

Buddying

You are not alone

Into Sport
Case Studies
Richmond AID



Photo: Exceed Worldwide

Some people have very real and ongoing support needs beyond developing confidence and getting back into sport. Into Sport are exploring ways to set up buddying schemes so that people who need it can have regular ongoing support with travelling to venues or managing support needs in accessing sport.

Diana used to swim regularly in the past but has not been for five years due to a fear of getting in the pool; she was keen to overcome this and start swimming again. Diana's medical condition can leave her very tired after travelling and exercising, so she agreed to try swimming with a buddy - to help her get into the pool, and to be with her on the journey home.

Sam, the Into Sport worker at Richmond AID, met Diana at her home and they travelled together on the bus. Diana felt anxious once in the pool so Sam gently encouraged her by holding her hands and moving backwards; soon Diana was able to let go of Sam, although they stayed close. Together they completed a length and a half before Diana felt she needed to stop, and she was happy with her progress.

They have yet to arrange another swim session – Diana has had to cancel a couple of times because she felt too tired, although she says she is still keen to go again. In the meantime, she has been going to a weekly yoga class.

Having an appropriate buddy, who is sensitive to the service user's fears or concerns, can help him or her overcome barriers to accessing sport, as well as boost confidence and independence, and improve social skills.

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

