

## NASP North-West: Learning Together – Module 106

**Promoting inclusion:** Some ideas relevant to physical activity and beyond

**ZOOM ETIQUETTE**

### How we will use Zoom

|   |   |   |
|---|---|---|
|    |    |    |
| Stay muted  | Camera on   | Raise hand  |
|  |  |  |
| Use emojis  | Use the chat  | Change name   |



# NASP North-West: Learning Together – Module 106

Promoting inclusion:  
Some ideas relevant to  
physical activity and beyond



**Host:** Ben Fatimilehin (RSPA) - Active Lancashire

**Date:** 7<sup>TH</sup> March

## Promoting inclusion: Some ideas relevant to physical activity and beyond



| Time                          | Item   | Speaker  |
|-------------------------------|--|--|
| 1pm                           | <b>Welcome and introductions</b> <ul style="list-style-type: none"> <li>If break needed, please switch off camera/mic and take as required</li> <li>Q&amp;A at end</li> <li>If you do not want to be recorded, please switch off your camera/mic/remove your name</li> </ul> | <b>Ben</b><br>(RSPA hosted by Active Lancashire)     |
| 1.05pm                        | <b>Overview, introduction, the need and principles</b>   | <b>Ben</b> (RSPA)                                    |
| 1.25pm                        | <b>A person centred approach to physical activity</b>  | <b>Nicola File</b><br>(Activity Alliance)            |
| 1.45pm                        | <b>The mixed ability model</b>   | <b>Mark Godwin</b><br><b>Aron Robinson</b><br>(IMAS) |
| 2.20pm                        | <b>Q&amp;A</b>   | <b>All</b>   |
| 2.29pm                        | <b>Wrap up, thanks, useful links and contacts</b><br>(slides and further details to be circulated)   | <b>Ben</b> (RSPA)                                    |
| <b>2.30pm – Session close</b> |  |  |

## SOCIAL PRESCRIBING DAY - Thursday 9<sup>th</sup> March

### Background

Social Prescribing Day is an annual celebration of social prescribing, recognising link workers, local community groups and regional and national organisations which support people's health and wellbeing.

### **Some ways you might want to get involved...**

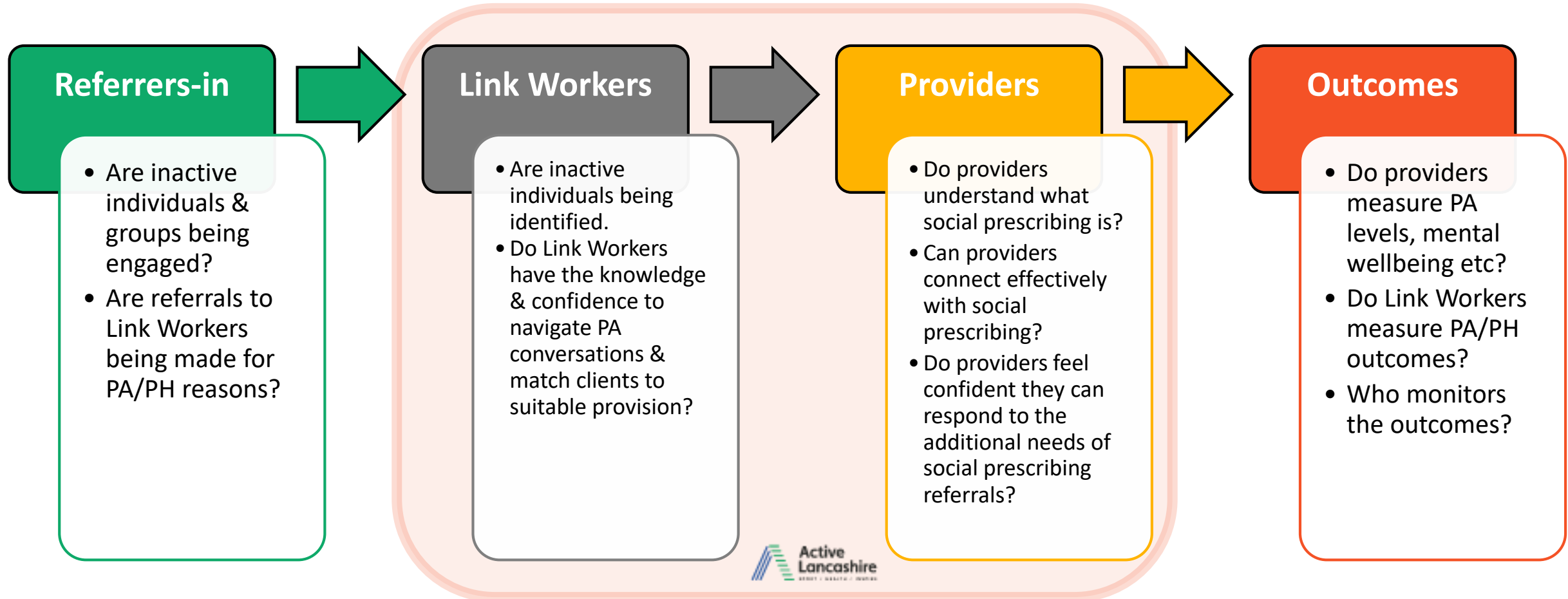
- Download the NASP toolkit and sign up to the online event (9th March)  
<https://socialprescribingacademy.org.uk/social-prescribing-day/>
- Sharing and retweeting Sport England posts on 9th March
- Creating your own posts regarding Social Prescribing and Physical Activity celebrating the great work in your local area

### **The message in a nutshell...**

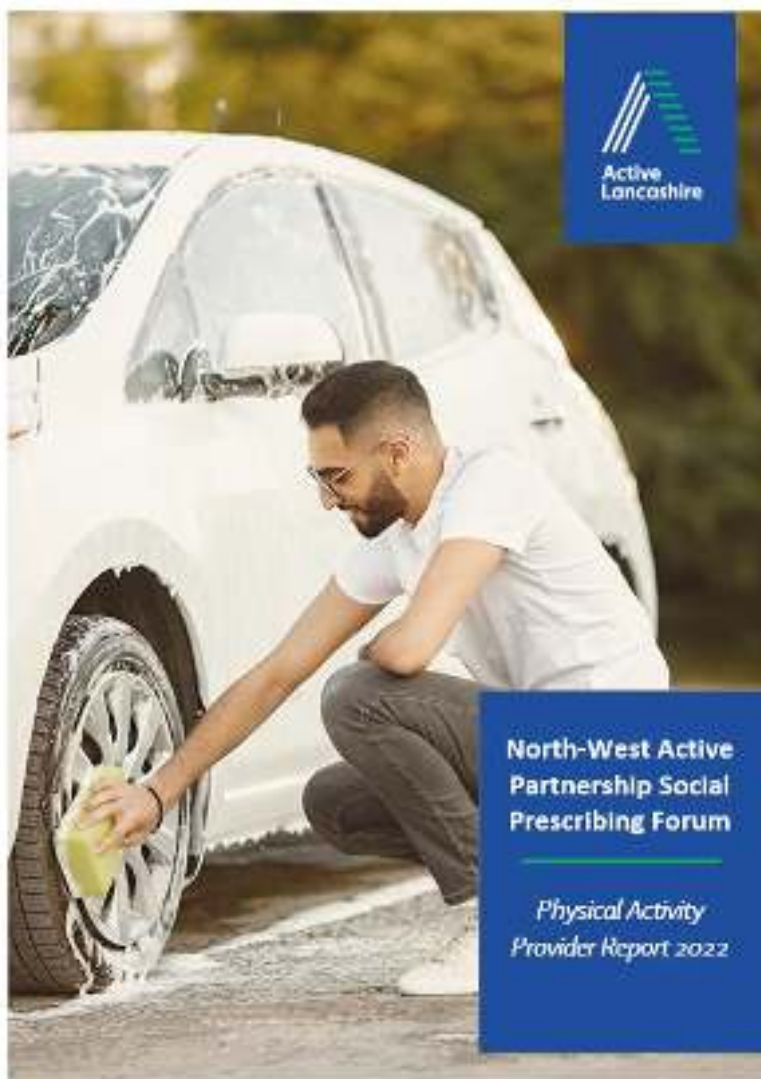
- Celebrating Social Prescribing in getting people active to support their mental health.
- Raising the profile of the role of Social Prescribing in supporting people with Mental Health challenges and the value of connecting with physical activity and nature.

**Please share any of your good news stories or activities and use the hashtag #socialprescribingday and tag @VSNWnews on Twitter**

# The NW Active Partnership SP Forum - reports (X2)



# North-West PROVIDER Report 2022 - Findings

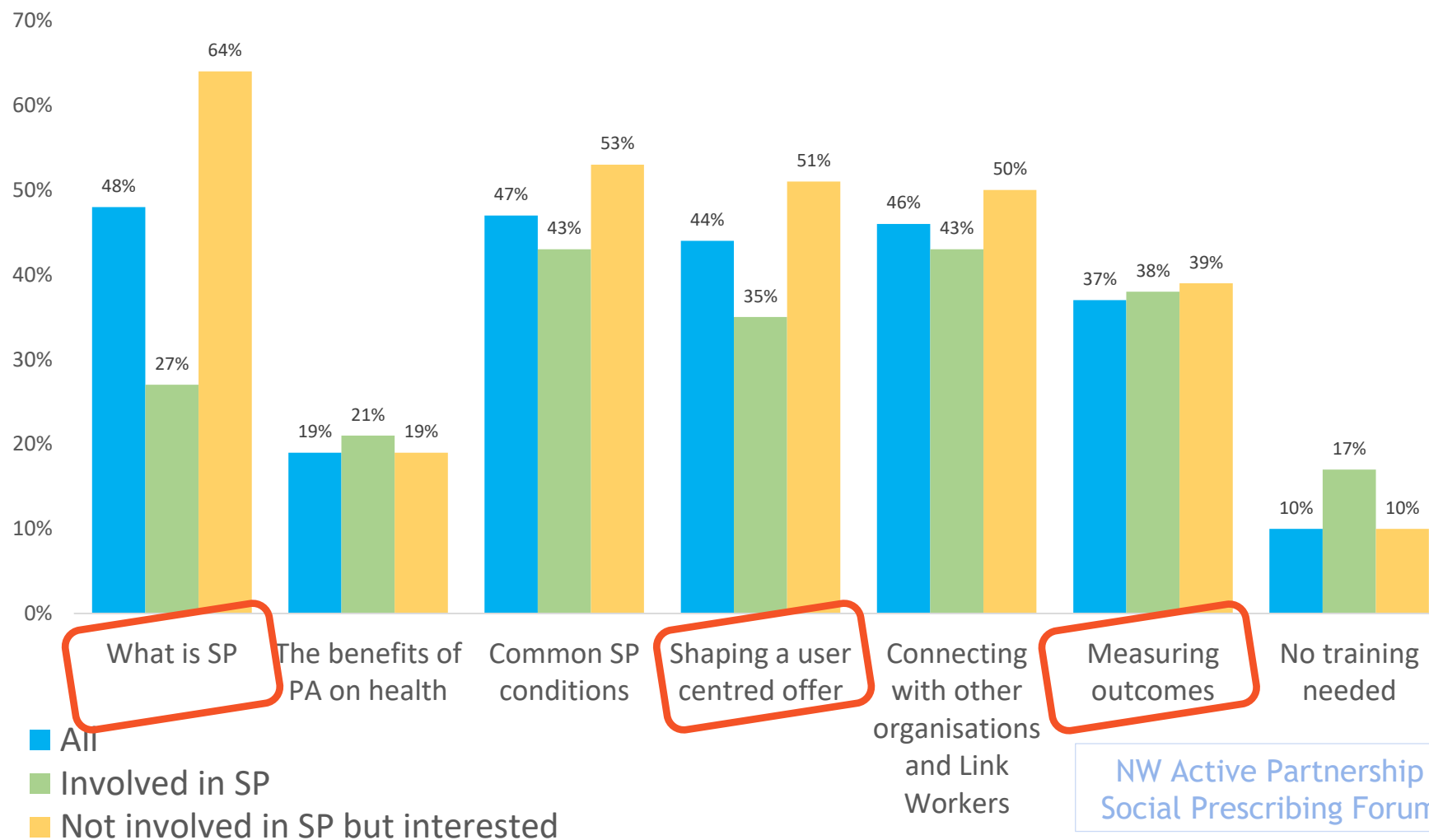


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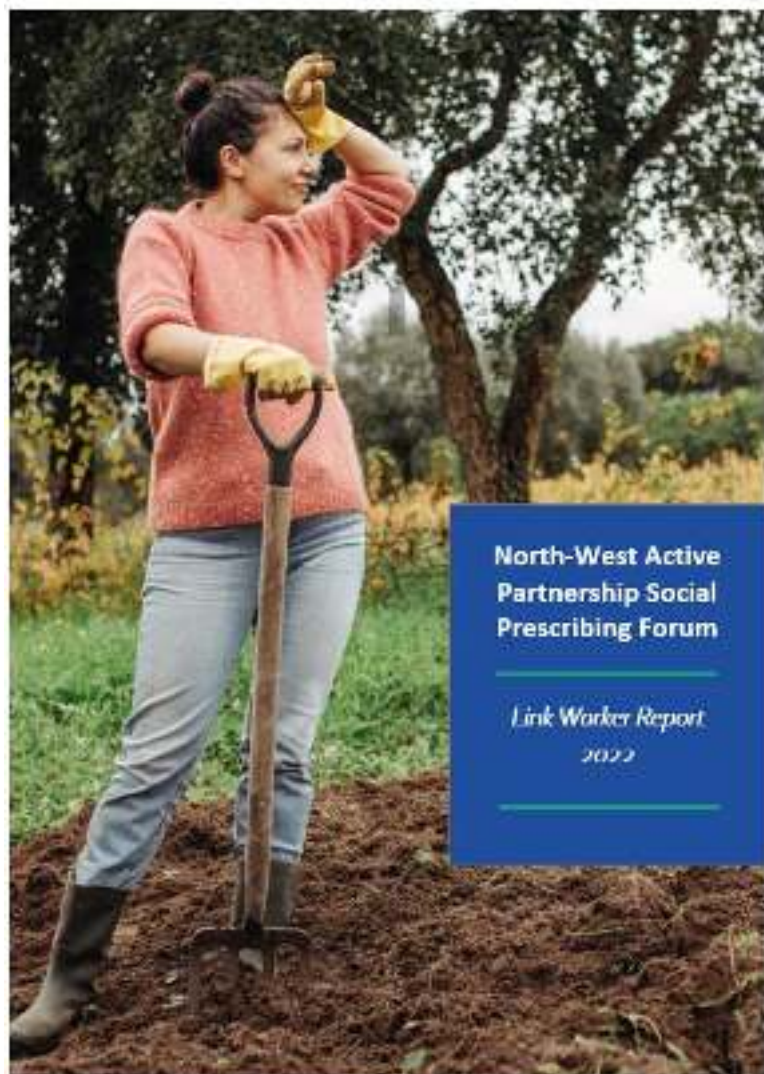




## The learning providers would find useful



# North-West **Link Worker Report** 2022 - Findings

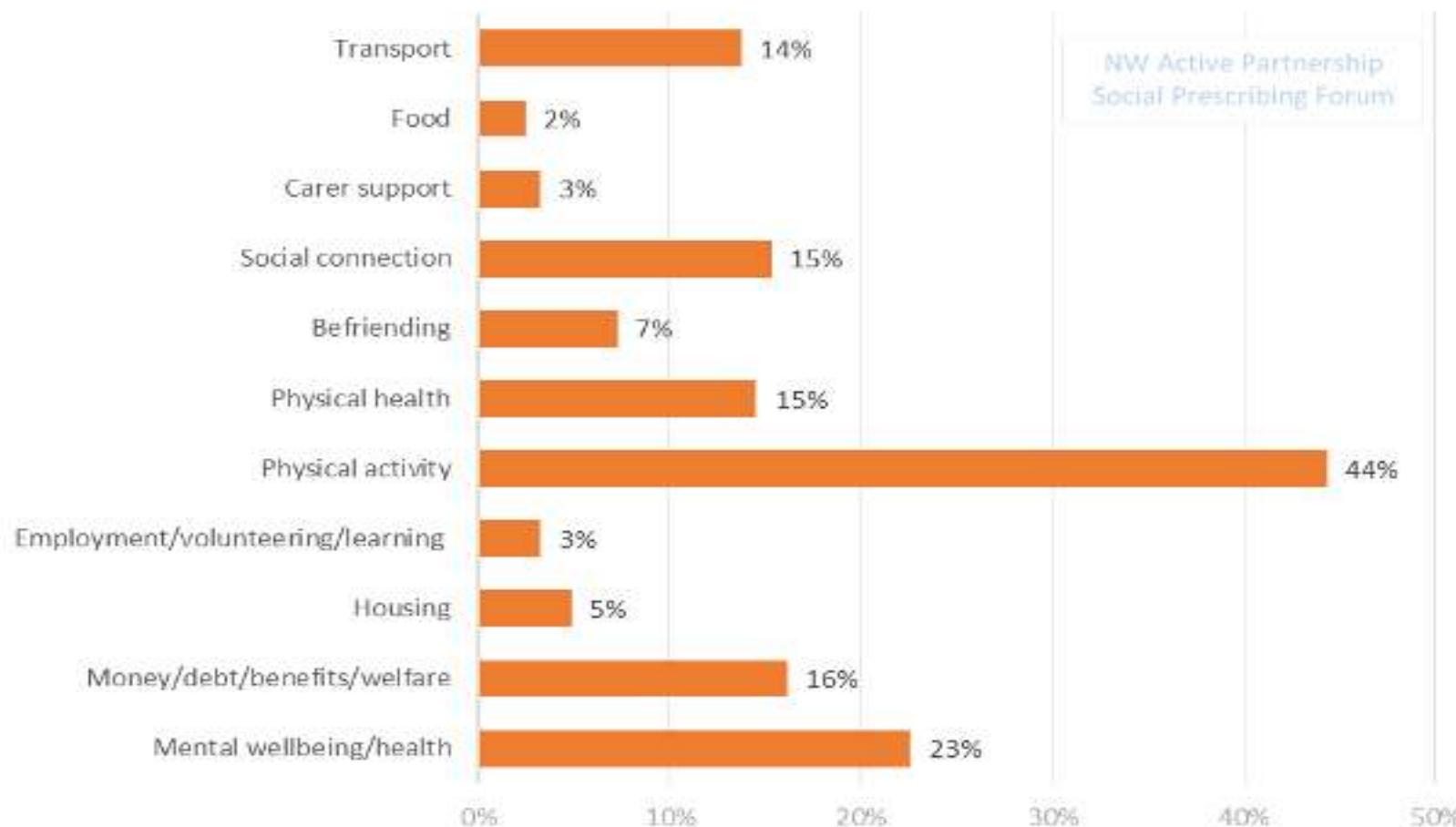


**GREATERSPORT**

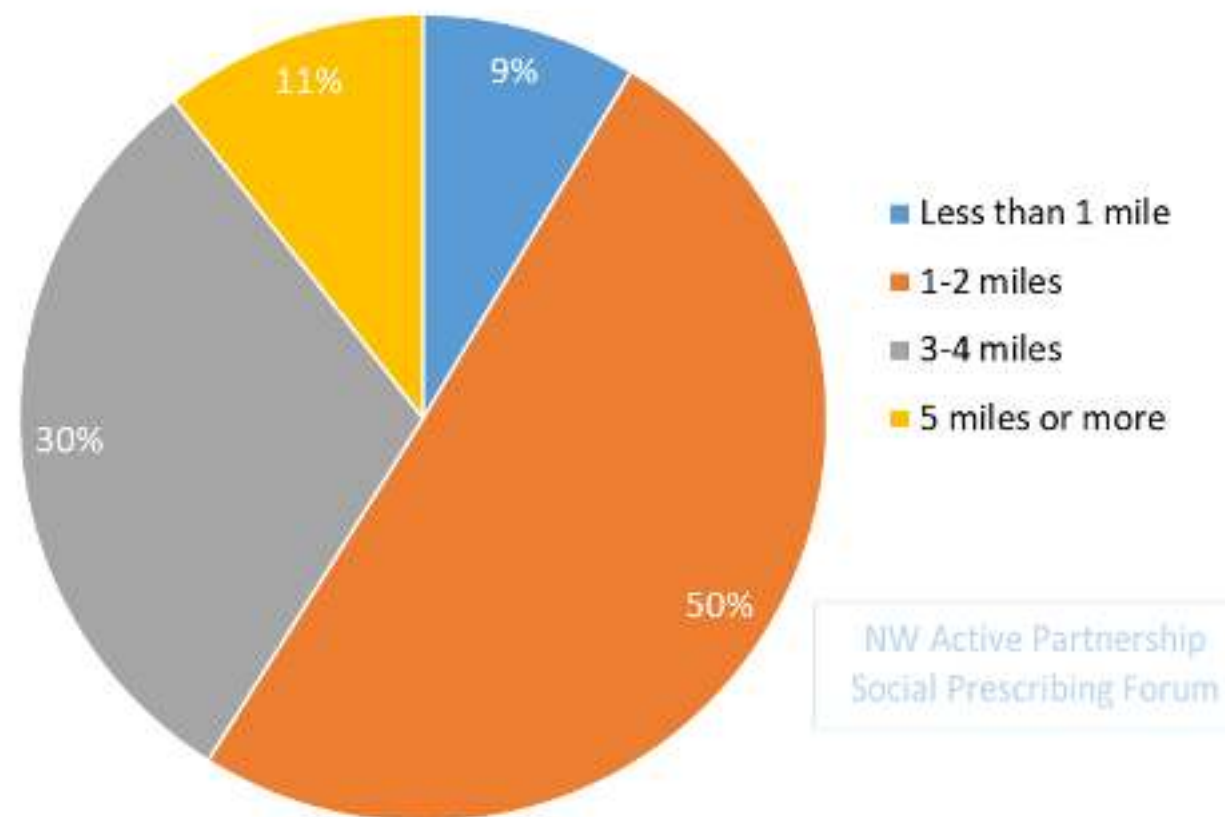




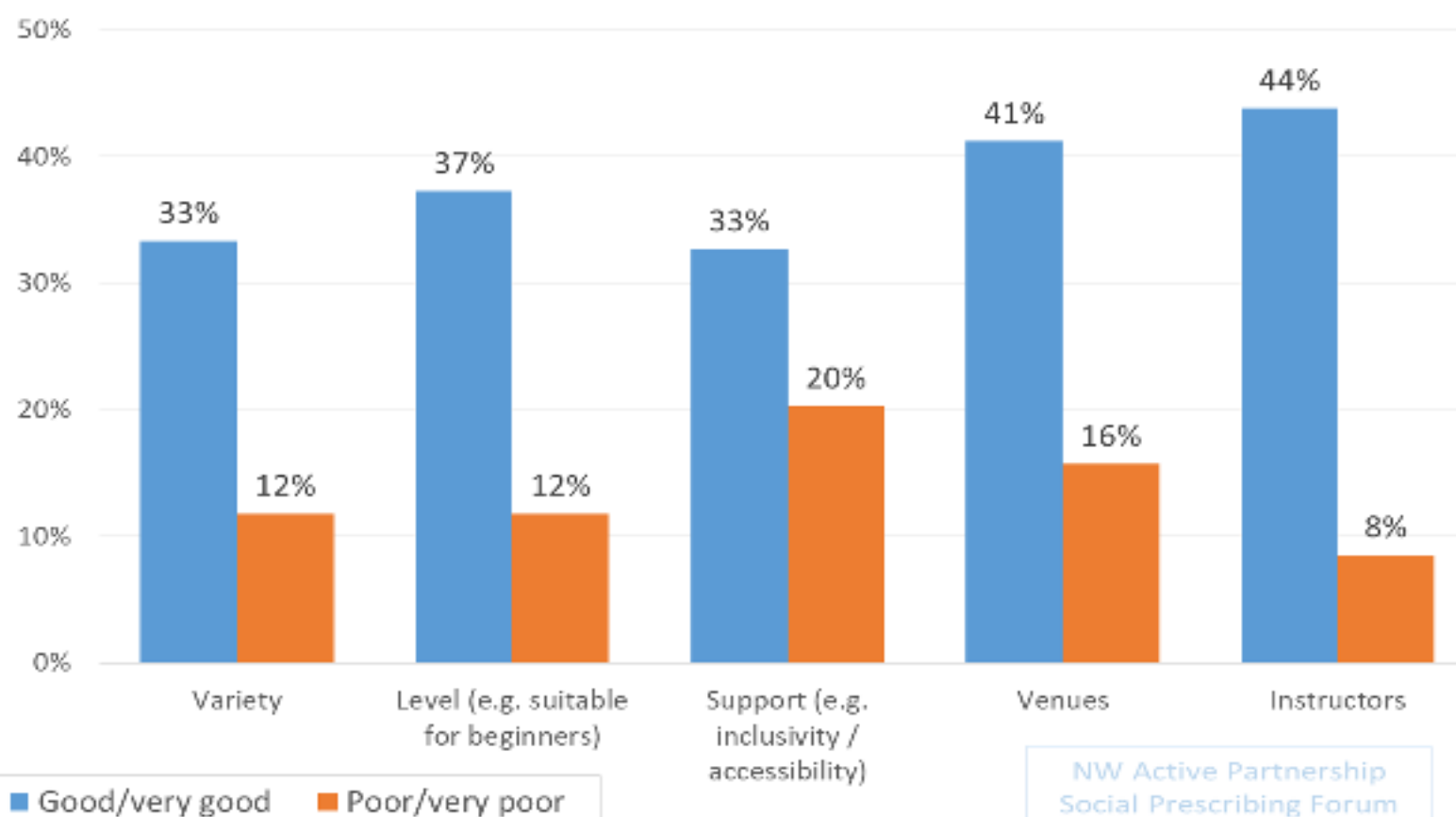
### The provision Link Workers would like to see more of to better assist their clients - shortfalls/gaps



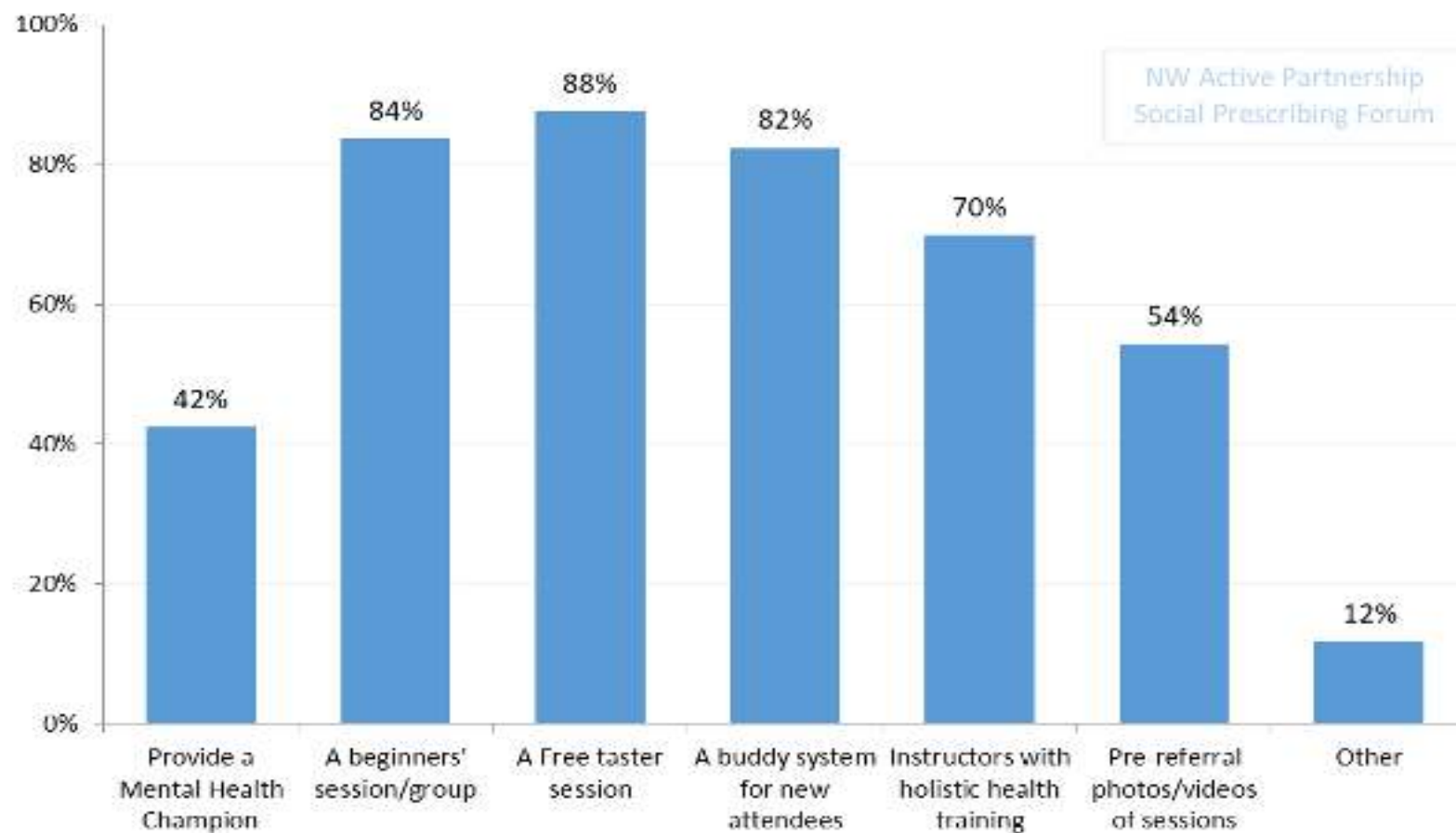
**The average distance Link Workers advise their clients  
have to travel to attend physical activity sessions**



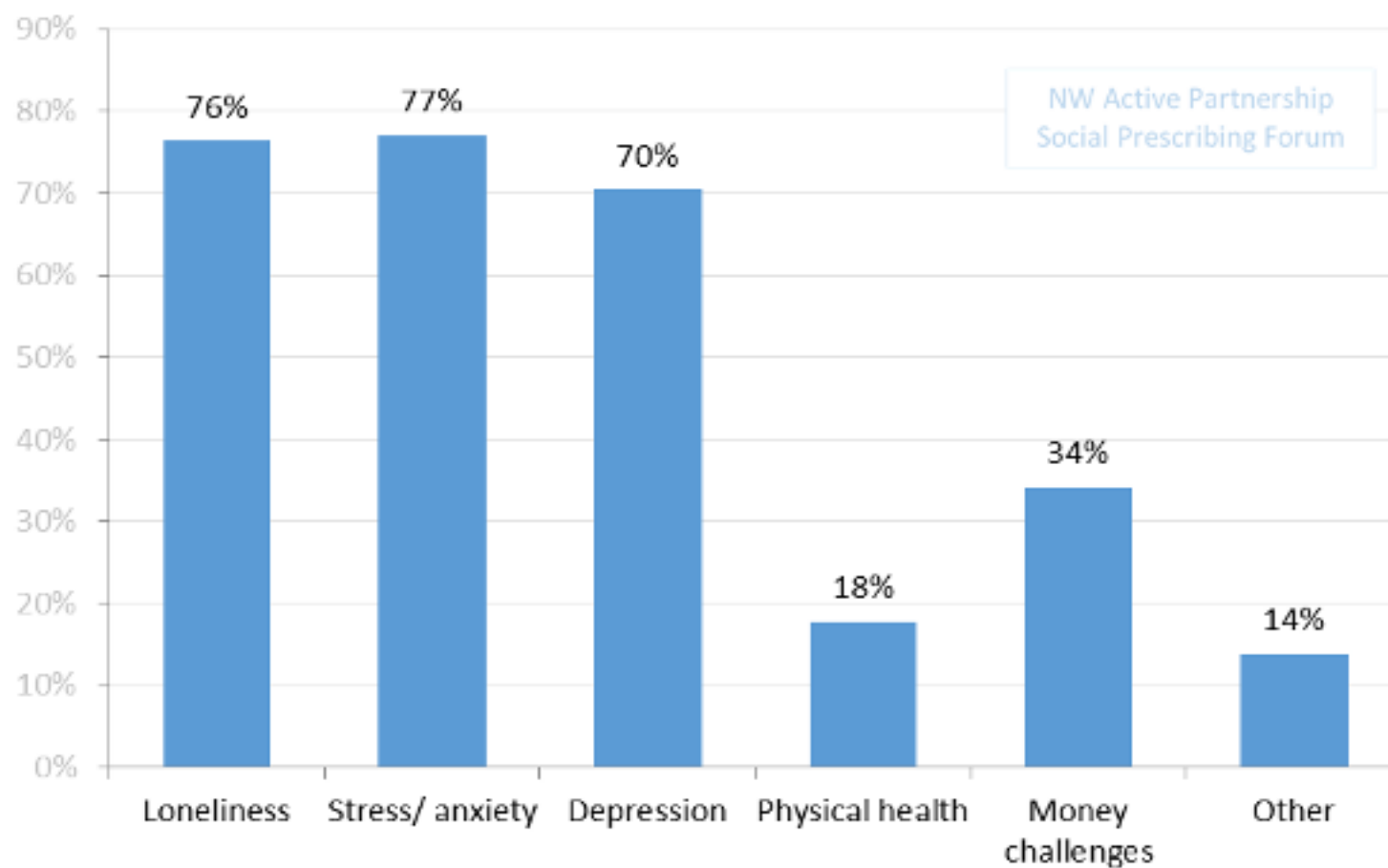
### How Link Workers rate physical activity provision in their local area on a range of criteria



### How Link Workers believe physical activity provision might be improved to better meet the needs of their clients



### The main reasons Link Workers receive referrals





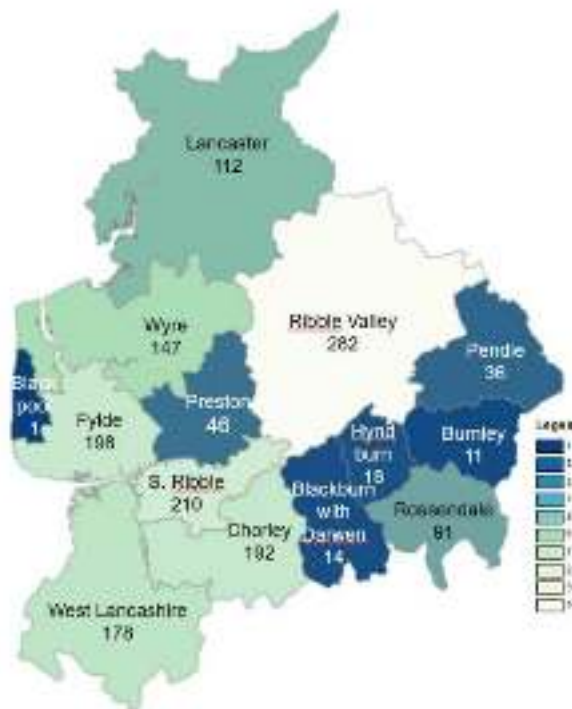
## What are the experiences, needs, aspirations... Of the group? Of the individual?

Stress/anxiety, loneliness, depression, inactivity.

(= conditions, not the person!)



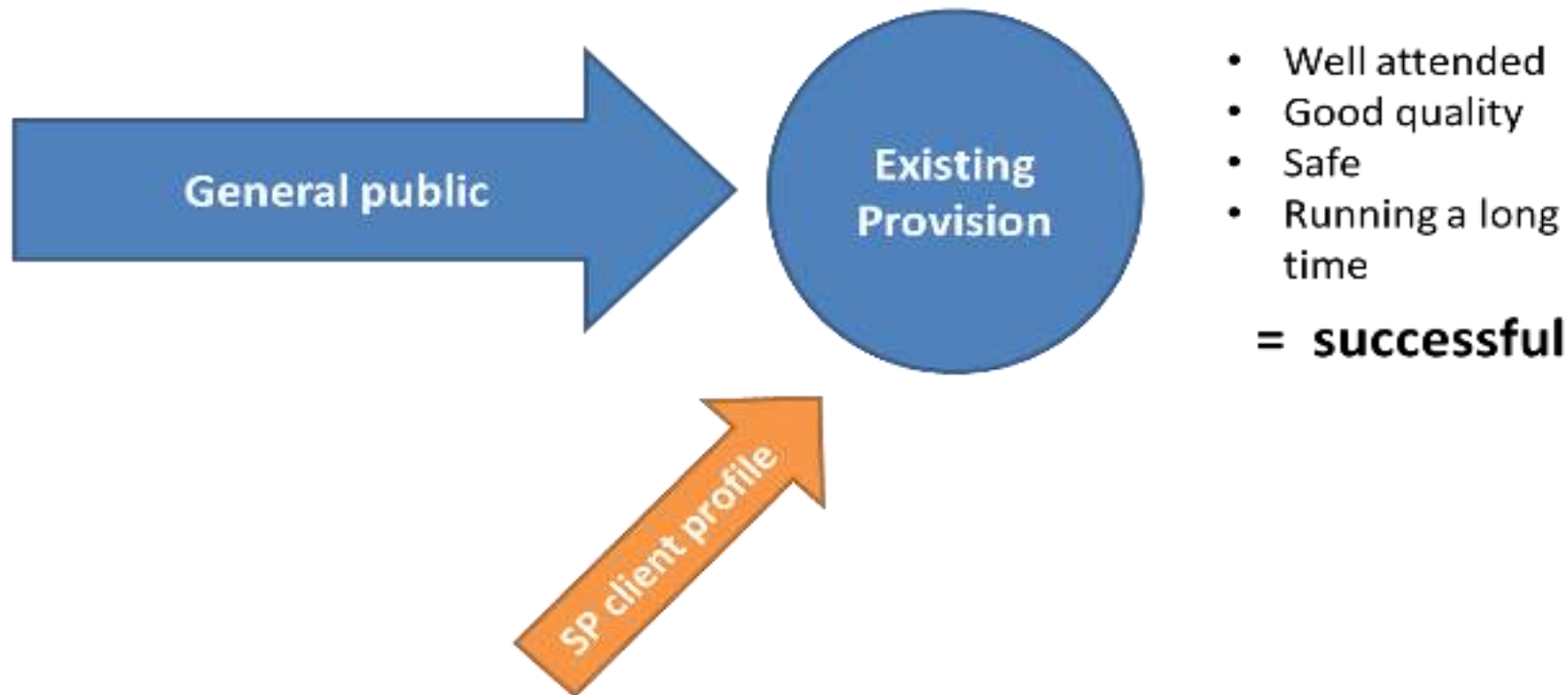
Deprivation and inactivity.



Groups: women, LTHC, BAME/EDC.



## Same provision - different needs?



Where as, social prescribers referring in clients, find their support needs are not met. Their clients may lack confidence, have not attended an activity before, may be unfamiliar with the setting/conventions and so on **= Failure**

# User fit: co-production and user-led design

Client centred,  
service user-led & lived  
experience

Community centred or place based.

Group centred: women,  
LTHC, BAME/EDC

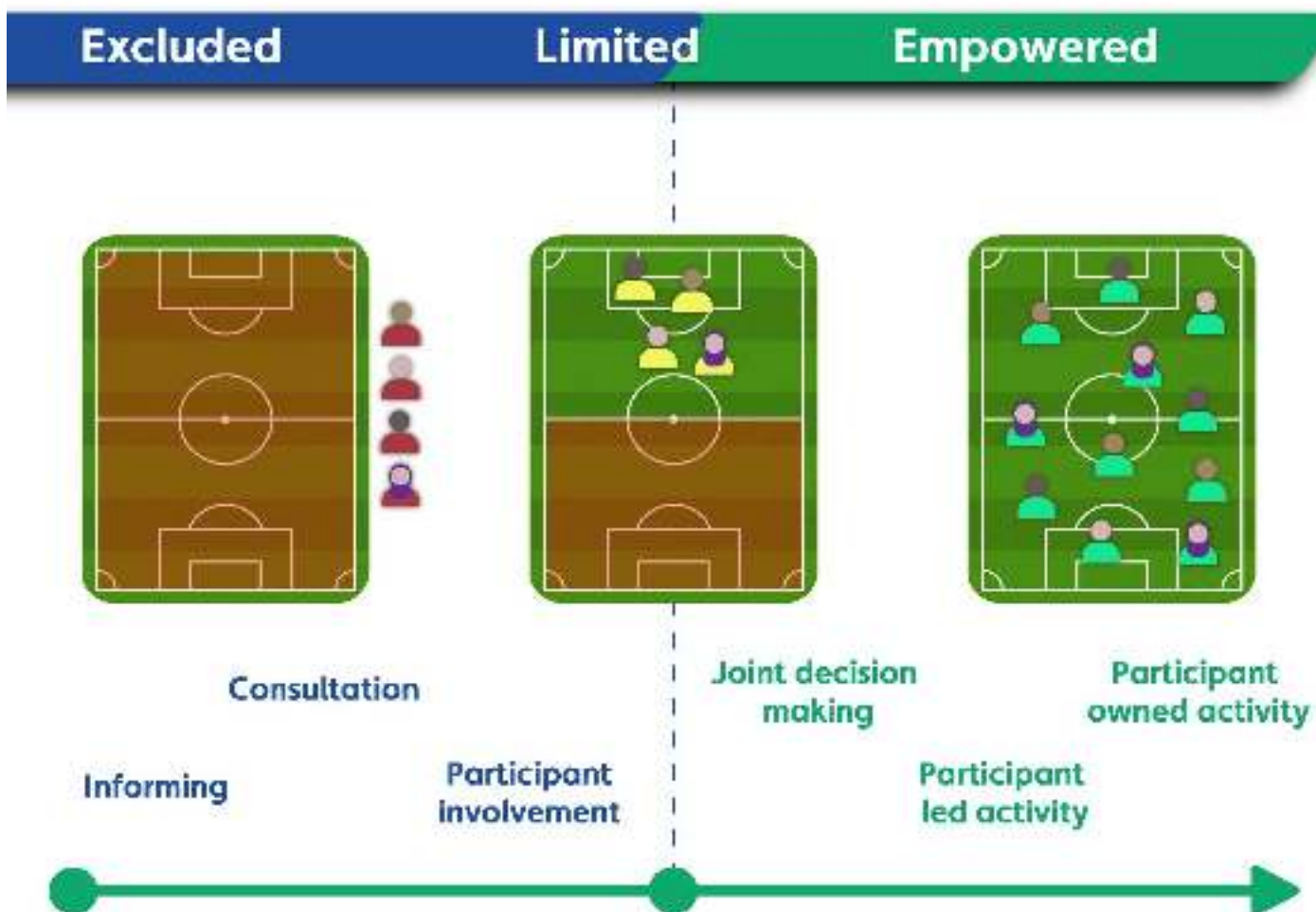


What are the experiences,  
needs, aspirations...

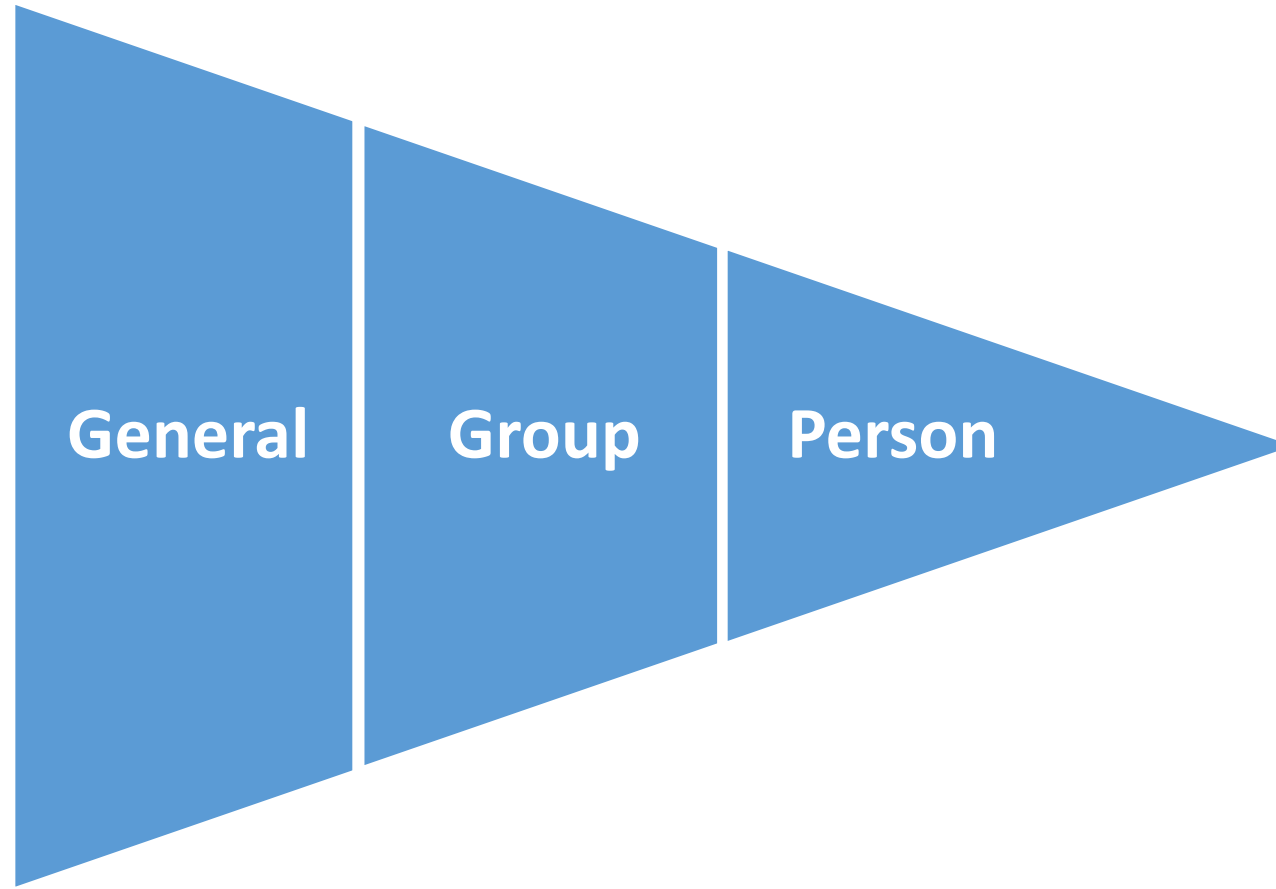
Of the group?

Of the individual?

## Participant Empowerment Scale



**General > Group > Person = Fit**





## Developing a person/group centred approach:

Create opportunities for discussion and be honest/upfront.

Take the pressure off yourself, having to know all the answers.

Avoid guessing, simply ask, involve others in decision making and have ongoing conversations.

Get participants to help you explore and generate achievable/realistic ideas and solutions that work for both **organisers and attendees** (share the constraints, challenges and considerations).



“So, what is it you would like to get out of attending this activity?”

“Where should we meet, where would you feel most comfortable?”

“What might help you enjoy these sessions more?”

“How are you getting on?”

## Developing a person/group centred approach:

### It's all about developing good working relationships:

- What ingredients do good relationships have?
- How do good relationships make you/others feel?
- See the person, hear the person, acknowledge and respond (take an interest).
- Be candid, reveal any agendas, share power.
- Build capacity, get support and devolve decision making wherever possible, appropriate, safe.



“So, what is it you would like to get out of attending this activity?”

“Where should we meet, where would you feel most comfortable?”

“What might help you enjoy these sessions more?”

“How are you getting on?”

## Useful links, contacts and materials:

### USEFUL CONTACTS AND RESOURCES

- **International Mixed Ability Sports** - link promoting inclusivity and social integration in sport for those of different levels of fitness/ ability and from different backgrounds: [Mixed Ability Manifesto – International Mixed Ability Sports](#)
- **Activity Alliance** - link helping those with disabilities and long-term health conditions overcome barriers to becoming physically active: [Talk to me principles in action: November 2014 | Research \(activityalliance.org.uk\)](#)
- **Women In Sport** - link promoting physical activity and exercise amongst women: [Our Publications - Women In Sport](#)
- **‘We Are Undefeatable’** - link providing methods through which those with health conditions can become more active: [Ways to Move - We Are Undefeatable](#)
- **‘This Girl Can’** - link to sign-up to the Supporters Hub to access a range of materials, resources and tips on how to help get women and girls moving and feeling great: [Become a supporter and inspire others - This Girl Can](#)





# Thank you!



# Get in touch

01772 299830

[contact@activelancashire.org.uk](mailto:contact@activelancashire.org.uk)

Active Lancashire  
Office 3 & 4, Farington House  
Lancashire Business Park  
Centurion Way  
Leyland  
PR26 6TW



[activelancashire.org.uk](http://activelancashire.org.uk)

