



Disability Inclusion Impact Report 2023- 24

Ros Cramp
April 2023 – April 2024



Introduction

The HSP strategy 22-27 aims to prioritise those within our communities who are in most need and have traditionally faced the greatest barriers to participation.

Collectively, we have the power to help our residents live happier and healthier lives. The strategy aims to transform those lives by radically reducing inequalities in terms of opportunities and access to sport and physical activity.

Those inequalities have undoubtedly been exacerbated by the pandemic, for disabled people more than most, and it is imperative that we now use sport and physical activity as a vehicle to help our communities recover.

There are 12.2 million disabled people in England, with 14.3% of the Hertfordshire population reporting that a disability or long-term illness limits their day-to-day activities. This filters into physical activity participation, as disabled adults are almost twice as likely to be physically inactive compared to non-disabled people (42.4% vs 22.6%). Yet, four in five disabled people want to be more active. The Herts Sport & Physical Activity Partnership (HSP) endeavours to address this discrepancy in Hertfordshire, working with partners to make activities in Hertfordshire more inclusive to those with a disability.

Project background

HSP is focussed on embedding inclusion and accessibility wherever possible across all programmes and those of its partners.

This involves:

- Supporting the development of a training package to upskill the workforce to work with varying disabilities.
- Supporting the development of new activities and new sports clubs offering provision for disabled people.
- Working with leisure operators to ensure their facilities have suitable access for disabled people.
- Responding to enquiries and signposting those with a disability to appropriate activities.
- Mapping current activities taking place in the County and working with partners to address any identified gaps.

Implementation

Below are examples of the work the HSP team and partners have worked on in the past 12 months.

Training

As part of Coach Education Week 6 disability courses were organised. The Autism Awareness and ADHD Awareness sessions were capped at 30 attendees but filled up within 5 days and I am confident both sessions would have filled several times over given the speed in which they sold out.

The HaPPy camps as part of the HAF programme have staff from a wide variety of partner organisations. SEND training was a key focus for training for staff in both mainstream and SEND specific camps. There was an increase in the confidence and competence of providers (seen through

the summer 2023 audits and feedback from providers at the October Learn & Share) to deal with more low-level behavioural needs making our mainstream offer more inclusive and the SEND offer more specific.

A new cycling initiative to close the gap for children in areas of deprivation and for those young people with additional needs was launched this year for Early Years settings. Balance biking (cycling without pedals) aims to make learning to ride a bike fun, engaging and accessible for children of all abilities. 55 staff from Early Years settings were trained across Hertfordshire. Although not disability specific, this programme was supported by Herts Disability Sports Foundation as an extension of their SEND cycling provision.

HSP has regular staff development days, and one full day was spent on developing knowledge and understanding of what disability means for their roles, and hearing from individuals with lived experience to embed understanding of barriers and what can be done to break these down.

Herts School Games

The network of Herts School Games Organisers hold a range of competitive and participation events across the school year. 521 SEND students have participated in Inspire and Engage events this year across Hertfordshire.

The Partnership works closely with the Youth Sport Trust's Inclusion 2024 Lead to adopt a county-wide approach to promote mainstream leadership for students with Special Educational Needs (SEN) and Special Educational Needs and Disability (SEND). Each School Games Organiser area selects a secondary school to be part of the Inclusion Champions programme, with schools selecting 2-4 students from either Year 9 or 10 to be trained as Inclusion Champions.

60 Inclusion Champions with lived experience have attend a county training day with a YST athlete mentor and are then deployed in their schools with SGO's support to develop and deliver a SEN club / festival in their school. They also support inclusive county events.

HAPpy Camps

The Department for Education (DfE) funded Holiday Activities and Food Programme (HAF) programme is known in Hertfordshire as the HAPpy. The

HAPpy programme offers free holiday activities to children who meet all the following criteria:

- Are school age (reception to year 11).
- Are attending school in Hertfordshire.
- Are registered for benefits-related Free School Meals (FSM) with Hertfordshire County Council (HCC).

One key bit of feedback from the camp providers was to increase parents understanding and importance for declaring SEND at the point of booking, so that children were catered for much better from the start.

Feedback

Feedback from a Deaf Awareness/ BSL training HSP commissioned for HAF providers and the subsequent impact

"I thought it was fantastic. It was good fun as well as learning so much about BSL and hopefully how to help any children or adults we work with in the future". – Lisa Wildman, Get Set 4 Tennis Camp Leader

"Within weeks of delivering the session, Phoenix (group for Deaf children) registered children on to the tennis holiday camp and we observed how the coach used his newly learnt skills to interact better with the children. Deaf children are very happy and experience inclusion when people demonstrate an interest in communicating with them personally, as this is a rare occurrence when participating in activities delivered externally." – Sam Hollier, Phoenix Group Community Participation Leader

Partnerships

19

Disability training courses delivered

521

Children with SEND participated in School Games engagement events.

JOINT WORKING
ACTIVITY ALLIANCE
THE ANN CRAFT TRUST
HERTS DISABILITY SPORTS FOUNDATION
ADD-VANCE TRAINING
MIND IN MID HERTS
HERTS LEISURE OPERATORS
HERTS COMMUNITY FOUNDATION
WATFORD FC COMMUNITY & EDUCATION TRUST
HERTS SCHOOL GAMES ORGANISERS
YOUTH SPORTS TRUST INCLUSION LEAD
HERTFORDSHIRE CYCLING WALKING & WHEELING TEAM

Outcomes and Benefits

There were 3,540 holiday places which were specifically for young people with Special Educational Needs and Disabilities (SEND) from low-income families. This is in addition to the mainstream camps where young people who could access the regular provision with minimal support also attended.

60 young leaders with SEND were trained and supported to play an important role within their schools to support the development of inclusive activities.

192 people from clubs and organisations accessed a variety of disability courses across the year to support them improve access to provision in the local community.

55 staff from Early Years settings trained in how to deliver balance biking in their settings.

Key Learnings

1. We need to improve our insight in order to ensure that we effectively target areas which need increased activity, with the beneficiaries at the heart of the decision-making process and design.
2. When inclusion is embedded across the entire HSP workforce, so much more can be achieved.



Next Steps

1

Develop data sources to identify where people with a disability live to compare to provision available.

2

Develop a team of champions to promote the great activities and possibilities in Herts.

3

Identify training needs to maintain quality and help fill the gaps in provision.



Conclusion

There is still a huge amount of work to do, however with more members of the team and partners developing their knowledge and understanding, so much more can be achieved. Becoming more data driven to find gaps is crucial, but then consultation with the community must happen before activities commence.



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