



Inclusively Fit Project

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Project overview

Partners - Shropshire Providers Consortium (SPC) and partners: Energize (County Sports Partnership); Shropshire Disability Network; Headway Shropshire; South Shropshire Furniture Scheme; Shropshire Football Association; and Shropshire Public Health, were successful in being awarded funding through the Reaching Communities Big Lottery Grant.

Target group - Priority will be given to adults with a disability, out of education and who have the potential to improve their quality of life, adhering to the definition of Disability under the Equality Act 2010 'A person with a physical or mental impairment that has a substantial and long-term negative effect on your ability to do normal daily activities'. The project will benefit those living in Shropshire, Telford and Wrekin.

Funding - The grant is for £241,000 for the four year, **Shropshire Inclusively Fit Project**. There has also been additional funding from Shropshire Public Health and Energize (County Sports Partnership) taking the total project to £282,500.

The project aims will include:

- To reduce social exclusion and health inequalities by raising awareness and opportunities for engagement within sports clubs and societies for disabled people.
- Identify current exercise and sport provision within the County.
- Run a travel and equipment bursary to increase accessibility.
- Raise awareness & practical solutions for sports and social clubs throughout the county to make adaptations to facilities and become more inclusive as a body with more accessible activities for disabled people.
- Develop a buddy volunteer scheme to provide 1:1/group support for disabled people to attend and participate in local activities.
- Run sport taster sessions across the county to raise awareness of club/group activities for disabled people in the community.

The project will endeavour to make sport & physical activity more accessible to disabled people by creating a web based activity directory showing what is currently being delivered around Shropshire, Telford and Wrekin. In addition, there will also be transport & equipment support in the form of bursaries to benefit individuals, clubs and groups to remove many barriers to accessibility. Also what we anticipate being most in demand, is a volunteer buddy programme, to support with motivation and confidence for new disabled participants for the first few visits to a new activity.

The partnership will be governed by a steering group made up of the above partners and disabled people from Shropshire, Telford and Wrekin.

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