

**DISABILITY SPORTS AND PHYSICAL ACTIVITY PROVISION IN STOCKPORT**

Director of Public Health

**1. INTRODUCTION AND PURPOSE OF BRIEFING PAPER**

- 1.1 This short briefing paper has been produced in response to a request made at the Health Scrutiny on 28th June 2016. It summarises some of the sport and physical activity provision across Stockport for people with a disability. Officers from SMBC and Life Leisure will be able to answer questions in relation to the provision across Stockport at the meeting.
- 1.2 Provision of opportunity for people with a disability essentially falls within three broad categories;
  - Appropriately differentiated provision within an open session
  - 'Pan- disability' sessions that cater for individuals with a differing range of impairments, playing together, regardless of the limitations in play
  - Specialist sessions that can cater for a specific disability.

**2. EXAMPLES OF SPECIFIC AND PAN DISABILITY PROVISION (CHILDREN)**

- 2.1 There is extensive provision for disabled children within Stockport's schools, with activities appropriately differentiated within both mainstream sessions or additionally provided to meet specific needs. An Inclusion Group meets regularly to ensure that all pupils are catered for across the Borough – this group includes all special schools, pupil referral units and mainstream schools with resource bases.
- 2.2 Specific activities, competitions and festivals include: Boccia, PAN Disability Football, Kurling, Tri Golf, Sports Hall Athletics, Kwik Cricket, Seated Volleyball, PAN Disability Goalball, rock climbing and specialist trampolining sessions (called Rebound).
- 2.3 In addition, there is a targeted leadership programme that supports all pupils to develop their leadership, communication, problem-solving and presentation skills.

**3. EXAMPLES OF SPECIFIC DISABILITY AND PAN PROVISION (YOUNG PEOPLE AND ADULTS)**

- 3.1 The Inclusive Fitness Initiative (IFI) has been established for over 10 years, supporting leisure centres to become more welcoming and accessible environments to people with a disability. Facilities across the country have been awarded the 'IFI Mark' accreditation. It helps leisure facilities to get more people with a disability physically active. The Seashell Trust in Cheadle Hulme is one of only three such centres in the North West to be awarded this kite mark and offers a broad range of activities.
- 3.2 Life Leisure manages a programme of Satellite Clubs that make it easier for people to stay in sport, or to start playing sport for the first time. They provide a stepping stone to a community club or regular participation through the creation of relevant,

appealing and convenient sporting opportunities for young people in familiar settings.

- 3.3 From 2016, new Satellite Clubs will focus on delivering new opportunities for 14-25 year olds from under-represented groups such as females, young people with a disability, young people from BME (Black and Minority Ethnic) groups, or young people from disadvantaged communities.
- 3.4 Stockport Arnie's Powerlifting Club is an established Disabled Powerlifting Club based at Life Leisure Houldsworth Village. The club is one of only a few Paralympic Clubs in the North West and provides excellent opportunities for anyone who has a disability.
- 3.5 Stockport Wheelchair Racing provides wheelchair athletes with the opportunity to compete in competitions throughout the UK.
- 3.6 Stockport Boccia Club meets every Sunday and also competes in the National Boccia League.
- 3.7 Life Leisure are currently working with Stockport Council to ensure compliance with the Equalities Act, with all main sites being accessible.
- 3.8 All Life Leisure swimming pools have poolside hoists. Hazel Grove swimming pool also hosts a portable changing room hoist that can be deployed as required across the Borough.
- 3.9 The following swimming sessions are specifically targeted for people with a disability;
  - Dolphins (lifeguarded session) – adults only on the second and fourth Saturday of each month at Life Leisure Avondale;
  - Swim Mobility (lifeguarded and one floating teacher) – every Monday at Life Leisure Romiley;
  - Sharks (volunteer teachers) – every Wednesday at Life Leisure Hazel Grove;
  - Life Leisure Cheadle (lifeguarded session) – every Wednesday;
  - Penguins (private session for over 16's only) – every Friday at Life Leisure Grand Central.
- 3.10 Avondale Leisure Centre has inclusive gym equipment and is kite marked by the English Federation of Disability Sport as an inclusive gym.
- 3.11 Life Leisure provide opportunities to participate on a casual basis (e.g. swimming, fitness classes), as well as providing a range of 'doorstep' activities that can be differentiated to meet need (e.g. I Wish I'd Tried programme).
- 3.12 Stockport Public Health commission a physical activity referral programme (Physical Activity Referral in Stockport [PARiS]) to support adults with a range of medical conditions engage in physical activity. This programme is also delivered by Life Leisure.

## **4. CONCLUSIONS AND RECOMMENDATIONS**

- 4.1 Being physically active is very important in maintaining good health at all ages. People with a disability are half as likely as non-disabled people to be active (18% of disabled adults regularly take part in sport compared to 39% of non-disabled adults) and are a key focus group to ensure that Stockport can meet its vision set out in Stockport's Physical Activity Strategy:

'To create opportunities in Stockport that encourages, inspires and supports more people to be more active, more often within a sustainable environment, with the ambition for everybody to be active every day'

Health Scrutiny members are asked to note the provision of sport and physical activity and provide comments.

### BACKGROUND PAPERS

There are none

Anyone wishing to inspect the above background papers or requiring further information should contact Russ Boaler on telephone number or alternatively email [russ.boaler@stockport.gov.uk](mailto:russ.boaler@stockport.gov.uk)