

Impact Report

April 2020 –
March 2021

This document is
available in alternative
formats upon request.



Disability
Sport NI

Be active.
Be the best.



All Out Trekking Project at Gosford Forest Park

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A Message from Our Chair and Chief Executive

Welcome to Disability Sport NI's 2020-21 Impact Report which describes our charity's programmes and achievements in the first year of our new four year Strategic Plan 2020-24.

It has been a year like no other with the unexpected challenges and difficulties caused by the effects of the COVID-19 pandemic. In the face of these unprecedented challenges we adapted our programmes and services to continue to deliver our mission to develop sports and active recreation opportunities which give disabled people an equal opportunity to live a full, active and healthy lifestyle.

We largely achieved this by replacing our normal programme of face to face community participation and performance sport programmes with the 'Stay Active Online' social media and telephone campaign. This campaign was designed to encourage and support participants and athletes in our programmes and disabled people more generally to be as active as possible while at home during the pandemic, while also maintaining positive mental health.

Alongside this we continued to work with our partners in the sports, disability and health sectors in Northern Ireland to progress our development work. This has resulted in significant achievements which we believe have contributed to our vision of an inclusive society where disabled people fully participate in all aspects of life, including sport and active recreation.

We would like to thank our team of staff for their continued commitment and dedication throughout the year. We were impressed with their ability to adapt quickly and deliver our programmes in a different way while working from home.

The commitment of our staff was bolstered by the support, flexibility and encouragement of our funders, who fully supported us as we adapted our programmes to meet the challenges created by the pandemic. We would like to thank them for their continued support as we look to the future and plan the rebuilding of our programmes and services.

Michael McAteer MBE
Chair

Kevin O'Neill
Chief Executive

About Us

Disability Sport NI is Northern Ireland's main disability sports charity working to improve the health and wellbeing of disabled people through sport and active recreation.

We work with people with physical, sensory and learning disabilities of all ages and with schools, disability groups, sporting organisations and clubs to ensure that everyone can benefit from the health, social and education benefits of sport and active recreation.

We believe that every person with a disability has the right to participate in all aspects of life and are committed to building a more inclusive society where people with disabilities have the same opportunity as non-disabled people to lead a full, active and healthy lifestyle through sport and active recreation.

Launched in 1998 by a number of small disability sports groups to address the under representation of disabled people in sport, we have gradually grown to represent the vast majority of disability sports groups and clubs in Northern Ireland.

We currently have 117 member groups made up of disability sports groups, schools and adult centres and organise a range of participation programmes, events, training courses and education projects all designed to improve the health and wellbeing of disabled people.

We also work closely with Governing Bodies of Sport and British and Irish performance sports organisations to ensure that talented disabled sports people have the same opportunity as their non-disabled peers to train, compete and excel in their chosen sport on the world stage.

We have also developed a strong partnership with our main funders Sport Northern Ireland and the Department for Communities and continue to work with them and other government departments and District Councils to develop and implement strategies and programmes designed to further reduce the underrepresentation of disabled people in sport and active recreation.

Disability Sport NI is a limited company with charitable status and is a member of the British Paralympic Association, Boccia UK, Disability Action, the Northern Ireland Council for Voluntary Action and the Northern Ireland Sports Forum. Disability Sport NI also maintains close links with Paralympics Ireland.



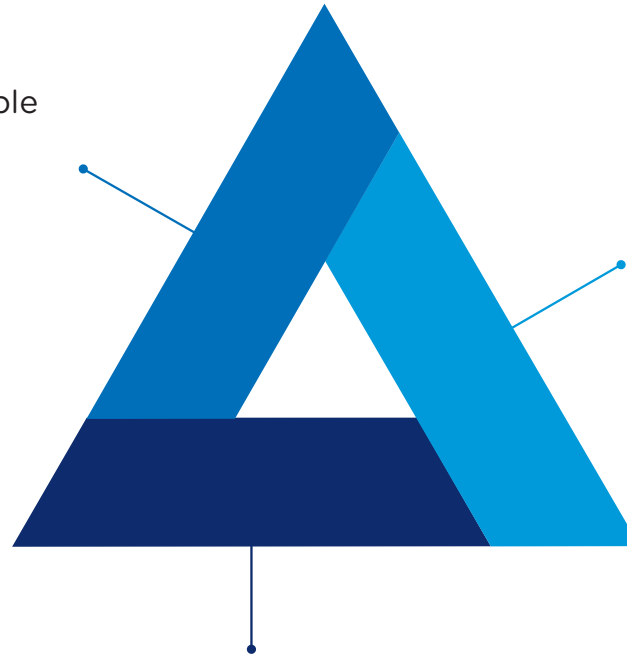
Our Vision, Mission and Strategic Outcomes

Our Vision for the future is:

An inclusive society where disabled people fully participate in all aspects of life, including sport and active recreation.

Our Mission is:

To develop sports and active recreation opportunities which give disabled people an equal opportunity to live a full, active and healthy lifestyle.



Our Strategic Outcomes are:

- A more equal and inclusive society, where more disabled people participate, compete and excel in sport and active recreation at a level of their choice.
- The improved health and wellbeing of disabled people.
- Equality of access for disabled people to participate in sport and active recreation throughout Northern Ireland.

Key Achievements 2020-2021

Stay Active Online campaign delivered in response to the COVID-19 Pandemic:

- 61 Pre-recorded exercise videos - 19,297 views
- 130 Live 'Zoom' exercise sessions - 988 participant opportunities
- 12 'Stay Active Online' Resource Cards developed - 30,698 copies distributed
- A 'Stay Active Online' Blog with 10 posts - 4,763 visits
- Progressive 'Miles and Smiles' Walking Challenge - 137 participants
- NI Virtual Boccia League - 110 participants

59 Face to Face Activity Sessions - 735 participant opportunities in outdoor activities - Nordic walking, 'Dads Fit', 'Buggy Fit', inclusive cycling and 'All Out Trekking'.

Our Inclusive Sport Award achieved by Ulster GAA and Canoe NI

Wheelchair Basketball and Boccia - online training and support programmes successfully implemented.

2 Access Guides updated - Guide 1 Accessible Sports Facilities Design Guidelines and Guide 2 Accessible Sports Facilities Management Guidelines

22 Training Courses - involving 324 participants delivered by 'Zoom'

14 'Insight Pieces' produced

A more detailed description of our achievements against each of our 5 key strategic priorities is provided over the following pages.



Inclusive Cycling

Strategic Priority 1: Improving Health and Wellbeing

Community Sport and Active Recreation

To improve the health and wellbeing of disabled people and people with long term health conditions through increased participation in sport and active recreation opportunities in every area of Northern Ireland.

The charity's ability to deliver its normal comprehensive programme of face to face community sport programmes and events was severely restricted during the year because of the COVID-19 pandemic, with only limited face to face activities being delivered.

However, we adapted quickly to the situation and developed the 'Stay Active Online' social media and telephone campaign supported by the Progressive Building Society. The campaign was designed to encourage and support participants and athletes in our programmes and disabled people more generally to be as active as possible while at home during the pandemic, while also maintaining positive mental health.

The campaign involved a blended approach to delivery including the provision of pre-recorded exercise videos, blogs and podcasts, the development of exercise resource cards and the delivery of a series of live 'Zoom' exercise sessions. By the end of the year the following extensive range of activities had been delivered:

- 61 Pre-recorded exercise videos - 19,297 views
- 130 Live 'Zoom' exercise sessions - 988 participant opportunities
- The development of 12 'Stay Active' Resource Cards - 30,698 copies distributed to 3,288 individuals and 68 groups
- A 'Stay Active' Blog - 10 posts and 4,763 visits
- A Progressive 'Miles and Smiles' Walking Challenge - 137 participants
- A NI Virtual Boccia League - 110 participants

In addition, whenever it was possible to do so within NI Executive guidance 59 'Face to Face' activity sessions with 735 participants were delivered in outdoor activities like walking, Nordic walking, 'Dads Fit', 'Buggy Fit', inclusive cycling and 'All Out Trekking'.



During the unprecedented circumstances caused by the COVID-19 pandemic, staff from our various local projects worked together on the development and delivery of resources for the Stay Active Online Campaign. A brief summary of key activities in each area is provided over the following pages:

1. Progressive Disability Sports Hubs Project – NI Wide

This project originally developed to provide programmes of ‘face to face’ disability sports activities in the ‘Disability Sports Hubs’ located in each of Northern Ireland’s 11 District Council areas was replaced with the ‘Stay Active Online’ campaign because of ongoing COVID-19 restrictions.

The comprehensive range of online resources, exercise resource cards and live ‘Zoom’ exercise sessions developed through the ‘Stay Active Online’ campaign were promoted in all areas of Northern Ireland through social media by our Regional Development Officers Mark Montgomery, Pablo Córdoba Huertos and Danny Cooper.

A number of ‘face to face’ delivery sessions in walking and inclusive cycling were also delivered in some areas where demand existed and when this was permitted within current NI Executive COVID-19 guidance.

Disability Sport NI would like to say a big thank you to the Progressive Building Society for supporting the delivery of our Stay Active Online campaign in place of the planned programme of ‘face to face’ activities.



Zoom exercise session

“I enjoyed taking part in the exercise video facilitated by Barbara. It increased my physical activity levels and I have been motivated to stay active.”

Disability sports hub participant



2. Every Body Active Programme Belfast - Disability Sports Hub


In this project funded by Belfast City Council, our Active Recreation Officer Gerard McCartan contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on the production of the 'My Autism Journey' Blog.

“You give a lovely and authentic insight into family life and ASD Gerard. A great resource, especially for those experiencing similar journeys.”


Blog Reader

Stay Active. Stay at Home. Blogs Hub

To date we have launched three blogs. They have been receiving a lot of engagement and the authors have been receiving a number of private messages to say that the blogs have really resonated with them and offered great comfort/advice at this time.




CV-19 and Me
Diary by Brian Lenehan
[READ NOW](#) →



MY Autism Journey Blog
by Gerard McCartan
[READ NOW](#) →

“You give a lovely and authentic insight into family life and ASD Gerard. A great resource, especially for those experiencing similar journeys.”
- Blog Reader



The Boccia Diaries
Various Authors
[READ NOW](#) →

STAY ACTIVE RESOURCE CARD



Wheelie Active

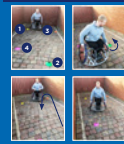
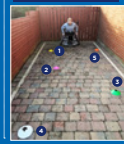
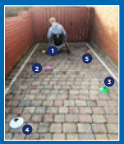
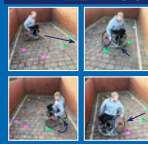
WHEELCHAIR MOVEMENT SKILLS

Other Stay Active Cards available
Contact email@dsni.co.uk

■ Disabled People
■ Adults
■ Teens
■ Kids



DO EACH ACTIVITY 3 TIMES WITH 1 MINUTE REST IN BETWEEN.

1 Turn and Push	2 Speed Circuit	3 Push Backwards	4 Park the Chair
<ul style="list-style-type: none"> • Place targets at different points around the room / garden. E.g. cones, tins, A4 pages • Push to a target, quick turn, push to another target • Do this for 1 min • Try lots of different combinations • TIP: Start slowly and gradually increase speed 	<ul style="list-style-type: none"> • Set up as before • Number your targets • Push around all targets in order, as fast as you can • Can you beat your time? • TIP: Random targets - get someone to call out numbers to make it more challenging 	<ul style="list-style-type: none"> • Set up as before • Push backwards to targets for 1 min • 1 point for each target you pass • Can you beat your score? 	<ul style="list-style-type: none"> • Set up some gates, using 2 items at each target area • Gates should be roughly twice the width of your chair • Push through a gate, reverse back, stopping between the gate • Turn and push to next gate • Repeat at all gates • Do this for 1 min and score 1 point each time you park the chair • TIP: Smaller gaps between gates will make it more challenging
			

3. Every Body Active Programme Belfast - Live Active NI Project

In this project funded by Belfast City Council and delivered through our Community Interest Company Live Active NI our Active Recreation Officers Davy Purdy, Karen Hutchinson and James McBriar contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on:

- The delivery of live 'Zoom' exercise sessions
- The development of the 'Stay Active' exercise resource cards
- The promotion of the 'Miles & Smiles' walking/pushing challenge
- The promotion the NI Virtual Boccia League

4. Every Body Active Project - Antrim & Newtownabbey

During the last six months of the year a partnership was agreed with Antrim & Newtownabbey Borough Council around the delivery of the inclusive element of their local Every Body Active programme. Part time Active Recreation Officer, Naomi McNaul contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on:

- The delivery of live 'Zoom' exercise sessions
- Online engagement with local disability/community groups

“It’s definitely improved his mental health, He looks forward to it, they all do. It changes the mood for everyone, everyone loves Mondays. It’s given them confidence, socialising, balance, better moods, you name it! They’re so much better off with Love to Move, I can’t stress that enough.”

Love 2 Move Exercise programme participant



Stay Active Online

- Stay Active Online Exercise Classes
- NI Virtual Boccia League sponsored by Progressive Building Society
- Miles and Smiles Challenge sponsored by Progressive Building Society
- Stay Active Resource Cards





A Progressive Partnership

For more info Email: aherron@dsni.co.uk

5. The Inclusive Sport and Leisure Project - Armagh City, Banbridge and Craigavon Borough Council

In this project funded by Armagh City, Banbridge and Craigavon Borough Council our Inclusive Sport and Leisure Officer, Colleen Connolly contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on:

- The development of a number of ‘Stay Active’ exercise resource cards
- The delivery of live ‘Zoom’ exercise sessions including the ‘Monday Club’
- The promotion of the ‘Miles & Smiles’ walking/pushing challenge
- The promotion the NI Virtual Boccia League

A number of ‘face to face’ delivery sessions in Inclusive Cycling, Nordic walking and All Out Trekking activities were also delivered when this was permitted within NI Executive COVID-19 guidance.

“It’s been so good to see all of the Monday club on video. It means that I haven’t missed everyone as much and it gives me something to look forward to.”

Monday Club participant

STAY ACTIVE RESOURCE CARD

Disability Sport NI
Be active. Be the best.

Kids Body Blast Challenge

FUN 5 MIN WORKOUT FOR AGES 5-12 YEARS

CHALLENGE: HOW MANY CAN YOU DO IN 1 MINUTE?
ADD UP YOUR SCORES FOR EACH EXERCISE AND TRY TO BEAT IT NEXT TIME!

Other Stay Active Cards available
Contact email@dsni.co.uk

Teens Kids

- ### 1 Animal Crossing

KEY POINTS:

 - Two cones - 5m apart
 - Pick an Animal, E.g. Bear, Frog
 - Move cone to cone as fast as you can like that animal

SCORE: 1 point each time you reach a cone
- ### 2 Star Jumps

KEY POINTS:

 - Start Feet together
 - Jump out into a star shape and back to starting position

SCORE: 1 point for each star jump
- ### 3 Wall Press

KEY POINTS:

 - Hands on wall, arms straight at shoulder height
 - Bend elbows and lean in towards wall
 - Push back out to starting position

SCORE: 1 point for each wall press
- ### 4 Speed Bounce

KEY POINTS:

 - Jump side to side over an obstacle, E.g. Hurdle, cone, rolled up towel

SCORE: 1 point for each successful jump over the obstacle

6. GOGA in Action Project - Armagh City, Banbridge and Craigavon Borough Council

In this project funded by Armagh City, Banbridge and Craigavon Borough Council, and delivered through our Community Interest Company, Live Active NI our Active Recreation Officer, Ryan McQuillan contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on:

- The development of a number of ‘Stay Active’ exercise resource cards
- The delivery of a series of live ‘Zoom’ exercise sessions, specialising in the delivery of Tai Chi.
- The delivery of outdoor ‘face to face’ activities including ‘Buggy Fit’ and Nordic walking

A number of ‘face to face’ delivery sessions in Inclusive Cycling, Nordic walking and All Out Trekking activities were also delivered when this was permitted within NI Executive COVID-19 guidance.

“My shoulders and neck were so tight, they were pulsating, so I did two Tai Chi sessions with Ryan. I’m so impressed with the difference I feel. I just wanted to a Wednesday clap for Ryan to say thank you”

GOGA in Action project participant

STAY ACTIVE RESOURCE CARD

Tai Chi

FOR STRENGTH, BALANCE AND RELAXATION

Other Stay Active Cards avail
Contact email@dsni.co.uk

Disability Sport NI
Be active. Be the best.

REPEAT EACH EXERCISE 12 TIMES. MAINTAIN GOOD POSTURE AND SLIGHTLY BENT KNEES WHILST MOVING SLOWLY AND SMOOTHLY. REMEMBER TO 'BREATHE IN' AND 'BREATHE OUT' FOR EACH MOTION.

1 **Float Hands**
KEY POINTS:
• Feet shoulder width apart, knees slightly bent
• Hands by your side
• Raise hands to shoulder height and back down

2 **Row the Boat**
KEY POINTS:
• Stand as before
• Palms to the sky, raise arms up and wide to shoulder height
• Palms to the floor, keep the hands close and lower down and repeat

3 **Hands Like Clouds**
KEY POINTS:
• Feet slightly wider than shoulder width
• Start with weight to left side, right hand in front of face
• Shift weight to right leg as you move right hand to the right
• Change hands, transfer weight back to the left leg and move left hand to the left

4 **Push the Waves**
KEY POINTS:
• Angle one foot and turn body to face same way
• Other foot remains forward facing
• Hands in front of chest, palms facing away
• Shift weight to front leg, push your hands out
• Palms to floor, shift weight to back leg, hands back to start position
• As weight transfers to back leg lift your front toes

7. Get Out Get Active Project (Phase 2)

This 'Spirit of 2012' funded project is delivered through our Community Interest Company, Live Active NI and involves the delivery of 'phase 2' of the project in two new District Council areas, namely the Mid Ulster District Council area and the Mid and East Antrim District Council area. The recruitment process to appoint a full time Active Recreation Officer in each council area was initially suspended because of COVID-19 but recruitment resumed in mid-June with two full time Active Recreation Officers, Rebecca Greenaway and Niall Irwin taking up their posts in August 2020.

Both Active Recreation Officers contributed to the development and delivery of online resources for the Stay Active Online campaign with a particular focus on:

- The development of 'Stay Active' exercise resource cards
- The delivery of a series of live 'Zoom' exercise sessions, with a particular focus on family focused activities like 'Family Fit', 'Mums' Fit', 'Dads' Fit', 'Afterschools' Dance' and 'Better Connected' (over 50s).
- The delivery of outdoor 'face to face' activities like 'Inclusive Family Tri Golf', and 'Pawsitive Walks and Talks' dog walking sessions

Disney Dance Along

Fun and Inclusive dance along to Disney classics for all the family this half term!

Date & Time: Wednesday 28th October - 3pm
Friday 30th October - 10am

Where: Zoom

Registration is essential for zoom access.

Brought to you by our GOGA Officers in Mid Ulster and Mid and East Antrim.

To register please email: rgreenaway@liveactiveni.co.uk






Better Connected - Over 50's

A weekly, relaxed and welcoming group session for promoting activity while fostering friendships.

Date: - Monday 25th January 2021 (6 weeks)

Time: - 11.30am - 12.30pm

Venue: - Zoom

Registration Essential

To register or for more information please contact
Rebecca on: rgreenaway@liveactiveni.co.uk or
Niall on: nirwin@liveactiveni.co.uk

8. All Out Trekking Project

This innovative outdoor project, located at Gosford Forest Park in County Armagh gives disabled people and their non-disabled friends and family the opportunity to access countryside paths and mountain bike trails using a range of inclusive all-terrain electric vehicles and bikes.

Although the launch of this year's programme was initially delayed because of COVID-19 restrictions, we were able to put appropriate safeguards in place and organise twice weekly sessions involving 132 participants over the summer months.

Work on upgrading the 'All Out Trekking' facility at Gosford Forest Park was also completed in liaison with the facility owner Armagh City, Banbridge & Craigavon Borough Council. This involved the refurbishment of the existing storage facility and car park, including the installation of a new accessible WC and new hoist system to enable people with high levels of impairment to access the electric all-terrain vehicles.



All Out Trekking



Strategic Priority 2: Developing Sporting Talent

To lead the development of performance pathways and support programmes which enable talented disabled athletes to achieve higher levels of performance in their sport including continued international medal success.

1. Inclusive Sport Award

Our 'Inclusive Sport Award' (ISA) is designed to recognise governing bodies of sport who make a commitment to creating an inclusive sports environment for disabled people through the development of a disability action plan. This year we were delighted that two more governing bodies of sport, namely Ulster GAA and Canoe NI secured the Inclusive Sport Award.

Speaking at the presentation of their award Brian McAvoy, CEO of Ulster GAA said: **“This is a tremendous accolade for Ulster GAA and for our efforts in creating new and exciting opportunities for some of the most vulnerable in our communities. Thanks to the efforts of staff members Eugene Young, Shane McCann and Paul Callaghan, with the support of volunteers like Brian Armitage and Michael Geoghegan, the disability agenda plays an ever-increasing part in the strategic outputs of the GAA in the province.”**

Speaking at the presentation of their award James Birrell of the Canoe Association Northern Ireland said: **“Everyone at Canoe Association Northern Ireland deeply values the Inclusive Sport Award from Disability Sport NI and we look forward to working with the charity on an ongoing basis to implement our action plan.”**

This means that the following 10 governing bodies of sport have now secured the Inclusive Sport Award: focus on:

Irish Football Association, Athletics NI, Ulster Rugby, Swim Ulster, RYA NI, Ulster Tennis, NI Judo Federation, British Gymnastics, Ulster GAA, Canoe NI

During the year our performance sport staff continued to work with each of the ten sports on the implementation of their individual disability action plans, with plans in place to rebuild inclusive opportunities post pandemic.



Ulster GAA's Wheelchair Hurling programme

2. Wheelchair Basketball

As the recognised development agency for the sport in Northern Ireland we continued to implement our Wheelchair Basketball development plan. The plan which is funded by Sport NI's 'Sporting Winners' and 'Sporting Clubs' programmes has two main focuses:

- 1: the development of a network of local clubs
- 2: the development of talented players who can compete and excel internationally.

Sporting Clubs Programme - Wheelchair Basketball

Wheelchair Basketball Performance Pathway Officer, Danny Cooper continued to support the development of the existing network of 5 clubs through the provision of an online training and support programme. This included:

- Club Governance Workshops
- Referee Technical Training
- Safeguarding Training
- Classification Training
- Supporting the Knights Wheelchair Basketball Club to become the first wheelchair basketball club to achieve Sport NI's 'ClubMark' award.



James MacSorley, GB Men's Wheelchair Basketball Player

"I am very grateful for the support of Sport NI and Disability Sport NI over the past year and my whole career. It has been invaluable in helping me get to where I am today, and I hope to keep achieving success in the future with the help of both of these great organisations."

James MacSorley, GB Men's and Juniors Wheelchair Basketball World Champion

Sporting Winners Programme - Wheelchair Basketball

Because of COVID-19 restrictions, Wheelchair Basketball Pathway Officer, Phil Robinson was unable to provide a normal face to face training and coaching programme for most of the year. However an online programme involving the following elements was successfully implemented:

- Weekly online 'Zoom' session provided to the Men's and Women's squads, focusing on skill breakdown and game analysis.
- One to one online training sessions provided to Academy players, focusing on low intensity strength exercises.
- The recording and promotion of 13 wheelchair basketball podcasts featuring GB and NI Paralympian James MacSorley.

A small number of our most talented athletes were also provided with '1 to 1' on court training sessions, whenever possible, and by October 2020 face to face activities for NI Academy athletes had resumed. The first men's squad preparation camp for the Birmingham 2022 Commonwealth Games was also successfully organised at the end of March 2021, within COVID-19 guidance for elite sport.



“The Podcasts have been great! I found the discussions really interesting. It really comes across how proud you all are in sport and how excited you all are about it developing. I’ve laughed my way through each podcast with you all. Really funny at times. Looking forward to the next one. Thanks to you all for sharing your knowledge and experience.”

Podcast Listener

3. Boccia

As the recognised development agency for the sport in Northern Ireland we continued to implement our Boccia development plan. The plan which is funded by Sport NI's 'Sporting Winners' and 'Sporting Clubs' programmes has two main focuses:

- The development of a network of local clubs and
- The development of talented players who can compete and excel internationally,

Because of COVID-19 restrictions, Boccia Pathway Officer, Terry Conroy was unable to provide normal face to face programmes for most of the year, however the following online programmes were delivered:

Sporting Winners Programme - Boccia

An online training and coaching programme with the following key elements:

- Weekly online 'Zoom' session provided to the Men's and Women's squads, focusing on skill breakdown and game analysis
- Monthly 1 to 1 sessions provided to all NI Pathway Squad members
- Regular Technical workshops providing game analysis
- Access to UK Boccia Pathway Webinars and Workshops
- Athlete wellbeing workshops

Support was also provided to a small number of athletes as they returned to individual on court training as COVID-19 restrictions were relaxed.

Sporting Clubs Programme - Boccia

An online training and support programme was also developed to support the continued development of the existing network of clubs:

- Weekly online 'Zoom' session provided to the Men's and Women's squads, focusing on skill breakdown and game analysis.
- UK Boccia Officials Workshops
- Referee's Masterclass
- Stretching and Condition for Clubs
- An online Virtual Boccia League with 110 participants funded by the Progressive
- Supporting Fermanagh Lakers Boccia Club to become the first Boccia club to achieve Sport NI's 'ClubMark' award



Strategic Priority 3: Inclusive Sports Facilities and Outdoor Places

Improving Access

To develop access services which encourage and support the development of sports facilities and outdoor places which are inclusive of disabled people.

Accessible Sports Facilities Design Guidelines

This area of our charity's work is concerned with the development of a series of technical and management guideline documents which encourage and support designers and operators to design, develop and manage sports facilities, stadia and outdoor places which are more inclusive of disabled people.

During the year the 2016 editions of the following two guides were reviewed and updated to take account of changes in recommended best practice:

Guide 1 Accessible Sports Facilities Design Guidelines

Guide 2 Accessible Sports Facilities Management Guidelines

In addition funding was secured from the Public Health Agency to develop a new 'Access Outdoor Places Guide' guide in response to a growing demand from disabled people in Northern Ireland to access and use the countryside and outdoor places for exercise and recreation.

The development of the guide progressed well during the year and will be completed by September next year. When completed the guide will provide comprehensive technical advice on how to improve access for disabled people to a range of outdoor places.



Inclusive Sports Facility Accreditation Scheme

In partnership with All in Access Consultancy we continued to support a range of sports facilities throughout Northern Ireland work towards achieving our 'Inclusive Sports Facility' (ISF) Accreditation scheme which recognises sports facilities that meet optimum levels of good practice in terms of access for disabled people.

The following 15 sports centres have already achieved ISF Accreditation with a further 4 centres including Newry Leisure Centre and South Lake Leisure Centre in Craigavon working towards accreditation:

- **Omagh Leisure Complex**
- **Tollymore National Outdoor Centre**
- **Glenravel Sports and Community Centre**
- **LORAG, Shaftesbury Community Recreation Centre**
- **The Torrent Complex**
- **The Vale Centre**
- **RDA Causeway Coast Arena**
- **Bready Cricket Club**
- **Beragh Red Knights GAC**
- **Bangor Aurora Aquatic and Leisure Complex**
- **Ballymote Sports and Wellbeing Centre**
- **Lakeland Forum**
- **Dungiven Sports Centre (Excellence Level)**
- **Foyle Arena (Excellence Level)**
- **Dunville Pavilion**

Inclusive Equipment Projects:

Planned Inclusive Cycling Scheme at Gosford Forest Park, County Armagh.

Following receipt of funding from the Department for Communities last year, 17 additional mountain bikes were purchased to facilitate the development of a new inclusive cycle hire scheme designed to complement the 'All Out Trekking' project at Gosford Forest Park, County Armagh. This means that a pool of 27 bikes will now be available for the initiative.

New Wheelchair Basketball Sports Chairs

Additional funding of £18,000 was also secured from the Department for Communities to purchase 30 wheelchair basketball chairs to assist the further development

Strategic Priority 4: Communications, Training and Engagement

To inspire, facilitate and encourage disabled people to participate in sport and active recreation by engaging with disabled people and the broader community, by delivering inclusive training and by promoting the social model of disability.

Marketing and Social Media

In the face of the challenge to encourage and support disabled people to be as active as possible during the COVID-19 Pandemic we delivered a successful marketing and digital media plan during the year which successfully engaged with disabled people and the wider community. Central to this was the 'Stay Active Online' Campaign described in detail on page 7 of this report.

Research and Insight

To develop, conduct and collate research and insight that clearly demonstrates the impact of Disability Sport NI and Live Active NI's work.

During the current 2020-2021 financial year, the charity produced fourteen 'Insight Pieces' focusing on different areas of the organisation's work, including a number focusing on the impact of COVID-19 on the participation of disabled in sport and active recreation. The 'Insight Pieces' are available on the Disability Sport NI website: www.dsni.co.uk

Inclusive Training

This area of our work involves the delivery of training courses which provide sports coaches, leaders, volunteers, teachers and leisure services staff with the knowledge and skills required to fully include disabled people in sport, active recreation and physical education.

Unfortunately COVID-19 restrictions prevented the delivery of our normal programme of face to face training course during the year but where possible courses were adapted for online delivery and by the end of the year the following 22 courses involving 324 participants had been delivered:

- **11 Sainsbury's 'Inclusive PE' training courses for 165 trainee teachers and sports and leisure students from Ulster University, Stranmillis College and Belfast Metropolitan College.**
- **1 'Pupil to Paralympian' inclusive PE workshop for 17 practicing PE teachers.**
- **6 Disability Inclusion and Autism in Sports Coaching courses involving 113 mainstream sports coaches.**
- **4 training courses in Safeguarding Young People in Sport, Autism in Sports Coaching and Disability Inclusion was delivered to 29 coaches working in disability sports clubs.**

Strategic Priority 5: Governance and Income Generation

Governance

To manage an effective well governed organisation with the capacity to lead the development of disability sport and active recreation in Northern Ireland.

Governance

To achieve recognised levels of good governance and to effectively manage risks to the organisation.

Disability Sport NI continued to review and update its policies and procedures as required during the year, maintaining its 'robust' level of assurance from its main funder Sport NI.

Income Generation

Although the impact of COVID-19 greatly reduced the charity's ability to raise income through the delivery of face-to-face training courses and COVID-19 'lockdowns' imposed by Government also affected the charity's ability to raise funds from 'access and inclusion' related services overall the organisation was able to retain its main sources of income by maintaining close and open communication with key funders.

Policy Development

Disability Sport NI continued to influence relevant policy by representing the interests of disabled people in Northern Ireland on the following key organisations and committees:

- **Active Living: No Limits 2021 Forum**
- **British Paralympics Association National Paralympic Committee**
- **Boccia UK**
- **Sport Matters Implementation Group (SMIG) UK**
- **Northern Ireland Strategy for Sport Task and Finish Group**
- **Home Country Disability Sports Organisations' CEO Forum**

Annual Accounts

A full set of the charity's audited accounts for the period is available on the Disability Sport NI website, however an overview of the organisation's financial position for the year 1 April 2020 to 31 March 2021 is provided below:

Total income for the financial year was £706,150 compared with £769,851 in the previous year.

Total expenditure for the financial year was £718,144 compared to £804,099 in the previous year.

There was a net deficit in the current year, after transfers, in the amount of £11,994. This comprised of a net surplus in unrestricted funds of £47,486 and a deficit of £59,480 in restricted funds. Accumulated funds at the end of the year therefore decreased from £391,935 to £379,941.

Restricted Funds

Restricted funds held at the year-end amounted to £107,298. The majority of these funds (£106,431) will cover the depreciation costs associated with assets acquired in the last few years and will be expended in line with the organisation's depreciation policies.

Unrestricted Funds

The charity held general reserves of £272,643 at the year end, which includes £152,521 that can only be realized by disposing of tangible fixed assets,

£23,023 of these reserves have been designated to support future costs associated with specific projects which include the All Out Trekking programme and the Northern Ireland Boccia League.

Note: The annual accounts exclude income and expenditure related to projects delivered through Disability Sport NI's Community Interest Company (CIC), Live Active NI. Annual Accounts for Live Active NI are available on the Live Active NI website.

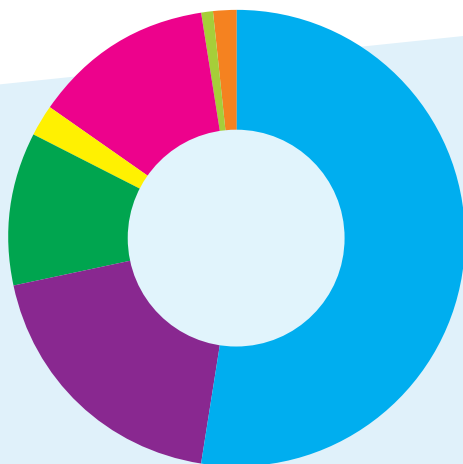


Chart 1 Income Figures

- Sport NI Core Grant 52.76%
- Sport NI Project Grants 19.05%
- Other Grants 10.74%
- Training Income 2.26%
- Other Income 12.95%
- Donations 0.82%
- Consultancy Income 1.42%

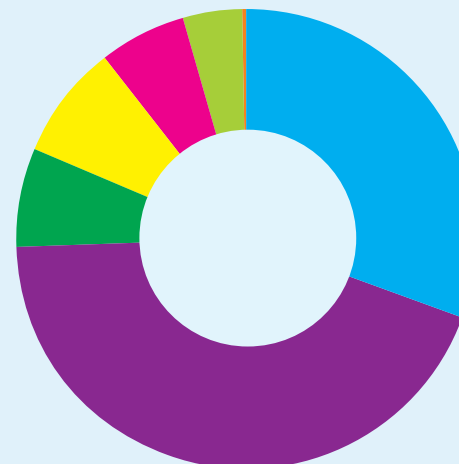


Chart 2 Expenditure Figures

- Performance Sport & Club Development 30.58%
- Community Participation & Competition 44.1%
- Training, Education & Volunteering 6.72%
- Communications & Engagement 8.23%
- Sports Facility Access 5.98%
- Strategic Planning and Policy Development 4.34%
- Fundraising Costs 0.04%

Our Board of Directors and Staff 2020–2021

Honorary Presidents

Angela Hendra MBE
Dr Janet Gray MBE

Directors

Michael McAteer MBE, Chair
Dawn McGookin, Vice-Chair
Darren Cave
Graham Fitzgerald
Stephen Friel
Orla FOX (Resigned 8th September 2020)
Michael Hilland
Laura-Lee Jenkins
Patrick Marshall
Jill Poots

Staff

Chief Executive's Team

Kevin O'Neill, Chief Executive
Linda Moody, Finance & Governance Manager
Andrea Herron, Training, Communications & Engagement Lead
Anita O'Connor, Administrator

Community Sport Team

Aubrey Bingham, Community Sport Manager
Mark Montgomery, Regional Development Officer
Colleen Connolly, Inclusive Sports & Leisure Officer
Danny Cooper, Regional Development Officer (P/T)
Pablo Córdoba Huertos, Regional Development Officer (P/T)
Gerard McCartan, EBA Active Recreation Officer, Belfast (Resigned October 2020)
Brian Lenehan, Assistant Community Sports Development Officer
Barbara Redmond, Hub Activity Leader (P/T)
Andrea McAlinden, Hub Activity Leader (P/T)
Diane Fernie, Hub Activity Leader (P/T)
Ian Carlisle, Hub Activity Leader (P/T)
Victoria McCormack, Hub Activity Leader (P/T)

Performance Pathways Team

Elaine Reid, Performance Pathways Manager
Judith Cooper, Inclusive Pathways Officer (Started post January 2021)
Philip Robinson, Wheelchair Basketball Pathways Performance Officer
Danny Cooper, Wheelchair Basketball Pathways Officer (P/T)
Terry Conroy, Boccia Performance Pathway Development Officer

Live Active NI CIC Directors & Staff Directors

Michael McAteer MBE, Chair
Kevin O'Neill
Aubrey Bingham
Elaine Reid

Staff

Sonia Langasco, Projects & Services Manager
Ryan McQuillan, Active Recreation Officer, Armagh, Banbridge & Craigavon
James McBriar, EBA Active Recreation Officer (P/T), Belfast
David Purdy, EBA Active Recreation Officer, Belfast *
Karen Hutchinson, EBA Active Recreation Officer (P/T), Belfast*
Naomi McNaul, EBA Active Recreation Officer (P/T), Antrim & Newtownabbey*
Rebecca Greenaway, Active Recreation Officer, Mid Ulster
Niall Irwin, Active Recreation Officer, Mid & East Antrim

(*Posts ended 31st March, 2021 when Every Body Active (EBA) programme finished)

Funders

We would like to acknowledge the support of the following funders during the year:



Belfast City Council





Wheelie Active Club



Disability
Sport NI

Be active.
Be the best.

Disability Sport NI

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Portside Business Park
189 Airport Road West
Belfast, BT3 9ED

Telephone: 028 9046 9925

Textphone: 028 9046 3494

Email: email@dsni.co.uk

www.dsni.co.uk

