

# Personalised support

## Support that suits you

**Into Sport**  
**Case Studies**  
SDA: Southwark  
Disablement  
Association  
Independent  
Living



Photo: David Pescud

Tim did not take part in physical activity prior to coming to the Into Sport project, which he found through advertising. He wanted to swim but was afraid to go alone. Ali, the Into Sport worker at SDA, had already helped to establish a weekly Disabled swimming session at a local leisure centre and suggested to Tim that they go together.

Once at the pool, Ali was able to help Tim sign up to a programme for reduced price future visits, and showed him around the facilities. Ali also helped Tim access Dial-a-Ride for travel to and from the pool, a service he was previously unaware of.

Tim now swims every week. He also walks with a group, has played water polo, and attends the weekly Into Sport social group where they play boccia. Ali reports that Tim's social skills and level of social inclusion have improved dramatically since he joined the Into Sport project.

This experience shows that many Disabled people are keen to take part in sports and physical activity (SPA) but there are many reasons they don't, including physical, social and psychological. It highlights the importance of working with each service user as an individual, offering personalised support to help him or her overcome the barriers. Through this learning, Into Sport is developing a pathway for helping individuals get active, which includes sharing information, attending activities with them, and helping with logistics.

# The Into Sport Project

Into Sport is a unique three-year project managed by Inclusion London and funded by Sport England, designed to encourage Deaf and Disabled people over the age of 14 at all levels of ability to take part in sport or physical activity.

The project is working with Deaf and Disabled people's user-led organisations in five London boroughs (Barnet, Greenwich, Lambeth, Richmond and Southwark) to offer advice and support to Deaf and Disabled people interested in getting active.

## **Inclusion London**

336 Brixton Road, London SW9 7AA  
[www.inclusionlondon.org.uk/intosport](http://www.inclusionlondon.org.uk/intosport)  
[intosport@inclusionlondon.org.uk](mailto:intosport@inclusionlondon.org.uk) | 020 7237 3181

## **Interactive**

Providian House, 16-18 Monument Street, London EC3R 8AJ  
[www.interactive.uk.net](http://www.interactive.uk.net)  
Kate Budd | [kate.budd@interactive.uk.net](mailto:kate.budd@interactive.uk.net) | 020 7868 5055

## **Barnet Centre for Independent Living**

The Concourse, Grahame Park, London NW9 5UX  
Theresa De Swiet | [theresa@barnetcil.org.uk](mailto:theresa@barnetcil.org.uk) | 020 8359 5654

## **DASL - Disability Advice Service Lambeth**

336 Brixton Road, London SW9 7AA  
Patricia Reilly | [patricia.reilly@disabilitylambeth.org.uk](mailto:patricia.reilly@disabilitylambeth.org.uk)  
020 7642 0041

## **GAD - Greenwich Association of Disabled People**

The Forum @ Greenwich, Trafalgar Road, Greenwich SE10 9EQ  
Linda King | [intosport@gad.org.uk](mailto:intosport@gad.org.uk) | 020 8305 2221

## **Richmond AID**

4 Waldegrave Road, Teddington TW11 8HT  
Sam Blake | [S.Blake@richmondaid.org.uk](mailto:S.Blake@richmondaid.org.uk) | 020 8831 6076

## **SDA - Southwark Disablement Association Independent Living**

10 Bradenham Close, London SE17 2QB  
Ali Arab | [ali@sdail.org](mailto:ali@sdail.org) | 020 7525 1596

