

Understanding children and young people's services

Encouraging and providing opportunities for disabled children and young people to be active has significant benefits.

These include improving independence, health, quality of life, wellbeing and a range of social benefits.

We have created a number of engagement resources that encourage you to think about the ways you include disabled people. This sheet provides top tips on who to involve and how to engage young people in your work.



Early Years Special Educational Needs Service (EYSENIS)

This service consists of specialist teachers and practitioners that support the inclusion of children with Special Educational Needs and Disabilities (SEND) in playgroups and nursery settings.

Through contacting this service, you can build relationships with people who are in regular contact with disabled children and their families. This is a great opportunity to market your activities through their information and networks including schools and children centres.



Education, Health and Social Care Plans (EHCPs)

EHCPs have replaced Special Educational Needs statements. Children and young people are assessed in a way that looks at the needs and outcomes across education, health and social care.

- The plans support SEND individuals from birth to 25 years old.
- Personal Budgets are now an option – freedom to choose activities and support.
- Joint working between education, health and social care.
- Parental participation – each local authority will have a forum.

Personal budgets



Sport and activity are an essential part of a disabled person's social, health and wellbeing. Local support organisations (e.g. social services) involved in personal budgets

know the importance of being active and the short and long-term benefits. Activity Alliance's Being Active Guide can help to embed this into future assessments. To do this effectively they also need to be aware of local activities and options, so they can encourage people who access personal budgets to get involved.



Parent carer forums



Each local authority has an independent voice of parent carers. Forums are a source of consultation and

representation for families during the recent and significant changes to EHCPs and beyond. These forums are an excellent way to try to engage the parents and carers of disabled children and young people to encourage them and their families to become more active. They are also a good source of information to identify barriers to which they may have the solutions. They are certainly worth approaching as they could be a beneficial partner.

To find your local forums visit [The National Network of Parent Carer Forums](#).



Top tip

Spend quality time on engaging education, health or social care services. Start on a small scale and test how they could embed a range of activities for young people and families through personal budgets or wider assessments. E.g. short breaks.

Information, Advice and Support Services (IASS)

IASS (previously Parents Partnership Service) exist in each local authority to support families with disabled children and young people from birth to 25 years old.

As a sports provider you need to give the information on local activities, sessions, clubs and events.

Find your local IASS service - cyp.iasnetwork.org.uk/in-your-area.

Top tip

Remember to supply information in a variety of formats. Help people to access your activities on websites and social media. Promote it in newsletters, emails and leaflets for volunteers, networks and steering groups.

Northamptonshire Sport and their experience with the Local Offer

“ The Local Offer website and their newsletter, SNIX (Special Needs Index), is used by 4,500 families of young disabled people in the county. It made sense to use it to promote physical activity. Having initially used it to promote Northamptonshire Sport’s services and to gain the target audience’s trust, we progressed to getting physical activity deliverers to promote their offers. This method has led to increased awareness of physical activity as an option. Also the development of five multi-sports clubs, a powerchair football team, a wheelchair racing academy and wheelchair rugby club in the county - to name just a few. **Graeme Wilson, Northamptonshire Sport** ”

Local offer



Each local authority must have an online information service promoting services and activities across education, health and social care for children and young people aged 0 - 25 with SEND. The purpose of a Local Offer is to enable parents, carers and young people

to have easier access to the right information. Sports organisations need to ensure that information on sport and activity are in the directory. In some counties, there are magazines to enhance this service, promoting to the target audience and their supporters.

Top tip

Play a role in checking and increasing the opportunities. This helps to ensure there are trusted providers and everyone has a more positive experience.



Other key services

Sensory services: These can vary from county to county but include support for children and young people with Autism Spectrum Disorder, speech and language, hearing and visual impairments. Check if these exist in your area by contacting your local authority.

Inclusion lead schools: A network of 60 schools from across England who are inclusion champions and visionaries for high quality, meaningful and inclusive PE and school sport. Each school is selected for their expertise in engaging young people with SEND. They work to empower teachers to be more inclusive in their practice, provide competition and competition pathways for young people, to raise their aspirations and provide inclusive leadership opportunities. Contact Youth Sport Trust on info@youthsporttrust.org.

Children centres: They aim to improve outcomes for young children and their families, particularly those with the greatest need. They are a good place to promote local clubs and activities that they can signpost families towards.

Child and Adolescent Mental Health Services (CAMHS): CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Local areas have several different support services available. These might be from the statutory, voluntary or school-based sector, such as an NHS trust, local authority, school or charitable organisation.

Career advice services: They may have a department that support young people with education, training and independent living needs. It is worth contacting the council to find out who their service provider is.

This could benefit you when trying to engage young people 16 years and older, who are looking for new and exciting opportunities, reducing the time spent in education. You can help the staff in these services to know what is on offer locally. Then, they can signpost and promote your activities to the young people who use their service.

Find all our research on our website, this sheet is part of our engagement resource.

Read all the sheets here activityalliance.org.uk/engagement

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This document is available in Word format. Please contact us if you need support. Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity no. 1075180