

Developing a Partnership between Health and Sport

Aims

- Transform the relationship between Health and disability sport in Wales: create a strong and sustainable partnership, raising disabled people's awareness of, and engagement in, physical activity and sport opportunities through contact with health professionals
- Support health professional to promote physical activity and sport to disabled people as part of their core practice
- Improve the health and well-being of disabled people through increased physical activity

Methods

- Sport Wales Calls for Action Grant-funded pilot (2013-16)
- Physiotherapist appointed to the role of Health Disability Sport Officer to lead the partnership
- 3-tiered project steering group structure (Delivery, Operational and Executive) with representation of all key stakeholders (BCUHB, DSW, SW and Public Health Wales (PHW))
- Pathway co-produced to enable health professionals to signpost disabled people towards physical activity, including sport, via the support of the Local Authority Sport Development teams (or equivalent team)

Posture and Mobility Service in North Wales working as key partner:

- Disability Sport Officer working directly in waiting areas
- Every Contact Counts principle, all interactions with the service involves a discussion about sport and physical activity.
- Information resources areas.
- Promotion of events and opportunities.



Pilot Successes

560

560 disabled people have been signposted from Health to physical activity (including sport) opportunities.

1190

1190 health care professionals have attended up-skilling sessions.

4

4 talented athletes have been identified representing Wales in their chosen sports.

+21%

The number of disabled people participating in physical activity (including sport) North Wales has risen from 6,207 to 7,531.

£1 investment = £124 social value



Alex Wilson: Wales U'15 Wheelchair Basketball

"I used to get bullied a lot in school, but this has stopped the bullies from coming, because I play for Wales. I want to keep training to be at captain level!"



Matthew Kennedy: Cricket

"My mum received an email saying I had been selected to play for the Welsh cricket team in a match against England at Old Trafford Cricket Club. We lost this match but I enjoyed the game. I have also played a match as part of North and South Wales against Midlands Counties in Luctonians cricket ground. This time we won."

Service Benefits

- Simple Referral process
- Increased confidence of clients
- Partnerships with local clubs and promotion of events.
- Development client skills.
- Active discussion about suitable equipment to meet the individuals needs.
- Development of partnership for wheelchair skills progression
- Promotion of other opportunities within the area, wheelchair tennis, ice skating, football.

What Next

- All Wales Model
- Funded by WAG
- Roll out 2022-2023
- Health Disability Activity Practitioner in each Health Board (B5 0.5 WTE)
- National Team Leader (BCUHB)
- Pathway across all 22 Local Authorities

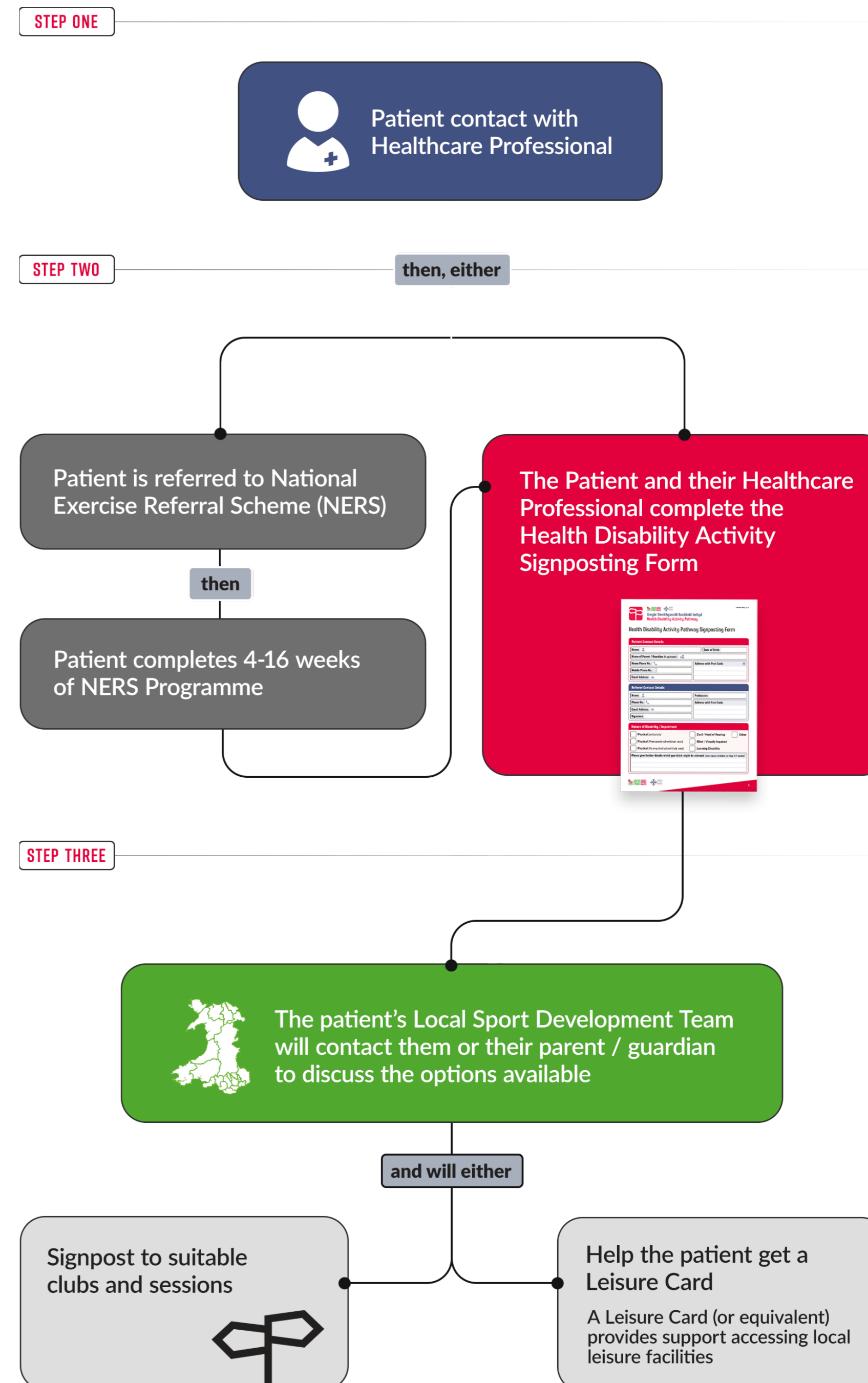
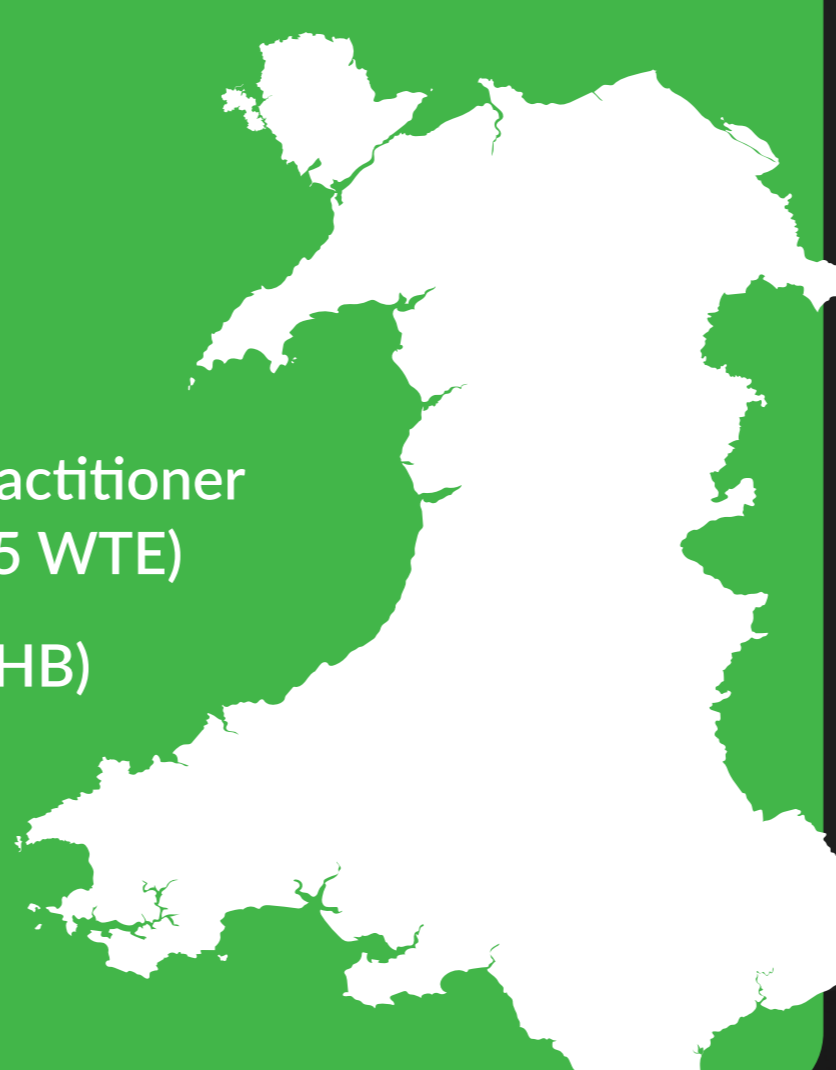


Figure 1: Illustration of the Pathway

Positive Lifestyle Changes

- Socialising more, making new friends.
- Increases confidence.
- Gives people a sense of belonging.
- Family members improving their physical and mental health and wellbeing.

Improved Health and Wellbeing

- Improved physical health. Supporting rehabilitation.
- Improved mental health. Increased self-esteem, feeling happier, reduced depression.
- Reduced bullying in children.
- Better management of health conditions, which leads to a reduction in appointments with physiotherapists and dieticians.

Figure 2: Patient reported outcomes

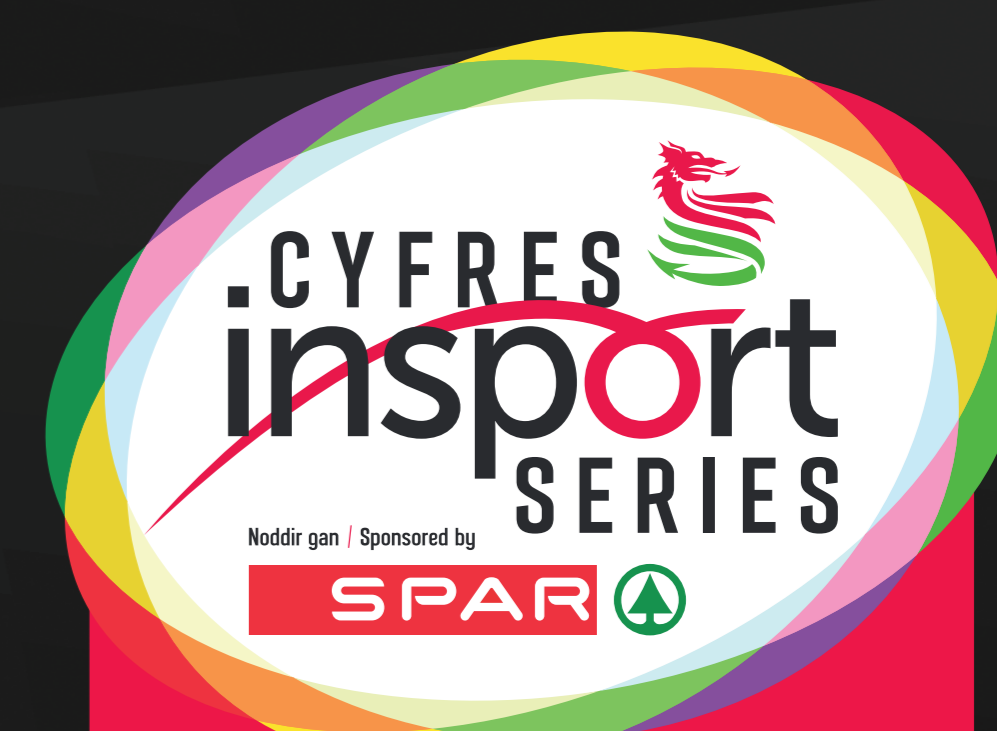
Figure 3: Signpost Card



Find signposting forms, contact details, and more information about the Health Disability Activity Pathway at:



hdpathway.co.uk



insport Series events provide inclusive sporting opportunities for disabled adults and young people across Wales.



insportseries.co.uk