

Inclusive Activity Programme Monitoring and Evaluation Project Brief

Up to £40,000 fixed price contract
(including associated expenses and VAT)



Background

Following the success of the Sainsbury's Inclusive Community Training (2013-2017), Sport England have commissioned Activity Alliance, working in partnership with UK Coaching, to deliver the Inclusive Activity Programme (IAP).

Activity Alliance (the operating name of the English Federation of Disability Sport) brings its members, partners and disabled people together to make active lives possible. Collectively, we continue to challenge perceptions and change the reality of disability, inclusion and sport, with a vision of equality in participation whereby disabled people are just as likely to be active as non-disabled people.

The Inclusive Activity Programme aims to educate and upskill individuals who can play a part in supporting sport and physical activity delivery to have the confidence and skills needed to engage and fully include all individuals in physical activity and sport opportunities.

In line with Sport England's Coaching Plan for England's definition of coaching, IAP acknowledges that there are a range of individuals who can play a part in supporting sport and active recreation. As such the programme targets three different sectors, enabling an extensive reach to disabled people:

1. **Coaches / traditional physical activity deliverer family** (including; qualified sports coaches, activators, sport leaders, outdoor recreation deliverers, personal trainers' / fitness instructors)
2. **Local community activators** (working for example in Scout / Guide groups, community interest charities, housing sector and disabled people's organisations)
3. **Health and care professionals** (including occupational therapists, physiotherapists, care workers and support workers).

By targeting these individuals, we hope to contribute to disabled people being more active through access to a wider range of positive physical activity opportunities tailored to their needs, as well as supporting the development of a more diverse coaching workforce.

Over three years IAP will train 8,500 individuals through the delivery of a three-hour practical workshop. Following the workshop, these individuals will have access to a range of further support and resources to enable ongoing personal development.

Please see the included IAP M&E Overview document for details of the evaluation programme.

Research project objectives

We are looking for an independent research partner to evaluate the impact of IAP on participants, disabled people and partner organisations across England.



Through this project, we would like to understand the extent to which the programme has impacted on:

- Workshop attendees' confidence and competence to provide quality inclusive activity, tailored to individual needs
- Inclusive physical activity provision; including impact on existing provision and creation of new activities
- Disabled people's experiences of physical activity sessions and their levels of activity
- The diversity of the coaching workforce i.e. disabled people as coaches / deliverers
- Organisation-wide approaches to inclusive activity.

In addition, we would want the evaluation to explore:

- The extent to which participants have implemented elements of the training in their delivery and any changes they have made as a result
- The extent to which IAP learning is transferred and shared between individuals
- The extent to which participants have engaged with the post-workshop support available and the impact it has had
- The impact the training has had on individuals from the coaching, community and health sectors
- The impact of the training on disabled people; both as participants of the training and the end users who attend sessions delivered by IAP participants
- The key challenges faced in supporting more disabled people to be active
- The effectiveness of the workshop and supporting resources to shape future development.

Method

We envisage a mixed method, quantitative and qualitative study. A survey of workshop participants is already underway and raw data will be provided. Therefore, the majority of work under this brief is likely to be qualitative in nature, with some quantitative analysis in reporting. We would encourage creative methods to capture detailed information about the impact and experiences of individuals who have received, implemented or benefitted from the training – including disabled people.

Over the remaining two years of the programme we would expect to receive a minimum of 6 case studies. Three of these should be focused on reach, impact and conversion of learning into practice, whilst three should look to explore organisation to organisation impact of the programme.

Evaluation must include participants of the training as well as the end beneficiary i.e. disabled people.

**activity
alliance**

**disability
inclusion
sport**

✉ programmes@activityalliance.org.uk
🌐 www.activityalliance.org.uk
☎ 01509 227751

**UK
COACHING**

We would ideally like the evaluation project to include a longitudinal study of a small sample of participants and the disabled people they work with.

The method used to achieve the outcomes of this project should be designed to minimise the burden associated with involvement, particularly paperwork to be completed by participants / organisations. We would like to see innovative and engaging methods of involving disabled people in the fieldwork.



Outputs

We expect the following outputs from this project:

- Interim reports sharing key findings against research objectives to be shared at least at six-monthly intervals throughout the lifespan of the programme (exact timescales to be confirmed on appointment). Interim reports to be in a concise format which can easily be shared with partner organisations e.g. PowerPoint.
- End of project written report no later than 30th September 2021, concluding findings collected throughout the evaluation project. Final report to include an executive summary and future recommendations based on evidence gathered.
- Completion of 6 case studies of effective practice that can be shared with Sport England, programme partners and relevant networks.
- All data, including transcripts of interviews, to be provided to Activity Alliance.

Budget

£40,000 inclusive of associated expenses and VAT.

Process

Written proposal to Chloe Studley, Inclusive Activity Programme Manager at chloe@activityalliance.org.uk by Monday 2 September 2019. Submissions to include the following information:

- Method – how you intend to meet the research objectives
- Relevant skills and experience
- Ability to meet desired outputs
- Project plan broadly outlining key activity and timescales
- Breakdown of costs
- Examples of other outputs produced.

Due to annual leave, please submit any questions about the brief via email to chloe@activityalliance.org.uk by Thursday 15 August 2019. We will circulate all responses to all interested parties. On appointment, successful tender will need to attend an inception meeting with the project team, due to be held in either Loughborough or Manchester.