

Being active, Staying Healthy

On the 12th of October 2013 in Gateshead a number of disabled young people came together to attend a workshop about sport.

The workshop took place as part of the European Academy of Childhood Disability (EACD) annual conference.



Its aim was to hear what young people had to say about their experiences of being involved in sport and also to identify what they saw as the priorities which need to be addressed for them to have full access to sporting opportunities.

Preparing for the day

The organisers worked with disabled young people from across the North East of England to explore a variety of issues around sport. This work was undertaken by students at Woodlawn School, Thomas Bewick School & Beacon Hill Sixth Form. To capture some of the issues and to help trigger discussion at the workshop the students made short films, supported by Beacon Hill Arts, around topics they chose. Everyone's focus was on doing something fun and creative, which imaginatively represented the young people's perspectives.

What happened on the day?

The workshop was attended by local young people and a group from Portugal. It began with the films made by the three schools and also a film made by the visitors from Portugal. In small groups the young people then engaged in two activities focussed on highlighting their viewpoints.

These discussions and activities were supported and facilitated by some invited speakers:

Dr Hilary Cass, President of the Royal College of Paediatrics & Child Health

Stephen Miller, Paralympic Athlete

Karen Lewis-Archer, Former Paralympic Athlete and Sports Development Officer for North Tyneside Council

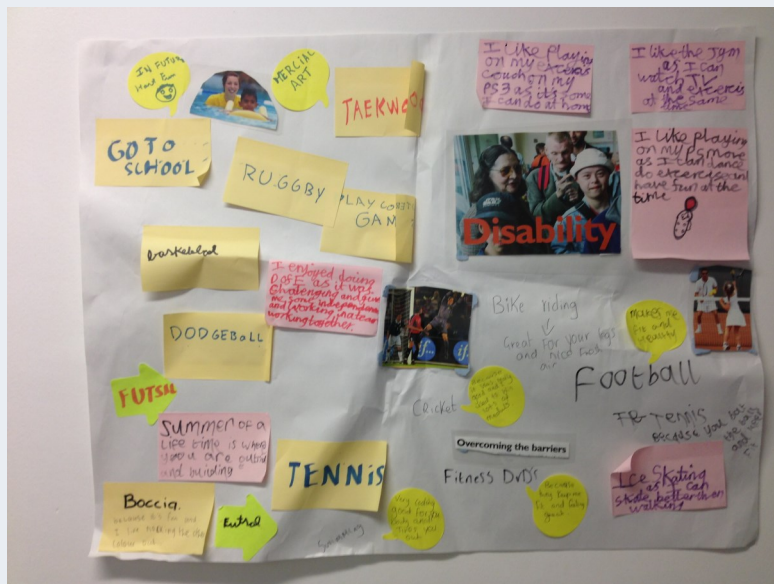
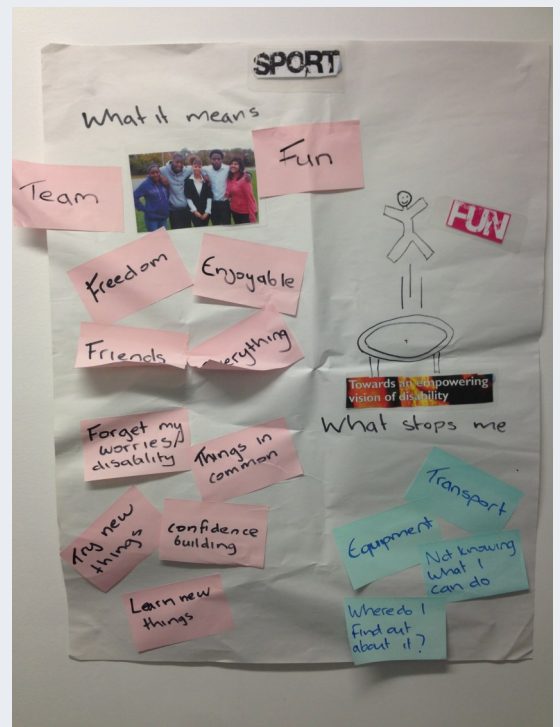
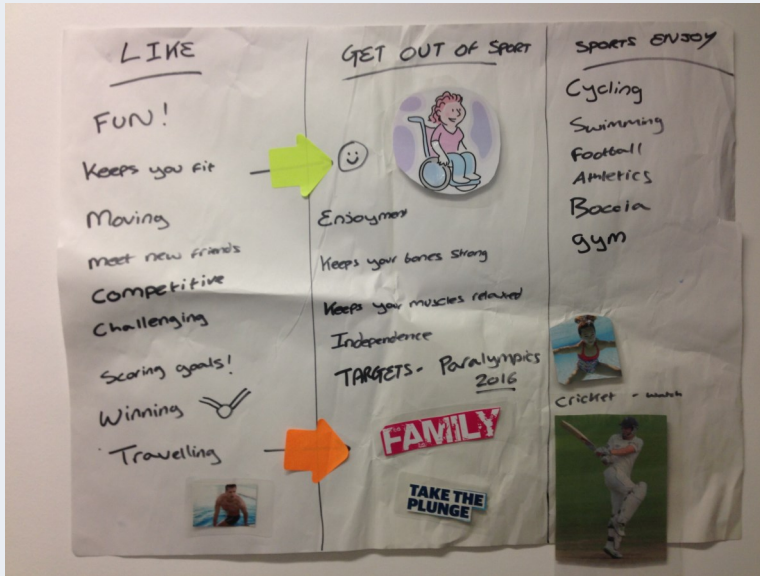
Mike Stansfield and **Rachel Rich** from Sunderland Adaptive Sports

Emma Spring, Research and Insight Manager, English Federation of Disability Sports

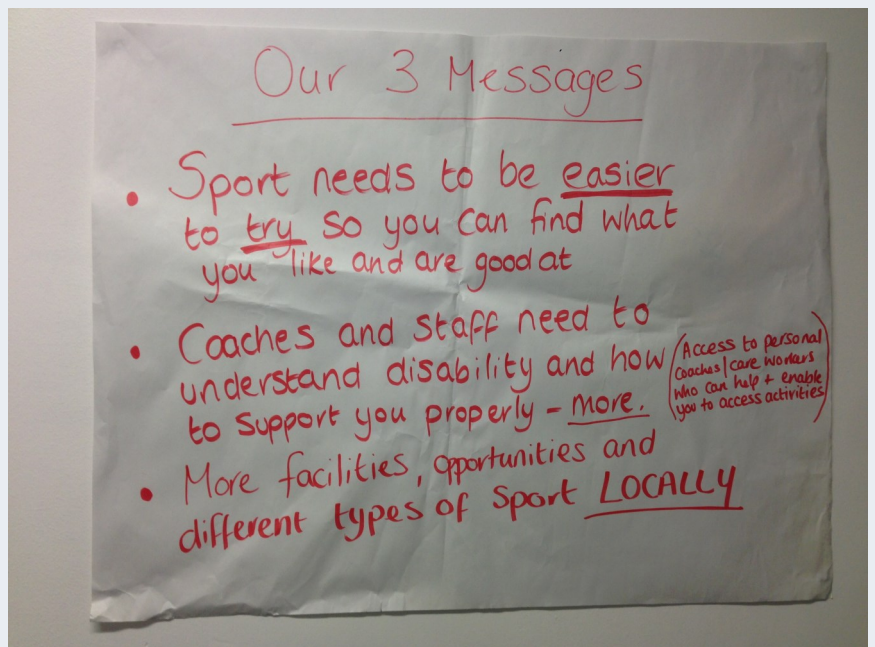
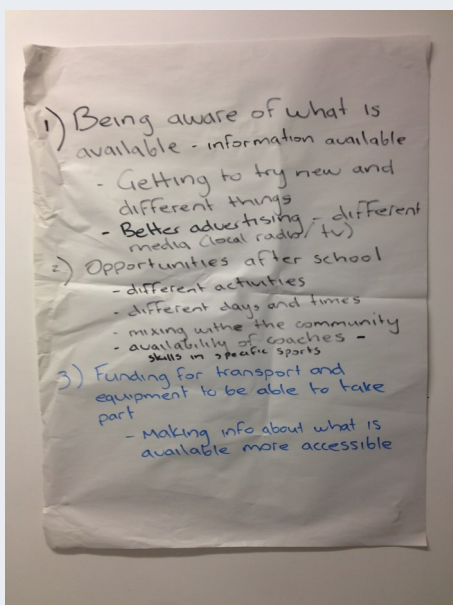
Josef Craig, Paralympic Swimmer and BBC Young Sports Person 2012

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What Sport Means to Us



3 Key Messages



The Key Messages from the young people

- Properly trained coaches are vital in order that disabled young people don't end up on the side-lines
- Facilities need to be local and integrated
- It is really valuable to get opportunities to try different sports
- Resources to help with transport and kit are important to ensure opportunities can be accessed
- Sport is something disabled young people want to do and value because it enables them to:
 - Make friends
 - Get out of the house
 - Exercise and be healthy
 - Participate in society

Films

A series of films are available about the workshop

- The 3 films made with the schools prior to the workshop
- The film introducing the Portuguese young people at the workshop
- A brief film of the workshop itself that summarises the key messages made by the young people present.

The films and other information and resources can be accessed here:

<http://www.ncl.ac.uk/peals/influencing/exchange/disabilityandsport.htm>

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