



Active
Gloucestershire



Gloucestershire **A**ctive **I**nclusion **N**etwork

Agenda

- 1.30 – Who's in the room?
- 1.40 – Updates from Active Gloucestershire
- 1.45 – Understanding the inclusion landscape
- 2.00 – Behaviour change exercise (COM-B)
- 2.30 – **Break and refreshments**
- 2.45 – Roundtable discussion: Lessons from last time
- 3.10 – Sharing Session
- 3.30 - Q&A and Close



Welcome and Introductions



UPDATES



Let's Play

Equipment loan for organisations/groups working with disabled people.

Challenges:

- Transport to activity centres
- Cost of equipment
- Understanding how to facilitate inclusive activities

Support offered:

- training to help upskill staff and volunteers
- accessing Funding
- signposting to relevant training



Boccia



New Age Kurling



New Age Bowls



Table Cricket



Training Opportunities

How to Coach Disabled People in Sport

Learning Disability and Sport

Inclusive Activities Programme

Safeguarding in Sport and Physical Activity



Explore



Gloucester

26th June – 7th August 2019

For all info: www.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

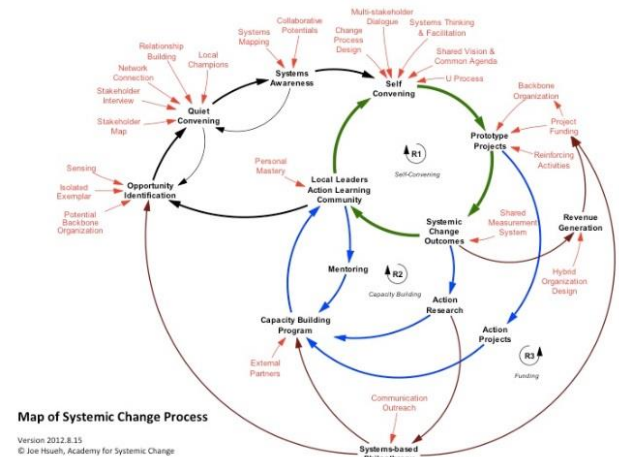
Football

Multi-Sports



Contact: **chrisdavis@activegloucestershire.org**

Understanding the Inclusion Landscape



ACTIVITY:

What is a system?

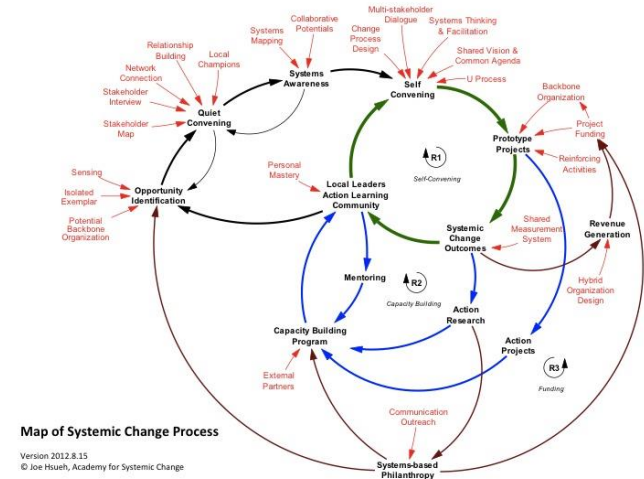
In small groups, consider your idea of a 'system' and give an example of a system that you may be part of in your work or life.



What is a system?

As system is a collection of parts that are *interdependent* and *interconnected*.

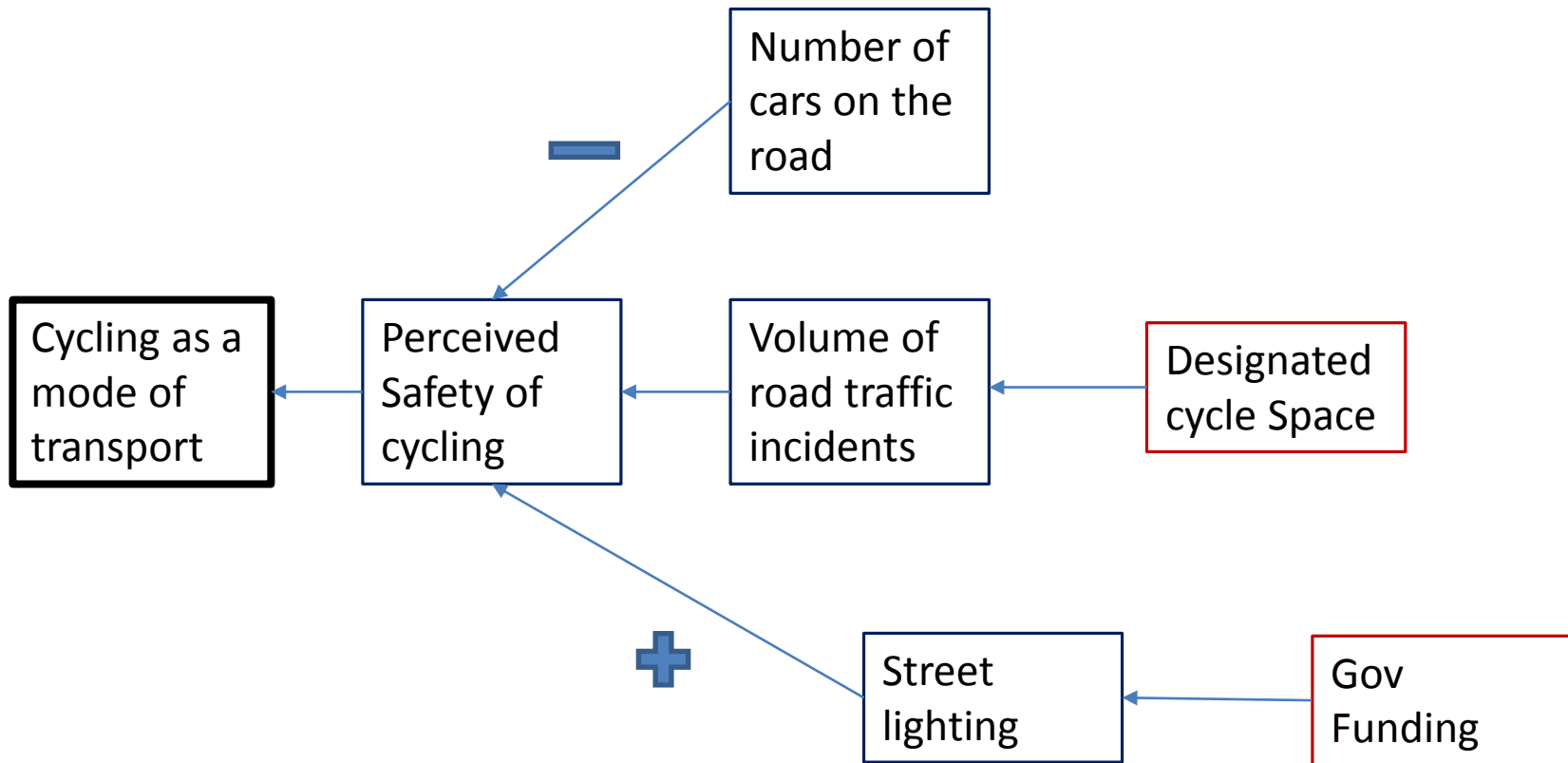
The collective functioning of these parts creates a result.



**It's not always the quality of the component parts
but the relationship between them that makes them
work effectively.**



EXAMPLE

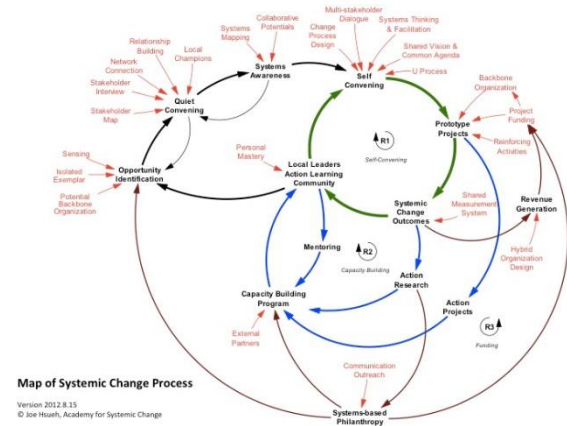


ACTIVITY:

Causes of INACTIVITY

In pairs or small groups list at least 5 causes of inactivity

NOTE: Are there any causes that are unique to living in this area?



What next?

Choose **ONE** cause to explore further and ask the question:

What other causes have a **DIRECT** effect on this one?



Behaviour change

Decide what behaviour you are trying to change

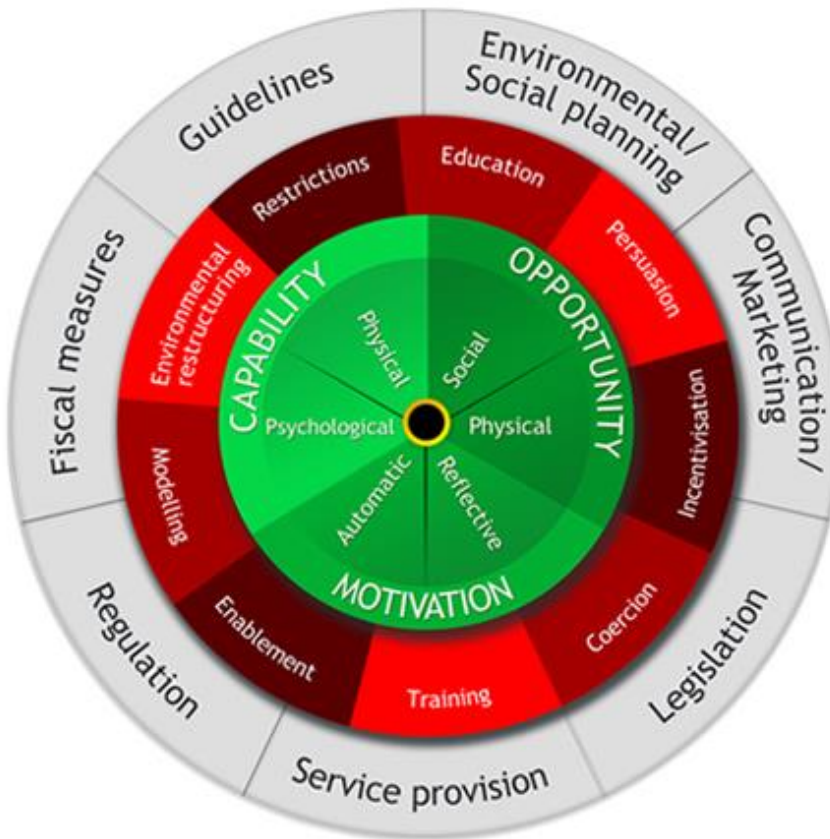
- Be specific – identify the behaviour as specifically as possible
- Specify the location it should occur in
- Specify who is involved in the behaviour



- **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?



COM-B Model



Behaviour can only change when there is:

The **Capability** for change to occur

The **Opportunity** for it occur

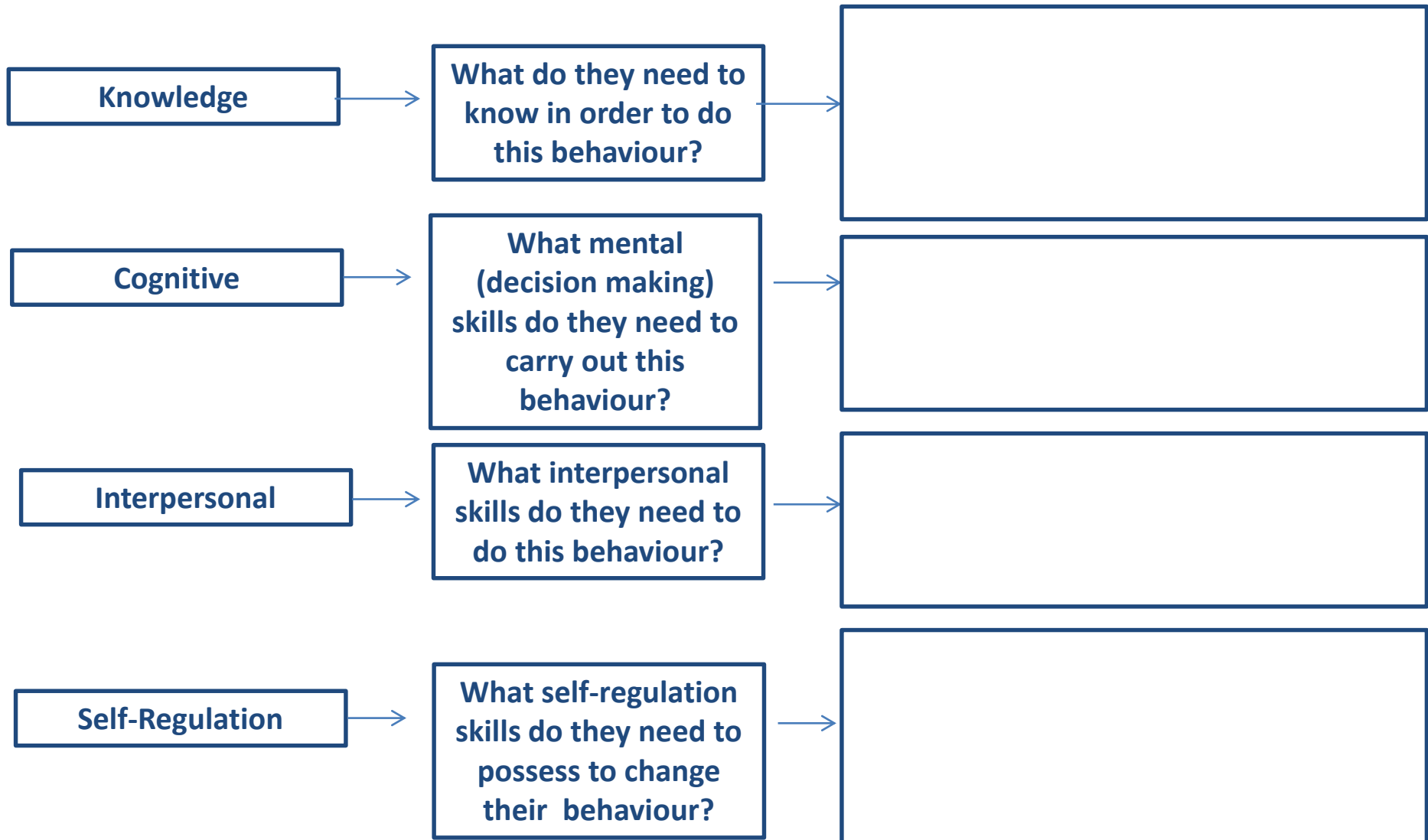
Strong **Motivation** to do it

Outcome	Who?	What exactly do they need to do differently?
e.g. More individuals with cancer being more physical active	Nurses	Talking to patients helpfully about the importance of physical activity
e.g. Reducing the morbidity from and frequency of falls in older adults in Gloucestershire	Older People	Attend a weekly strength and balance class.

PHYSICAL AND PSYCHOLOGICAL CAPABILITY

Barriers	Enablers

PSYCHOLOGICAL **CAPABILITY**: DIAGNOSIS



INTERVENTION

- What needs to happen for the behaviour to occur?
- Is there a need for change?
- How can we influence the physical and psychological CAPABILITY!

BREAK AND REFRESHMENTS



Roundtable discussion:

Lessons from last time

1. How can we work better with you?
2. When and where are your sessions?
3. What do we signpost people to and how? (e.g. email/website etc)
4. How do we engage people following larger inclusive events?
5. Barriers and Enablers



Here's what you said...

Enablers

- Talking to the right people
- Peer support – buddy schemes
- More targeted follow up post event
- Changing the mind-set of parents, PA's and carers
- Have ambassadors at taster events
- Understanding charity sector and grants available
- Taster session to provide a 'hook'
- Appropriate accessible venues
- Incentives/loyalty cards/rewards
- Training in the community for public facing staff
- Ensuring providers have capacity (both space and expertise)
- Building positive role models



Here's what you said...

Barriers

- A carer or parent that is not keen on sport
- Not knowing where to look for information
- Low confidence
- Cost of activities
- Transport
- Lack of training
- Trusted individuals not having the information



SHARING SESSION:

Things I have !

(also consider advice, training, services and skills)

Things I need!

(also consider, resource, guidance, funding, skills)

60 secs



Things I Have	
Neryl can distribute information about activities and opportunities to the LD and PDSI partnership boards if you send information to her	Neryl Bice Gloucestershire County Council
Tom Payne, here today from Longlevens Mixed Ability Rugby is also a member of the Cheltenham Round Table. They are always looking for good causes to donate to. They particularly like buying specific kit that they can then put their name to	Tom Payne Longlevens Mixed Ability Rugby/Cheltenham Round Table
Cotswold Boatmobility offer sessions on the water at Stonehouse. • There are four boats, one can take wheelchairs and mobility scooters. • Welcome for families and carers and there is no set charge but they do ask for a donation. • Sessions run Monday and Weds	Yvonne Hobbs Cotswold Boatmobility
Rachel at Freedom Leisure is starting an inclusive swim in Lydney at the leisure centre from 7 th April and then weekly. £2 juniors and £3.90 adults	Rachel Taylor / Steph Moreland Freedom Leisure
Active Impact have their brochure available for inclusive short breaks 5-25 years Their next round of training also start from May so contact Nicole for more details	Nicole Hastie Active Impact
Family Information Service provide free information, advice and signposting – opportunity to send information here. They also have the local offer page where information can be found for 0-25 years on support services and activity. Those with a disability who sign up to receive the newsletter receive a free leisure pass	Ceri Halstead-Fussey Family Information Service
Boccia Busters have an outreach offer where they can visit groups to introduce them to playing Boccia. They are also setting a new club up in Cheltenham starting Tuesday 30/4/19 and running weekly 4.30-5.30.	Rachel Child Boccia Busters
Goals Beyond Grass have a new club operating from Dene Magna School and are looking for new players. Ages tend to be 14-19 years but can accommodate younger ages. Siblings are also welcome.	Kieran Franks Goals Beyond Grass

Thank you!



Contact:

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