

GAIN Notes

July 2019

Updates

Let's Play

6 week equipment loan scheme, free of charge for organisations working with groups of people with disabilities.

Kit available: Boccia, New Age Bowls, New Age Kurling or Table Cricket

Support:

- Training in facilitating inclusive activity sessions using the equipment
- Signposting to funding to purchase own equipment
- Advice on creating ongoing and sustainable activity opportunities

Beat the Street Gloucester

26th June-7th August

A fun, free game that will see Gloucester transformed into a giant game! See how far you can walk, cycle and run in just 6 weeks.

Play the game from 26 June - 7 August to win prizes for yourself or join a team to win team leader board prizes.

Every journey you make adds to your points total as well as your team and the whole of Gloucester.

<https://beatthestreet.me/gloucester>

Special Olympics Gloucestershire

Giving children, young people and adults with learning disabilities year-round opportunities to participate and compete in sports and physical activity.

Hub clubs across the county provide opportunities in the following sports:

Gymnastics
Boccia
Athletics
Football
Multi-Sports

Info: chrisdavis@activegloucestershire.org

Systems Mapping (Understanding the inclusion landscape)

What is a system? (see slide deck).

System mapping example (see slide deck).

Causes of inactivity amongst disabled people (see slide deck).

Systems Mapping Activity

Key causes of inactivity:

- Time
- Family commitments
- Work commitments
- Finance
- Status/Identity
- Parent carer awareness around physical activity/priorities of PA vs other aspects of care and life
- Transport
- Access
- Lack of information
- Health conditions and perceptions around health conditions

Associated barriers:

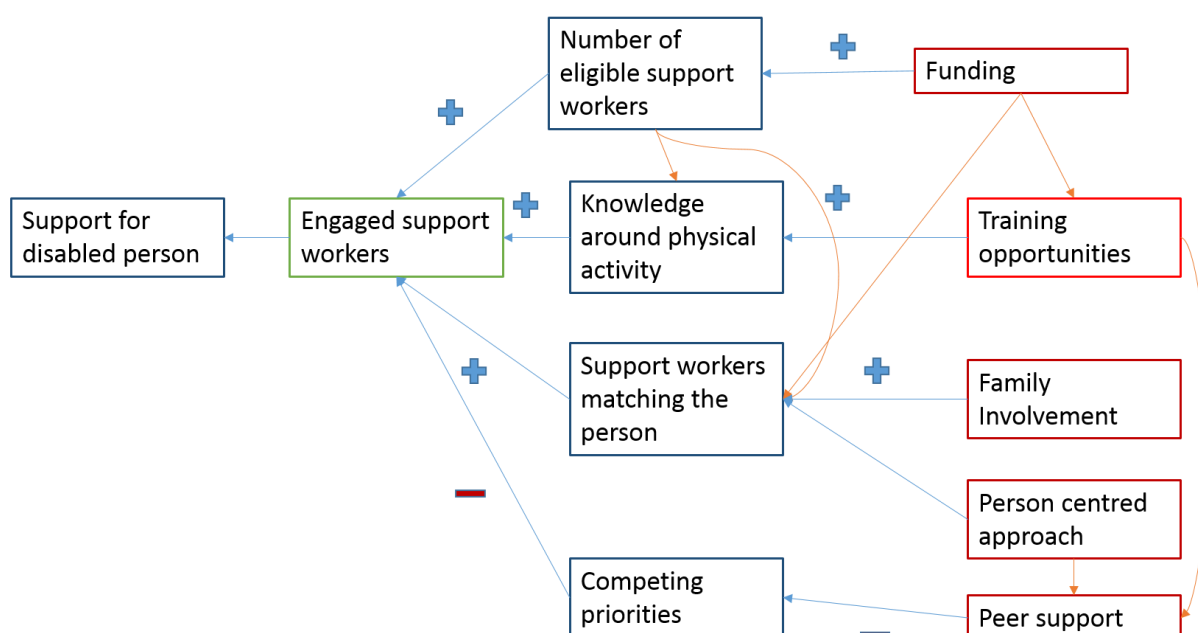
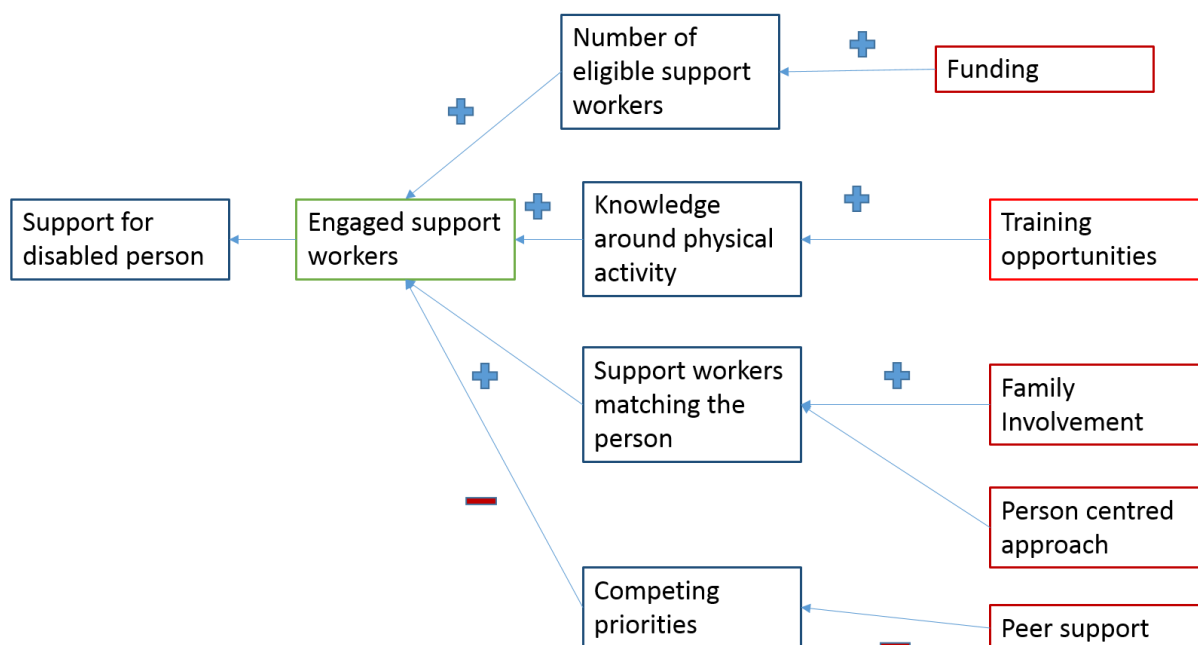
- Perceived safety of activity
- Confidence
- Isolation
- Flexibility of sessions (time and coaching)
- Time it takes to explain needs to a coach/amount of supervision required
- Lack of knowledge
- Communication
- Lack of peer support available
- Limited role models
- Parents may have negative relationship with sport
- User may have negative experience of sport as a youth

Enablers:

- Adapted equipment
- Parent/carers interested
- Images of friendship and social inclusion
- Ability to offer both fully inclusive and disability specific sessions
- Educational support for both families and providers
- Welcoming environment with peer champions
- Discount schemes for parents/carers
- Community transport
- Communication skill amongst providers and also services that connect the user to the activity e.g. bus drivers, reception staff, volunteers
- Positive role models
- Activities for parents that run in parallel but offer an active break from car

Systems map practice:

The +/- helps indicate the relationship/interlinkage between causes. If the identified cause increases...what happens to the prioritised cause? Does it increase or decrease?



COM-B Model

Behaviour Change

Decide what behaviour you are trying to change

- Be specific – identify the behaviour as specifically as possible
- Specify the location it should occur in
- Specify who is involved in the behaviour

Who needs to do that behaviour?

What do they need to do differently?

When do they need to do it?

Where do they need to do it?

How often do they need to do it?

With whom do they need to do it?

Someone must have all three: capability, motivation and opportunity for the desired behaviour to occur.

