

# LSP Sports Inclusion Disability Programme- Creating local opportunities

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# Outline

## Sports Inclusion Disability Programme 2011

- Background
- National Objectives

### Creating Local Opportunities

- Partnership working: NGBs, SDO Network, Local clubs, Local disability organisations
- SIDO partnership working
- Publications
- Successful Programmes 2010
- New programmes for 2011
- Urban/Rural opportunities



# Sports Inclusion Disability Officer Programme



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# Sports Inclusion Disability Programme

\* 2007            21 Sports Inclusion Disability Officers (SIDOs)

\* 2010/2011

- \*                    16 SIDOs
- \*                    32 LSP Disability Sport Plans
- \*                    National Objectives
- \*                    National Steering Committee



# Steering Committee: National Representation

- Irish Sports Council
- Local Sports Partnerships
- CARA/IT Tralee
- Paralympics Ireland
- Special Olympics
- Irish Wheelchair Association - Sport
- Cerebral Palsy Sport Ireland
- PWDI ( People with Disabilities Ireland)



# National Objectives

## Action 1

Increase and Sustain Participation for individuals with a Disability

## Action 2

Team Sports

## Action 3

Inclusive Leisure Centre Participation

## Action 4

Facilitating and developing training and education workshops

## Action 5

Deliver training to Non SIDO LSPs - Regional Meetings

## Action 6

National and Local Promotion

## Action 7

Partnering & Advocacy

## Action 8

Funding

# Creating Local Opportunities



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# Creating local opportunities

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## Partnership working

- It is essential to develop partnerships with local disability organisations, NGBs (&NGB development officers), SDO Network, Local clubs, parent groups etc.
- By putting measures in place to facilitate the development of programmes, programmes have a greater chance of success e.g. sourcing suitable and affordable facilities, tutors, equipment etc.
- Without champions\* in the area to then run these disability programmes, many would not be successful or have long-term sustainability prospects.

\*Champions can take the form of disability staff members, active and enthusiastic volunteers, NGB development officers with an interest in inclusion, dedicated coaches who see the benefits of including people with a disability, family members of people with a disability (parents, guardians, siblings etc.)

# Creating local opportunities

## Partnership working

### Example: Waterford

- In Waterford an example of such a programme would be the Waterford Autism Social and Sports Action (WASSA) organisation.
- This organisation was established by parents following a number of SIDO sports programmes created for children with an Autism Spectrum Disorder.
- WASSA was launched in December 2009, the parents set up a range of activities e.g. horse riding, swimming, general play, bowling, surfing etc.
- The parents do a tremendous amount of work and have become a model of success for other counties.



# Creating local opportunities

## Partnership working

### Example: Dún Laoghaire-Rathdown

- Powerchair Football was introduced in the County in 2009 by the LSP.
- Interest in the game mounted among residents that use electric wheelchairs and a 10-week development programme resulted.
- When a steady 10 players were showing weekly, a group got together to approach a local mainstream club to ensure sustainability.
- St. Joseph's Powerchair Football squads have two teams entered in National League, volunteers from community and within the club, players representing their Country at the World Cup later this year.



# Creating local opportunities

- SIDO partnership working
- Often due to low numbers, interest in working with neighbouring counties, more suitable facilities, competition etc. the SIDOs from neighbouring counties work together on disability programmes and activities.
- Examples include: Surf2Heal, Munster Social Boccia League, etc.

## Example Waterford:

In Munster SIDOs came together to promote a social boccia league for adults with a disability incl. intellectual disability.

6 competitions are held yearly in each county. This not only creates social opportunities and friendly competition but gives the participants a training goal throughout the year!

## Example Dún Laoghaire-Rathdown:

In greater Dublin region there are small pockets of SIDO programmes happening but no other dedicated staff.

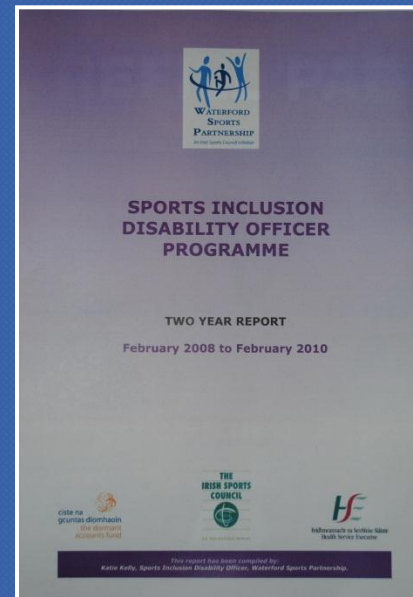
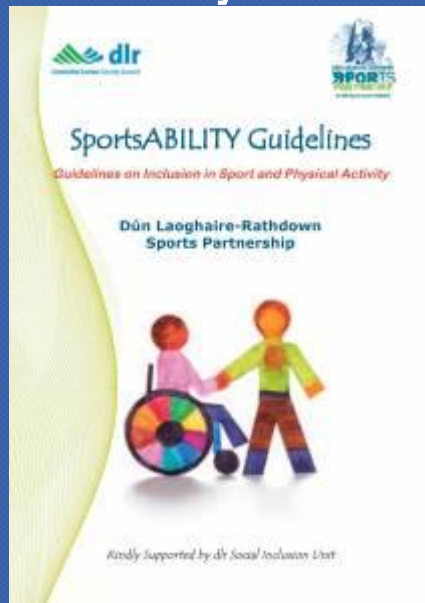
The DLR SIDO shares information and participation opportunities with the 3 other Dublin LSPs and Co Co SDOs, also Counties Wicklow and Wexford.



# Creating local opportunities

## ○ Publications

- Dún Laoghaire-Rathdown Sports Partnership's SportsABILITY Guidelines
- Waterford Sports Partnership 2 year report on the Sports Inclusion Disability Officer programme 2008-2010



# Creating local opportunities

## Successful Programmes 2010

### Waterford

- Fishing for all (various programmes)
- Social soccer
- Boccia for All
- Walking for All
- Yoga for adults a disability (MS, Intellectual Disability, Mental Health Disability etc.)
- Swimming/Aqua Aerobics for people with a disability
- Soccer for children with a disability
- Junior Special Olympics
- Tandem Cycling
- Tae Kwon Do for children with special needs
- Bowling Etc.

### Dún Laoghaire-Rathdown

- Powerchair Football
- Boccia Development
- Access Sailing
- Surf to Heal DLR
- SportsABILITY Weeks
- Swimming for children with a disability
- Swimming Helpers and Asst Teacher's Training
- Inclusive Schools Training
- Inclusive Clubs Training
- Inclusive Summer Camps Training
- DLR Community 5K
- Social Inclusion Week etc.

# Creating local opportunities

## Successful Programmes 2010

### Waterford

#### Case Studies:

**Mainstream Tae Kwon Do Club** – The head coach of the club strongly believed in the benefits of including children with a disability within the mainstream club and in general sees the potential in each and every child. Separate sessions were arranged to bring the children with a disability up to the level of the mainstream class. Now not only are the children attending the mainstream classes, they are thriving within them!!



### Dún Laoghaire-Rathdown

#### Case Studies:

**Access Sailing in Dún Laoghaire** – The four local yacht and sailing clubs and the local marina company got together early on in the year to develop a programme whereby children with physical and sensory disabilities could use their facilities and IDSA's dinghies with volunteers on the water in a Come and Try set-up. A six-week programme was also developed with over 20 children taking part. Hugely successful, brilliant collaboration with all parties and will be repeated this summer!



# Creating local opportunities

## Successful Programmes 2010

### Waterford

Fishing for all – A ‘come and try it’ session was held for people with a disability by the Angling Association of Ireland and Waterford & District Coarse Angling Club. As a result of the open day, a fishing programme was developed. Now there is a disability fishing strand within the mainstream club and funds were sought to purchase appropriate equipment. Similar programmes will now be developed in various locations throughout Ireland.



### Dún Laoghaire-Rathdown

Swimming for children with intellectual disabilities – The SIDO was contacted initially by a group of parents from a local service parents group. They had a wish for small-sized swimming classes for their young children. In partnership with a local public pool, a quiet 30 minute space in the pool was utilised for 1-1 tuition for 4 children initially, also enabling volunteers that had completed the SI Helpers Course to get involved and use their new skills. Following a successful initial programme, the public pool took on the session themselves and now provide such quieter lessons for children with disabilities in small groups. This contributed to the centre being awarded the ILAM Gold Award for Disability Provision in 2010.

This not only highlights the importance of the SIDO programme at a local level but shows the benefits of a SIDO network, where successful programmes can be replicated elsewhere!

# Creating local opportunities



# Creating local opportunities

## • New programmes for 2011

### Waterford

- Fishing for all (incl. new groups + Sea fishing)
- Social soccer
- Walking for All
- Gym/Fitness programmes
- Yoga for adults a disability (Adults who have experienced stroke, adults within IWA services)
- Water based activities
- Multi –activities for children with special needs
- Cycling for all (I.D., Autism, Down Syndrome etc.)
- Karate for people with a disability
- Outdoor Boules/Petanque Etc.

### Dún Laoghaire-Rathdown

- Inclusive Judo
- Easter SportsABILITY Week
- Soccer skills for children in a local HSE Dyspraxia Service
- Special Needs Martial Arts
- SportsABILITY Day as part of Social Inclusion Week 2011
- Wheelchair Hurling
- Inclusive Cycling
- Boccia for Children
- Meet and Train for adults with disabilities
- Third-level Presentations
- Feeling Good event.
- Facebook!

# Creating local opportunities

- Urban/Rural opportunities
- **Example Waterford:** Many of the programmes developed in Waterford city are replicated with smaller numbers in the county of Waterford. The challenge with rural activities is the low number of potential participants due to a geographical spread and issues in relation to facilities and transport. However, using a large town as a central hub can combat this issue to some degree and linking in with local transport operators can alleviate this issue.
- **Example Dún Laoghaire-Rathdown:** Being the smallest geographical local authority area, all our programmes are relatively central for residents. In fact, participants on our programmes travel from outside the County boundaries from places such as North County Dublin or Wicklow due to relatively good transport links. Many of our public facilities are accessed by users from outside the County boundaries.

# Thank You

