




Our collective response to keeping our community active and reaching hard to reach inactive disabled people

The purpose of this document is to share a snapshot of the work being carried out by members of the National Disability Sport Partnership.
This document was last updated August 2020

	What we have been doing	Resources
	<ul style="list-style-type: none"> • Online live and pre-recorded workouts and classes for service users to participate in. Delivered by inclusive delivery partners and shared across multiple platforms. • Created a online network for service users life to socialise and communicate. Currently hosting 'The Paralympian Podcast' series, with live interviews every other week with an athlete and a BBS host. 3 episodes have taken place so far. • In partnership with RNIB & Metro, released detailed sport and leisure sector guidance covering information on supporting VI service users with accessible information, visual and tactile indicators, and innovative accessible solutions. • Working in partnership with Metro Blind Sport to work with sport clubs and associations that specifically support people with sight loss and help to them survive beyond the Covid-19 crisis. Working on a 3 phased approach to support clubs return. • Supporting Anglia Ruskin University in a study to investigate the impact of the stay at home policy enforced by the UK Government on the 23rd March 2020 on the physical activity habits of blind and visually impaired UK residents. Findings currently collated and submitted to BJVI (british journal of VI) for their approval. 	<p>https://britishblindsport.org.uk/stay-in-work-out/</p> <p>Exclusive fb group: https://www.facebook.com/groups/519853565599961</p> <p>Paralympian Podcasts information: https://britishblindsport.org.uk/british-blind-sport-announces-the-paralympian-podcast-series/</p> <p>Leisure Centre Resource: https://britishblindsport.org.uk/return-to-play-sports-and-leisure-sector-guidance/</p> <p>Club Programme of Recovery (CPR) webpage link: https://britishblindsport.org.uk/club-programme-for-recovery/</p> <p>Awaiting approval from ARU before we are able to share the research widely</p>



- We have developed a suite of health and wellbeing resources providing ideas for keeping active and eating healthily.
- We offer a weekly CP Café in partnership with CP Teens for anyone up to the age of 25- we usually have a special guest with us
- In partnership with Limbpower we are delivering the Virtual Challenge Series from August 2020 to January 2021. Each Challenge lasts for a month and has a different theme. Completion of 1 challenge = Bronze medal, 2 Challenges = Silver medal and 3 Challenges = Gold medal + t-shirt. Bookings through our website. Specific workshops available for all those who enter
- Rental service to be launched in August in partnership with Quest 88. RaceRunning and Games Frames delivered to your door, help with set up and coaching support to improve & progress. Bookings through our website. We now produce our newsletter every 2 weeks which is free to sign up to from the home page on our website

<http://www.cpsport.org/resources/resources/health-and-wellbeing/>

<http://www.cpsport.org/events/cp-sport-cp-teens-virtual-coffee-catch-up-morning/>

<http://www.cpsport.org/events/>



- We have uploaded workouts in both video format and as instructional documents. These are available on our website and social media feeds to encourage our members to stay active or start to be active in lockdown.
- We have also provided Facebook live workouts on several different levels to attract both starters and active members to take part.
- We have used #DoSomethingActive as our campaign hash tag, we have also shared the #StayInWorkOut campaign alongside sharing some of the resources from the other NDSO's.
- We are also sharing positive stories from lockdown to help with cultivating positive outlook and for a fun element.
- We are also running weekly virtual meets for our over 50's age group alongside organising regular Under 10's and teenage virtual meet ups to keep our members in touch with

Our workouts and videos can be accessed through our website and social media feeds.

<https://www.dsauk.org/news/nfeed/>

<https://www.facebook.com/DSAUK?ref=hl>

<https://twitter.com/dwarfsportDSAuk>

each other. A 18 to 30's internet café will be coming on line in August.

- In July we have started a series of Wellbeing and Mental health articles on our website and social media feeds linked into a series of virtual wellbeing meetings to talk about the different subjects in our website articles.
- We have also launched a series of virtual competitions for our younger athletes to enjoy while in lockdown



- Supporting our community through telephone calls, text messages and emails.
- Created two dedicated Facebook groups Limb Power Stay In Stay Active <https://www.facebook.com/groups/932945630436779/> and LimbPower Juniors Stay In Stay Active <https://www.facebook.com/groups/208312000385132/>.
- We are running live exercises sessions (every Monday) and Yoga and meditation sessions (every Friday). Our Q and A sessions have moved to once a month and our Coffee and Chat sessions have moved to once a month, we will continue these sessions indefinitely.
- We have launched 'Adaptive Fitness Fun' for children with limb difference every Tuesday and Thursday with Jack Evers <https://limbpower.com/resources/toolkit-videos/adaptive-fitness-fun>
- Between 15th August and 15th January CP Sport and LimbPower are running the Virtual Challenge Series for our community members and supporters, consisting of three separate, consecutive challenges.
- **LimbPower Talk2020** is a campaign to enable us to communicate directly with those of our community who are most in need, as well as encouraging everyone to speak to each other.
- Online competitions to win adaptive equipment.

We have 40+ physical activity resources online <https://limbpower.com/resources>


Tai Chi Resource for amputees and individuals with limb difference <https://limbpower.com/resources/publications/tai-chi-health>



Exercise Video Link: 27 Exercise Videos for amputees and individuals with limb difference <https://limbpower.com/exercise/toolkit-videos>

LimbPower and Youth Sport Trust have launched a School Games and LimbPower Virtual Junior Games resource including pdf resources and videos.

<https://www.youtube.com/watch?v=PZZWZpVIB3g&list=PLc0KkXGI2sEPXjg7imMjilBiSSzcg668J>

Top Tips for Inclusion In School PE (NEW) [Resource](https://limbpower.com/resources) <https://limbpower.com/resources>

	<ul style="list-style-type: none"> • Staff and volunteer training. We have all completed an online mental health training course and are now completing a physical activity training course. • Home Workouts with the BPA – We have been working with the BPA on a series of three home workouts featuring an amputee and physiotherapist. This is not live yet. 	
 <p>Special Olympics Great Britain</p>	<ul style="list-style-type: none"> • We have continued to put our athletes at the heart of our work. There are regular check-in calls with our regions across GB to share news and hear feedback from the clubs. • Our Athlete Leadership Team have been guiding our efforts as well as participating in our different communications. With support from National Office, our Athlete Leaders are also running virtual ‘fun nights’ and quizzes for other athletes across GB • We have used different channels to support athletes with intellectual disabilities who are suffering anxiety about the general impact of the virus as well as the specific changes to their opportunities to meet, train and compete in sporting events. • Specific social media campaigns focussed on “Motivational Mondays”, “Wellness Wednesdays” and “Fitness Fridays” have been running for a number of weeks, each fronted by our athletes in video or still image. A weekly all staff video call with our Athlete Leadership Team helps to answer questions and also keeps the team grounded and in touch with their changing mood and needs as we all navigate through this difficult time 	<p>We have a page of helpful resources on our website here https://www.specialolympicsgb.org.uk/coronavirus</p> <p>The return to activity plan and resource pack will be posted on the website shortly</p> <p>Our social media channels are also great ways to stay in touch with the latest news, advice and helpful tips to get through this crisis. Facebook SpecialOlympicsGB Twitter SOGreatBritain Instagram SpecialOlympicsGB</p>

	<ul style="list-style-type: none"> • Developed a range of free online resources which enable wheelchair users to 'Exercise at Home'. Films released every two weeks on our website and social media channels. The films, in particular Sitting Yoga, have had wider appeal for physically disabled people of all ages and abilities. • Establish an equipment fund to provide 160 sets of resistance bands to wheelchair users to date. The bands will help them remain active at home. New partnership with British Polio Fellowship for their members to access the resistance bands. • Continue to support people with a spinal cord injury by providing specialist advice on remaining active at home. Published as part of our resources Exercise Guidelines for adults with SCI. • Attending the Spinal Injury Association and Back Up Trust weekly café and supporting the community at Q & A sessions. • Reviewing our Exercise at Home programme to improve and adapt our offer. • Published and promoted within our resources advice on maintaining your sports wheelchair which also applies to day chairs for wheelchair users doing daily exercise pushes. • Weekly Online Cafe - every Thursday from 1100-1200 with live fitness, yoga and exercise classes with one of our on-line presenters. • On-line training for Volunteers and Coaches in specific sports in partnership with NGB's. 	<p>https://www.wheelpower.org.uk/resources</p> <p>https://www.wheelpower.org.uk/resources/exercise-guidelines-adults-SCI</p> <p>https://www.wheelpower.org.uk/resources/maintaining-your-sports-wheelchair</p> <p>https://www.wheelpower.org.uk/resources/range-conducting-officer-course</p> <p>https://www.wheelpower.org.uk/resources/wheelpower-volunteer-training</p> <p>Regular updates and links to new opportunities, information and advice shared on our social media channels</p> <p>https://www.facebook.com/wheelchairsport</p> <p>https://twitter.com/wheelpower</p> <p>https://www.instagram.com/wheelpower_official/</p>
	<ul style="list-style-type: none"> • In the period between March and August 2020, thanks to funding from Comic Relief and Sports England, we have worked with 12 Deaf and Hard of hearing personal trainers/instructors to deliver 1171 places via 108 online events. • We are continuing to work with Deaf and Hard of Hearing Personal Trainers/Instructors to continue to grow the ability for deaf and hard of hearing people to access online activities. We will be looking for 8 additional 	<p>#DeafActiveOnline is the newly established hashtag replacing #Deafstayinworkout as a response to relaxed lockdown measures as well as statistical data.</p> <p>Continuing to supporting Deaf Personal trainers/yoga instructors and other sport providers:</p> <p>https://ukdeafsport.org.uk/deafactiveonline/</p>

trainers/instructors to deliver more online activities in the next 6 months








- We will also particularly focus on targeted promotion, evaluation, and sustainability
- We will continue to work with the wider sports/physical activity sector in asking mainstream trainers/instructors to deliver inclusive activities
- We are organising a sports/physical activity well-being weekend in September which will be all online with various clips and other ways to further trigger the concept of staying well
- We have continued to represent Deaf people and sport at the UK Council on Deafness online forums attended by a wide range of Deaf charities across the third sector.
- We have continued to support our members and Deaf Sports through a series of communications on social media and by email.
- We hosted a Deaf sport and physical activity Forum and continue to work with our deaf charity and sport partners.
- We have supported staff still working in our partners with their training and requests for information on planning their activities to be inclusive for Deaf and Hard of hearing people.
- We continue to promote and publish resources available to Deaf people during these times about how to remain active at home.

Collective Actions:

The National Disability Sports Partnership continues to support one another and the wider sector through the following ways:

- Weekly NDSP meetings – Activity Alliance and Sport England have attended these. We have also invited our colleagues from Sporting Equals, Active Partnerships and also European Disability Golf Association to our meetings to help support our planning and the key areas we are collectively working on.
- NDSP Communications and Marketing group has been set up for all staff involved in communications to share ideas and plan joint communications as and when needed.
- NDSPAN – The National Disability Sports and Physical Activity Network continues to meet and discuss matters around engaging more Deaf and Disabled people into sport; provides a forum for National Governing Bodies and partners to share their work and discuss ways they could involve Disabled people more. This group meets quarterly and is currently chaired by Valerie Copenhagen (UK Deaf Sport Executive Director) and Andy Brittles (Sports Development Officer).

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