

## **Case Study 7: Celebrating Ability Inclusive Sport and Leisure Activity for disabled people.**

### **Knowing Our Communities**

Census data 2011 highlights that 6.6% of the population in York (13,018 people) have a long-term health problem or disability which significantly limits their day to day activities, lower than regionally (9.1%) and nationally (8.5%). 3.1% of those aged 0-24 are limited in their day-to-day activities, rising to nearly 8% for the 25-49 age group. Numbers of people with a long-term, limiting disability taking part in sport and active leisure declined from 15.4% to 9.3%.

York like many other towns and cities is facing the challenge of the ever increasing numbers of residents suffering from dementia and delivering services that ensure that they can remain socially and physically active. In September 2014, a report by the Alzheimers Society reveals that the number of people living with dementia in York had reached 2,741 and this is set to increase to 3,209 by 2020.

### **Leadership, Partnership and Organisational Commitment**

To address the decline in the numbers of people with a long-term, limiting disability taking part in sport and active the council's Sport and Active Leisure Team successfully secured £252,705 of National Lottery funding from Sport England's Inclusive Sport Fund to maintain targeted sport and health provision for disabled people in York.

The funding is used to maintain a three-year programme to extend sport and exercise activities across the city for residents with a medical condition and for those with a physical, sensory and/or learning disability. The strategy to increase disabled young people's access to positive activities and volunteering through extended services and in youth clubs is also progressing.

Working in partnership with Joseph Rowntree Foundation, York Sports Village Get Cycling, British Cycling Sky Ride program, The Wilberforce Trust, York Blind and Partially Sighted Society, British Blind Sport , Sports Coach UK , Dementia Forward, Age UK York, North Yorkshire Sport and York's GP's the Sport and Active Leisure Team have developed an inclusive disability sport activities programme which not

only caters for those that have a physical disability but also for those with a learning disability and those suffering from dementia.

In celebration of ability for the first time this year the annual celebrating ability day has been extended to a week long celebration 'Celebrating Ability Week.

## Involving our Communities

To inform the programme of activity surveys are undertaken. The first survey was introduced in 2011 through work with the Valuing People Partnership Board for those with a learning disability. In 2013, we conducted two surveys, one aimed at people with an intellectual disability (learning disability) and the second for people with a physical disability and /or sensory impairment. Both were produced in multi-formats including Braille, CD, online, widget, paper as well as offering a telephone option and help with completion.



Anonymous final  
LD survey resu...



2013 Physical and  
Sensory Surv...

## Responsive Services

There are more than 70 inclusive sessions running across the city for disabled people, shaped and informed by the annual surveys.

A wide variety of sport and physical activity opportunities for anyone with a disability or additional needs regardless of impairment is available ranging from Goalball to Boccia, from Wheelchair Basketball to Cycling on our fleet of adapted bikes. In May 2014, the new Inclusive Cycle York sessions held three times a week were promoted along with new weekend disability football sessions for children and over 16s.

Information on current sessions and clubs in the city is available on our online Disability Sports Directory. The 2014 online directory is available in symbol, photo image or table format. A PDF version of the 2014 sports directory in widget, photo image or table format can be downloaded. Information is made available through our Disability Sport and Physical Activity Newsletters. The October 2014 here to download newsletter highlights activities going on in York.

Key to the success of inclusive sporting events is making them available for the whole family to enjoy together, In August 2014, York youngsters and their families were invited to join the annual **Picnic in the Park**.

Organised by CYC's Short Breaks Team, coordinators of care for young people with disabilities, activities included parachute and ball games, disability cycles, art and crafts and face painting.

Sandra Hirst, from the council's Short Breaks team, said: "***The annual picnic is a fantastic opportunity for children of all ages and backgrounds to get together with their families and carers.***"

Residents in York's sheltered housing and older people's homes enjoy **chair-based exercise sessions** including Boccia, new age kurling, gym based exercise and armchair cycling to increase activity levels and wellbeing. Evidence shows that people over 70 and living in a care home are sedentary for up to 80% of their time yet regular activity can help reduce the age-related decline in strength, endurance, bone density and flexibility. Run by the Sport and Active Leisure Team, sessions are held fortnightly at each of the venues and between April and July 2014, 187 individuals took part.

	Females	Males	Through put	BME	Disability
<b>CYC Care Homes</b>	86	20	363	2	All Frailer Older People 1 Blind
<b>CYC Sheltered Housing</b>	62	19	353	1	All Frailer Older People
<b>Totals</b>	<b>148</b>	<b>39</b>	<b>716</b>	<b>3</b>	

The number of people with dementia which is set to increase and because of the positive affects that physical activity has on mental wellbeing, we have developed a dementia friendly physical activity package in partnership with the Joseph Rowntree Foundation and Sports Coach UK. The training is delivered to voluntary clubs in the city. In addition the Council has been running a sporting memories programme as part of its dementia friendly campaign.

### **Extending Celebrating Ability Day to Celebrating Ability Week**

***Celebrating Ability Day*** is a free celebration of disability sport in York, open to everyone. It celebrates disabled people's ability to take part in and play sport and highlights the increasing number of sporting opportunities available for disabled people in York.



**Now in its fifth year, the event was awarded the London 2012 Olympics and Paralympics *Inspiremark*. The success of the event was the catalyst for York being chosen to host the paralympic torch on its journey around the country in 2012.**

*Celebrating Ability Day 2013* offered 24 different sports with over 40 different physical activities and sport opportunities throughout the day. Run in partnership with 16 voluntary community sports clubs and five national sport governing bodies sports offered included tag rugby, athletics, football, climbing, health walks, dance ability, goalball, wheelchair basketball, seated volleyball, badminton, wheelchair rugby, tennis, power chair football and wheelchair skills.



Over 130 people attended the 2013 Celebrating Ability Day.

Based on the success of this and previous years, in 2014 the event was expanded to Celebrate Ability Week.

This included York's first sports event entirely dedicated to visually-impaired and blind residents. This was organised in partnership with the Wilberforce Trust, the York Blind and Partially Sighted Society and British Blind Sport. It included visually impaired running and tennis, goalball, chair based exercise and supervised sessions in an active sensory room.

The afternoon of sports and games gave residents a chance to try different activities adapted for visual impairment and to find out about continuing the sports on a regular basis at many of the city-wide venues. Assisted travel arrangements offered help and support to reach event venues.

George Ferguson, National Development Manager of British Blind Sport said: "***It is fabulous to see visually impaired organizations working in collaboration with the Sport & Active Leisure Team from City of York Council and we are delighted to support this event, dedicated to allowing people with a visual impairment to try different sports and help them maintain a more active life.***"

**York Inclusive Sky Rides** also provide an opportunity to celebrate ability. With the fantastic opportunity that the Tour De France,



Le Grand Départ offered York in July 2014, CYC bought into the British Cycling's Sky Ride Partnership Programme. This provided opportunities to run both local rides and a main event ride in 2013, both of which were repeated in 2014.

Since we had already run a successful York Sky Ride programme, the decision was made to gear local sky rides around specific targeted groups including families, people with medical conditions and people with disabilities. The guided rides were based at the new enclosed cycling track at the University of York Sports Park. This was the first time a fully inclusive, track based ride had been incorporated into a local Sky Ride in the country.

25 local rides formed a preliminary to the main city centre Sky Ride in September 2013. Three of the rides were earmarked as inclusive rides, two as weekend fully open rides and one closed ride was held during the week especially for special needs children in York.

Around 100 participants attended over the three sky rides, including around 30 people with a disability. From the success of this event and the great feedback on the day the program was expanded for 2014.

## **Workforce**

Partnership work with the Joseph Rowntree Foundation to develop York as a dementia-friendly city began in 2011 with the *Dementia Without Walls project*. A joint report highlighted a lack of awareness of dementia across the city and a need for resources to increase knowledge of dementia, especially across leisure, transport and retail services. As a leading provider of sport and physical activity sessions across York, CYC's Sport and Active Leisure Team saw the opportunity to create a dementia awareness workshop.

**As a prelude to the development of the workshop** a Dementia Development Day was held which brought together partners from health, sport, the voluntary sector and dementia specialists to share knowledge and experience of the condition to develop the workshop.

The aims of the workshop are

- a) to increase awareness of dementia within sports clubs and facilities, especially those with a higher age demographic
- b) to work to create dementia-friendly sport and physical activity venues

The workshop, the first of its kind in the country, was established by linking up with Sports Coach UK (a leading sports coaching provider) to become condition specific. The first session in October 2013 delivered training to a range of staff including fitness instructors, receptionists, lifeguards and management. Further developments included a dementia factsheet and a *Top Tips* card all aimed at increasing knowledge of the condition.

A second workshop was delivered in March 2014 with a third in conjunction with our 50+ Games in October 2014. Using the Joseph Rowntree Foundation £3,000 Dementia Small Grants Fund, the workshop will be rolled out to sports clubs across York over the next three years.

All clubs who attend the workshop are encouraged to create a Dementia Action Plan to submit to the local Dementia Action Alliance. This records how they are taking on board what has been learned on the course and implementing it into their specific sports clubs. We will record the number of clubs that join the local Dementia Action Alliance through this.

Members of the council's Sport and Active Leisure Team have undertaken the Alzheimer's Society Dementia Friends training with two of the team being recognised as Dementia Friends champions. In June 2013, the Alzheimer's Society awarded the service 'Working Towards Becoming Dementia Friendly' status in recognition of its work to increase dementia awareness and support.