



Equality – Focus on Sport

A shop window for equality practice

Edition 120, March 2015

Hello and welcome to the 120th newsletter.

Editions are now being produced by volunteer support so they will not contain an editorial introduction.

The newsletter now relies far more on people being proactive and coming forward with articles, news and information. We want E-FoS to continue to offer UK-wide coverage for the sector - please do send in your material for inclusion. Thank you to those who contributed articles this month or have committed to do so for future editions.

We are still looking for more volunteers to join the production team to maintain the service. The ideal situation though would be to find a new sponsor for the service – *we haven't given up on this yet.*

Please get in touch with Nikki Enoch, VAGA Director, if you can support E-FoS in any way - nikki@vagaassociates.com

This edition contains features on:

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Editing for March, Ilona Berry

I am please so see that we have ended up with a bumper edition this month! Thank you to Spirit of 2012, sport coach UK, SkillsActive, West Yorkshire Sport and Scottish Disability Sport for your articles. I hope this will inspire other organisations to showcase some of the great work I know they are doing! While there is still much to do, we have so much to be proud of in the UK around equality and diversity in sport. For example, on a recent trip to Vienna I was really pleased to hear that Sport England's 'This Girl Can' programme is known around Europe as an example of good practice, particularly around promoting positive body image.

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IF Only...

Debbie Lye, Chief Executive of Spirit of 2012 looks forward to Loughborough Inclusive Futures Camp (took place 21- 22 March)

This weekend I am heading to Loughborough to join the Youth Sport Trust's Inclusive Futures Camp. The camp will focus on the 3 themes of Challenging Perceptions, Increasing Participation and Inclusive Provision. Importantly, with its talented workforce of 120 young leaders [managed by 8 city co-ordinators from across the UK](#), it will demonstrate that a more inclusive world need not be just be a dream.

Spirit of 2012 is a charitable Trust set up by the Big Lottery Fund to carry forward the spirit of achievement and national and community pride that lit up the nation that amazing summer of 2012.

We do this by funding organisations to offer projects that carry on, reinvent and sustain that spirit right across the UK. I am pleased that Inclusive Futures was one of the first projects Spirit of 2012 agreed to support, because the Youth Sport Trust's leadership programmes and the pioneering work they have done in the field of disability sport are hugely respected across the world.



Spirit CEO – Debbie Lye - centre (orange jacket) at Inclusive Futures Bath launch – Feb 9th 2015.

Inclusive Futures is a great fit for Spirit's mission because it meets our top priorities of challenging and changing the predominant perceptions of disabled people, and of increasing participation in both sport and volunteering. Best of all Inclusive Futures brings together disabled people and non-disabled people as a team to lead and manage events and school and community activities.

It provides a model of what a more enlightened society could be like, one where we really are challenging limiting perceptions and recognising that we can't afford to ignore the talents of everybody. Inclusive Futures is about opening doors and broadening horizons. It is walking the walk, not just talking the talk.

The acronym of Inclusive Futures is IF. I love that idea. Just reflect for a moment - 'If' is one of those words we use 100 times a day without even noticing it. Yet stop and think about it: that little 'if' word opens up big visions of possibility and potential.

For those of us who are idealists, “IF only we lived in a better world” is a dream we all share. The great thing about Inclusive Futures is that it empowers people to turn dreams of a better tomorrow into today’s tangible reality.

A very vivid example of this for me is my visit to the Sainsbury’s UK School Games in Manchester last September. It was so impressive to walk into a sports hall and see young disabled people taking a lead in guiding, helping and advising, rather than being treated as unable even to help themselves, let alone support others. That is true empowerment.

Back to this weekend... The 120 young IF leaders have a terrific opportunity to learn from the trainers, wonderful IF ambassadors – including Kate Grey, Stephen Miller and Adam Mould – and from each other. They will share their ideas and dreams and to develop their action plans to **Challenge Perceptions, Increase Participation and Inclusive Provision** in their cities and communities.

It is terrific to see the pledge that London 2012 would ‘inspire a generation’ being honoured, sustained and creatively developed by the Youth Sport Trust, by the 8 IF host organisations and by the dedicated young leaders. I hope that this will be a very happy and productive weekend at the beginning of a long future of inclusive leadership.

Spirit of 2012 will be watching and monitoring the programme’s development with great interest. An important part of our mission is to develop a bank of knowledge about how events can be a catalyst for social change. If the successors of these pioneering IF co-ordinators and volunteers are still trailblazing inclusive ways for young people to participate in sport and society a generation on from now, that would be a truly amazing 2012 legacy.

Prime Minister recognises Sainsbury's Active Kids Scheme

Sports Coach UK tells us more...

The Sainsbury’s Active Kids Scheme, which is delivered by the English Federation of Disability Sport with support from sports coach UK, has been recognised with a Big Society Award from the Prime Minister.

Sainsbury’s Inclusive Community Training is a creative, informal and informative workshop. It is designed to improve the skills and confidence of those who support disabled people to be more active. Meanwhile, *Sainsbury’s Inclusive PE* makes free training and resources available for teachers and school staff across the UK in providing high quality PE provision for all young people.

At the turn of the year, *Sainsbury’s Inclusive Community Training* was credited with “opening the eyes” of participants as the scheme celebrated its 1,000th successfully-trained participant. It has dozens of further sessions arranged for 2015 spread right across the country. And now the wider *Active Kids* scheme has received fulsome praise from Prime Minister David Cameron, who said:

“I’m pleased to make the Sainsbury’s Active Kids programme a Big Society award winner. This scheme has made an important contribution to the UK’s Olympic legacy, helping millions of young people get involved in sport.”

Sarah Milner, Diversity and Inclusion Development Lead Officer at Sports Coach UK, said:

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"Sports coach UK are very proud to work in partnership with EFDS to develop the training for the Active Kids for All: Inclusive Community Training programme. We hope that this programme builds confidence in among others community leaders, parents and support workers to get disabled people of all ages more active. This will be achieved by developing their skills to help create more opportunities for disabled people to get active and develop a sporting habit for life."

Sarah Ellis, Head of Corporate Responsibility and Society for Sainsbury's, said:
"We're really proud of everything we've achieved with our *Active Kids* scheme over the last 10 years. We launched the campaign in response to growing concerns around childhood obesity levels, and it has evolved to become a trusted resource that helps bring healthy living to life in the classroom."

Kat Southwell, Active Kids for All Manager at English Federation of Disability Sport, added:
"Sainsbury's *Inclusive PE and Inclusive Community Training* allows us to reach more disabled people through physical activity and sport, making active lives possible. At EFDS we are proud, alongside all of our programme partners, to be making a difference within schools and community environments through *Active Kids for All*."

Sainsbury's *Inclusive PE Training* has been developed in partnership with, and is delivered by, Disability Sport Northern Ireland, Disability Sport Wales, Scottish Disability Sport, the English Federation of Disability Sport, alongside the Youth Sport Trust. It is supported by the British Paralympic Association. *Sainsbury's Inclusive Community Training* has been established through a £1 million National Lottery grant from Sport England. This initiative is being delivered across England through the English Federation of Disability Sport and sports coach UK.

Find out more about *Sainsbury's Active Kids for All Inclusive PE and Inclusive Community Training* on the EFDS website <http://www.efds.co.uk/> and by following #ICT and @Eng_Dis_Sport on social media.

Skills Active Inclusive Fitness

SkillsActive, as the Sector Skills Council for the active leisure sector, are often invited to participate in projects which aim to raise participation in physical activity across all demographics. In this article, I aim to give some detail on two current projects we are involved in, namely the Universal Fitness Inclusion Training (UFIT) project and the Promoting Physical Activity and Health in Aging (PAHA) project.

UFIT

People with disabilities are three times less likely to be physically active and twice as likely to be obese than the able bodied population and are underrepresented in mainstream fitness environments. Many fitness centre managers and instructors do not feel confident working with people with disabilities and this is exacerbated by a lack of awareness regarding the benefits to be gained from participation in physical activity. A number of factors contribute to this including:

- the vocational preparation of fitness professionals
- the operating policies and attitudes of employers and staff

Few vocational educational training programmes equip fitness professionals with sufficient knowledge, competence and skills to work with people with disabilities, even though the

United Nations Convention of the Rights of Persons with Disabilities (2006) says member states shall:

- a) encourage participation in mainstream sporting activities;
- b) provide opportunities to organize, develop and participate in disability-specific sporting and recreational activities;
- c) ensure equal access to recreation and leisure activities

The UFIT project builds on the work of two previous projects. It draws together a Sector Skills and Knowledge Alliance to maximise the impact in real work contexts and to ensure the quality of the transfer of the training programme. The training resources and model which underpins it will be piloted in Ireland, the UK, Spain, France and the Czech Republic with instructors in real work environments. Resources will be tailored to ensure sectorial needs are met. In addition, the partners aim to accentuate current promotional resources to create a multimedia European awareness and education campaign to be used in wide-scale dissemination activities across the stakeholder mix of training providers, employers, employees, and representative bodies. As a result of this project more fitness instructors will be equipped with the competence needed to work with people with disabilities and more workplaces will cater for their inclusion. The launch event for this will be October 2015, and the training programme will be available from this date.

Promoting Physical Activity and Health in Ageing

Europe faces a serious demographic challenge. Each year the average life expectancy in the continent increases by three months, and the number of people aged 65+ will double over the next 50 years, putting an enormous pressure on health care and social security systems.

At the same time, it is now known that inactivity is the fourth biggest killer in the world. The detriments to personal health caused by the lack of physical activity are well recorded, as are the significant economic costs associated with sedentary lifestyles.

Disease prevention and health promotion through physical activity can help Europe's older generations to remain independent and maintain a good quality of life for as long as possible. In other words, physical activity is a cost effective method to reduce the risk of non-communicable diseases (NCDs) such as hypertension and diabetes, whilst fostering social interaction, community participation, and improved levels of social cohesion.

Despite strong evidence showing that investment in physical activity can result in higher quality of life and better health, EU Member States spend on average less than 3% of their annual health budgets on health promotion. Lifestyle factors should be at the centre of strategies and public interventions aimed at combating NCDs. We simply need to get more people, more active, more often.

The PAHA Project

The Promoting Physical Activity and Health in Ageing (PAHA) project is a tailored intervention for older adults with different functional capacities. Through a supervised and structured exercise programme targeted at the 55-65 year old age group, PAHA intends to

convert currently inactive people into regular exercisers at a level that is beneficial to their health; supporting the EU guidelines on physical activity and the European Week of Sport.

In each one of the 8 project partner countries – Denmark, Finland, Germany, Greece, Hungary, Ireland, Portugal and the United Kingdom – 3 fitness centres will run 3 trial sessions of supervised exercise of 6 weeks duration, for 15 participants at each session. For that purpose, the fitness coaches, instructors and other community workers involved in the project will receive specific training on both motivational skills and active ageing promotion.

Participation in the trial periods will be free and the older adults who take part in the project will be offered preferential arrangements for them to continue exercising for a minimum of a further 6 months period, together with some non-monetary incentives.

Proper measurement and assessment will be crucial. Through a comprehensive evaluation system, the PAHA Project will develop an intervention that will be made available for education across Europe. The aim is to create a methodology that can easily be adapted and replicated in different settings, allowing more citizens to take up regular exercise and health-enhancing physical activities. The outcome and success of this study will be published in a peer-reviewed journal by the academic lead, Professor Alfonso Jimenez of the European University of Madrid, with guidelines and details of the intervention made freely available.

For further information on either of these projects, please contact Rob Wilkie on robert.wilkie@skillsactiveregisters.org

One Nation Community in Sheffield

One Nation Community was established in 2013, in order to address levels of anti-social behaviour and crime within inner city Sheffield. The organisation uses sport and physical activity to improve community cohesion and address health inequality within deprived inner city areas of Sheffield. Initially using Boxing as a hook, One Nation has developed rapidly to widen their offer and been awarded for their hard work, receiving local and nation accolades.

One Nation is very popular, with over 200 attendees every week, many of which are young people. The Community Centre offers the opportunity to learn about healthy lifestyles, meet new people and experience positive local role models.

Development Story

In 2011/12 anti-social behaviour was a concern of the local residents. In July 2012 official figures suggested that 125 anti-social behaviour orders had been handed out in this area alone. The police helicopter was out most days to support their colleagues on the ground, to deal with incidents relating to drug dealing, burglary, criminal damage, etc. Young people didn't seem to have anything positive to occupy their time with. Youth provision that had existed for some time had been inappropriate.

It was in order to address this gap in provision that the Usmania Mosque and Education Centre became involved in running events in partnership with other stakeholders, for

example neighbourhood groups, South Yorkshire Police, local councillors and community leaders.

In recent years, further observations and events led the Usmania Centre to identify that there was still a need for the youngsters to engage in activities in a safe and secure environment. One Nation Community was created, working with the mosque and local community in order to address this perceived need.

Between 2011- 2014 anti-social behaviour has reduced by 53%, which is heavily linked to outreach work and centre-based provisions of One Nation Community.

Police Inspector, Ian Stubbs said:

“Everybody deserves to live in a peaceful and safe environment but unfortunately that doesn’t always happen. One Nation Community Centre is a fantastic project which is offering so many different provisions to the local area. It was particularly interesting to see how the introduction of boxing into the community is already having a positive result on the crime statistics.”

Labour Councillor Nikki Bond said:

One Nation “does play an important part in the reduction of anti-social behaviour and the display of partnership working with the Police, Sheffield City Council and local communities”

Sports Provision

One Nation Community Centre, supported by England Boxing, was successful in achieving Sportivate funding - a London 2012 legacy project aimed at giving young people aged 14-25 more opportunities to try out different sports and find one they love.

Following the popularity of Sportivate boxing projects in mosques around Sheffield, One Nation Community Centre has been promoting sessions to young people - particularly those in the Asian community - and the boxing sessions have seen a steady rise in popularity as word gets around.

Hoping to inspire and encourage youngsters, including women and girls, to give boxing a go, GB Boxing coach and former international boxing star Amanda Coulson and European silver medallist Stacey Copeland, joined in sessions across the City. A summer Sportivate project (2014) in Sheffield has seen almost 130 women get involved in boxing for the first time. Aimed at increasing the acceptance of boxing as a sport for all sectors of the community the project took place over four sites, with female coaches being trained to deliver either BOX sessions or qualifying as level 1 coaches in order to lead the sessions.

One World Sports has been working to challenge perceptions of sport among mosque communities by introducing activities that help to engage young people, reduce anti-social behaviour, and provide a healthy and social activity for women. Boxing has since been a big hit in faith centres, and several mosques run regular sessions, with some going on to affiliate as boxing clubs. Provision has been made for women, who were previously excluded for such reasons as dress code or family duties, and the centre is also adding education and training facilities. This particular project tackles barriers faced by Muslims and women from black and minority ethnic backgrounds. The project has been so successful that following the award at the British Ethnic Diversity Sports Awards on Saturday, 21 February, the group was

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invited to the Women in Sport Insight Series to share the work they've done as an example of best practice.

Awards

The One Nation Centre in Sheffield has won Best Community Sports Project at the first ever British Ethnic Diversity Sports Awards. The project's significant impact on increasing participation amongst BME communities resulted in its nomination and ultimate success.

Future Developments

Our vision is that the One Nation Community Centre will bring all communities together to learn, play, socialise and develop initiatives that lead to an improvement to Sheffield as a whole. One Nation wish to expand the services they offer to include a wider range of sports and activities. Focus within the next year will be to develop the community building to provide services for women and girls. Further to this, the Centre will be used by the Shipshape organisation (part of the NHS) for a range of educational health classes and health screenings. One Nation is also committed to developing its local community, and currently provides a range Education courses. In the future One Nation would like to create a hub for Coach Education for BME volunteers and coaches.

Contact for more information: Julian Pratt, Communication Manager, West Yorkshire Sport & South Yorkshire Sport, Julian.Pratt@wysport.co.uk



Stacey Copeland with women and girl participants at a boxing session – One World Sports Programme ,One Nation Community, Sheffield

West Yorkshire Creating Connections project



Creating Connections
Supporting disability sport



Improving the physical activity pathway for people in West Yorkshire with a disability

What?

The Creating Connections project started in April 2013 as a two-year Sport England Inclusive Sport funded project to design and develop a sport and physical activity pathway for disabled people across West Yorkshire. A collaborative approach was taken to utilise the expertise of healthcare professionals, service users, clubs and activity providers.

The aim is to support people to get involved in community sport and physical activities, and to support community clubs/providers to welcome more disabled people to their sessions. A social prescribing methodology was used along with Department of Health Let's Get Moving guidance and NICE brief advice guidelines for increasing physical activity (public health guidance 44). The connections to the health sector and disabled people's organisations are a significant part of the project.

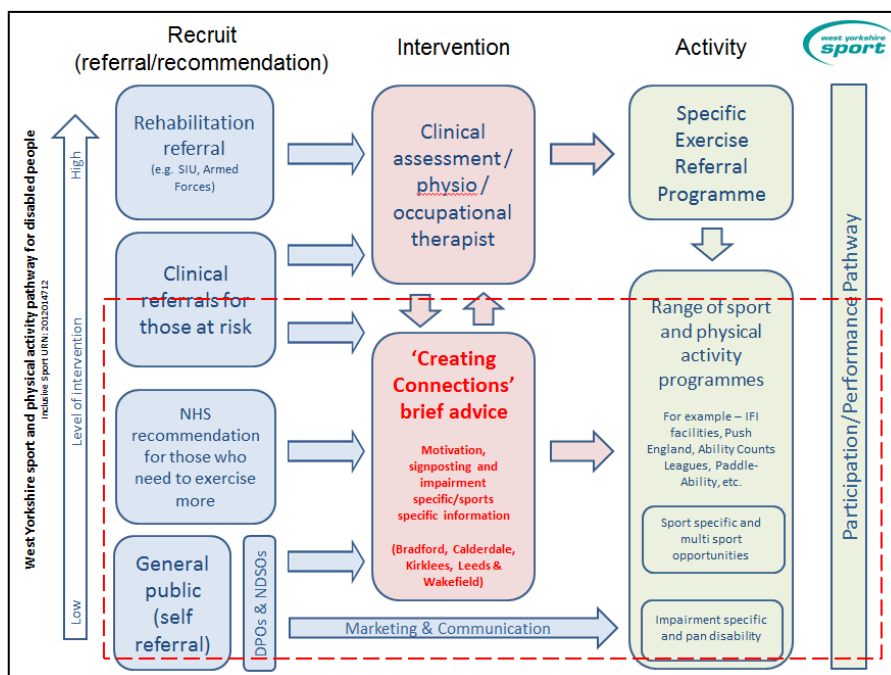
Why?

A gap in 'recruiting' disabled people into activity was identified through local stakeholders and following consultation with disabled people and disabled people's organisations. West Yorkshire has a wide range of activities available and we needed to identify a better way to connect people to these opportunities in a targeted and tailored manner.

This was particularly apparent with the adult population as many of the projects and programmes across the network had focused on children and young people's participation.

How?

The following pathway diagram identifies the scope of the project:



* RED dashed area designates the reach of the 'Creating Connections' project.

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Recruit – A bespoke online recommendation and client management system was designed and developed to enable health professionals (such as physiotherapists, occupational therapists, eye clinic liaison officers, care navigators, etc.) to recommend people to the service. Individuals are also able to self-register online, using paper copy forms and over the telephone. GPs were not targeted as recommending agents during the initial development stages but this is an area for expansion in the near future.

Intervention – Project officers are deployed to each district across West Yorkshire and are responsible for the direct intervention with participants using the service. All are trained in motivational interviewing techniques to provide advice and signpost to participant-centred activities. A self-reported baseline ‘activity level’ is recorded using the single-item physical activity questionnaire. This is then followed up at 3, 6 and 12 months.

Activity – Although a wide range of activities were already available, market development was also required where gaps in provision were identified by the project officers. This allowed us to nominate ‘focus’ providers who received additional support to set up or extend their provision for disabled people. Individuals are also encouraged to get active outside structured sessions if this is identified as a more realistic goal during discussions.

Outcomes

A project evaluation report is due to be completed by summer 2015. Interim findings for individuals reaching the 6 month follow up point show that 72% have increased their activity levels by a minimum of 1x30 minutes per week (very small sample size).

Case study: Danielle Kerridge (Huddersfield)

Danielle became a wheelchair user around a year ago after a car accident. As part of her rehabilitation she wanted to get involved in sport and physical activity.

Her physiotherapist Jo (South West Yorkshire Partnership NHS Foundation Trust) completed the online recommendation form to register Danielle for the Creating Connections service.

Jo said: “It’s great that Danielle has managed to find an appropriate opportunity for her to get active and involved as our team don’t have the capacity to keep up to date with activities for the wide range of clients that we work with. I will certainly be using the service again in the future.”

Danielle Kerridge: “I’ve been playing at the wheelchair sports club for about a month now, I’ve made new friends, developed my skills and confidence and now I’m looking forward to playing in some matches, and hopefully getting involved on the committee.”

Further case studies from the project:

1. [Increasing sport provisions and club membership at Pudsey Gateway, Leeds](#)
2. [Powerchair Football Club, Bradford](#)
3. [Individual - AH \(a new member of Halifax Rugby Union/ Halifax Magpies\)](#)

Video examples can be found at:

www.wysport.co.uk/cc or on our YouTube Channel:

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Scottish Disability Sport Update

Three news items to update you on recent developments and activities within Scottish Disability Sport:

Athletes with a Disability Transitioning to Coaches

Scottish Disability Sport (SDS), with support from partners, is encouraging athletes and players to become coaches. The athletes and players with a disability come from across the continuum of participation, ranging from grassroots through to high performance. Currently there are various interventions which are being explored to identify what meets the needs of the athletes and players transitioning from playing to coaching.

- **sportscotland** has provided funding to make qualifications accessible, for example providing interpreters, scribes or modification of resources.
- Sports Coach UK, in conjunction with **sportscotland**, is holding a consultation event with coaches with a disability to identify challenges and solutions with a view to proposing recommendation for facilitating the transition. A report of the consultation will be available in a future edition of this newsletter.
- SDS Regional Development Managers are identifying potential candidates to become coaches and provide support and guidance with links to Local Authorities and clubs, where they will practice their coaching in future.
- SDS is engaging with squad coaches to identify players with potential and desire to become coaches.
- SDS Branches and clubs are promoting at a local level the opportunities available.

A report will be published once the interventions have been reviewed and further knowledge has been gleaned regarding what support best meets the identified needs.

SDS would welcome from any organisation or individual who has done work in this area. For further information or to contribute, please contact: admin@scottishdisabilitysport.com.

Successful East Parasport Festival

The fourth Edinburgh Paralympic Experience Event took place at Forrester / St Augustine's High School in Edinburgh on Friday 13th March 2015 and it proved to be the largest to date, with 61 young people with a physical or sensory disability registering to participate. The event is delivered through a unique partnership approach between Edinburgh Active Schools, Scottish Disability Sport and Lothian Disability Sport and this year, Edinburgh Leisure provided valuable support to the swimming element of the event.

Swimming made its debut at the event which proved to be one of the most popular sessions of the day, with many commenting on the positive experience. All levels were catered for and the vast majority took part. Swimming is one of the leading para sports for people with a disability and there is an extensive and established pathway available within the East of Scotland, making its inclusion even more relevant. Scottish Swimming supported the session

and used it as part of their legacy plan for the upcoming IPC World Championships 2015 in Glasgow.

The other sports included athletics, badminton, judo, table tennis and wheelchair basketball and each was selected due to the strong club links locally, meaning the young people and their parents can make direct contact, encouraging long term participation.

The event was enhanced further by the inclusion of a High Performance Para athlete's panel, which allowed for an engaging question and answer session with Samantha Kinghorn, Maria Lyle and Robyn Love. Each athlete attended the event during the afternoon session to spend time with the young people beforehand, which proved very inspirational.

The Paralympic Experience Event attracted further interest due to it being Legacy week -an opportunity to highlight the legacy of the Glasgow Commonwealth Games – and Speaking during Legacy Week, Jamie Hepburn, Minister for Sport, Health Improvement and Mental Health, said:

“With their impressive seven medals including three Golds, Scotland’s para-athletes certainly did us proud last summer. One of the most memorable things about Glasgow 2014 was the fact that Para-athletes were able to compete on the same stage as their able-bodied teammates. We want everyone who was inspired by that to be able to try their hand at sport. That’s why the Paralympic Experience is such a fantastic event for young people in Scotland.”

We would like to thank all the young people and their parents for attending the event and we know that it was a positive experience for all who attended. The input from the clubs, Scottish Governing Bodies of Sport and all the coaches and volunteers was invaluable and hugely appreciated.

We have already started the planning for next year’s Paralympic Experience which promises to be even better, and with the Paralympic Games taking place in Rio in 2016, we hope to see even more individuals with a disability being inspired to get involved in sport.



SDS West Para Sport Festival 2015

The sixth annual West Para Sport Festival took place on Tuesday 10th March at the Ravenscraig Regional Sports Facility in Motherwell.

115 pupils with physical disabilities and visual Impairments from schools across the West of Scotland took part in a variety of sports sessions throughout the day.

The purpose of the event is to provide the pupils with an opportunity to participate in the para sports and to signpost pupils who have an interest, into clubs within their area. Governing

Bodies of Sport, clubs and volunteers assisted in delivering sessions in the sports of: athletics, badminton, wheelchair basketball, boccia, cycling, football, judo, rowing, tennis, table tennis and bowls. Scottish Disability Sport is grateful for the continued support of the Governing Bodies at this event and the coaching input provided.

We were delighted to have some prominent Scottish para-athletes assisting on the day. Kayleigh Haggio, Hope Gordon, Michael Murphy, Nicholas Donnelly, Fiona Christie and Gary Davidson were in attendance to coach in their sports.

The on-going partnership with the [Celtic FC Foundation](#), 'Inspiring Sport', has proved extremely successful and this event was supported through funding from the project. Celtic FC coaches delivered the football sessions which were thoroughly enjoyed by all the participants.

SDS was delighted to welcome Celtic midfielder, Callum McGregor, to the event. Callum was just off the training ground but he took some time to visit all the sports and see some of our future Paralympic stars in the making. The young participants were thrilled to see Callum there and we thank Callum for his attendance, and for taking the time out of his busy schedule.

It was a very busy and tiring day for the participants but a very successful one and many positive comments were made on the day and post event.

Thanks must also go to: Ayrshire College students, Hillhead High Sports Leaders, Active Schools coordinators from West Local Authorities, Glasgow Life staff and the many volunteers who assisted on the day.



A selection of general information of interest – this section is now supplied courtesy of a weekly subscription information service covering output from the sector in England only - ***Sport and Physical Activity Link***. For more information on the service contact: [Jenny Warner](#):

[This Girl Can coach with sports coach UK](#)

Over the last few months Sport England's [This Girl Can](#) media campaign has lit up television screens across the country. It's a celebration of women exercising everywhere, no matter how jiggly their bits or how red their faces.

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As the UK's lead agency for coaching we're proud to be supporting This Girl Can by tackling the gender imbalance in coaching; we believe that more women coaching offers more choice and more coaches, which ultimately means more women participating in sport.

THE FACTS

Currently there are more men coaching than women and we think that everyone doing sport should have the choice as to who coaches or leads their activity.

[EU research](#) has highlighted that women only account for around 30% of coaching workforce, this proportion drops to 17% of qualified coaches and only 12% of highly qualified coaches.....

A new information source – an infographic:

[Women and Coaching in 2015 – The facts. It's not just about gender equality or a numbers game. Let's look at some of the benefits \(sports coach UK February 2015\).](#)

[Amateur Swimming Association - Lesbian, Gay Bisexual & Transgender Roadshows](#)

The Amateur Swimming Association held an LGB&T Roadshow at Manchester Museum on Sunday 22 March 2015.

In December last year, the ASA conducted an LGB&T swimming audit in partnership with the Government Equalities Office Anti-Homophobia & Transphobia in Sport steering group, Ditch The Label, Pride Sports, Transsexuals in Sport and Stonewall.

The aim of this insight project was to identify the barriers and motivations to swimming for LGB&T participants, then devise a follow-up strategy to effectively address these.

The ASA's Equality & Diversity Programme Manager, Jamie Hooper, is inviting swimmers and non-swimmers from LGB&T communities to come along and listen to the findings of the audit completed last year and the subsequent strategy.....

The events are completely free of charge and refreshments will be provided on the day.

There will be three other events, venues to be confirmed:

Brighton, 28 March

London, 29 March

Birmingham, 25 April

An event...

[Westminster Briefing – Tackling hate crime in football](#)

[7 July 2015, London venue tbc](#)

Since the Home Office published the "Challenge It, Report It, Stop It" action plan much has been done to tackle hate crime generally. However with incidents of hate crime in football continuing to emerge particularly in the form of chanting, online abuse and violence there is much more that can be done.

Very useful advice from the RYA....

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[What is a family? Could your club be discriminating? Royal Yachting Association \(March 2015\)](#)

Families come in many shapes and sizes.

If your rules still say 'husband and wife', you could be making single-parent families, unmarried couples with children, or same-sex couples (even if they are married) feel unwelcome.

You are also at risk of discriminating on the grounds of sexual orientation and/or marital status, both of which are protected characteristics under the Equality Act 2010.

Find out more information on the [Equality Act and how it applies to your club](#).

Here are some [short training videos](#) which illustrate the potential pitfalls of failing to treat everyone equally.

[For the Love of the Game: Women to inspire football. The FA \(8 March 2015\)](#)

The FA has produced a short film, For the Love of the Game, to inform and inspire girls to get into football.....

[Women in Sport receives Comic Relief grant to launch boardroom gender inequality research \(26 February 2015\)](#)

With support from Comic Relief, Women in Sport will launch a new three-year research project to address gender inequality at the top level of sport in the UK.

Almost half of National Governing Bodies (NGBs) in England are failing to meet guidelines of 25% Board gender diversity by 2017. Women in Sport will work with NGBs, existing female directors as well as the next generation of female sport business leaders to help understand the barriers that face women working in sport.

Sport England and UK Sport have also pledged support to the programme as part of the organisations' respective commitments to women's representation in sport. **The first report will be launched in August 2015 at a round-table event**, followed by annual updates on progress made across the industry.

National Deaf Children's Society Sports Coach Bursary Scheme

The Sports Coach Bursary Scheme managed by the National Deaf Children's Society (NDCS), aims to support deaf young people and adults to gain formal sports coach qualifications.

The scheme is part of the NDCS's deaf-friendly activities programme Me2, provides financial support to deaf people to want to become a sports coach and gain coaching qualifications, or are looking to improve their existing qualifications.

There are still opportunities for deaf people aged 16+ to take up the bursary scheme. So if you want to become a sports coach and deliver activities for deaf people then you can apply today.

To find out more about the Sports Coach Bursary Scheme [visit the NDCS website](#).

Alternatively you can email the NDCS Inclusive Activities Team - email: me2@ndcs.org.uk

[British Universities and Colleges Sport - Female Participation in Sport information Hub](#)

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To support universities in developing their sporting offer for female students BUCS has built an online HUB of information from across the web.

UK Deaf Sport - National Sport and Physical Activity Survey

In February UK Deaf Sport launched their first National Sport and physical activity survey. The survey aims to find out the views, experiences and attitudes of people who are deaf and hard of hearing towards sport and physical activity

The survey is hugely important as it will be used to shape the future of Deaf sport and physical activity

The information provided will be used by over 20 sport national governing bodies and a wide range of leisure service providers like leisure centres and councils to provide the sort of activities people want to do.

The data will be used to support future funding applications for deaf sport to help provide more opportunities for people who are deaf or hard of hearing to play, coach and volunteer in sport.

The survey is deaf friendly and there is also a BSL introduction

UK Deaf Sport Director of Development Lee Dolby says “ Please can we urge all people from the deaf community to complete the online survey, the data will be really important in ensuring that deaf sport and physical activity is not marginalised”

Go to the following link to complete the survey:

<https://www.surveymonkey.com/r/7KKGBY8>

Elite Athlete Ambassadors revealed for My Sport, My Voice. UK Sports Association for People with Learning Disability (5 March 2015)

The UK Sports Association is delighted to reveal the 13 high performance athletes who have been selected as Ambassadors for the national campaign My Sport, My Voice!

Thanks to funding from Spirit of 2012, a trust set up to sustain the spirit and opportunities from the London 2012 Games, My Sport, My Voice! is raising the profile of the UK's elite

athletes with learning disability by providing a platform to showcase their sporting achievements and inspire others to succeed.....

Over the next 16 months, the Athlete Ambassadors will be co-delivering workshops in their regions and countries whilst representing the programme in the media to educate and enlighten not just the sporting community but the wider general public too. They will be supported by a number of Athlete Reps, whose names will be announced very soon.

You can meet and watch interviews with the 13 Athlete Ambassadors by visiting:

www.uksportsassociation.org/mysportmyvoice

Some recent publications you might not be aware of:

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[The impact coaching has on disabled people's participation in sport: A review of a sports coach UK report focusing on disabled people's experiences. English Federation of Disability Sport and sports coach UK, dated January 2015, released March 2015 \(24 pages\)](#)

Using a sports coach UK report from 2014 which looked at the impact coaching has on people's participation in sport, this report focuses specifically on disabled people's experiences and how they compare to non-disabled people.

[Information, Equipment and funding: Seated Throws. England Athletics, March 2015 \(8 pages\)](#)

A resource to help provide clarification on athlete classification and eligibility, throwing frame specifications and methods of securing them, implement suppliers and sources of funding.

The details of this new guide were included in last month's edition... this update from Sporting Equals does give a little more background and also information on forthcoming publications...

Sporting Equals releases first edition of its Sports Insight portfolio

Our latest consumer research looks at how sports organisations can engage the young Indian male market and how the offer can be tailored to maximise engagement. The guide is based on findings from our research programme which we consulted through faith centre settings and community events.

We also carried out focus groups with two key black and minority ethnic (BME) youth groups made up of young Indian males from Hindu and Sikh backgrounds. We also completed lifestyle questionnaires at cultural festivals building insight into how this market segment approaches sports participation.

It summarises information on how to engage young Indian males and the areas to consider when planning sports activities.

This is part of a series of work, which takes an in-depth look into a variety of BME market segments and groups.

Upcoming work includes:

Young Muslim Females (16-25)

Young Black, African and Caribbean Males (16-25)

These guides are due to be made available early/mid April 2015.

To download the 'Young Indian males' guide visit: <http://sportingequals.org.uk/news-blogs/young-indian-males-guide.html>

Haroon Jabar

Market Insight Officer

Sporting Equals

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General information, publications /resources....

[DECISION TIME: Will the voluntary sector embrace the age of opportunity? Final report of the Commission on the Voluntary Sector & Ageing. Commission on the Voluntary Sector & Ageing, March 2015 \(16 pages\)](#)

Longer life expectancy is opening up new possibilities for individuals and communities, offering the potential for an age of opportunity, in which the voluntary sector could thrive. However, we now stand at a crossroads: the voluntary sector can choose to be in the vanguard of shaping our ageing society and embracing its opportunities, or remain in a slumber—missing the huge potential of an ageing nation. An ageing society is not a distant possibility—it is already happening—but voluntary organisations are not ready. If the sector fails to prepare it will miss the chance to help determine how society develops, and will lose out on the dividends of our ageing population—worth £6.5bn in additional funding and volunteer effort alone by 2033.

[New measures to support more disabled people into work. Department for Work and Pensions \(12 March 2015\)](#)

A bold ambition to ensure more disabled people can benefit from the UK's growing economy and jobs market is behind Access to Work changes.

Reforms to Access to Work unveiled in Parliament today will pave the way for thousands more disabled people to be supported into mainstream employment, while being given new choices and control over the type of practical help they receive.

Changes to the scheme will also enhance support for disabled people who wish to start their own businesses.....

In 2013 to 2014 Access to Work spent £108 million to help 35,540 disabled people enter or remain in work, over 4,000 more than in 2012 to 2013, and ministers wish to see this growth continue. The investment of an extra £15 million in the scheme since 2012 has seen a steady rise in the numbers of people supported.

[This is your future: A career guide for disabled students, by disabled students. Leonard Cheshire Disability, March 2015](#)

Written and produced by disabled students on [our Change100 work placement programme](#) and is based on their own experiences.

Change100 is an employment scheme which places talented disabled students within some of the UK's leading companies for three-month work experience placements. It provides life-changing opportunities for disabled undergraduates to work for top employers.

[Stopgap Dance Company Replay \(inclusive dance class for disabled people\) Inclusive Yoga – YouTube, just over 5 minutes in duration \(January 2015\)](#)

Replay is a digital channel created by Inclusive Dance Company, Stopgap. Replay gives aspiring dancers an opportunity to try out Stopgap's Company Class and Inclusive Yoga alongside learning extracts of Stopgap's own repertoire with tips from professional disabled dancers Laura Jones and Nadenh Poan.

Amy has been working with the dancers trying to find translations for each Yoga posture. The Integral sun salutation is something Stopgap have been working on for a while, please find your own translations or use Nadenh's or Siobhan's version. Remember you know your body better than anyone else, so don't attempt anything you are unsure about.

Stopgap will endeavour to upload regular footage of class developments and so as the

company discovers - so can you!

[There are other inclusive dance videos from Stopgap to view on YouTube](#)

[Inequality in healthy life expectancy at birth by national deciles of area deprivation: England, 2011 to 2013. Office of National Statistics \(5 March 2015\)](#)

- Males in the most deprived areas could expect to live 52.2 years in 'good' health, compared with males in the least deprived areas who could expect to live 70.5 years in 'good' health.
- Females in the most deprived areas could also expect to live less of their lives (52.4 years) in 'good' health, compared with females in the least deprived areas (71.3 years).
- Males in the most deprived areas had a life expectancy 9.0 years shorter (when measured by the range) than males in the least deprived areas. They also spent a smaller proportion of their shorter lives in 'good' health (70.5% compared to 84.9%).
- Females in the most deprived areas had a life expectancy 6.9 years shorter (when measured by the range) than females in the least deprived areas. They could also expect to spend 16.7 percentage points less of their lives in 'good' health (66.2% compared to 82.9%).
- Males in the least deprived areas could expect to live 19.1 years longer in 'good' health than those in the most deprived areas as measured by the slope index of inequality (SII). For females, this was 19.5 years

[New project to celebrate lesbian, gay, bisexual and transgender heritage. Leeds Beckett University \(17 March 2015\)](#)

Academics at Leeds Beckett University are teaming up with Historic England and experts nationwide to explore and encourage us all to celebrate the relationship between lesbian, gay, bisexual and transgender (LGBT) history and the country's buildings and spaces.

The team, led by Professor Alison Oram from the University's Centre for Culture and the Arts, and Professor Ian Strange of the Leeds Sustainability Institute, was commissioned by Historic England, previously known as English Heritage - the national body with responsibility for the historic environment.

The project, entitled 'Pride of Place: England's LGBT Heritage', aims to show that LGBT heritage is a fundamental part of our national heritage and to improve knowledge of, and access to, this history.

Together with Leeds Beckett colleague Dr Bronwen Edwards and researcher Dr Justin Bengry, as well as national experts on LGBT history and buildings and landscape history, and Historic England, the team will be investigating the places across England where LGBT communities and individuals lived, worked, and socialised in across our past.....

Recent newsletters:

[StreetGames/US Girls - Issue one - Us Girls Gossip 2015, March 2015](#)

[People Dancing - Dance, Deaf and Disabled People E-newsletter, March 2015](#)

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[Kick it Out – News, February 2015](#)

[Women in Sport – Ezine, March 2015](#)

A brief look at some local work....

[Study to use ‘peer power’ to address low physical activity rates in teenage girls. Bristol University \(5 March 2015\)](#)

A new study aiming to tackle low-levels of physical activity among adolescent girls by introducing peer-influences has been awarded £528,000 from the National Institute of Health

Research [NIHR]. The project, led by Dr Simon Sebire at the University of Bristol, will assess whether a peer-led intervention could address the steep reduction in teenage girls doing physical activity by the time they start secondary school.

Year 8 girls [aged 12 to 13] from six schools in South Gloucestershire and Wiltshire will take part in the PLAN-A feasibility trial. Students in intervention schools will nominate “peer-supporters” who will then receive training about how to be active, overcoming the barriers that adolescent girls face in being active and communication skills. The girls will then return to school to informally diffuse positive messages about physical activity to their peer group....

The [PLAN-A](#) project (Peer-Led physical Activity INtervention for Adolescent girls) is run in collaboration with the Bristol Randomised Trials Collaboration, and co-applicants in the University of Bristol’s School of Social and Community Medicine and the College of Medicine at Swansea University. Research will be undertaken with the support of DECIPHer, (the Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement) a UKCRC Public Health Research Centre of Excellence.....

[Innovative equality project wins award. University of Essex \(19 March 2015\)](#)

An innovative project which promotes equality and avoidance of discrimination for lesbian, gay, bisexual and transgender (LGBT) staff has won a national award.

The LGBT Alliance, established by the University in partnership with other Essex-based employers, won at the [Guardian University Awards](#) for Advancing Staff Equality.....

The LGBT Alliance was launched by Vice-Chancellor Professor Anthony Forster in March 2014, and now has members from 18 organisations across the county including the police and fire services **and the Essex County Football Association.**

It aims to raise issues relevant to LGBT people for comment, discussion and recommendation; to promote sexual orientation and gender identity equality; and to involve member institutions and the wider community in the promotion of equality and avoidance of discrimination.....

[York to host a women’s race during the final day of the Tour de Yorkshire. British Cycling](#)

Entries are being taken for a women’s race being held on the York circuit of the Tour de Yorkshire when it visits the town on Sunday 3 May 2015.

The category 3 race will be held over four laps of a 20km circuit, with the same infrastructure being used for the Tour de Yorkshire later that afternoon. The fully closed circuit will have police and National Escort Group safety provision. Entries are welcomed from E, 1, 2, 3

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British Cycling licensed riders and there will be a prize fund of £1000 with prize allocations down to 10th place. The race will begin at 11 o'clock, and with the closed circuit riders can expect significant crowds and an exhilarating racing atmosphere.

[From a news item in the Northern Echo \(9 March 2015\):](#)

Bob Howden, president of British Cycling said: "This is a fantastic new addition to the calendar and a great showcase for women's racing.

"The York circuit is set for huge crowds and a superb atmosphere, so we look forward to an action-packed day."

Meanwhile, a women's only mass participation cycle ride – [the Cycletta](#) – will take place on May 3. It will include part of stage three of the Tour de Yorkshire.

Calendar of forthcoming events

A more extensive list of dates for your diary can be found on the **Equality- Focus on Sport** website on [Calendar of events](#) page, just a few events in the next few weeks:

[The FA People's Cup 5-a-side Disability Festivals – events currently announced](#) (more to come):

- 28 March - Select Security Stadium Halton Widnes, WA8 7DZ
- 11 April - St George's Park, DE13 9PD
- 12 April - Goals Soccer Centre, Outland Road, Plymouth, PL2 3DE
- 18 April - Harborough Town FC, Northampton Road, Market Harborough, LE16 9HF
- 23 April - DW Powerleague Soccerdome, Derwent Parade, Pride Park, Derby, DE24 8BW
- 25 April or 2nd May - Bucklers Mead Academy, 1 St John's Road, Yeovil, BA21 4NH
- 25 April - Newcastle East End FC, Eastfield Avenue, Walkergate, Newcastle Upon Tyne, NE6 4UP

[11 April - Tennis Foundation - Visually Impaired Tennis Camp, Leeds](#)

[21 April - Interactive Conference: Disabled women in sport and physical activity: Best practice and steps forward, London](#)

[25 April - Tennis Foundation - Visually Impaired Tennis Camp, Newcastle](#)

[25 - 26 April - Boccia National Championships 2015, Sheffield](#)

[28 April - Kick It Out - Fifth National Raise Your Game Conference, London](#)

We will be very pleased to receive information of your events to add the [E-FoS calendar page](#). Please email the details, with any website links, to: jenny@vagaassociates.com

How to get the most out of this newsletter

Hopefully, you have enjoyed the variety of information in this newsletter. You can contribute! Do give us some information about your governing body, home country, sporting organisation or project. Our schedule is:

Production Date (by working week ending)	Deadline for Contributions
April - Review of the service – can it continue?	24 April 2015

Please e-mail any contributions or comments via: jenny@vagaassociates.com.

I will ensure members of the volunteer editorial team receive your input.
