

Operational Performance and Delivery Scrutiny Committee

Wednesday 19th June 2019

Written Answer – Disability Sport

Introduction:

The following report provides a summary of the work Glasgow Sport undertakes to encourage people with disabilities to participate in sport.

Glasgow Sport

Glasgow Sport is committed to providing a variety of opportunities to children and adults across the city that has a physical, learning or sensory disability. Our aim is to work with local communities and partners to deliver sports and activities to disabled people to enable them to become physically active, learn new skills and have fun.

Glasgow Sport has a dedicated team of staff and volunteers working to support disabled people begin to find ways to build activity into their lives or reach their potential. Within the Sports Development and Physical Activity Team there are officers with a dedicated focus on Disability Sport.

We actively recruit for volunteers for our disability sport programmes through Glasgow Sport's Volunteer Bureau (GSVB). Although we deliver hundreds of activities every week across Glasgow, we recognise when we're not always best placed to reach some of our most disengaged communities. That's why we work closely with many trusted community groups and organisations and together build social capital by training and supporting local people to deliver activities at a time, day and setting that's right for their community.

Objectives and Performance Measures

There are no explicit Glasgow Life objectives or performance measures for disability sport.

There are two internal measures, outlined below, for internal monitoring only.

- Number of ASN schools participating in Free Learn to Swim programme
- Number of recorded ASN attendances at Free Learn to Swim programme

ASN Swimming Programme

ASN school programme offers over 200 pupils from 28 Schools and supported learning units for 39 weeks of the year, the chance to participate in a specially devised 'learn to swim programme' which is led by 6 specialised disability swimming coaches.

Children's Programme

The programme currently provides opportunities to over 100 children each week aged between 5 - 18 years who have a physical, sensory or learning difficulty the chance to participate in activities including football, basketball and multi-sport sessions which offer a range of different activities.

We also provide four Learn to Swim (LTS) sessions which follow a specially devised syllabus to enable disabled young people the opportunity to achieve and progress through the various awards on offer. We provide 1-1 lessons where required, and aim to progress the young people through to small group teaching where possible.

Our programme and coaches encourage and support all our participants with the goal of them to progress through our pathway to our recently developed Pre Club / Transition programme: and where possible local disability sports clubs such as Temple Swimming Club, Glasgow Seals, and Glasgow Eagles.

The holiday programme takes place during the school holidays – Spring, Summer and October – and offer a variety of activities including cycling, crash course swimming blocks, multi-sports, martial arts, dance, tennis, bowls and walking. These sessions create environments and opportunities that nurture people's development and provide families with the opportunities to fill the holidays with activities that are fun, inclusive and appropriate.

Adult Programme

The adult programme currently provides opportunities to around 100 attendees per week; sessions include swimming, gym sessions, Boccia, Rugby, Multi-Sports, Dance and circuit classes.

Good Move is a range of programmes that incorporates best practice in terms of the promotion of physical activity for health. Activities can be found in church halls, schools, community centres, sheltered housing complexes and parks. Activities such as Revitalise, Vitality and Live Active have been developed for people who have a long-standing and limiting disability or illness. In 2018-19 the programme recorded over 70,000 usages. In addition 101 volunteers give 5,300 hours of their time to support the programme each year.

Community Sport Hubs and Club Connections

Glasgow Sport offers support to nearly 40 local voluntary sports clubs to help them grow and become more inclusive and sustainable. For example,

- Toryglen Community Sports Hub deliver an activity programmes for children with additional support needs for learning - 32 children and young people participate in Boccia which has been delivered by a local club, West of Scotland Boccia.
- Maryhill and Summerston Community Sport hub, Kugatsu Karate-Do is a well-established club delivering Karate across multi-sites in the North West Area of the city and a member of Maryhill Community Sports Hub.
- Drumchapel Cycle Hub, as part of the 2018 European Championships, secured funding through the Go Live! Get Active project to schedule new cycling sessions specifically for children with additional support needs (ASN) and well as inactive adults.

Awareness

Glasgow Sport have specialised coaches with qualifications in specific sports including swimming, football, rugby, tennis and basketball and also physical activities including gym instructor, exercise to music and dance. In addition, we support our mainstream coaches and frontline facility staff to gain the skills and confidence to work with people with a disability in their sessions. Courses include:

- UK Disability Inclusion Training

- Sports Coach UK – How To Coach Disabled People In Sport
- Autism Awareness
- General Disability Awareness
- Sportsability
- New Games
- Health Walk Leaders

In addition, Glasgow Sport has been working with partners to provide training and education to develop sustainable activity within a wider number of settings. Our partners include:

- Glasgow Disability Sport
- Scottish Disability Sport
- Paths for All
- Care Inspectorate
- Care Home Staff
- Alzheimer's Trust
- Mainstay Trust
- Community Lifestyles
- Community Sport Hubs
- Local Area Co-Ordination Team Football
- City of Glasgow College
- Cornerstone

Events

There are a number of events Glasgow Sport have been involved in recently which includes disability sport awareness and introductory events with the following partners:

- Physically Disabled Rehabilitation Unit (PDRU) based within Queen Elizabeth University Hospital
- Glasgow Disability Alliance
- Glasgow North East Carers
- Show Racism the Red Card
- Cornerstone

These events have been hosted within Glasgow Life facilities and delivered by our specialist disability coaches offering support and guidance, giving a positive experience to young people and adults who have previously been inactive or not regularly attending a sports session.

Customer Feedback

In 2018 Glasgow Life's Sports and Physical Activity Cohesion Team undertook a survey with participants and disability organisations who were involved in their disability sports programme. This was primarily with the aim of designing the future programme of sessions using the information supplied; taking into account the ideas for activities and preferred times and days of the week for session delivery. However, this survey also did go some way in measuring perceived health improvements for those who participated.

The results showed that while almost half the participants did not notice a change in weight, there were reported improvements in other physical health domains such as mobility, strength, and

flexibility and general health and wellbeing. There were also evidence of improvements in psychological factors such as confidence, independence and motivation.

Marketing

Glasgow Sport undertake a universal and targeted approach to marketing our disability sport programmes. We utilise our networks e.g. Glasgow Disability Alliance and partners e.g. Social Services who in turn promote the opportunities on our behalf. Within the Glasgow Sport website there is an Activity Finder which enables people to locate disability sport relating to their postcode.