – PCSO, Sussex Police

Mark is a Police Community Support Officers (PCSO) for Sussex Police working within the Brighton and Hove. He is also the disability engagement officer and always looking to improve the ways the police provide a service and protect the public within Sussex.

Before becoming a PCSO, Mark served for 12 years within the British Army in multiple countries around the world in both peace and combat roles. His career was cut short after being involved in a road traffic collision whilst travelling back to camp and as a result has been left with lifelong disabling injuries. He has used sport to help him recover both mentally and physically.



Sarah Byrne - Policy and Capability Manager, Albion in the Community

Sarah Byrne is the Policy and Capability manager for Albion in the Community. Equality, Diversity and Inclusion is one of her responsibilities for the charity. She has worked for AITC for ten years.