Inclusive and Active 2
A sport and physical activity strategy for disabled people in London
2010-2015
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Interactive, April 2010
Based on ‘Inclusive and Active’ by Yew Consulting Ltd
Acknowledgements
Since the launch of ‘Inclusive and Active’ in 2007, the sport and physical activity landscape in London has undergone significant changes. With this in mind, the regional ‘Inclusive and Active’ steering group has launched ‘Inclusive and Active 2’. The vision and core ethos remain the same, but many of the targets have been adapted to reflect the sport and physical activity landscape in 2010 and beyond.

Within the strategy, the updated version will be referred to as ‘Inclusive and Active 2’, whilst the original will be referred to as the first ‘Inclusive and Active’.

We would like to thank the members of the steering group, past and present, who have contributed significantly to both ‘Inclusive and Active’ and ‘Inclusive and Active 2’ and are continuing to give their time and energy to oversee its implementation. We would also like to thank all those who committed to and championed the first ‘Inclusive and Active’.
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Foreword by Boris Johnson, Mayor of London

London is a fantastic city, the greatest in the world. But its age, its size, and the sheer number of people who live here mean it can also be a tough place to live in or visit for disabled people. As Mayor I am determined to do all I can to ensure that everyone – regardless of their impairment – can participate in the life, culture and economy of our great city. This must include better access to sport and physical activity. Much progress has already been made on this front, which this report documents. We must, however, recognise that there is still a great deal more that can be done.

I will work hard to ensure that every disabled person can participate in their preferred sport or physical activity at their chosen level. I want London to be a city of aspiration and ambition, so if disabled people see their future in the sports industry, we should be creating clear pathways for them to realise their dreams. It is fantastic that this is covered in the strategy. And I am delighted that as well as looking at the provision of sport for disabled people, this strategy focuses on achieving integration with mainstream sport where possible. I am wholeheartedly in favour of this approach, which chimes with London’s status as a genuinely inclusive and diverse city.

‘Inclusive and Active 2’ takes us all the way to 2015 - up to, through and beyond 2012, when the greatest sporting festival in the world rolls into town. The United Kingdom has a long and proud tradition of Paralympic success and I am confident we will be covered in glory again. But success in London will not just be measured by results in the sporting arena; it will also be felt in the legacy left by the Games. ‘Inclusive and Active 2’ is a key part of delivering this legacy for Londoners.

I am confident that this strategy will support many disabled Londoners to discover and enjoy the life-enhancing powers of being an active person. I strongly believe that by
encouraging the people of this city to participate in sport and physical activity we are giving them great gifts; the sheer physical pleasure of exercise, the excitement of achievement, the esteem of their peers, and the gifts of self-discipline and self-worth. These are goals that are well worth working for, and I know that with ‘Inclusive and Active 2’ we will achieve them.

Boris Johnson
Mayor of London
NHS London is proud to be a co-owner of ‘Inclusive and Active 2’. It is a challenging, but practical, strategy that will make a real difference to the health and wellbeing of Londoners. We fully support its principles and are committed to playing a leading role in turning its recommendations into action, transforming activity opportunities within the NHS and across London to ensure that they are fully inclusive for disabled people.

Dr Simon Tanner
Regional Director of Public Health,
NHS London
Foreword
by Interactive

As the lead strategic development agency for sport and physical activity for disabled people in London, ‘Inclusive and Active 2’ is at the heart of all that we do and forms the foundation of our organisational business plan.

The first ‘Inclusive and Active’ saw a unique collaboration between many key partners and stakeholders delivering and coordinating sport and physical activity in London creating a unified vision and action plan to increase the participation levels of disabled people. ‘Inclusive and Active 2’ will build on this success and ensure that significant and sustainable change is achieved which will make a positive difference to the lives of over one million disabled people living in London.

Tracey McCillen
Chair, Interactive
As the umbrella body for sport and physical activity for disabled people in England, EFDS is proud of our development work within the regions. The new ‘Inclusive and Active 2’ strategy provides more opportunities for campaigning and projects to tackle the barriers disabled people face in sport and continues to raise the profile of sport for disabled people.

EFDS fully supports ‘Inclusive and Active 2’ and looks forward to being a key partner of the strategy.

Professor David Croisdale-Appleby
Chair, English Federation of Disability Sport (EFDS)
1.0 What is it about?

1.1 ‘Inclusive and Active 2’ is the sport and physical activity strategy for disabled people in London. Its vision is ‘active disabled Londoners’. It identifies targeted outcomes that will result in disabled people in London being able to access sport and physical activity opportunities of their choice at the level of their choice.

1.2 ‘Inclusive and Active 2’ is co-owned by the Greater London Authority (GLA), NHS London and Interactive. It is supported by key regional and national agencies including Sport England, London Councils, The English Federation of Disability Sport (EFDS), the London Development Agency (LDA), Youth Sport Trust (YST) and the five PRO-ACTIVE London Partnerships.

1.3 ‘Inclusive and Active 2’ adheres to the social model of disability, the concept that everyone is equal and that it is society, in reaction to a person’s impairment, that creates social and environmental barriers that restrict opportunities and prevent disabled people from fully participating.

1.4 ‘Inclusive and Active 2’ views inclusion as the key tool to achieve an increase in participation by disabled people. Inclusion is defined as the process of accepting responsibility and taking necessary steps to ensure that every disabled person is given an equality of opportunity. Specific adapted and disability exclusive activity plays a major role in the increase of provision for disabled people, as part of the spectrum of opportunities available.

1.5 ‘Inclusive and Active 2’ makes a clear distinction between sport and physical activity for disabled people, which it defines as disabled people being included as equal participants in the sport and physical activity sector and disability sport, which it defines as specific sports that are adapted to be played by distinct impairment groups. There is a direct connection between the two and both have equal importance in increasing participation rates amongst disabled people.

1.6 The first ‘Inclusive and Active’ was commissioned to increase participation in sport and physical activity by disabled people in London. It has been
reviewed and has been shown to have influenced high-level agencies, raised awareness of sport and physical activity for disabled people and provoked behaviour change across the sector. Statistical evidence however shows that participation levels have so far remained constant.

1.7 ‘Inclusive and Active 2’ will build upon the foundations of the first ‘Inclusive and Active’ in order to achieve an increase in participation levels. It will further embed responsibility for providing opportunities for disabled people and will ensure disabled people view being active as a viable lifestyle choice.

1.8 ‘Inclusive and Active 2’ seeks organisations’ commitment to developing and implementing action plans to achieve identified outcomes. Those viewed as having committed to the first ‘Inclusive and Active’ will be viewed as having adopted ‘Inclusive and Active 2’.
2.0 Who is it for?

2.1 ‘Inclusive and Active 2’ works strategically to influence policy makers, opinion shapers and providers to achieve an increase in participation levels.

2.2 ‘Inclusive and Active 2’ has a duel focus – it supports providers and strategy setters to ensure more opportunities exist for disabled people to participate in sport and physical activity and it supports those who directly work with disabled people to advocate being active as a viable lifestyle choice.

2.3 The core stakeholders of ‘Inclusive and Active 2’ are decision makers and providers within the sport and physical activity sector and all organisations and groups within London’s diverse disability and health sectors. The disability sector includes statutory bodies and voluntary sector organisations that assist disabled people to live and participate in community life, Disabled People’s Organisations (DPOs) and disability charities.

2.4 The end beneficiaries of ‘Inclusive and Active 2’ are disabled people in London. Over 1.5 million Londoners, nearly 20 per cent of the whole population, are defined as disabled people according to the social model of disability.

2.5 Within the population of disabled people, there are a wide variety of impairments, including visual impairments, physical impairments, mental health conditions, Deaf people, learning disabilities, neural impairments and multiple impairments. There are also varying levels of impairment within each of these groups. ‘Inclusive and Active 2’ believes that every disabled person should be treated as a unique individual rather than as a member of a specific impairment grouping.
A Sport and Physical Activity Strategy for Disabled People in London

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3.0 Where does it fit?

3.1 The success of London’s bid to host the Olympic and Paralympic Games in 2012 propelled sport into the political and media spotlight. ‘Inclusive and Active 2’ will use the Olympic and Paralympic Games to help to achieve a lasting increase in participation levels at a grass root level in London.

3.2 In 2006 the London Assembly’s Economic Development, Culture, Sport and Tourism Committee report ‘London Olympic and Paralympic Games – A sporting legacy for people with disabilities’, identified significant weaknesses in the provision of sport for disabled people in London and highlighted a serious concern that disabled people will not reap the benefits of the Games unless action is taken. The first ‘Inclusive and Active’ was created as a direct response to this report.

3.3 The government’s 2008 ‘Legacy Action Plan’ and the Department for Culture, Media and Sport’s (DCMS) ‘London 2012 Olympic and Paralympic Games Annual Report’ (January 2009) have outlined London’s aim to go further than any previous host city, to ensure that the Olympic and Paralympic Games are accessible for everyone. They also outline the opportunity to change attitudes towards disability and improve provision and access for disabled people. Cementing this, in December 2009 it was announced that disability equality had been added as the sixth legacy strand. In March 2010, DCMS published ‘London 2012: a legacy for disabled people.’ The document highlighted ‘Inclusive and Active 2’ as a positive case study for delivering equality of opportunity in this area.

3.4 In 2008, Sport England published their new three-year strategy with a commitment to getting one million people taking part in more sport by 2012-2013. ‘Inclusive and Active 2’ contributes to this overarching objective to increase participation in London and seeks to work directly with the English Federation of Disability Sport (EFDS), national governing bodies (NGBs) and the five PRO-ACTIVE London Partnerships to get more disabled people active.

3.5 The Youth Sport Trust (YST) plays a central role in supporting
the Department of Education; (DoE) and the Department for Culture, Media and Sport (DCMS) in the delivery of the Physical Education and Sport Strategy for Young People (PESSYP). This strategy aims to get more children and young people taking part in high quality physical education and sport through the delivery of the five-hour offer. The adoption of the principles and ethos of ‘Inclusive and Active 2’ will support the five-hour offer to be made available to all.

3.6 The English Federation of Disability Sport (EFDS) recognises ‘Inclusive and Active 2’ as a fundamental component of their overall strategy. Moving forward, they will ensure that its principles and actions are embedded in national plans.

3.7 The first ‘Inclusive and Active’ has been embedded into a plethora of Londonwide strategies in relation to sport, physical activity, health and inequalities. ‘Inclusive and Active 2’ will continue this work and influence more strategies.

3.8 In 2009, the Mayor launched ‘A Sporting Future for London’ with the aim of significantly boosting participation by Londoners of all ages in grass root sport and physical activity, creating a lasting sporting legacy and making London an even better place to live and work. Linked to ‘Inclusive and Active 2’, a key target in the plan is to increase participation amongst disabled people in London. To guide and steer the Mayor’s plan, the ‘London Community Sports Board’ was created, with a ‘Delivery and Implementation Group (DIG)’ sitting directly beneath it. High-level individuals committed to championing the principles and ethos of ‘Inclusive and Active 2’ sit on both groups. Furthermore, the London Community Sports Board has recommended that any project funded by the Mayor’s Sports Legacy Programme must agree to meet the requirements set out in ‘Inclusive and Active 2.’

3.9 In 2009, NHS London launched ‘Go London, An Active and Healthy London for 2012 and beyond’. This health legacy advocates inclusion inline with the ‘Inclusive and Active 2’ ethos.

3.10 The five PRO-ACTIVE London Partnerships play an integral role in the co-ordination and
development of sport and physical activity in London. All five partnerships have played a fundamental role in the success of the first ‘Inclusive and Active’ and the principles, actions and targets within ‘Inclusive and Active 2’ will become important components within their strategic and operational plans.

3.11 The Mayor’s Health Inequalities Strategy acknowledges that a combination of low income and disability severely limits participation in sport and physical activity. The Mayor’s Health Inequalities Strategy is linked with ‘Inclusive and Active 2’. Furthermore ‘Inclusive and Active 2’ will make a major contribution to achieving the objectives of the Mayor’s framework for equality, ‘Equal Life Chances for All’.

3.12 London’s local authorities fund and deliver more sport than any other agency. Many have specific sport and physical activity strategies and policies in place. The first ‘Inclusive and Active’ was successfully embedded into several plans and ‘Inclusive and Active 2’ will continue to influence local authorities.

3.13 ‘Inclusive and Active 2’ highlights the importance of the voluntary sector and both disability charities and Disabled People’s Organisations (DPOs) in playing a role in altering the attitudes within the disability community regarding sport and physical activity. ‘Inclusive and Active 2’ will build on existing relationships and create clearer and stronger links between the disability, health, sport and physical activity sectors.

3.14 This section gives a brief overview of where ‘Inclusive and Active 2’ fits and links into the present strategic and delivery landscape. In order to achieve the culture change necessary to increase participation rates amongst disabled people, the debate needs to move into new arenas and sectors, embedding ‘Inclusive and Active 2’ within all relevant strategies and plans across London.
4.0 What is happening now?

4.1 Active People 3 (published by Sport England) shows an additional 115,000 people have got involved in sport. London is one of only two regions that have had a statistically significant increase in overall adult participation (3 x 30 minutes per week).

4.2 Active People 3 shows that, on a national basis, participation among adults with a limiting disability/illness has decreased from 6.7 per cent to 6.1 per cent. At a London regional level there has been no significant change between Active People 2 and Active People 3 and participation levels have remained at nine per cent. These results are disappointing and indicate that although successful in gaining strategic commitment, the first ‘Inclusive and Active’ has not yet been able to transfer this commitment into an actual increase in participation.

4.3 However, according to some London-specific data and examples, at a grass roots level there are increased opportunities available and more disabled people are participating. In direct response to the first ‘Inclusive and Active’ over 210 disability specific and mainstream sports clubs and key physical activity opportunity providers have been supported to sustainably include disabled people for the first time and over 940 clubs and agencies have gained advice and support from Interactive on how to include disabled people. Disabled people’s participation in schemes such as ‘PlaySport London: Free Sport’ has increased greatly. Figures for the 2009/10 scheme show that 12 per cent of those who participated in activities funded by ‘PlaySport London: Free Sport’ were disabled people, and 13.5 per cent of all those receiving six plus hours coaching were disabled people.

4.4 Sport and physical activity for disabled people has been elevated onto political agendas and has been embedded in Londonwide strategies for the first time. Good practice examples also highlight that opportunities for disabled people to participate in sport and physical activity in London are improving.
4.5 ‘Inclusive and Active 2’ seeks to use the building blocks established by the first ‘Inclusive and Active’ to drive forward its core vision of active disabled Londoners. ‘Inclusive and Active 2’ will continue to ensure policy makers and providers see themselves as responsible for providing opportunities for disabled people and will seek to establish clear partnerships with the disability sector in order to ensure disabled people see being active as a viable lifestyle choice. ‘Inclusive and Active 2’ believes that with this approach, the result will be an eventual rise in the participation rates of disabled people in London.
5.0 What do we want to achieve?

5.1 The vision of ‘Inclusive and Active 2’ is active disabled Londoners.

5.2 The Greater London Authority (GLA), NHS London, Interactive and the key supporting agencies Sport England, London Councils, The English Federation of Disability Sport (EFDS), the London Development Agency (LDA), Youth Sport Trust (YST) and the five PRO-ACTIVE London Partnerships are all committed to making this vision a reality.

5.3 ‘Inclusive and Active 2’ is divided into five key overarching themes:

- Changing the culture
- Inclusive activity
- More people, more active
- Diversifying the sector
- Skilling the sector.

5.4 Each of these themes is divided into a number of clear identified actions that need to be undertaken to achieve the overall vision. Each action has between one and four target outcomes. These outcomes are specific achievements that, when reached, will result in the realisation of the vision. There are a total of 35 target outcomes. The key to success will be the creation of organisation specific action plans that sit underneath this strategy and define each stakeholder’s role in delivering the target outcomes.

5.5 The key stakeholders who will play an active role in achieving the vision of ‘Inclusive and Active 2’ are:

- sport and physical activity decision makers and strategy setters
- decision makers and strategy setters within other associated sectors (including but not exclusive to: disability, health, children and families, youth, education, skills, planning, transport, regeneration sectors, housing)
- sport and physical activity sector opportunity providers
- statutory bodies and voluntary sector organisations that work alongside disabled people to support them to live and participate in community life
- Disabled People’s Organisations (DPOs)
- disability charities.
5.6 These six areas consist of hundreds of agencies, bodies and organisations. The success of ‘Inclusive and Active 2’ relies on all of them committing to develop and implement a clear action plan to achieve the targeted outcomes relevant to them.

5.7 Each action in this strategy lists organisations that should include the achievement of one or more of that action’s identified target outcomes within their specific action plans. This is a guide only and not a definitive list. It is fully expected that there will be many other relevant agencies that will need to adopt certain target outcomes.

5.8 The three co-owners of ‘Inclusive and Active 2’, Greater London Authority (GLA), NHS London and Interactive, pledge to use their authority, influence and resources to gain stakeholder commitment to create actions plans that focus on the achievement of the outcomes relevant to them. Where appropriate direct support will be provided to aid the creation of these action plans.

5.9 The three co-owners of ‘Inclusive and Active 2’, Greater London Authority (GLA), NHS London and Interactive, pledge to use their authority and influence to hold all those who commit to create action plans accountable for their implementation.
6.0 How are we going to get there?

6.1 This section sets out the key themes to be addressed, the recommended actions to be undertaken and the target outcomes that need to be achieved.

**Theme 1 - Changing the culture**

The priority aims are:

- **To change attitudes** so that disabled people are viewed as significant and valued customers/participants and their inclusion is seen as everyone’s responsibility.

- **To raise awareness** that being active is a viable lifestyle choice for disabled people.

- **To raise the profile** of sport and physical activity for disabled people, so that the inclusion of disabled people is seen as the norm rather than the exception.

- **To ensure that sport and physical activity for disabled people** is in all plans and policies that affect disabled people.

6.2 The ethos of ‘Inclusive and Active 2’ is that disabled people are equal members of society who should have equal access to sport and physical activity opportunities.

6.3 Fundamental to this is changing society’s perceptions of disabled people and of disabled people participating in sport and physical activity.

6.4 Sport and physical activity for disabled people needs to be an integrated part of service planning and delivery. Policy makers and strategists need to view themselves as being as equally accountable for the provision of opportunities for disabled people as they are for the provision for non-disabled people.
6.5 Being active needs to be viewed as a viable lifestyle choice for and by disabled people. Many within disabled communities believe that opportunities to be active are closed to them. We need to raise awareness and change mindsets so that living an active life is seen as a choice that disabled people feel fully qualified to make.

**KEY ACTIONS**

**CC1 Grow the ‘Inclusive and Active 2’ debate.**

The first ‘Inclusive and Active’ secured a place on the regional and national sport and physical activity agenda. It ensured that the debate regarding the inclusion of disabled people in sport and physical activity took place all the way from national to local level. This debate needs to continue and also move into other arenas and sectors.

The first ‘Inclusive and Active’ flourished in large part because it had influential people championing its vision. To fully establish ‘Inclusive and Active 2’ across all relevant sectors we need to build on this success and identify influential individuals who can continue to champion the strategy.

**Targets:** Influential champions lead the ‘Inclusive and Active’ debate within their relevant sectors and within each London borough.

‘Inclusive and Active 2’ is presented to and accepted by leaders and policy makers at key national, Londonwide, sub-regional and local strategic meetings or events.

**Key Partners:** Greater London Authority (GLA); NHS London; Interactive; Youth Sport Trust (YST); Inclusion London; London Councils; The five PRO-ACTIVE London Partnerships; primary care trusts (PCTs); national governing bodies of sport (NGBs); Local authorities; Community Sport and Physical Activity Networks (CSPANS); London Youth; British University and College Sport; Transport for London (TfL); ParalympicsGB; Greater London Volunteering (GLV), London Voluntary Service Council (LVSC); Play London.
CC2 **Embed the ‘Inclusive and Active 2’ ideals.**

‘Inclusive and Active 2’ will be ratified and adopted by influential and leading strategic bodies (both national and regional) as the strategy for increasing the participation levels of disabled people in London.

A key principle of ‘Inclusive and Active 2’ will be the creation of action plans to deliver the target outcomes. These action plans need to be integrated into the existing delivery, strategy setting and policy making structures within London.

This includes:

Sub-regional: The five PRO-ACTIVE London Partnerships.

Borough: local authorities, primary care trusts (PCTs), Community Sport and Physical Activity Network (CSPANS), School Sports Partnerships (SSPs).

A lead officer for ‘Inclusive and Active 2’ will be identified within each agency to lead on the action plans. Interactive will ensure these lead officers have the appropriate knowledge and information to communicate and deliver the vision of ‘Inclusive and Active 2’.

Local community, youth and sports development officers, as well as those from the commercial and voluntary sector, play an important role in changing the culture and increasing opportunities for disabled people to access sport and physical activity. An ‘Inclusive and Active 2’ steering group within each sub-region will ensure co-ordination and consistency on how opportunities for disabled people are developed. On a local level, Community Sports and Physical Activity Network (CSPANS) play an essential role in overseeing the development and co-ordination of opportunities on a borough-by-borough basis. Mechanisms to ensure this coordination will be developed.

**Targets:**
An identified ‘Inclusive and Active 2’ lead officer within all key regional, national and local bodies and agencies.

Appropriate information briefings to equip identified lead officers with the information required to effectively lead on ‘Inclusive and Active 2’.
A Sport and Physical Activity Strategy for Disabled People in London

To establish ‘Inclusive and Active 2’ steering groups within each of the five PRO-ACTIVE London Partnerships.

Each CSPAN will have a mechanism to have a clear delivery focus for disabled people.

**Key Partners:** Greater London Authority (GLA); Interactive; The five PRO-ACTIVE London Partnerships; NHS London; local authorities; School Sports Partnerships (SSPs); Community Sport and Physical Activity Networks (CSPANS); national governing bodies of sport (NGBs); Disabled People’s Organisations (DPOs); community organisations; sports organisations; Sports Coach UK; Sports Leaders UK; SkillsActive; Primary Care Trusts (PCTs).

**CC3   Incorporate the principles of ‘Inclusive and Active 2’ into key strategic national, regional and borough plans.**

Equality and inclusion feature as key components within national, regional, sub-regional and borough level strategic plans. Within these components, there must now be a strong focus on disabled people’s right to equal access to sport and physical activity opportunities. Using the influence of the Mayor’s Office, NHS London, Department for Culture Media and Sport (DCMS) and English Federation of Disability Sport (EFDS), ‘Inclusive and Active 2’ will be embedded within all emerging policies and strategies that affect disabled people, both regionally and nationally.

**Targets:** ‘Inclusive and Active 2’ embedded into identified national, regional and borough based plans.

**Key Partners:** Greater London Authority (GLA); NHS London; Sport England; English Federation of Disability Sport (EFDS); Department of Culture, Media and Sport (DCMS); Primary Care Trusts (PCTs); The five PRO-ACTIVE London Partnerships; Community Sport and Physical Activity Networks (CSPANS).

**CC4   ‘Increase the profile of ‘Inclusive and Active 2’ ideals.**

Central to ‘Inclusive and Active 2’ is inclusion and responsibility and this will be a key message in all sport and physical activity focused campaigns and high profile
events. This creates a consistent and unified voice regarding the inclusion and participation of disabled people.

The power of the 2012 Olympic and Paralympic Games to shape and influence opinion cannot be underestimated. ‘A Sporting Future for London’ and ‘Go London’ both use the spirit and vision of the Games to influence London’s varied and vibrant communities to be more active.

‘Inclusive and Active 2’ is a major component of these plans; therefore inclusion will be at the heart of the legacy of 2012.

**Targets:**
‘Inclusive and Active 2’ is embedded into relevant sport, physical activity, health, London 2012 and disability focused campaigns and high profile events.

**Key Partners:** Interactive; Greater London Authority (GLA); NHS London; London Councils and local authorities; LOCOG; The five PRO-ACTIVE London Partnerships; disability charities; ParalympicsGB; Disabled People’s Organisations (DPOs).

**Promote and disseminate models of good practice and expertise.**

Where success has been achieved, the lessons of that success need to be promoted and shared, to inspire and build additional opportunities. To achieve a consistent approach, providers, strategy setters and policy makers need clear practical examples of how inclusion can be and has been achieved.

A knowledge bank of good practice models and examples has already been developed by Interactive. This resource will be more widely published and linked to other resources. It will be developed into easy to access resource packs aimed at different groups (sports clubs, health professionals, commissioners, Disabled People’s Organisations (DPOs), education and play, those who support disabled people).

**Targets:** A portfolio of resources and tools developed to be aimed at different sectors and stakeholder groups that use good practice examples to provide clear guidance for how inclusion can be achieved and maintained.

**Key Partners:** Interactive; NHS London; English Federation of Disability Sport (EFDS); The five PRO-ACTIVE London Partnerships; local authorities; SkillsActive; ParalympicsGB; national governing bodies of sport (NGBs); Inclusion London; London Carers Forum.
Theme 2 – Inclusive activity

The priority aims are:

• That providers of sport and physical activity opportunities in London understand, accept and act upon their responsibility to provide adequate and equal opportunities to disabled people.

• That there are sufficient opportunities for disabled people to be active, both integrated and disability specific.

• That pathways allowing disabled people to access the same level of opportunities open to non-disabled people and to, where appropriate, progress to an elite level are developed.
6.6 At the heart of ‘Inclusive and Active 2’ is inclusion of responsibility. This means national governing bodies of sport (NGBs), local authorities, sports clubs and all other providers and agencies are as responsible for the opportunities provided to disabled people as they are for the opportunities provided to non-disabled people. A person’s impairment should not mean that they are sidelined from a particular activity or considered unable to participate as equals. Specific adapted and disability exclusive activity play a major role in the increase of provision for disabled people, as part of the spectrum of opportunities available.

6.7 The pathways and advancement opportunities for disabled people are far less developed than they are for non-disabled people. Disabled people need to have the same opportunities as non-disabled people to journey through the different types and levels of sport and physical activity.
KEY ACTIONS

IA1  Inclusive sport and physical activity opportunities are adequately mapped.

There needs to be clear mapping of the opportunities that are available to disabled people across London. Where data is captured regarding sport and physical activity provision, it needs to provide clear details of whether the activity is inclusive. This needs to link into appropriate web resources and directories (including the ‘Get Active London’ web portal).

Targets: Where activity is mapped, data on inclusiveness of that activity is provided.

Key Partners: Local Authorities; national governing bodies of sport (NGBs); The five PRO-ACTIVE London Partnerships; NHS London; Primary Care Trusts (PCTs); London Development Agency (LDA); Interactive; School Sports Partnerships (SSPs); Leisure Trusts; Community Sport and Physical Activity Networks (CSPANs); public, private and not-for-profit facility providers; ParalympicsGB.

IA2  Sport and leisure facilities are inclusive of disabled people.

The development of a Londonwide facilities strategy provides an opportunity to make sport and physical activity venues in London inclusive and accessible.

The commitment within the Mayor’s Facility Investment Programme that ‘all funded projects will need to demonstrate how their facilities will be accessible; not just in terms of the Disability Discrimination Act (DDA) compliance, but also in how it is operated’ needs to be supported and upheld.

‘A Sporting Future for London’ states that, ‘using the expertise of the GLA planning team, we will work to ensure the Sport England design guide on access for disabled people is applied to all new facilities in London’. This needs to be upheld in practice and identified as a model of good practice. It also needs to firmly link into other strategies and initiatives (such as Inclusive Fitness Initiative (IFI) and the neighbourhoods described in the Mayor’s London Plan).

Additionally, Inclusive Fitness Initiative (IFI) accreditation needs to become the industry standard for London facilities and the definition of inclusion within the fitness industry.
**Targets:**  Inclusive design is embedded within all Londonwide facility strategies. Inclusive Fitness Initiative (IFI) accreditation becomes the benchmark for refurbished and/or new built fitness facilities.

**Key Partners:** Greater London Authority (GLA); Interactive; London Development Agency (LDA); Sport England; local authorities; Leisure Trusts; private leisure management/health and fitness companies; NHS London; National Skills Academy; SkillsActive; English Federation of Disability Sport (EFDS).
Diverse and appropriate opportunities available for disabled people to be active.

London has a vibrant sport and physical activity sector. Disabled people need to be seen as an integrated part of this and the responsibility for their inclusion needs to be seen as the responsibility of all. On a strategic level this means ensuring that inclusion is a fundamental part of all sport and physical activity focused policies and plans in London.

On a delivery level, agencies must take responsibility for the development of opportunities that include disabled people. This inclusion should be through the integration of disabled people into existing activities and through the development of disability specific opportunities. The key is that disabled people are seen as equally valued customers and participants.

**Target:** Increased club and other opportunities where disabled people can be active.

All present and future funding streams relating to sport and physical activity participation have specific disability participation targets.

All relevant national governing bodies of sport (NGBs) plans to include provision for disabled people.

Commissioning strategy plans to take on responsibility and include targets for disabled people to be active.

**Key Partners:** The five PRO-ACTIVE London Partnerships; local authorities; national governing bodies of sport (NGBs); Community Sport and Physical Activity Networks (CSPANs); School Sports Partnerships (SSPs); Interactive; English Federation of Disability Sport (EFDS); SkillsActive; Sports Coach UK; Greater London Authority (GLA).
IA4 Disabled people have the same opportunities to journey through all levels of sport and physical activity.

Being active is a journey that should take the participant through different stages and opportunities that are unique to that individual. Progress and development can be within a chosen discipline or through a number of different activities. To make these journeys open to disabled people the key is to link together opportunities, sectors and providers so there are clear entry points and connections that allow a sustained active lifestyle.

The health sector plays a major role through focused initiatives (such as ‘the Let’s Get Moving Pathway’) and brief interventions (such as exercise referral schemes). Other sectors (such as education, play and social services) have a key role as providers of activities and opportunities. These provide both entry points and also opportunities to retain a disabled person’s engagement in sport and physical activity.

From a sporting perspective, adequate connections need to exist between clubs and opportunities that cater for or have the potential to cater for disabled people, so that it is possible to move from opportunity to opportunity as skills and needs change. Initiatives such as Playground to Podium illustrate how these links can be made.

Clear links, signposting and referral systems need to exist between all types of inclusive opportunity across all the sectors. This will result in clear pathways that allow sustained activity throughout a person’s life.

**Targets:** Clear entry points, links, signposting and development routes exist across London that allow disabled people, as equal participants, to undertake sustained journeys through sport and physical activity.

**Key Partners:** The five PRO-ACTIVE London Partnerships; Interactive; national governing bodies of sport (NGBs); NHS London; Youth Sport Trust (YST); Sport and Physical Activity Networks (CSPANS); local authorities; English Federation of Disability Sport (EFDS); London Play; local authorities; social services; disability charities; Disabled People’s Organisations (DPOs).
Theme 3 - More people, more active

The priority aims are:

- **That disabled people view** being active as a viable lifestyle choice.

- **That the disability sector (including disability charities and Disabled People’s Organisations (DPOs))** engages with and advocates sport and physical activity as a viable lifestyle choice.

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6.8 Initiatives are being constantly developed to increase participation in sport and physical activity. These all need to have inclusivity at their heart if we are to tackle many disabled people’s belief that participation in sport and physical activity is not for them. A true growth in participation will only be achieved if disabled people see being active as a viable lifestyle choice and feel able to engage as equals in the opportunities all around them.

6.9 Few disability organisations are engaged in advocating sport and physical activity as a lifestyle choice. There is an assumption that sport and physical activity is not part of their remit. These views need to be challenged and partnerships need to be brokered between disability organisations and sport and physical activity providers. This will provide a clear connection between those providing the opportunities and the potential participants. It also allows existing engagement methods and structures to be used to feed disabled people’s views into the ongoing development of sport and physical activity.

6.10 A key focus must be Disabled People’s Organisations (DPOs). These are organisations that are run by disabled people for the benefit of disabled people. On a local and borough basis, disabled people view these groups as their voice and their advocate. Therefore they can play a key role in fundamentally altering how sport and physical activity is seen.
KEY ACTIONS

MPMA1  Initiatives aimed at increasing activity include disabled people as a core market.

Projects, initiatives and interventions are being developed that utilise new technologies and approaches to increase sport and physical activity participation levels. Disabled people need to be viewed as an integrated component of these initiatives and interventions and part of the key audience, rather than a separately targeted group.

Targets: All present and potential initiatives and interventions aimed at increasing activity view disabled people as a key audience.

Key Partners: NHS London; Greater London Authority (GLA); Interactive; The five PRO-ACTIVE London Partnerships; Greater London Authority (GLA); Sport England; London Development Agency (LDA); Walk England.

© London Youth Games
National and regional disability charities and disabled people’s organisations (DPOs) advocate being active as a viable lifestyle.

‘Inclusive and Active 2’ will influence how disability charities and Disabled People’s Organisations (DPOs) view sport and physical activity. London 2012 has propelled sport onto many agencies’ agendas and organisations are looking at how they can contribute to the 2012 legacy. There are over 100,000 disability-focused organisations in the UK and between them they have the capacity to directly communicate with over three quarters of the country’s disabled people.

Clear partnerships and communication channels between organisations within the sport and physical activity sectors and those operating within the disability sectors are essential. They facilitate the exchange of information, knowledge and expertise. They also provide disability charities and Disabled People’s Organisations (DPOs) with the impetus and tools to effectively advocate being active as a viable lifestyle choice for disabled people.

**Targets:**
Mutually beneficial partnerships built between all types of sport and physical activity organisations and disability charities and/or Disabled People’s Organisations (DPOs).

**Key Partners:**
Interactive; Greater London Authority (GLA); NHS London; Inclusion London; local authorities; disability charities; Disabled People’s Organisations (DPOs); English Federation of Disability Sport (EFDS).
Theme 4 – Diversifying the sector

The priority aims are:

- **That disabled people** operate within the sport and physical activity sectors as leaders, coaches, officials and other key positions.

- **That sporting and physical activity qualifications** are available and accessible to disabled people.

- **That there is a stronger voice for disabled people** within organisations, through an increased number of disabled people in decision-making positions.

6.11 Disabled people are a key part of the world of work, and, in many sectors, operate as equals within the employment market. Department of Work and Pension (DWP) figures show over 48 per cent of disabled people are in some form of paid employment. Yet SkillsActive estimate that barely 0.02 per cent of working disabled people are in the sport and physical activity sectors (compared to over 1.4 per cent of the total London workforce being in the sport and physical activity sector). The majority of disabled people who are employed within these sectors are in disability focused roles or organisations.

6.12 The sport and physical activity sector need to see disabled people as potential employees and volunteers. Agencies campaigning for disabled people’s involvement in employment and volunteering need to see the sport and physical activity sector as a priority area and disabled people need to view careers and voluntary opportunities in sport and physical activity as being accessible to them. A key barrier is the qualifications needed to be employed or to productively volunteer within sport and physical activity.

6.13 Support mechanisms must be in place within all sport and physical activity training opportunities to ensure disabled people can access them. Disabled people working in the sport and physical activity sector will encourage disabled people to view being active as a viable lifestyle opportunity.
KEY ACTIONS

DTS1  Disabled people actively employed within the sport and physical activity sector.

‘Inclusive and Active 2’ will influence more disabled people to access roles within the sport and physical sector and more employers to see disabled people as potential members of their workforce. The disability employment sector has a key role to play in presenting employment in the sport, physical activity and healthy lifestyle sectors as a viable option for disabled people.

Specific employment schemes and initiatives need to be used as entry points for disabled people into the sector. SkillsActive and National Skills Academy London maintain effective partnerships with employers and can begin to influence their views. Sports Coach UK also plays a key role to influence and challenge the perceived role of disabled people as employable coaches.

Another key area is Access to Work and ensuring that there is a clear understanding within the Department of Work and Pensions (DWP) of the support required by a disabled person to function within these sectors.
**Targets:** A specific target regarding percentage of disabled people who are employed as coaches, instructors and officials is set by local authorities, national governing bodies of sport (NGBs) and school sport partnerships.

Disability specific employment initiatives (such as Remploy and Access to Work) view sport and physical activity as target sectors.

All sport and physical activity targeted employment programs will have disability specific targets.

**Key Partners:** SkillsActive; Greater London Authority (GLA); Remploy; NHS London; London Development Agency (LDA); National Skills Academy London; Sports Coach UK; The five PRO-ACTIVE London Partnerships; national governing bodies of sport (NGBs); Interactive; Department of Work and Pensions (DWP); disability charities; Disabled People’s Organisations (DPOs).

**DTS2** All levels of voluntary opportunities within the sport and physical activity sector are available and accessible to disabled people.

In London five per cent of people perform some sort of voluntary function within the sport and physical activity sector but for disabled people this is less than one per cent.

There is a huge push to increase disabled people’s role as productive and focused volunteers. This needs to include the sport and physical activity world. Existing volunteer support structures must support disabled people to access opportunities within sport and physical activity.

Volunteering opportunities within the 2012 Games provide a clear focus point for increasing disabled people’s volunteering levels. Influence will be asserted to ensure that there are a representative number of disabled people volunteering during Games time and disabled people who show an interest in Games time volunteering now signposted to other appropriate opportunities.

**Targets:** Volunteering opportunities in the sport and physical activity sector are open to disabled people.
Existing and potential volunteering support structures will enable disabled people to access volunteering opportunities in the sports and physical activity sector.

A specific target is set for the minimum percentage of 2012 volunteers that will be disabled people.

**Key Partners:** Greater London Volunteering (GLV); Greater London Authority (GLA); NHS London; London Development Agency (LDA); SkillsActive; Interactive; LOCOG; The five PRO-ACTIVE London Partnerships; national governing bodies of sport (NGBs); National Skills Academy London; Disability Charities; Volunteer Centres.

**DTS3 All training and qualifications are inclusive and accessible.**

Disabled people should have the same access to training and professional qualifications as non-disabled people and be viewed as being as a relevant market for these courses and qualifications. Previous initiatives have worked well to provide a disability specific entry point into sport and physical activity qualifications. Work now needs to be done to embed the good practice models into all training and qualifications.

The key channels for this are the National Skills Academy London, and Sports Coach UK. These organisations have a focus on skill development, and look to create more coaches and officials. In addition, they provide clear development opportunities for those already operating in the sector. This is linked with the National Skills Academy London’s coaching offer and both initiatives will ensure that disabled people are a target audience.

**Targets:** Coaching and instructor development plans to be influenced by and contain recommendations from disability specific initiatives.

All training and qualification initiatives, programmes and funding streams have disability specific targets.

**Key Partners:** Greater London Authority (GLA); Sports Coach UK; SkillsActive; London Coaching Group; National Skills Academy London; The five PRO-ACTIVE London Partnerships; national governing bodies of sport (NGBs); Sports Leaders UK; Interactive; English Federation for Disability Sport (EFDS).
Theme 5 – Skilling the sectors

The priority aims are:

- That ‘Disability Equality Training’ becomes a mandatory qualification.

- That skills and expertise exist across the sport and physical activity sector regarding working with disabled people.

- That those working with and for disabled people understand how disabled people can be supported to be active.

- That the inclusion of disabled people is an integral part of all coaching and leadership courses.
6.14 A clearly identified barrier to participation is the lack of knowledge and understanding about disability within the sport and physical activity sector.

6.15 To help overcome this barrier Disability Equality Training needs to become standard for all. Working with disabled people must be seen as a normal part of every sport and physical activity provider’s role.

6.16 Training and development initiatives need to contain sufficient opportunity for participants to gain the skills and knowledge required to appropriately include disabled people.

6.17 Clear direction and education needs to be provided to those promoting activity within the health sector on how to support disabled people to become active. This also includes those who directly work with or provide for disabled people such as carers, key/support workers, service providers, commissioners etc.

**KEY ACTIONS**

**STS1 Those working within the sport and physical activity sector have undertaken Disability Equality Training.**

Disability Equality Training needs to become standard for all within the sport and physical activity sector. Many local authorities already have the in-house expertise to provide disability equality training through their equality units and the requirements of the equality standards. The Mayor’s Office will seek to influence the extension of this to the individuals that provide sport and physical activity. Levers such as funding pots and commissioning agreements also need to be used to strengthen the ideal that all those involved in the provision of sport and physical activity have a clear understanding of the social model of disability.

**Targets:** All agencies in receipt of sport and physical activity funding ensure staff (including senior management) undertake Disability Equality Training.

All new employees within the sport and physical sector undertake Disability Equality Training.
Key Partners: Greater London Authority (GLA); London Development Agency (LDA); National Skills Academy London; SkillsActive; Local authorities; The five PRO-ACTIVE London Partnerships; national governing bodies of sport (NGBs); Interactive; leisure providers.

STS2 Those who provide sport and physical activity (coaches, leaders, and instructors) know how to include disabled people.

There is no catch-all qualification for including disabled people in sport and physical activity, as every disabled person has varying support needs that will differ depending on the demands of the sport or activity. Information on including disabled people needs to be built into all qualifications. Including disabled people’s needs to be a clear component of professional development. This can be achieved through using and influencing workforce development initiatives.

Targets: All sport and physical activity courses and qualifications provided in London incorporate information on how to include disabled people.

All workforce development initiatives and opportunities contain specific training opportunities on how to include disabled people.

Health and social care staff undertake training to know how to include and support disabled people in physical activity.

Key Partners: SkillsActive; Sports Coach UK; The five PRO-ACTIVE London Partnerships; national governing bodies of sport (NGBs); Greater London Authority (GLA); Sport England; Local authorities; Sports Leaders UK; Youth Sport Trust (YST); Interactive; Community Sport and Physical Activity Networks (CSPANs); leisure providers.

STS3 Those working with or providing services to disabled people have skills and knowledge regarding sport and physical activity.

Carers, support workers, key workers, those operating in local authorities, social services, health check providers and commissioners all play a key role in the provision of services to disabled people.
Training opportunities need to be in place that increases the ability of professionals working with disabled people to support them to be active. These training opportunities need to build upon existing resources and information. The development of these training opportunities need to link closely with the resources and good practice guides being created as part of Action CC5.

Clear guidance and training needs to be provided to primary care trust (PCT) commissioners to demonstrate how their decision making process can be shaped in appropriate ways to increase the opportunities for disabled people to access sport and physical activity.

**Targets:**
- Develop training opportunities for care professionals and those working with or providing services to disabled people regarding sport and physical activity.
- Develop training resources for commissioners.
- Those giving health information and direction receive information/resources regarding sport and physical activity for disabled people.

**Key Partners:**
- NHS London; SkillsActive; Greater London Authority (GLA); Interactive; Skills for Health; local authorities; Community Sport and Physical Activity Networks (CSPANS); primary care trusts (PCTs); mental health trusts; National Skills Academy London; Inclusion London; disability charities; Disabled People’s Organisations (DPOs).
7.0 Conclusion

7.1 ‘Inclusive and Active 2’ is about achieving a culture change in how we all perceive the relationship between sport and physical activity and disabled people.

7.2 No one action, outcome or initiative will on its own result in an increase in disabled people’s participation in sport and physical activity. ‘Inclusive and Active 2’ acknowledges this and therefore highlights 35 clear targeted outcomes that when combined will result in a change to the sport and physical activity landscape for disabled people and therefore increase the number of active disabled Londoners.

7.3 ‘Inclusive and Active 2’ is a strategy. It presents a shared vision and clearly demonstrates that to achieve that vision many organisations are required to commit to creating and implementing clear action plans to achieve the outcomes relevant to them and their sector.

7.4 ‘Inclusive and Active 2’ is the vehicle to enable us to move to the next phase, delivering and influencing a series of outcomes to achieve a vision of ‘active disabled Londoners’ – a vision for which we are all accountable and responsible.

7.5 In a unique partnership, the Greater London Authority (GLA), NHS London and Interactive have pledged to use their expertise and influence to ensure others accept and act upon this accountability and responsibility.
Theme 1 - Changing the culture

The priority aims are:

- **To change attitudes** so that disabled people are viewed as significant and valued customers/participants and their inclusion is seen as everyone’s responsibility.

- **To raise awareness** that being active is a viable lifestyle choice for disabled people.

- **To raise the profile** of sport and physical activity for disabled people, so that the inclusion of disabled people is seen as the norm rather than the exception.

- **To ensure that sport and physical activity for disabled people** is in all plans and policies that affect disabled people.

KEY ACTIONS ARE:

- **CC1** Grow the ‘Inclusive and Active’ debate.

- **CC2** Embed the ‘Inclusive and Active’ ideals.

- **CC3** Incorporate the principles of ‘Inclusive and Active 2’ into key strategic national, regional and borough plans.

- **CC4** Increase the profile of ‘Inclusive and Active’ ideals.

- **CC5** Promote and disseminate models of good practice and expertise.
Theme 2 – Inclusive activity

The priority aims are:

• That providers of sport and physical activity opportunities in London understand, accept and act upon their responsibility to provide adequate and equal opportunities to disabled people.

• That there are sufficient opportunities for disabled people to be active, both integrated and disability specific.

• That pathways allowing disabled people to access the same level of opportunities open to non-disabled people and to, where appropriate, progress to an elite level are developed.

KEY ACTIONS ARE:

IA1 Inclusive sport and physical activity opportunities are adequately mapped.

IA2 Sport and leisure facilities are inclusive of disabled people.

IA3 Diverse and appropriate opportunities available for disabled people to be active.

IA4 Disabled people have the same opportunities to journey through all levels of sport and physical activity.
Theme 3 - More people, more active

The priority aims are:

- **That disabled people** see being active as a viable lifestyle choice.

- **That the disability sector (including disability charities and Disabled People’s Organisations (DPOs))** engages with and advocates sport and physical activity as a viable lifestyle choice.

**KEY ACTIONS ARE:**

MPMA1 Initiatives aimed at increasing activity include disabled people as a core market.

MPMA2 National and regional disability charities and Disabled People’s Organisations (DPOs) advocate being active as a viable lifestyle.

Theme 4 – Diversifying the sector

The priority aims are:

- **That disabled people** operate within the sport and physical activity sectors as leaders, coaches, officials and other key positions.

- **That sporting and physical activity qualification** available and accessible to disabled people.

- **That there is a stronger voice for disabled people** within organisations, through an increased number of disabled people in decision-making positions.

**KEY ACTIONS ARE:**

DTS1 Disabled people actively employed within the sport and physical activity sector.

DTS2 All levels of voluntary opportunities within the sport and physical activity sector are available and accessible to disabled people.

DTS3 All training and qualifications are inclusive and accessible.
Theme 5 - Skilling the Sectors

The priority aims are:

- That ‘Disability Equality Training’ becomes a mandatory qualification.

- That skills and expertise exist across the sport and physical activity sector regarding working with disabled people.

- That those working with and for disabled people understand how disabled people can be supported to be active.

- That the inclusion of disabled people is an integral part of all coaching and leadership courses.

KEY ACTIONS ARE:

**STS1** Those working within the sport and physical activity sector have undertaken Disability Equality Training.

**STS2** Those who provide sport and physical activity (coaches, leaders, and instructors) know how to include disabled people.

**STS3** Those working with or providing services to disabled people have skills and knowledge regarding sport and physical activity.
Action plans – An organisational focused and time specific catalogue of clear steps, actions and outputs that are designed to contribute towards the achievement of relevant objectives within ‘Inclusive and Active 2’.

Access to Work – Department of Work and Pensions scheme providing advice and support with extra costs that may arise because of a disabled employee’s support needs.

Active People Survey – Sport England survey run since 2006. The largest survey of sport and active recreation ever undertaken in Europe.

Adoption of ‘Inclusive and Active 2’ – An organisation’s key governance body (Board, Trustees, Governors etc) agree to adopt ‘Inclusive and Active 2’ as being a strategy of the said organisation.

A Sporting Future for London – The Mayor’s strategy to deliver a grass-roots sporting legacy for Londoners from the 2012 Olympic and Paralympic Games.

Beneficiaries – a person receiving a service.

Benchmark – use as a standard to measure against.

British University and College Sport – the national governing body for higher and further education sport in the UK.

Committed to the first ‘Inclusive and Active’ – Officially and formally signed up to the first ‘Inclusive and Active’.

Community organisations – Not for profit organisations often run on a voluntary basis for the benefit of a specific demographic or interest group.

Community Sport and Physical Activity Networks (CSPANS) – A group of local delivery agents drawn from a range of relevant organisations and sectors that successfully coordinate opportunities for sport and physical activity in the local area by providing effective leadership.

Commissioners – Within ‘Inclusive and Active 2’ this phrase refers to PCT and Health Commissioners. These are bodies and individuals who agree the funding of activities and interventions from both internal and external bodies.

Department of Work and Pensions (DWP) – The government office responsible for welfare and pension policy and is a key player in tackling child poverty.
Disability Discrimination Act (DDA) – a piece of legislation that promotes civil rights for disabled people and protects disabled people from discrimination.

Disability Equality Training – Training that explores the concept of people being disabled by society’s barriers and attitudes, highlighting the role of the organisation in the removal of those barriers and in the changing of attitudes.

Department of Culture Media and Sport (DCMS) – The government department responsible for improving the quality of life for all through cultural and sporting activities supporting the pursuit of excellence in their fields and championing the tourism, creative and leisure industries. They are also responsible for the 2012 Olympic and Paralympic Games.

Delivery and Implementation Group (DIG) – Within ‘Inclusive and Active 2’, this refers to the cross agency group that sits below the Mayor’s Community Sports Board and has responsibility for the delivery of their strategy.

Disabled people – a person with a physical, intellectual, mental or sensory impairment who finds that society’s reaction to their impairment negatively impacts against them.

Disability charities – Not for profit organisations that work for and provide services to, disabled people. Are traditionally run by non-disabled people for the benefit of disabled people.

Disability specific – an opportunity or activity which only a disabled person can participate in. These tend to be impairment specific.

Disability sector – comprising of disability charities and DPO’s.

Disabled People’s Organisations (DPO’s) – Organisations run exclusively by disabled people specifically to serve and support disabled people.

Disability sport – specific sports that are adapted to be played by distinct impairment groups in a performance or elite setting.

English Federation of Disability Sport (EFDS) – the national body responsible for developing sport for disabled people in England.

Exercise referral schemes – Available through a GP, nurse or other health care professional who refer
an individual to their nearest Leisure Centre or class for health benefits.

**Exit route** – Providing a sustainable option for an individual to continue in their chosen sport or physical activity.

**First ‘Inclusive and Active’** – the pan London action plan to increase participation in sport and physical activity for disabled people.

**Five hour offer** – By 2011 the ambition outlined in the PE & Sport Strategy for Young People (PESSYP) is to offer all children at least 5 hours of sport every week.

**Get Active London web portal** – An inclusive online signposting tool for sport and physical activity clubs, activities and events in London.

**Go London** – The health legacy programme from NHS London.

**Greater London Authority (GLA)** – A strategic authority with a London wide role to design a better future for the capital.

**Greater London Volunteering (GLV)** – the regional umbrella organisation for volunteering in London.

**Grass root** – non-elite or performance focused opportunities.

**Inclusive Fitness Initiative (IFI)** – the nationally recognised accreditation for fitness facilities that are inclusive of disabled people.

**Inclusive Fitness Initiative (IFI) London** – The London franchise of IFI who work with fitness facilities to ensure that they are inclusive of disabled people.

**Inclusion** – accepting responsibility and taking necessary steps to ensure that every disabled person has equality of opportunity.

**Inclusion London** – Pan-London disability equality organisation.

**Interactive** – the lead strategic development agency for sport and physical activity for disabled people in London (previously London Sports Forum for Disabled People).

**Key worker** – An individual who works closely with a disabled person, or groups of disabled people, to support, guide and advise them to achieve and sustain independence.

**Local Authorities** – Authorities which provide local services on behalf of the 32 London boroughs councils and the City of London.
Leisure Trusts – Independent organisations set up to run local authority leisure services.

LOCOG – The London Organising Committee of the Olympics and Paralympic Games is responsible for preparing and staging the 2012 Games.

London boroughs – Consist of 32 geographical areas and the City of London.

London Carers Forum – The London specific agency providing a collective voice for those who care for another individual in a voluntary capacity.

London Community Sports Board – a forum established by the Mayor of London to advise on the delivery of the Mayor’s sports legacy fund and to support the wider delivery of sport in London. London Play – aims for every child in London to have quality, accessible and inclusive play opportunities.

London Youth – a network of youth clubs serving young people across the capital.

London Councils – London Councils fights for more resources for London and getting the best possible deal for London’s 33 councils. It develops policy, lobbies government and others, and runs a range of services designed to make life better for Londoners.

London Voluntary Service Council (LVSC) – brings London’s voluntary and community sector organisations together to learn and share best practice and to create a co-ordinated voice to influence policy makers.

Lets Get Moving pathway – encourages local commissioning of physical activity interventions in primary care.

London Development Agency (LDA) – The Mayor’s agency responsible for driving London’s sustainable economic growth.

Mayor’s Facility Investment Programme – part of the Mayor’s commitment to deliver a sporting legacy from the 2012 Olympic and Paralympic Games aimed at improving Londoners’ access to good quality affordable facilities.

Mainstream – Provision and opportunities that are aimed at and accessible to all.

Mayor’s Health Inequalities Strategy – Sets out how the Mayor proposes to ensure all Londoners are able to enjoy good health and the role
to be played by other bodies, including the NHS, to realise this ambition.

**Mental Health Trusts** – provide treatment, support and guidance for people with mental health condition.

**National governing bodies of sport (NGBs)** – responsible for the governance, development and promotion of their sport across the nation.

**NHS London** – the Strategic Health Authority (SHA) for the whole of the Greater London area.

**National Skills Academy** – employer-led centres of training excellence.

**ParalympicsGB** – Registered charity responsible for selecting, preparing, entering, funding and managing Britain’s teams at the Paralympic Games and Paralympic Winter Games.

**Playground to Podium** – a dedicated initiative designed to identify and nurture disabled young people and disabled adults with the potential to be elite athletes.

**Playsport London: Free Sport** – a small grants programme which provides funding of up to £1,500 for sports clubs and community groups to deliver free sporting activities to Londoners of all ages and abilities.

**Policy maker** – A person with power to influence or determine policies and practices at an international, national, regional, or local level.

**Primary Care Trusts (PCTs)** – work with local authorities and other agencies that provide health and social care locally to make sure that a local community’s needs are being met.

**PRO-ACTIVE London Partnerships** – London’s five County Sport Partnerships that work together to deliver an increase in participation in sport.

**Physical Education and Sport Strategy for Young People (PESSYP)** – the Government’s strategy to improve the quantity and quality of PE and sport undertaken by young people aged 5 – 19 in England.

**Remploy** – A leading provider of employment services to disabled people experiencing complex barriers to work.

**Stakeholder** – In terms of ‘Inclusive and Active 2’, these are all the people, groups, and organisations that affect or can be affected by the actions and recommendations within the strategy.
Statutory bodies – A governmental connected and funded agency established by legislation.

School Sports Partnerships (SSPs) – families of secondary and primary schools that work together to enhance the quality of sporting opportunities, through the curriculum, Out of School Hours Learning, inter-school competitions and school to club links.

Social model of disability – the concept that everyone is equal and that it is society, in reaction to a person’s impairment, which erected barriers that restrict opportunities and prevent disabled people from fully participating.

Sport and physical activity for disabled people – disabled people being included as equal participants in the sport and physical activity sector.

Sport England – the government agency responsible for building the foundations of sporting success, by creating a world-leading community sport system of clubs, coaches, facilities and volunteers.

Sports Coach UK – supports partners to recruit, develop and retain the coaches they need to achieve their sports participation and performance goals.

Sports Leaders UK – delivers awards and qualifications to equip people with the skills to run sporting activities.

Skills for Health – is the Sector Skills Council (SSC) for the UK health sector.

SkillsActive – the Sector Skills Council for Active Leisure, Learning and Well-being working with the sport, fitness, playwork, the outdoors and caravan sub-sectors.

Steering group – accountable for the project.

Transport for London (TfL) – Responsible for London’s public transport.

Voluntary sector – activity undertaken by not for profit organisations.

(Being active as a) Viable lifestyle choice – The concept that disabled people view physical activity and sport as being equally accessible and important components of the life that they choose to lead.
**Volunteer** – a person undertaking structured activity in an unpaid capacity.

**Youth Sport Trust (YST)** – an independent charity building a brighter future for young people through PE and sport.
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Vietnamese
Nếu bạn muốn có bản tài liệu
này bằng ngôn ngữ của mình, hãy
liên hệ theo số điện thoại hoặc địa
chủ dựi này.

Greek
Αν θέλετε να αποκτήσετε αντίγραφο του παρόντος
εγγράφου στη δική σας γλώσσα, παρακαλείστε να
επικοινωνήσετε τηλεφωνικά στον αριθμό αυτό ή ταχυ-
donτικά στην παρακάτω διεύθυνση.

Turkish
Bu belgenin kendi dilinizde
hazırlanmış bir nüshasını
edinmek için, lütfen aşağıdaki
telefon numarasını arayınız
veya adresе başvurunuz.

Punjabi
ਨੂੰ ਤਿਰੁਥੀ ਕਿਰਦ੍ਰਤੀ ਤੀਜੀ ਬਚਾਂ ਦਾ ਫਰਮਾ
ਣਾ ਵੇਲਾ ਦੇਖੋ। ਇਥੀ ਨੂੰ ਜ਼ੀ ਲੜਾਂ ਦੇ ਜ਼ੋੜ
ਲਿੱਖੇ ਸਾਦੇ ਨੇ ਲਿਖਣਾ ਲਿਖਤੇ।

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Vietnamese
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này bằng ngôn ngữ của mình, hãy
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Greek
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Vietnamese
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này bằng ngôn ngữ của mình, hãy
liên hệ theo số điện thoại hoặc địa
chủ dựi này.

Greek
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donτικά στην παρακάτω διεύθυνση.

Turkish
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hazırlanmış bir nüshasını
edinmek için, lütfen aşağıdaki
telefon numarasını arayınız
veya adresе başvurunuz.

Punjabi
ਨੂੰ ਤਿਰੁਥੀ ਕਿਰਦ੍ਰਤੀ ਤੀਜੀ ਬਚਾਂ ਦਾ ਫਰਮਾ
ਣਾ ਵੇਲਾ ਦੇਖੋ। ਇਥੀ ਨੂੰ ਜ਼ੀ ਲੜਾਂ ਦੇ ਜ਼ੋੜ
ਲਿੱਖੇ ਸਾਦੇ ਨੇ ਲਿਖਣਾ ਲਿਖਤੇ।

Chinese
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Vietnamese
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