

# Sainsbury's

Active Kids

For All

Inclusive Community  
Training Programme

For all ages



## Sainsbury's Inclusive Community Training Programme Frequently Asked Questions

### What is the Sainsbury's Inclusive Community Training?

The Sainsbury's Inclusive Community Training, part of the Active Kids for All scheme, is a creative, informal and informative workshop, designed to improve the skills and confidence of those who support disabled people to be more active.

The initiative has been established through a £1 million National Lottery grant from Sport England and is being delivered across England through the English Federation of Disability Sport and sports coach UK.

### Who is the Sainsbury's Inclusive Community Training designed to support?

It is designed as introductory training for those who:

- Support disabled people of all ages within the community, and
- Have an opportunity to put the training into practice.

For example; parents, carers, support workers, healthcare professionals and volunteers. Please note it is not suitable for qualified coaches.

Those people working within sport specific environments will be signposted to access inclusion training identified or provided by their National Governing Body of sport (NGB).

Those people based in Wales, Scotland and Northern Ireland will be signposted to their relevant home country disability sport organisations.

### Is the Sainsbury's Inclusive Community Training just for individuals who work with young people?

No. The training is for individuals who directly support disabled people of all ages within the community.

### What's involved? What does the Sainsbury's Inclusive Community Training cover?

The Sainsbury's Inclusive Community Training consists of a 3 hour practical workshop complemented by an online module.

The online resources take approximately 45 minutes to complete and provide an increased understanding of what inclusion in physical activity and sport means. This is covered through interactive activity which supports participants in the face to face workshop.

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Throughout the Sainsbury's Inclusive Community Training, participants are supported to:

- Learn about practical tools to support inclusive delivery
- Explore creative ideas to support disabled people to take part in physical activity and sport
- Learn about local groups, activities and further training opportunities.

## Are there any pre-requisites to attending the Sainsbury's Inclusive Community Training?

No, although participants are encouraged to complete the online module before attending the workshop as this will enable attendees to get the most out of the time with the tutor.

## What will participants need to bring and wear?

For the workshop, attendees will need something to write with and as it is a practical workshop they should come dressed appropriately for some light physical activity. Participants should also bring a drink.

## What are the minimum and maximum numbers for workshops?

The minimum number of workshop participants for the Sainsbury's Inclusive Community Training is 12 (workshops with fewer than 12 attendees will need to be cancelled).

The maximum number of workshop participants for the Sainsbury's Inclusive Community Training is 22 (for higher numbers 2 tutors can be provided, subject to sufficient notice).

These parameters have been set to ensure maximum benefit to workshop participants.

## Is the Sainsbury's Inclusive Community Training accredited?

After completing the online module, participants will be able to download a certificate and approximately 8 weeks after the practical workshop, participants will receive a certificate of attendance through the post.

The Sainsbury's Inclusive Community Training is not currently on a qualifications framework, although this is something the partner organisations will be looking into as the initiative is delivered.

## How much does it cost to attend the Sainsbury's Inclusive Community Training?

The training will cost a maximum of £10 per participant; this fee is paid directly to the registered partner arranging the workshop to support hosting costs. In some instances registered partners may further subsidise this cost.

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## Who is the Sainsbury's Inclusive Community Training delivered by?

The practical workshops are delivered by a network of tutors trained by sports coach UK.

## How is this training different from the existing sports coach UK courses?

The Sainsbury's Inclusive Community Training provides first step training to improve knowledge, competence and confidence in delivering sports based activities to disabled people. Typically, workshop participants will have a direct connection with disabled people or the disability sector and they are unlikely to be from a sports based organisation.

In its entirety, the training will comprise of a 3 hour practical workshop, complemented by an online module.

The existing sports coach UK courses are aimed at existing/qualified coaches:

- How to Coach Disabled People in Sport is for Level 1 / Assistant Coaches to raise awareness around coaching disabled people in sport. This is a 2 hour, theory workshop.
- Inclusive Coaching: Disability is aimed at Level 2 / Lead Coaches who want to develop their disability coaching knowledge further. This is a 3 hour workshop including an hour of practical that includes a supervised coached session with a local disability group.

## Is this training linked to the Sainsbury's Active Kids for All Inclusive PE Training?

The Sainsbury's Inclusive Community Training extends the high quality support for teachers to community based organisations and groups through Active Kids for All. Both training programmes have unique outcomes designed for different audiences and purposes:

- Inclusive PE Training – education focus for teachers, school staff and trainee teachers.
- Inclusive Community Training – community focus for support workers, parents, carers, healthcare professionals and volunteers.

If you are unsure which training programme best suits your needs please contact [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk).

## How do I book onto a Sainsbury's Inclusive Community Training workshop?

Workshops are delivered regularly across England, to find out when a workshop is taking place near you, visit the English Federation of Disability Sport [Events webpage](#) or contact: [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) / 01509 227751.

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Please note the Sainsbury's Inclusive Community Training is available in England only. For information on training opportunities outside of England, please contact your relevant home country organisation:

Disability Sport NI

Tel: 028 9038 706

Email: [email@dsni.co.uk](mailto:email@dsni.co.uk)

Scottish Disability sport

Tel: 0131 317 1130

Email: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)

Disability Sport Wales

Tel: 02920 334923

Email: [bookings@disabilitysportwales.com](mailto:bookings@disabilitysportwales.com)

**How do I get further information about the Sainsbury's Inclusive Community Training?**

For further information please email: [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) or phone: 01509 227751.

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