

Peer Support

Doing sport together

Into Sport
Case Studies
SDA: Southwark
Disablement
Association
Independent
Living



Brenda is an SDA service user and heard about the Into Sport project through the bi-monthly newsletter. She had been a regular swimmer in the past but had slipped at a poolside six years ago and since then has not had the confidence to return. Carol had been part of the Into Sport project for a few months, enjoying the water polo, boccia and social afternoons.

When Ali, the Into Sport Worker at SDA, met Brenda, he saw that she and Carol seemed to have a lot in common and knew they lived locally to each other. Because Brenda wanted to start swimming again and Carol already went swimming regularly, he suggested that they might want to go together.

They attended the water polo group together for several weeks until it came to an end. Brenda now has the confidence to go swimming alone, which she does regularly. She has also started playing boccia through Into Sport, and she and Carol remain friends and see each other socially.

Through this experience, SDA has seen the huge benefits of peer support and is currently implementing it into the Into Sport project, and encourage pairing where possible. Peer support can be pivotal to maintaining regular physical activity, as well as providing support and friendship. Whether the two individuals continue to do sport together or not, peer support can be invaluable in overcoming the initial first step.

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
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

4 Waldegrave Road, Teddington TW11 8HT
Sam Blake | 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 | 020 7525 1596

