

Breaking stereotypes

Sport isn't just about football

Into Sport
Case Studies
DASL: Disability
Advice Service
Lambeth



There are many misleading stereotypes about sport and physical activity (SPA), and because of this many Disabled people feel that it is not relevant to them or a viable lifestyle choice.

To challenge this, the Into Sport project helped with the creation of a wheelchair dance class, one of the first in London. The project was able to support the potential instructor with funding applications, industry contacts, access to potential participants, and knowledge of accessible venues.

A suitable venue was found within Lambeth and a grant was awarded from Lambeth Legacy Fund for seed money for the class. A separate grant was received for an instructor to be trained to Level 2, affiliated to the Wheelchair Dance Sport Association UK (WDSA UK), and a brand was created: Wheel Be Dancing.

Into Sport helped with the promotion of the class and advertised it to DASL members, and the first class was held in January 2015.

Initially the wheelchair users in the group dismissed their ability to dance but the class soon became popular, and people with a wide range of impairments joined the group. Retention was high and the regulars were committed to attending. The main obstacles to attending the class were transport and cost.

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

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Interactive

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Barnet Centre for Independent Living

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Theresa De Swiet | theresa@barnetcil.org.uk | 020 8359 5654

DASL - Disability Advice Service Lambeth

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GAD - Greenwich Association of Disabled People

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SDA - Southwark Disablement Association Independent Living

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