

Sussex Inclusive Sport & Physical Activity Conference Session Reflections

Inclusive provision in education settings and beyond - How can we create better relationships with education settings to create more inclusive opportunities?

Attendees provided their thoughts and reflections during this session. It may be something that particularly resonated, what has worked or a specific challenge.

Thoughts & what works

- Parent/carer relationships - important to cultivate and nurture this and get parents on board (with school and between parents and families) - bringing everyone together via inclusive family fun days/sessions can help profile the benefits and what disabled children 'can' do
- Consistency, continuity and building familiarity in trusted settings/organisations is really important
- Providing step by steps to support transitions/skills/anxiety = regular attendance
- Peer to peer buddy systems to provide encouragement/social engagement/support transitions/share transport
- Suiting individual needs rather than generalising - sometimes you need to provide exclusive sessions to build confidence and trust, to create wider inclusion
- Workforce development support is valuable
- Working alongside other organisations
- Collaborating to deliver PE sessions and sports days

Challenges

- Lack of parent support
- Parental/Pupil anxiety
- Need to consider the range of different symptoms for one disability/impairment (can't make assumptions everyone has same)
- Access/transport outside of schools day
- Cost can be prohibitive
- Finding relevant funding
- Capacity/resources - some young people need individual activity which can require increased capacity/volunteers
- Losing resources/contacts/relationships
- Transition to adult services
- Safeguarding