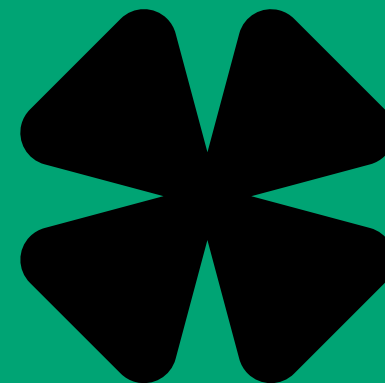
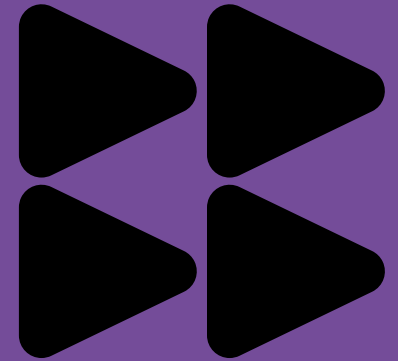
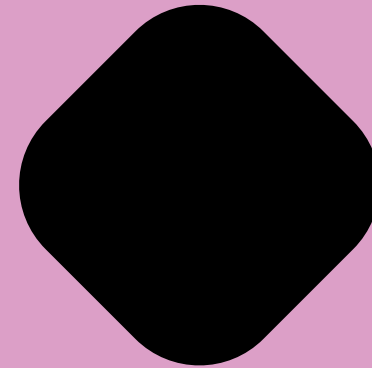
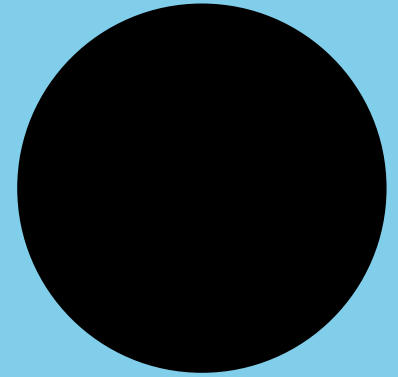


Club support information pack

Bristol Indoor Bowls Club




Introduction



- So you'd like to reach more members of your community? We'd love that too!
- Our vision is that no one should be excluded from the transformational benefits of community sport and working with people like you is what will make this a reality. So, thank you!
- We hope this pack gives you an idea of what you can expect and how we can support you on this exciting journey

Who are Access Sport?



Access Sport is a national charity which was formed in 2004.

Why? Our vision

No one should be excluded from the transformational benefits of community sport.

The benefits we focus on:

- Physical and mental health and well-being
- Personal development including life skills & prospects
- Sense of belonging
- Community engagement.

How? Our mission

We make inclusion the norm by tackling the access barriers faced by disadvantaged and disabled young people, focussing on the causes of exclusion not just the symptoms.

What do we do?

We train, equip and support community sports clubs, organisations and volunteers to provide inclusive sport & physical activity, unleashing their potential to transform the lives of underserved young people in their local communities.

This work is place based (Changing Places) or sport focussed (Changing Sports). Clubs we support are invited to join our Inclusive Club Network. We use our expertise to effect System Change.

The national need...

1 in 5

people in the UK are disabled

Disabled people are
**Half as likely
to be active**

as non-disabled people

**Disabled
children**

are the fastest growing group
amongst the population of disabled
people

The local need...

50,000

Disabled people in Bristol

**More disabled
women in Bristol
compared to men**

15.6% men and 17.8% women

**Those living in the most
deprived areas of Bristol
are significantly less
likely to be active**

55% vs 68%

Case Study: BITS

Putting their love of adventure sports and disability awareness to good use, Jess Carter, James Rudge and Tom Stabbins founded Bristol Inclusive Thrill Seekers a.k.a BITS!

After initial seed funding and advice from Access Sport, BITS have gone on to launch weekly climbing sessions and have recently raised over £4000 that will enable the team to expand their offer to get more disabled thrill seekers active and receiving important social, physical and mental health benefits that sport brings

“ We’re incredibly passionate about ensuring that getting involved is easy for everyone, regardless of impairment or disability. We know how much these activities can benefit people and we really want to bring more inclusivity and diversity to them”

“ Lots of excited faces and volunteers and you can see talking to other parents how much it means to them that their children have access to these activities and the impact it has on their lives which is brilliant to see” Volunteer



How can we support you on this exciting journey?

Every club has access to the below support when working with Access Sport

Support from one of our expert team

You will have access to support with a member of the Access Sport team through in person and online meetings, call and emails

Volunteer Recruitment

We can use our networks to advertise volunteering opportunities or advise on how to recruit volunteer from within your club

Promotion

We can use our strong online community and partnerships to promote and support details of your inclusive sessions

Access to the Ignite Network

You will have access to training, resources, and events supported by the Ignite network, as well as the opportunity to connect with other inclusive clubs and organisations

We can also offer all of this additional support

<p>Funding</p>	<p>Support with Local Partnerships</p>	<p>Training Courses</p>	<p>Outreach and Events Guidance</p>
<p>Access Sport can provide initial 'activation' funding to support clubs with start-up costs and long term sustainability</p>	<p>Access Sport can introduce your club to local schools, community groups, youth clubs, disability organisations, health centres etc to engage with disabled young people</p>	<p>YMCA endorsed Disability Inclusion Training Course-2-3 hour workshop online or in person</p> <p>Recommendations to other courses to meet your needs</p>	<p>We can support with the organising of outreach programmes and events to promote your inclusive club offer to local schools and organisations</p>
<p>Accessible Marketing</p>	<p>Processes and policies</p>	<p>Administration Support</p>	<p>Case Studies and Impact Evaluation</p>
<p>We can provide best practice guidelines and design accessible flyers, information packs and social media content to ensure your content can be accessed by all audiences</p>	<p>If not already in place, we can support with:</p> <ul style="list-style-type: none"> • Public Liability Insurance • Safeguarding Policies and Procedures • Risk Assessments 	<p>If you don't currently have systems in place, we can support you to create registration forms, databases and document templates to create a smooth, stress-free process for all involved</p>	<p>Access Sport will collect data and case studies to support you to use this data to demonstrate the impact of your inclusive session on your club, volunteers, young people etc</p>

What you can expect from us:



Supportive

We're here to help at every step of the journey, and no question is a stupid question

Innovative

We'll work with you to come up with ideas and solutions to meet the needs of you, your club, coaches, volunteers and participant so all members of the community can take part fully in your sessions

Flexible

We can arrange calls or meetings at a time to suit you

Responsive

We'll always aim to reply to any queries, or complete actions as soon as possible to keep things moving forward, unless otherwise agreed. If that's not possible, we'll let you know

How you can help us:



Communicate

Keep us updated on plans, challenges and success in a timely manner



Reporting

In return for our support, we're required to collect participant and attendance details. We'll work with you to organise the best way of doing this and details required



Supportive

Actively supporting both the participants and the wider inclusive sport network to thrive. This may be engaging in events, sharing best practice with other clubs and being advocates for inclusive sport and physical activity



The Current Inclusive Landscape

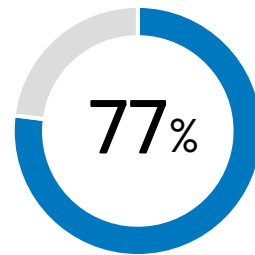
1 in 5 people are disabled



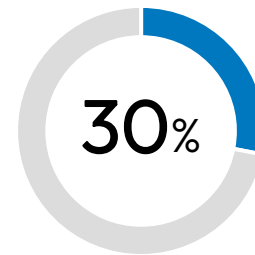
Disabled people are **half as likely to be active** as non-disabled people

Less than 1 in 10 people at a sports club are disabled

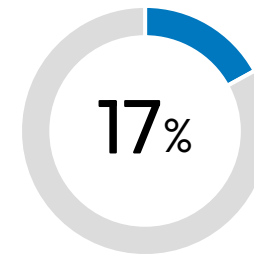
Disabled children are the fastest-growing group amongst the population of disabled people



of disabled children feel lonely



of disabled children are 'less active'



of disabled children participate at a sports club

Disabled children enjoy taking part in sports and want to do more



Physical health




Sense of belonging




Fun

Our Impact

April 2021- March 2022 headlines



Supported 8000 underserved young people to access inclusive community sport



Upskilled 444 coaches, volunteers and young leaders through our Disability Inclusion Training



87% of parents/carers say that attending an Access Sport supported club improved their child's mental wellbeing

About our Ignite Bristol Network

Vision

To be the best city for disability inclusive sport and physical activity.

Mission:

Active. Inclusive. Together.

Ignite Bristol will bring together local, regional and national partners in one group focused on inclusive sport and physical activity in the greater Bristol area.

From volunteers to CEOs, the group will support the development of life-long participation by sharing signposting, best practice and development opportunities in a fair and accessible way.



Next steps in your inclusive journey

Meet with Access Sport Staff Member-let us know when and where suits you!

- Talk through plans and what support might be needed
- Formulate a plan based around
 - What you want to offer
 - Who you want to engage and who will be involved to make that happen e.g. coaches, volunteers, partner organisations
 - When sessions can take place
 - Where sessions can take place
 - How we can make this happen
- Consider long-term sustainability options

Partnership Agreement and Confirmed Plans

- We'll help pull all this information together into one document to make sure everyone is happy and in agreement

The exciting bit! Running sessions!

- We'll work together to get everything in place to welcome more members of your community to your club sessions

Check Ins

- You're welcome to reach out at any time
- We'll get in touch every so often to see how things are going and collect participant/attendance details



The project team

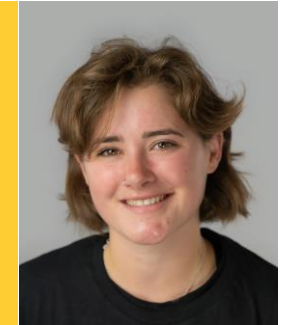
Lizzie Edgecombe
Project Manager
(Bristol)



Jonny Fenner
Community
Coordinator
(Bristol)



Katie Crook
Community
Development
Officer (Bristol)



Together, we'll make sure
no one is excluded from
the transformational
benefits of community
sport

www.accesssport.org.uk

Access Sport CIO, 3 Durham Yard,
Teesdale Street, London, E2 6QF

Registered charity no. 1156819

