

BHFNC 8th Annual Conference People with disabilities

Case study Summaries

Case Study 1: 'Fit 4u Project'

Rhonda Richardson, Fit 4u Project Worker, Armagh and Dungannon Health Action Zone, Southern health & Social Care Trust

The Fit 4u Project identified service user involvement, partnership working, and providing a range of activities and settings as the key components to successfully engaging people with physical and sensory disabilities in physical activity.

Co-ordinated by Southern Health Social Care Trust, Armagh & Dungannon Health Action Zone, the project worked with a range of health, government and community organisations to identify and engage service users from three resource centres in a range of new physical activity and leisure opportunities and to address wider lifestyle issues.

Following a programme of taster activities, and through the use of surveys and focus groups, service users identified activities they enjoyed and began to participate in a range of accessible and inclusive activities that catered for all physical and sensory disabilities such as Boccia, Boxercise, Archery, Tai Chi, Climbing, Cycling, Walking and Golf. The opportunity to take part in a variety of activities across a range of settings successfully increased physical activity levels among people with physical and sensory disabilities with service users taking part in sessions at least once a week as a result of the Fit 4u Project.

Case Study 2: 'Inclusive Fitness Initiative'

Emma Peachy, IFI Project Manager, Montgomery Leisure Services

This nationwide initiative supports the fitness industry to become more inclusive, catering for the needs of people with disabilities with the aim of raising their physical activity participation levels. The Inclusive Fitness Model uses a proactive holistic approach built around developments in four key areas: Creation of accessible facilities to meet current legislation; Installation of inclusive fitness equipment, underpinned by a coordinated programme of research and

development; Training of staff throughout the facility ensuring that disabled people receive a safe, effective experience and; Implementation of inclusive marketing strategies to ensure that disabled people are aware of the opportunities available and that the industry promotes a more inclusive and accessible image.