

An Active Inclusive Capital

A Strategic Plan of Action for Disability in London



**Easy
Read**

Contents

Page



London Sport

3



Deaf and disabled people

4



The challenge

5



The plan

6



Priority 1: Making sure deaf and disabled people are more involved in physical activity or sport

8



Priority 2: Working with organisations for deaf and disabled people

12



Priority 3: Physical activity, sports and leisure organisations

14



Priority 4: Well trained staff

16



Making it work

19



How do we know it has worked?

20



Involving people so far

21



For more information

22

London Sport



London Sport provides support, knowledge and expertise to anyone in London who works in physical activity and sport.

We work with schools, National Sports organisations, private companies, local councils, the Government, Sports and leisure centres and events, charities, coaches, volunteers and much more.



Physical activity and sport can improve our physical and mental health.



It helps people develop as individual people and it brings communities together.



This is a plan to support deaf and disabled Londoners to be as physically active as non-disabled people.

Deaf and disabled people



Many deaf people do not see themselves as disabled because they are able to communicate with each other in British Sign Language.



The law says that a disabled person is someone who has a physical or mental impairment that makes it difficult to carry out normal daily things.

People with impairments are disabled by the barriers and attitudes that stop them from taking part in things like everyone else.



There are 1.4 million deaf and disabled people living in London.



About three quarters of disabled people have more than one type of impairment.

The challenge



About two thirds of disabled people want to do more physical activity.



Over a third of people with one impairment don't do more than 30 minutes of physical activity in a week.



People with more than one impairment are less likely to take part in physical activity.



About 4 out of every 10 coaches do not feel comfortable coaching disabled people but would like to.

A coach is someone who is trained and paid to help people take part in physical activity and sport.

The plan



We want to make London the most physically active city in the world.



We want to change people's attitudes towards physical activity and sport for disabled people.



We want to support deaf and disabled people to be at least as active as non-disabled people.

We have 4 priorities:



1. Deaf and disabled people should be at the centre of how we plan and run physical activity and sports events



2. Work with other organisations to reach more deaf and disabled people



3. Make sure physical activity and sports organisations run activities that include deaf and disabled people



4. Make sure physical activity and sports organisations:

- ▶ Give jobs to deaf and disabled people
- ▶ Train workers to work with deaf and disabled people



Under each priority there are things that we want to do.

Priority 1: Making sure deaf and disabled people are more involved in physical activity and sport



We want to:

- Talk and listen to deaf and disabled people about:

- ▶ How to contact other deaf and disabled people



- ▶ How to find out what deaf and disabled people think about our plans



- ▶ Setting up a group of deaf and disabled people who can help us with making plans and running events



- ▶ Making sure deaf and disabled people are involved in any travel arrangements



- Have better ways to involve deaf and disabled people in physical activity and sport:



- ▶ Find better ways of checking how deaf and disabled people are involved in physical activity and sports events



- ▶ Share good ways of helping deaf and disabled people to be more active



- Find new, better ways to remove the things that are stopping deaf and disabled people taking part in physical activities or sports:



- ▶ Tell more people about new ways to involve deaf and disabled people



- ▶ Work with other physical activity and sports organisations in the country



- ▶ Support local physical activity and sports organisations



- ▶ Look at the problems that deaf and disabled people have with new ideas in **technology**



Technology is computers, mobile phones and other gadgets.



- Tell more people about physical activity and sport for deaf and disabled people. We want:



- ▶ To have some people who can go out and talk to people about physical activity and sport for deaf and disabled people



- ▶ Our senior managers to support physical activity and sport for deaf and disabled people in public



- ▶ To include pictures of deaf and disabled people in all our advertising

Priority 2: Working with organisations for deaf and disabled people



We want to:

- Improve the way we work with organisations of deaf and disabled people. We plan to:
 - ▶ Look to work with new organisations
 - ▶ Work with the main organisations involved with physical activity and sport around involving deaf and disabled people
 - ▶ Work with London politicians so we can involve more deaf and disabled people in physical activity and sport
 - ▶ Set up groups around different impairments to help us understand more about each impairment



- Help deaf and disabled people to know about opportunities to take part in physical activity and sport. We plan to:

- ▶ Look into the benefits of physical activity and sport for deaf and disabled people



- ▶ Tell more deaf and disabled people about opportunities to take part in physical activity and sport



- Encourage deaf and disabled people to take part in physical activity and sports. We plan to:

- ▶ Improve the way we communicate with deaf and disabled people



- ▶ Encourage organisations that support deaf and disabled people to make physical activity an important part of their work

- ▶ Work to improve the accessibility on public transport in London



Priority 3: Physical activity, sports and leisure organisations



We want to improve the way we work with organisations that aren't mostly for deaf and disabled people by:



- Making sure these organisations talk about how they work with deaf and disabled people in all their main documents



- Support these organisations to have the skills, training and equipment to involve deaf and disabled people in their activities



- Getting more money to do work that involves deaf and disabled people.

We plan to:



- ▶ Look at how to give money in a way that helps deaf and disabled people most



- ▶ Look for new funding that could be used



- ▶ Help the organisations that give money to give more to activities that involve deaf and disabled people



- ▶ Help the organisations that give money to increase the money they give to make physical activity and sport more accessible

Priority 4: Well trained staff



- We will look at what deaf and disabled people need from coaches and workers.

We plan to:



- ▶ Involve deaf and disabled people when we think about the people that work in physical activity and sports in London



- ▶ Look at the skills that people need to include deaf and disabled people
- ▶ Look at the skills that staff have to include deaf and disabled people



- We want more deaf and disabled people to work in physical activity and sports.

We plan to:

- ▶ Help organisations to choose new staff in a way that is fair to deaf and disabled people



- ▶ Have more ways for deaf and disabled people to move into paid work in physical activity and sports



- ▶ Help senior people to understand that they need more deaf and disabled people working in physical activity and sports



- ▶ Make sure that organisations make reasonable changes so that they can give a job to a disabled person



- Look at new ways to remove the things that stop deaf and disabled people taking part. We plan to:
 - ▶ Make sure there is proper training for staff about how to include deaf and disabled people
 - ▶ Support deaf and disabled people to learn how to be a coach
- Help deaf and disabled people to get senior jobs in physical activity and sports in London. We plan to:
 - ▶ Check that the training that people have includes understanding how to involve deaf and disabled people
 - ▶ Make the organisations that give certificates include deaf and disabled people
 - ▶ Look at training deaf and disabled people so they can get a senior job

Making it work



London Sport will be the main organisation for deaf and disabled physical activity and sports in London.



We are writing an action plan which explains:

- What people have to do



- Which people need to be involved



- When things should happen

How do we know it has worked?



We will check all the activities and organisations to make sure that deaf and disabled people are being involved properly.



We will look at ways to keep a check that the plan is working well.

Involving people so far



We have included the ideas of many different people and organisations in this plan.

We have talked and listened to:



- Many people and organisations who are involved in physical activity and sports and disability



- Our staff, board members and the people who give us money



We have checked that our plans fit in with the plans of the main organisations that we work with.

For more information



If you need more information please contact us at:



London Sport
House of Sport
190 Great Dover Street
London
SE1 4YB



0203 848 4630



www.facebook.com/LondonSport/



www.twitter.com/LondonSport



www.instagram.com/ldn_sport/