



The Sportarray Roundup

- Sporting opportunities for disabled people in North Somerset -

Introduction

Welcome to the latest edition of the Sportarray Roundup, aimed at anyone involved or interested in local, inclusive sport.

Sportarray is a North Somerset Council initiative aiming to increase the number of people with a disability or long-term health condition regularly playing sport. We support clubs, coaches and volunteers to provide inclusive sport sessions as part of their club activities.



Find out how the English Federation of Disability Sport is helping to unite a wide range of people with opportunities in sport and physical activities

Feature article: EFDS launches club engagement resources

The English Federation of Disability Sport (EFDS) recently revealed brand new engagement resources to attract more disabled people of all ages and abilities into sport and physical activity.

Building on the success of its inclusive communications animation, the EFDS has released its next film for engaging disabled people. The release is supported by a set of free fact sheets that enable organisations to plan, target and deliver activities more effectively. The national charity hopes these resources will lead to more successful engagement ideas for disabled people to be and stay active for life.

Sport England's Active People Survey consistently reveals low numbers for active disabled people. Year on year, statistics indicate disabled people are still half as likely to be active as non-disabled people. In order to tackle low participation rates, through their new strategies, Government and Sport England emphasise their funding focus will be on inactive audiences.

Supported by Sport England, EFDS wants to help others to strengthen their engagement with and increase opportunities for disabled people.

Emily, a disabled character within the animation, talks viewers through the top engagement principles. This includes insight, marketing and workforce. The seven downloads provide useful information on these topics as well as how to better target supporters, disabled children and young people and older people.

Barry Horne, Chief Executive for EFDS, said: "These new resources add to our growing offer of support and I would encourage activity providers to contact our engagement team to find out more."

To watch the engagement animation, the EFDS YouTube channel at www.youtube.com/watch?v=JIBrOGkJ_RI

To access the downloadable resources, visit the EFDS engagement page at www.efds.co.uk/how-we-help/programmes/1746-engagement-and-partnerships

For more information on EFDS visit www.efds.co.uk or call 01509 227 750

Local roundup...

- Anyone for tennis...?

Clevedon Lawn Tennis Club is launching a new regular tennis session for people with learning disabilities.

Last year the club held a successful learning disability taster day, forming links with Weston College students and members of the community.

The new group sessions will take place on Saturdays, 1 - 2pm, from 14 January at Clevedon Lawn Tennis Club, Princes Road, BS21 7SY.

To find out more details call Head Coach Josh Middleton on 07901 595 252 or email josh@middletontennis.com

- ...or a round of golf?!

Inclusive Golf sessions restart in March 2017 at the Paul Mitchell Golf Academy in Failand.



The sessions take place on Saturday mornings and last for an hour.

All welcome - all ages and all needs.

Equipment is provided and coaches are inclusion trained. £5 per person.

To find out more about the sessions or to book a place call 01275 393 031 or email bristolandcliftonproshop@gmail.com

Visit: www.paulmitchellpga.co.uk

- Multi-sports - Portishead

A new club for adults with learning disabilities starts this January at Parish Wharf Leisure Centre in Portishead...



Multi-sports club

for people with learning disabilities (16+)

A weekly session of fun-filled fitness and sports games!

- | | |
|-------------------|------------------|
| Have fun | Meet people |
| Bring a friend | Feel better |
| Try something new | Learn new skills |

Place: Parish Wharf Leisure Centre, Portishead
Day: Thursdays
Time: 11am - 12.30pm
Cost: £5 (includes refreshments and snacks)



To find out more or to book a place please call instructor Simon Flett on 07594 348 683 or email simonflettox4@live.co.uk

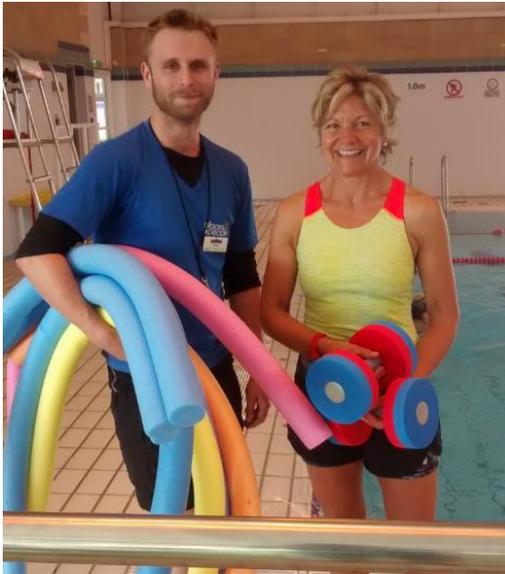


www.go4life.org



- Swimming for rehabilitation - Portishead and Clevedon

In 2016 we supported the launch of an aquatic instructor-led session for people rehabilitating from cardiac or stroke episodes.



These sessions have been part-funded by the Swimathon Foundation in partnership with Parish Wharf Leisure Centre in Portishead. They take place on Tuesdays (during term time), 9.30 - 10am.

Sessions cost £2.50, which includes a hot drink afterwards.

The group has proved so popular that plans are afoot to launch a similar session at Strode Leisure Centre in Clevedon.

If you or anyone you know would benefit from taking part call Jackie King on 01275 848 494 or email jackieking@pfpleisure.org



- Ups & Downs Football - Weston

Ups & Downs is a social group for young people with Down's Syndrome, meeting every other Wednesday, 6.30 - 8pm, at Priory School in Weston.



The club is now supported by Somerset FA to enjoy high quality football coaching for up to 16 sessions. Each costs £5, including coached football, social time and refreshments.

The sessions are delivered by Weston Seagulls and cater for young people with Down's Syndrome aged under 18.

Research

- Thinking about getting active?

The University of Birmingham is undertaking research and would like to offer you help. The programme explores how to promote physical activity for disabled people. It will involve an interview and short questionnaires, payment of £30 and any travel expenses. We hope you are keen to join in!

To find out more visit www.tinyurl.com/hbe6f26

Regional roundup...

- Somerset FA - Talent Identification Programme

Somerset FA runs a Talent Identification Programme for male players aged 12-16 who represent either Cerebral Palsy, Visual Impairment, Deaf / Hearing Impairment, Amputee (leg & arm) or Learning Disabilities. This programme focuses on technical development of individual players with the aim to signpost players to their most appropriate next step within the player pathway.



For more information call Alix Tucker, Disability Football Development Officer, on 01458 832 359 or email alix.tucker@somersetfa.com

- Discover inclusive activities across the region



SPORTSrush

www.sportsrush.org.uk



SportsRush is a dedicated sport and physical activity website for people with any disability, sensory impairment, long term health condition or chronic pain



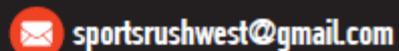
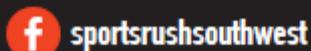
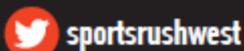
If you would prefer to talk to somebody to find out more about your local activities, please phone one of the numbers below...

Access Sport / Bristol City Council
Julia Williams 07917 753937

North Somerset Council
Bob Hill 01275 882734

Bath and North East Somerset Council
Natalie Tanner 01225 396979

South Gloucestershire Council
Alison Finn 01454 865821



Training

- Inclusive Community training coming to North Somerset - 25 January

Over 5,000 people around the UK have now benefited from Sainsbury's Inclusive Community Training, with a year of the programme remaining - and you have the chance to access the workshop in North Somerset this New Year.

The specialist training is designed to improve the skills and confidence of those who support disabled people to be more active, and is a creative and informal development opportunity. It is for those who support disabled people of all ages within the community, and can put the training into practice.

One beneficiary, volunteer Sophie Hook, says she enrolled in order to learn how to tailor an activity session to suit the needs of various participants.



Sophie said: "Throughout the course we learned simple changes to make to the session which will enable us to challenge the participants as well as keeping them engaged for longer."

"It was nice to see how other organisations do it and to get new ideas."

"I have applied what I learnt in recent sessions and have found the adaptations to have a positive impact on activities."

The three-hour session is funded through £1 million of National Lottery funding from Sport England. It is delivered by the EFDS in partnership with sports coach UK. The practical session is complimented by online resources.

Through support from Sportarray, Weston College and our County Sports Partnership - Wesport - we can offer this training for **free**. The workshop will take place on Wednesday 25 January, 6 - 9pm, at Weston College, Knightstone Campus Sports Hall (7th floor), Weston-super-Mare, BS23 2AL.

To book your place please email sportarray@n-somerset.gov.uk or call us on 01275 882 734.

Funding

- Table Tennis England - disability table grant scheme

Table Tennis England, the governing body of table tennis in England, is promoting its Disability Table Grant Scheme.

This scheme allows organisations working with disabled people to purchase table tennis tables at a discounted rate through subsidised funding from Sport England. Through this they are encouraging clubs to target disabled players and create a more inclusive environment.

Table tennis prides itself on being an all-inclusive sport. It is known to help reduce stress and increase awareness in people who have mental health problems such as Dementia and Alzheimer's.

As an adaptable sport, it only takes minimal changes to the rules, layout and fundamentals of the game. For example, brighter, larger balls and bats are available for players with visual impairments. Coaching on the table can be delivered in 10-minute bouts, which means it can fit into your everyday routine.

The Disability Table Grant Scheme has one goal - to increase the number of disabled people playing the sport. The tables offered in the scheme start from £157 and were picked with suppliers for their high quality. You will also receive a resource pack which includes 10 bats, 12 balls, a ladder board and knockout cup posters. The resources can help you to develop a competition style that suits your members. Delivery and installation is also covered.

The scheme is awarded on an application basis and applicants should work with over-16s. The scheme does not cover the replacement of worn tables.

To apply please download an application form from the Table Tennis England website at:

www.tabletennisengland.co.uk/organise/funding/disability-table-grant-scheme

For more information on the scheme email Projects Officer Helen Dennett at development@tabletennisengland.co.uk or call 01908 208 885.

Tweet!

We're part of a West of England partnership raising the profile and scope of inclusive sport. For news and alerts about inclusive/disability sport events, clubs and activities across the West of England follow SportsRush on Twitter.



To stay in the know go to twitter.com/SportsRushWest

For a full club directory and forthcoming events visit www.sportsrush.org.uk

Blog on!

Go4Life - North Somerset's brand for promoting healthy and active lifestyles - has its own blog. It's the place to go for any stakeholders in the physical activity sector, providing local news and views on health and exercise.

To see for yourself and to register for free updates visit <http://go4lifens.wordpress.com>

Sportarray - who to contact

Thanks for reading the Sportarray Roundup. We hope you enjoyed it!

If you have any comments or suggestions about this newsletter it would be great to hear from you. Please contact us via the following methods...

- Post: Sport and Active Lifestyles team, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ
- Tel: 01275 882 734
- Email: sportarray@n-somerset.gov.uk
- Log on: www.n-somerset.gov.uk/sportarray



#Sportarray