

## Thurrock Coalition – “Sport For You” Action Plan

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**1. Increasing Communication, publicity and awareness** of the sports opportunities that are available for disabled people in Thurrock – contacting and speaking to clubs/organisations to identify inclusive opportunities for people to take part. And, importantly, to identify those clubs/organisations that would like support in order to become more inclusive.

To link with “Spogo”, (the current database website- <https://spogo.co.uk>) and to ask Spogo to update their records relating to Thurrock to include sport/activity information gathered on the day. (All sports club/organisation/company contact information was collated online on 17/5/13 via [www.google.co.uk](http://www.google.co.uk))

**Person Responsible: Ian**

**2. Increasing Accessibility** – To discuss with clubs/organisations and sports companies about developing and designing an Inclusive Fitness Standard for Thurrock – with up to 5 points or levels which venues/organisations would sign up to and would then be audited by individual disabled people.

**Person Responsible: Ian**

**3. Looking into Transportation** - Transport was identified a major hurdle to participation for people, it is expensive and not particularly flexible. There is currently not enough affordable transport in Thurrock. Cheaper options/alternatives need to be identified. For example, accessible transport needs to be linked with specific clubs.

**Person Responsible: Ian**

**4. Achieving Sustainability** - Links will be made with the Thurrock Council Housing Directorate and Schools throughout Thurrock to audit and locate existing “free” resources e.g. school halls, sheltered accommodation complexes (unused in the evenings/weekends) and open a dialogue with the Gateway Academy, Davy Down and Grange Waters to utilise the facilities available there.

**Person Responsible: Steve**

- The Pledges helped to identify: What can people offer, what can people give as “gifts” in order to create a pool of resources as a basis for improving well-being and involvement in sports and activities.  
Pledges were made by:
- Thurrock Harriers, Thurrock Sports Council, Thurrock Adult Social Care, Michael Doogan Turner, Tai Chi For Health (Essex), Essex F.A., Thurrock Lifestyle Solutions. Work will take place to ensure that the Pledges are fulfilled.

### **5. The “Top 5” Sports**

- **Archery** – Liaise with Grange Waters to set up Archery sessions. **Person Responsible: Grant**

- **Swimming** – Contact to be made with Impulse Leisure to increase the number of inclusive and accessible opportunities for swimming and request an inclusive sports leaflet/information bulletin, which lists the available opportunities.  
**Person Responsible: Grant**
- **Table Tennis** – We are in the process of securing funding for 2 table tennis tables and equipment and running costs for a new club. Sourcing a venue and storage options **Person Responsible: Ian**
- **Basketball** – More inclusive and accessible opportunities for Basketball could be made by liaising and opening a constructive dialogue with the various leisure centres and schools in the borough . There is an Essex Team based in Chelmsford, suggest contacting them for assistance with good practice knowledge, process and procedures for starting a club. Publicity would be needed to measure uptake and interest. **Person Responsible: Ian – to ascertain uptake/interest of people identified in the TDN survey.**
- **Football** – Essex F.A. have pledged Equipment for use at future taster days. A number of accessible and inclusive teams exist in Thurrock (some as a direct result of the Thurrock Diversity Network Sports Accessibility Survey). Mencap have a team, affiliated with Essex. Thurrock Lifestyle Solutions have started several teams from their locality bases. **Person Responsible: Mike**
- Potential opportunities around drama, dance, walking, darts, snooker and bowls are being explored (link to Action 4. **Person Responsible: Steve**)