

# Changing views of SPA

## Of course I can do sport!

**Into Sport**  
**Case Studies**  
DASL: Disability  
Advice Service  
Lambeth



Many Disabled people don't feel that sport and physical activity (SPA) is relevant to them or is a viable lifestyle choice. Part of the goal of the Into Sport project is to support Disabled people to change their view of sport, and to help people view SPA holistically.

Helen first heard of Into Sport through DASL's Direct Payments Team – often it is easier for the individual to access SPA through trusted routes. Although interested, she didn't believe SPA was for her because of her physical impairment. She and Tricia, DASL's Into Sport worker, met one-to-one and discussed Helen's interests and physical restrictions. Together they went through a list of possible activities and Helen highlighted those she would be most interested in trying.

One of these was to attend a gym and Tricia made an appointment for Helen to go and visit her local gym and talk to the manager, which they did together. Helen was so impressed by how comfortable she felt, she decided to join. She now goes three times a week and feels fully supported and looked after by the staff.

Helen has since taken part in other activities through the project, including sailing, and is a vocal advocate for Into Sport, encouraging Disabled people to get involved in the project and enjoy the benefits of SPA.

This case study highlights the need for person-centred initial support and advice to help Disabled people challenge their beliefs about SPA, and to build confidence in accessing providers.

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

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