

Case study: Move to Include

What is this case study about?

This case study is about the Move To Include project, which supports people with learning disabilities or Autism Spectrum Condition, to access non-disabled sports and physical activities.

What does the approach aim to do?

- Support disabled people to be more active through supporting their transition into non-disabled opportunities.
- Increase the number of people being physically active, to improve health, weight management, social interaction, and isolation.
- Support providers of non-disabled sports and physical activities to become more inclusive through breaking down stereotypes about disabled people and up-skilling activity leaders.



“Disability sport options can be very limited and based on what is available – and not what people want or what outcomes they want.”

How does the approach work?

Move to include is run by the Somerset Active Sports Partnership, a voluntary sector organisation.

Move to Include works closely with Health and Wellbeing coaches. Health and Wellbeing Coaches are employed by the NHS in Somerset to support people with long term conditions to be more active.

Health and Wellbeing Coaches are a key referrer into the project. People can also refer themselves.

The service user chats with a **team member** (the Disability Projects Officer), who finds out what they want to achieve in getting more active and what they are interested in doing, before researching **what is available** in their local community.



That team member then plays the role of **community connector**, accompanying the disabled person as needed in the early sessions to support the transition.

They check in at three, six, and 12 months to understand progress, any further support needs, and the impact of the project's involvement.

What makes this approach work?

There is **high demand** from people with learning disabilities to be more active, but there is a lack of accessible opportunities. Previous attempts at signposting for disabled people haven't been effective (due to service users' anxiety and previous negative experiences), and training alone isn't enough for activity providers to feel confident. Providing disabled people and clubs with someone to contact, through the **connector role**, has made the difference.

A disabled person might go to a Health and Wellbeing Coach without thinking that they want to be more physically active, but supportive conversations can help them try things through the Move to Improve project.

The opportunity for the connector to observe activity sessions and environments is valuable as they can provide the activity leaders with ideas for improvement, and build confidence with providing reasonable adjustments.

The project launched in January 2024, and people have since been supported to access health walks and local gyms.

Success smash



“We can attend a health walk with a nominee and then chat to the walk leader about how the activity can be made more inclusive.”

Who is involved?

Nominations have come through healthcare professionals, particularly Health and Wellbeing Coaches, a form of social prescriber who are based in GP practices, supporting local healthcare capacity.

Close working between the Health and Wellbeing coaches and the Move To Include team supports better access and communication, ultimately supporting better outcomes for disabled service users.

Part of the Move to Include team's role is to build connections and confidence with local sports clubs, so that they are able and confident at putting adjustments in place for people.

The approach is funded by the NHS, the local authority, and Sport England.



Opportunities for scaling up

Commission Health and Wellbeing Coaches in primary care: Health and Wellbeing Coaches provide a key contact point for this project. Evidence of commissioning value could be used to expand this role.

Roll out a training programme for activity leaders: Expand the training programme for sports providers and activity leaders to up-skill them in making adjustments for disabled participants.

Build local expertise: Train local “community connectors” who can replicate the role of the Disability Projects Officer, providing direct support to individuals during their transition into non-disabled sports activities.

Top ideas for inspiration

- **Build a network of people that you can work with: Get** to know the clubs first and speak to them about what you want to do before launching. They can provide insights on what's doable.
- **Be flexible and led by need:** Listen to the people you are working with, rather than being rigidly structured around what you think needs to happen.
- **Break down barriers and misconceptions, and correcting assumptions:** Educate local clubs and activities about what disabled people can and can't do and provide disability training.

