

Sainsbury's

Active Kids

For All



Inclusive Community
Training Programme

For all ages



TP 3
Wave 9 – July 2017

inspired
by 2012



Demographics

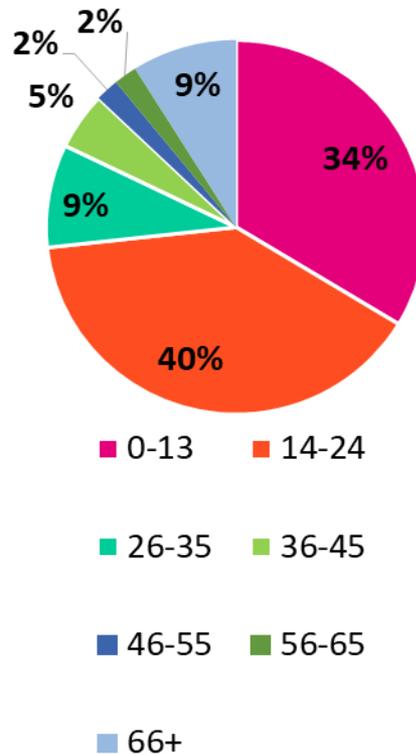
Data collected from June 2016 onwards

Participants' role in relation to the training

Parent/ Guardian	0%
Community Sport Provider	13%
Leader	5%
Care Worker	8%
Volunteer	20%
Qualified Coach	23%
Other	31%

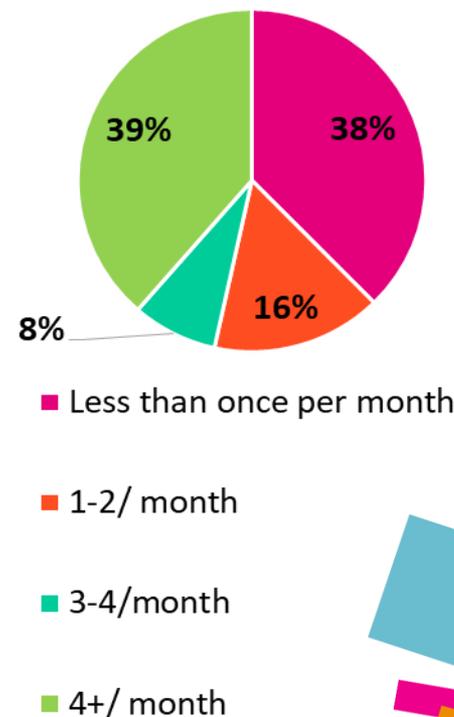
Other occupations included:

- Early years practitioner
- Project worker
- Play Worker
- Youth Worker
- Health and wellbeing coordinator
- Physiotherapist
- Crime reduction project manager
- Student



Age groups participants predominately support

Over a third of participants are currently providing/ supporting disabled people to access sport more than four times a month



Reasons people attended the training

The reasons people gave for participating in the training (spontaneous responses grouped)

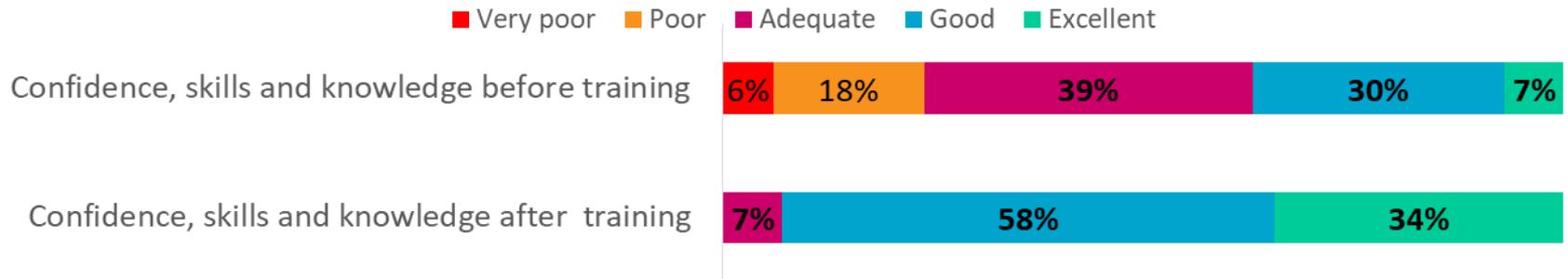
Improve understanding of integration / make activities more inclusive	54%
For professional development	26%
Work in sport / fitness	9%
Work with disabled people	13%
Organisational training	11%
Activity ideas - awareness of suitable activities in the area	7%
Physiotherapist seeking advice / guidance to pass on to teachers	2%
Share practice with colleagues	3%
Volunteer with disabled children	3%

To better understand the process of adapting exercise to promote inclusion

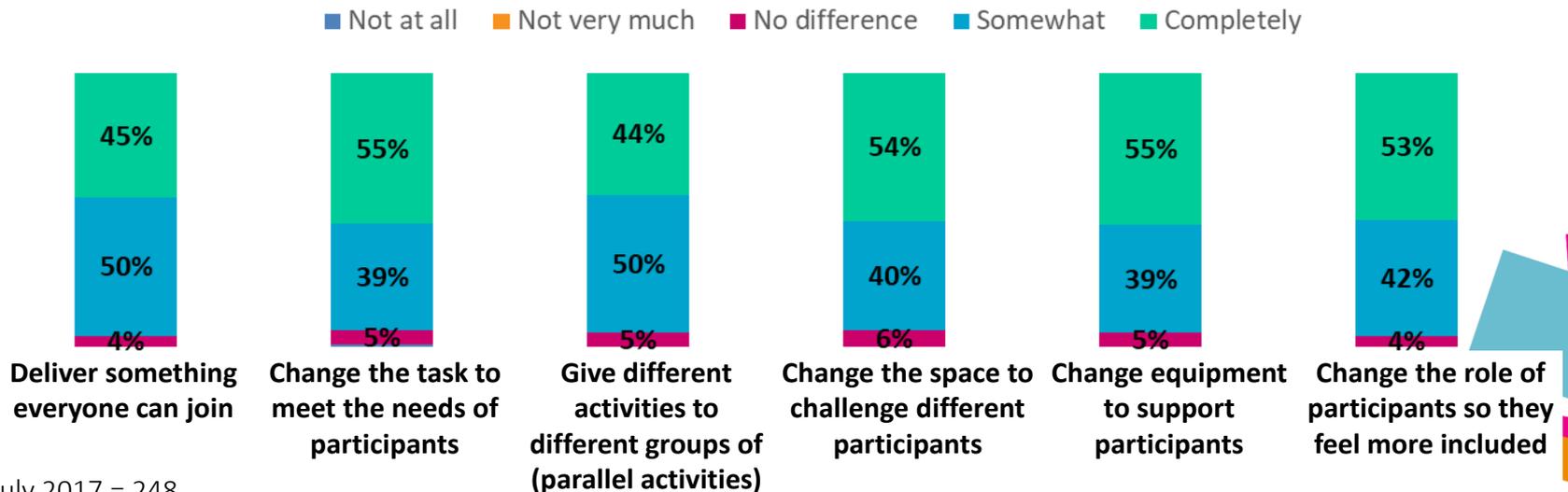
It was offered as part of my university course and I felt it would be useful for my future career.

Impact of training on confidence

Taking part in the training more than doubled the number of people who were confident in providing sport and physical activity for disabled people



The training made around 90% of participants confident to ...



Implementation of training

Participants have used the training in many ways

Influencing others

- Sharing resources
- Signposting training course
- Providing examples
- Encourage disabled people to join their activities
- Using contacts through course to further increase skills
- Encouraging colleagues to adopt principles

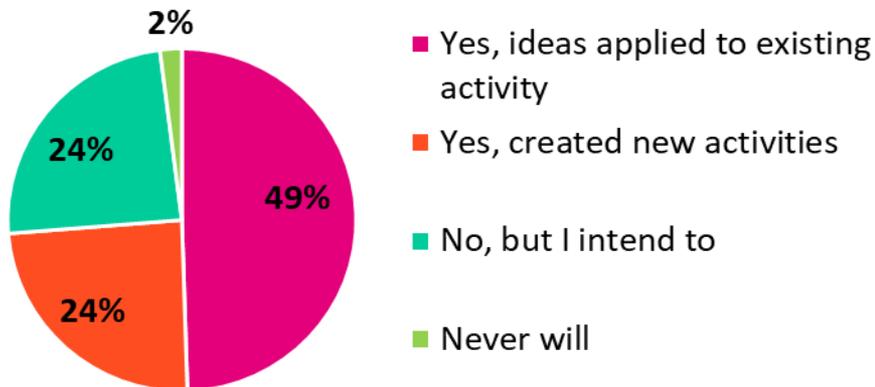
Adapting activities

- Applying principles
- Offering a variety of activities
- Offering different forms of activity in one session for everyone to take part
- Ensuring everyone is included in a less obvious way
- Set up new sports activities
- Enabling different abilities to compete fairly

Changing behaviour

- More confident in delivery
- Planning ahead
- Thinking about modifications for different abilities
- Using different language in sessions
- Thinking about different communication needs
- New equipment
- Not treating people as disabled

Over 70% of participants have already used the training in practice



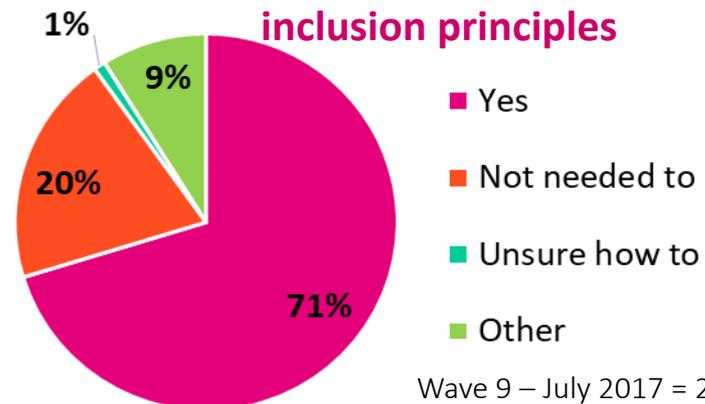
Reasons why they have not used the training

- For 70% of those who have not applied ideas from training, it was because there has been no opportunity
- The rest are not deliverers of activity but influencers

Number of disabled people they believe they reach with amended activities:

Average: 14 Min:1 Max: 265

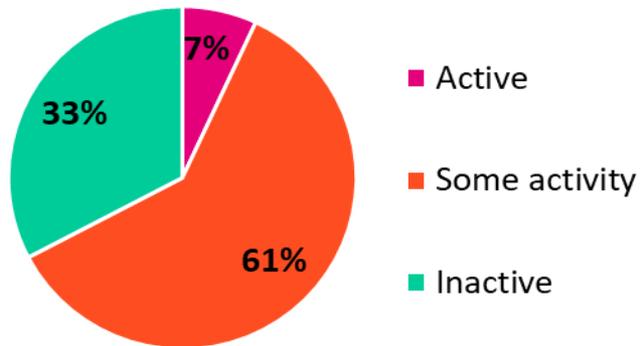
7 in 10 have used the STEP or inclusion principles



Impact of training

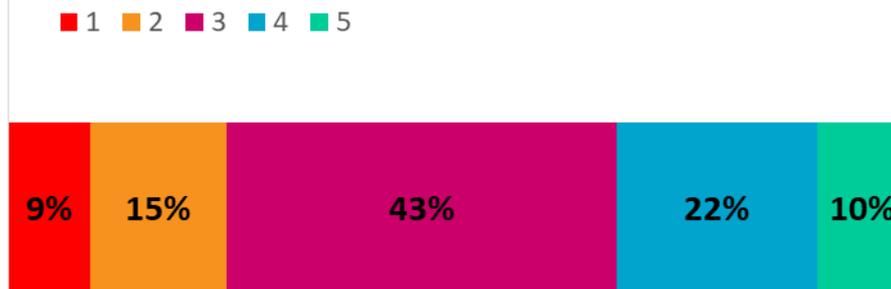
Data collected from June 2016 onwards

Over two thirds of participants believed that the disabled people they support did some activity before the training



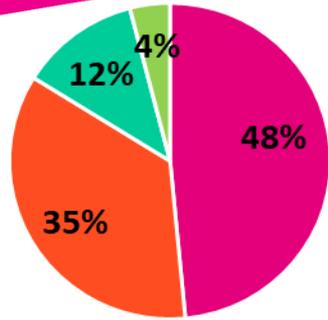
On a scale from 1 – 5, with 1 being not as a result of the training and 5 being completely due to the training, 76% felt that the change was at least some extent attributed to the training (a third felt that the change was 'to a large extent' or 'completely' the result of the training).

to what extent is the this change the result of attending the Inclusive Community Training?



Implementation of training

83% of attendees have shared the training

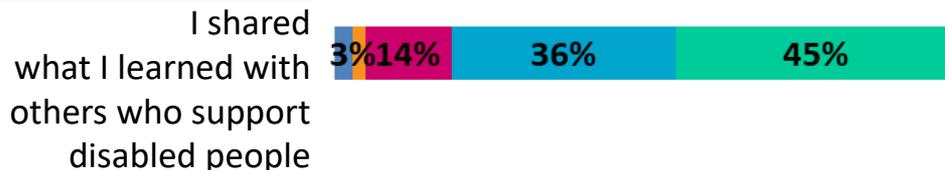
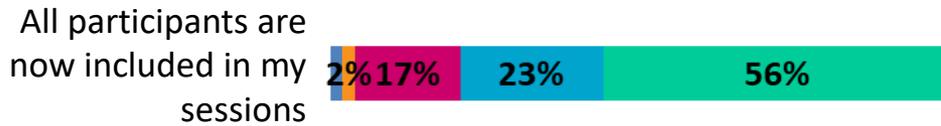


- Yes, I shared what I learnt at the workshop
- Yes, I told others to attend the workshop
- No, but I intend to
- No, I don't intend to

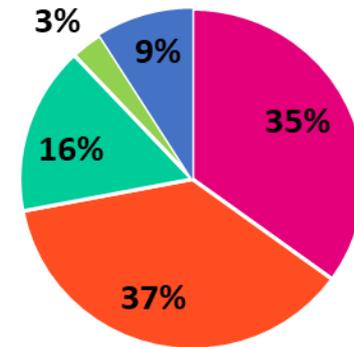
Number of colleagues shared with:
Average: 9
Min: 1
Max: 150

Two thirds of participants said the training has made a difference to their sessions

■ Not at all ■ Not very much ■ No difference ■ Somewhat ■ Completely



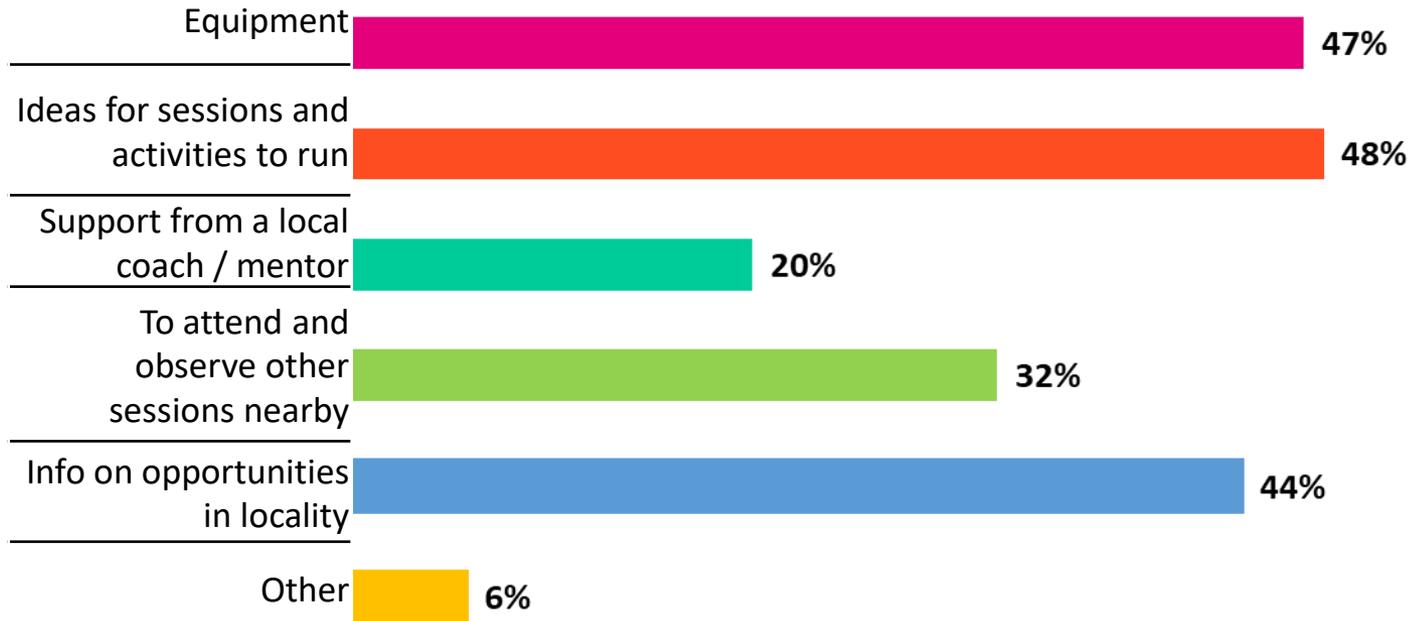
Over two thirds of people have encouraged the disabled people they work with to access activity in the local community



- Yes, some are attending sessions
- Yes, don't know if people are attending sessions
- No, unaware of what is available
- No, not confident of the quality of what is available
- Other

On going support

The most useful additional support would be information on ideas for activities, other local opportunities for disabled people, and equipment



Almost two thirds of participants plan to further develop their coaching skills

