

An Active Inclusive Capital

12 Month Progress Report
- September 2018





Introduction

Alex Gibbons, Specialist Advisor - Disability, London Sport

It is now a year since the launch of *An Active Inclusive Capital: A Strategic Plan of Action for Disability in London*.

I was proud to be a part of that launch, marking London Sport's commitment to working towards a point where deaf and disabled people from all backgrounds are as active as non-disabled people, as part of our vision of making London the world's most active city.

In developing *An Active Inclusive Capital*, one thing that was immediately apparent is that it could not be as a London Sport plan; it had to be a plan for London. For it to succeed, it required buy-in from partners across several sectors. We also knew that for all the aspirational statements, strategic priorities and focused outcomes, the plan wouldn't mean anything unless there was dedicated work taking place to make it a reality.

One year on, I'm delighted to say there has been some fantastic progress. In this review, we will explore the delivery that has taken place across each of the plan's four priority areas, the ways that disability inclusion has become integral to London Sport's work and, most importantly, the impact on deaf and disabled people's lives, driven by the commitment and expertise of our partners across London.

You will hear about the ways our disability sector partners are creating change by leading networks and passing on knowledge that only lived-experience can provide. We will look at how London Sport has worked with the Tennis Foundation to support the growth of tennis for deaf and disabled people, and we will explore the excellent work of the Surrey FA, setting new standards for disability inclusion.

We also want to share real-life stories; the life-changing difference that physical activity and sport can have on people's lives.

Thank you to you all for your on-going support and dedication to *An Active Inclusive Capital*. We look forward to working with you even more over the coming years.



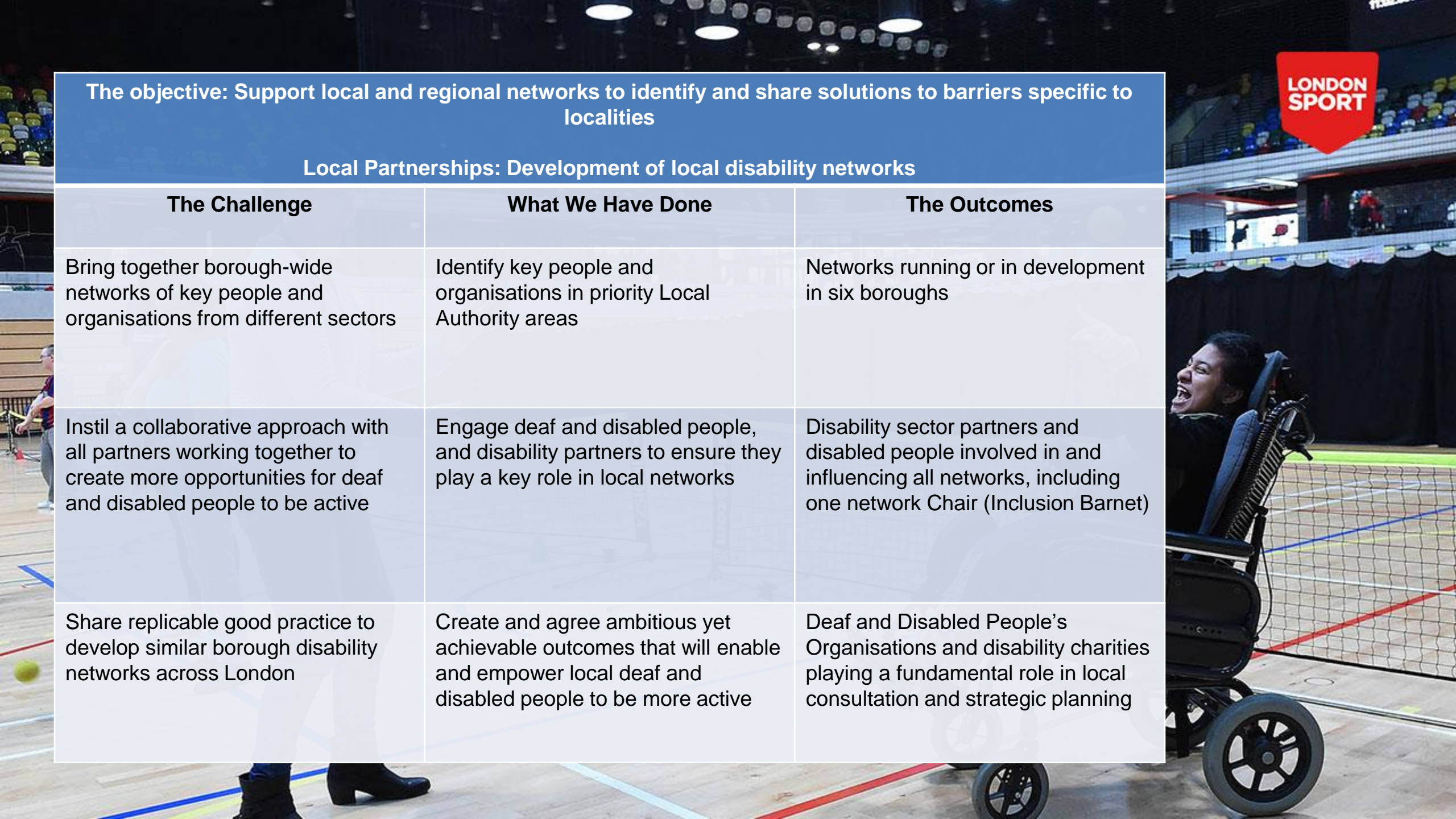
Strategic Priority 1:

Establish deaf and disabled people as central to the development of physical activity and sport policies, programmes and delivery

The objective: Support local and regional networks to identify and share solutions to barriers specific to localities

Local Partnerships: Development of local disability networks

The Challenge	What We Have Done	The Outcomes
Bring together borough-wide networks of key people and organisations from different sectors	Identify key people and organisations in priority Local Authority areas	Networks running or in development in six boroughs
Instil a collaborative approach with all partners working together to create more opportunities for deaf and disabled people to be active	Engage deaf and disabled people, and disability partners to ensure they play a key role in local networks	Disability sector partners and disabled people involved in and influencing all networks, including one network Chair (Inclusion Barnet)
Share replicable good practice to develop similar borough disability networks across London	Create and agree ambitious yet achievable outcomes that will enable and empower local deaf and disabled people to be more active	Deaf and Disabled People's Organisations and disability charities playing a fundamental role in local consultation and strategic planning



“Disability Sports Coach welcome being part of multiple Strategic Steering Groups across London, developed and supported by London Sport. The Strategic Steering Groups allow Disability Sports Coach to effectively create, build and maintain cross-sector partnerships, contribute to strategic policies and gain greater insight of local needs and, as a result, develop our offer to ensure more disabled people have the opportunity to be active.”

Louis Wickett-Padgham
Disability Sports Coach
Business Development Manager

“A Disability Sports Network was set up in Barnet in 2016. Chaired by Inclusion Barnet (a Deaf and Disabled People’s Organisation), the Network is made up of a number of stakeholders who all have a shared vision and, by working together, aim to increase activity levels, opportunities and experiences for deaf and disabled residents. In addition to strategic alignment with *An Active Inclusive Capital*, the benefit of the Network is that it provides a network for stakeholders to unlock challenges, explore opportunities and realise the value of working together”

Courtney Warden
Commissioning Lead, Sport & Physical Activity
London Borough of Barnet

Strategic Priority 2:

Build and maintain collaboration between organisations inside and outside of sport to reach more deaf and disabled people and inspire increased levels of physical activity

The objective: Increase awareness of opportunities for deaf and disabled people to take part in physical activity

Consultancy Project: London Sport and the Tennis Foundation

The Challenge	What We Have Done	The Outcomes
Identify areas of opportunity for growing participation in disability tennis in west London	Developed interactive geographic models to identify target areas based on established strategic criteria	Refocusing of Tennis Foundation time and resource investment into locations and venues where impact will be greatest
Develop an evidence base from which the Tennis Foundation could strategically focus their resources	In-depth geographic catchment analysis to identify gaps in provision and areas of opportunity for growing participation in disability tennis across west London	Increased participation in disability tennis programmes in identified opportunity areas
		Expansion of research brief to include east and south London regional analysis

Tommy's Story



As a youngster, I was always active.

I played for all my school football teams, was very keen on martial arts, and even tried my hand at baseball. I found the meticulous nature of competitive sport a huge draw; the camaraderie in each individual sport was a big plus too.

As I aged, my sight loss became more aggressive and ultimately cost me my career.

It also had a knock-on effect in that my opportunities to play sport became more and more limited. I accepted this to be part of going blind – some things would just have to be cut out. I still played football though, recreationally, and as my sight faded further I found myself really listening to where players were positioned to give me an idea where play was. Before long, though, my inclusion in games waned, and this too was consigned to the “I used to” pile. By the time I reached my mid 20s, I had all but given on sports as my vision deteriorated further. I feel it's important for people to be aware that there's a very real, human side of losing sight – when it goes, it can have a catastrophic effect on an individual's psyche.

I actually overcame the barriers of losing my sight, and my depression, when I got into goalball.

For me, it was a revelation. I'd spent years secretly worrying about my eyes, yet hidden away in sports halls across the country was this whole community who have experienced what I have, and have their own tales to tell. And they were all playing sport, no matter how bad their eyes were. It didn't feel like a new venture; it felt like home! Being physically active hasn't just given me my old self back. It's given me a better self.



Amber's Story



I wanted to get more involved in team sports and leadership, as I've not done this before

My college PE teacher informed me of the See My Voice Young Leadership Scheme, which is part of British Blind Sports. I thought it would help develop different skills and give me new opportunities and experiences. The project encourages young visually impaired participants to get involved in a variety of physical activities, sports groups and leadership roles that they would not otherwise have had access to. Some of them have never had the opportunity to be involved in sports before due to sight loss, or because they haven't been able to find anything in their area which is accessible to them.

I feel embarrassed doing physical activity, as I am not as good as everyone else

As a result, I try and exercise when there aren't many people in the gym. Sometimes the weight machines are too difficult to use as they are all built for taller people; I also haven't participated in many sports activities, as I find it difficult to see fast-moving objects. Participating in the Young Leadership Scheme has increased my confidence, though.

Helping other people feel positive about themselves makes me feel more positive

Physical activity is crucial to a healthy body and lifestyle, and it motivates me to help other people. It's rewarding, and it develops different skills.



Strategic Priority 3:

Ensure organisations are supported and encouraged to create and deliver inclusive activities

The objective: Ensure key stakeholders are supported to include commitments to increasing deaf and disabled people's physical activity levels in physical activity, sport and associated strategies

Strategic Partnership: London Sport and Surrey FA

The Challenge	What We Have Done	The Outcomes
To empower Surrey FA's Inclusion Advisory Group to represent and meet the needs of its stakeholders	Identified key people and organisations to bring the appropriate skills and experiences to form the Inclusion Advisory Group	Deaf and disabled Londoners are better represented in local planning and decision making, leading to increased visibility of football for deaf and disabled people in local marketing and promotion
To instil a collaborative approach, with all partners working together to create more opportunities for deaf and disabled people to be active	Engaged deaf and disabled people and disability partners to ensure they play a central role in the development of local activity opportunities in London	A broader and more diverse workforce including deaf and disabled people, providing new role models for other deaf and disabled people
Share replicable good practice to enhance current knowledge and inform planning for future development	Created and agreed ambitious outcomes that will enable and empower local deaf and disabled Londoners to be more active, including a programme of coach and official development to recruit deaf and disabled people into support roles	The Inclusion Advisory Group now sits at a level between the County Board and other committees, giving it greater prominence and reach. The Board actively champions equality and inclusion at all levels of county development work. It is also the first county FA to achieve the intermediate level of the equality standard for sport

“It’s been fantastic working with London Sport and having them represented on our Inclusion Advisory Group. Their expertise in disability inclusion, alongside the vision of *An Active Inclusive Capital* helps Surrey FA to continue to establish deaf and disabled people as central to the development of our football policies, programmes and delivery. We are proud to be working with London Sport during their work to change culture around physical activity and sport for deaf and disabled people, and to make Football for Everyone and inclusion a part of everything we do at Surrey FA.”

Andrew Dickinson
Operations Manager
Surrey County Football Association

Strategic Priority 4:

Develop a more representative, motivational and well-trained workforce



The objective: Ensure high-quality training related to engagement of deaf and disabled people and inclusive physical activity and sport activities is available to the sport sector

Training Development: Disability Equality Training for Physical Activity and Sport

The Challenge	What We Have Done	The Outcomes
Upskill local delivery providers around how to engage and deliver inclusive and accessible activities for deaf and disabled people	Supported Inclusion London to develop training based on the experiences of deaf and disabled people through the Into Sport project	79 people trained over 6 sessions in 5 London boroughs
Fill the gap in sport-focused disability equality training, especially training developed and delivered by deaf and disabled people	Delivered disability equality training sessions to front-of-house and service delivery staff	Creation of Disability Equality Training resource to accompany training, and made available online by Inclusion London
Create training that meets local need	Enhanced understanding of the social model of disability, and the role of language, attitudes, barriers, barrier removal and follow-up actions through training delivery	Created sustainable partnerships between Inclusion London and local Deaf and Disabled People's Organisations, and Local Authority decision makers, leading to development of new assets including mystery shopping toolkit, and new opportunities for deaf and disabled people to find work opportunities in sport through Inclusion London's <i>Making it Work</i> project

“Disability Equality Training increased the confidence of GLL staff engaging with disabled people using our facility. It also gave great insight into the barriers deaf and disabled people can face when taking part in physical activity. The trainer’s experience was a vital part of the training, as it meant any questions could be answered there and then, and minimised any doubts that staff might have.”

Anthony Jones
GLL, Greenwich

“The Disability Equality Training delivered by Inclusion London was the best disability course I have attended. It was informative and relevant, and provided some really interesting debate that helped challenge the stereotypes that can be faced when trying to create an inclusive environment. The link to Deaf and Disabled People’s Organisations and their role in the local area was key – these connections offer a more effective way of realising inclusivity.”

James Tierney
Everyone Active Southwark

What's Next?



What's Next?



We're proud of the progress made over the past year. *An Active Inclusive Capital* has shaped much of our work in the past 12 months, and will continue to be an integral part of our vision of making London the most physically active city in the world. Our focuses for the year ahead include:

Priority 1

London Sport's *Sport Tech Hub* is a programme established to support innovative companies using technology to get more people active. Over the coming year, we will be working with deaf and disabled people and disability sector partners to influence *Sport Tech Hub* backed companies to make their products more accessible for deaf and disabled people. This will also allow us to gain a better understanding of the impact technology can have on inclusive physical activity and sport, and how this can be replicated for the greatest impact.



What's Next?



Priority 2

We will focus on the development and growth of regional disability networks. We are currently working closely with British Blind Sport and UK Deaf Sport to host the London Visual Impairment Sport Forum and London Deaf Sport Forum, bringing together different sectors to create inclusive activities and enable people with sensory impairments to be more active. We will also be re-establishing the Local Authority Disability Forum to support borough disability leads to work collaboratively on shared priorities, and have introduced the Universities Disability Forum to agree priorities for London Sport and London's universities.



What's Next?



Priority 3

In the past year, the Quest “Engaging Disabled People and People with Long-Term Health Conditions” module was established. Quest is the sport and leisure industry’s leading quality scheme, and the module provides leisure facilities the opportunity to make their service more inclusive for deaf and disabled people. The most inclusive sites will be awarded Activity Alliance’s IFI (Inclusive Fitness Initiative) accreditation.

London Sport will encourage and support Local Authorities and leisure operators across the capital to achieve this accreditation, particularly through use of Inclusion London’s new Mystery Shopping toolkit. This resource will see Deaf and Disabled People’s Organisations assessing the quality of local sport and leisure provision and providing recommendations on inclusive practice.”



What's Next?



Priority 4

Thanks to our fantastic Virgin London Marathon 2018 runners, we have commenced the development of a leadership programme aimed at providing deaf and disabled professionals with training and mentoring support. We want this programme to act as a template from which we can support the development of a new generation of deaf and disabled leaders in the sport sector.





Get in Touch

We'd love to hear your thoughts on this update report, our work around *An Active Inclusive Capital*, and any areas of work that you feel London Sport could help to improve.

Get in touch with us at:

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