

Keeping Current

How can I know what's going on?

Into Sport
Case Studies
DASL: Disability
Advice Service
Lambeth



How can Into Sport help people become aware of the project - and accessible, affordable sport and physical activity (SPA) opportunities - in a cost-effective way, keeping them updated with developments and encouraging them to get involved with the project?

To keep DASL members updated on SPA opportunities, at the same time as improving their digital inclusion, DASL set up an Into Sport Facebook page, with regular updates on the project. However, a large number of people supported by the organisation do not have social media skills or their own computer. The Into Sport project therefore helped by arranging basic online skills training and access to computers.

Two volunteers attended a Lambeth Digi-buddies training session at the local library and Tricia, DASL's Into Sport worker, provided further Facebook training. The volunteers then sourced relevant articles they could post on the Into Sport Facebook page. It is updated regularly with information on upcoming SPA events for Disabled people across the borough and Londonwide, and interesting news and articles.

Piloting the use of social media has given DASL the confidence to use it more across the organisation, and has clear benefits, such as reaching its members with real-time information about events or other news. Like all information tools however, it relies on regular updating. Its reach is also restrictive, as many people in the older age groups express fear around using computers and social media.

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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www.inclusionlondon.org.uk/intosport
intosport@inclusionlondon.org.uk | 020 7237 3181

Interactive

Providian House, 16-18 Monument Street, London EC3R 8AJ
www.interactive.uk.net
Kate Budd | 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 | 020 8359 5654

DASL - Disability Advice Service Lambeth

336 Brixton Road, London SW9 7AA
Patricia Reilly | 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 | 020 8305 2221

Richmond AID

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Sam Blake | S.Blake@richmondaid.org.uk | 020 8831 6076

SDA - Southwark Disablement Association Independent Living

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