

Thurrock Coalition



Sport For You Event

Report and Recommendations

May 2013

Introduction

Thurrock Coalition offers advice and support for disabled and older residents of Thurrock and their carers. We are a wide network of individuals and groups aiming to inform people about their rights and entitlements and to improve the quality and choice of services that might assist them.

Thurrock Coalition was invited by Senior Officers at Thurrock Council to look into ways of sustaining the interest and momentum behind the London 2012 Olympics and Paralympics, focussing upon increasing participation, inclusion and involvement in sports, activities and recreation in Thurrock for individuals of all impairment types.

One of the main issues that needed to be addressed was access to information and awareness of: what sport/activity related opportunities are actually available in Thurrock and how people can be encouraged to get involved within the local area.

The “Sport For You” event was held in order engage Citizens of Thurrock, parents, carers and families and Council Members Officers and Third Sector groups to explore, map and discuss current and potential future provision of Sport and Activity for Disabled people in Thurrock.

Recommendations and Next Steps

- a) This report will serve to inform the development of networking, information sharing and increased communication between individuals and organisations to improve availability of opportunities for sport and activity for Disabled people in Thurrock.
- b) Thurrock Coalition will work closely with Thurrock Council’s Sports Council, partners and individuals.
- c) Thurrock Coalition will help to ensure that the Pledges made at the event are fulfilled wherever possible.
- d) Thurrock Coalition will develop an Opportunity Database for Thurrock that

effectively and accurately reflects the consultation feedback and includes the views of individuals their parents, families and carers.

e) Thurrock Coalition will continue to support and strengthen the partnership between local government and the people of Thurrock..

“Sport For You” - Aim of the day

The aims of the day were to:

- Map current access to and provision of sports activities for disabled people (of all impairment types) in Thurrock.
- Identify current barriers to inclusion and participation in sport for disabled people in Thurrock (including what's missing).
- Begin to develop solutions for the removal of all such barriers (including looking at what types of sports opportunities people would like more of) using a Strength Based or Asset Based approach – drawing on the collective knowledge, skills, experience and Community Connections of individuals within the borough in order to improve opportunities for sport and activity of Disabled People in the borough.

Findings

- Attendees were asked to address a series of questions around current provision, how to improve provision opportunities in terms of communication, accessibility, transportation, sustainability, equality & diversity and then if the views gathered on the day were realised, what might sport and activities in Thurrock look like in 12 months time and finally what “gifts” they can pledge (in terms of practical application, knowledge, networking, commitment and drive) to make new opportunities a reality.

Feedback was provided through the views and experiences gathered on the day under the following headings:

- **Current Provision**
- **What people value and want more of**
- **The Future**
- **Making the “Top 5” a reality in Thurrock**
- **The Pledges**
- **Additional Feedback and Issues raised**

Current Provision

The mapping exercise produced some interesting results, including nearly 80 opportunities for sport, activity and recreation for disabled people in Thurrock ranging from cricket, bowls, swimming, golf and archery, to sailing, badminton, football and Tai Chi. The map and accompanying table in the appendix details the Area, Type of Activity, Time and Place of each opportunity. This information has been corroborated using Google and is accurate as of May 2013.

What people value and want more of

The Breakout Groups were asked to address how they would improve each of the following in terms of sport/activities in Thurrock:

➤ Communication

In terms of Communication, the overwhelming feedback was that people would like to be able to access a Directory, and perhaps a Sports Page in the Thurrock Enquirer detailing all available opportunities and sports events for disabled people in Thurrock, or at least be signposted to a place or organisation which can assist and advise accordingly. The Thurrock Council Sports Council and associated pages should be widely publicised. People felt that information about opportunities could be shared as widely as possible (including on social media sites such as Twitter and Facebook. Sports clubs could consider including schools/colleges on their publicity/distribution list.

People also said that group emails should be set up to better share information and associated meetings, to raise the profile of existing clubs and members and perhaps develop a User-Led newsletter consisting of content and contribution by individuals and clubs. Attendees were also keen for all information and findings from the “Sport For You” event to be shared, cascaded and distributed. Attendees also expressed an interest in holding an Annual Thurrock Sports “Come and Try” day as people currently have to travel out-of-borough to Basildon.

➤ Accessibility

The Breakout Groups were inspired by the presentation given by the Representative from the English Federation of Disability Sport (EFDS) particularly in relation to the Inclusive Fitness Initiative (IFI). Note: Impulse Leisure – Blackshots has been recognised by the IFI Scheme as an inclusive club offering fitness facilities for everyone.

What is the IFI?

The Inclusive Fitness Initiative (IFI) is a programme which offers disabled people more choice and opportunities to enjoy the benefits of physical activity - we are committed to supporting the fitness industry to achieve this.

The IFI operate an accreditation scheme; **IFI Mark** which recognises the achievements and commitment of leisure facilities who enable disabled people to become physically active. The accreditation provides an inclusive platform for disabled and non-disabled people to be active together.

Over the past 10 years the **IFI Mark** standards have been developed through consultation with fitness industry experts and disabled customers. The **IFI Mark** is the the leading fitness accreditation for inclusion recognising leisure facilities commitment and inclusion of disabled people within their service provision.

The **IFI Mark** is assessed every three years and accredited at one of three levels to support continuous improvement and to ensure that inclusion is achievable from entry level to excellence - for leisure facilities just starting on their journey of inclusion or is a new purpose built facility meeting current building regulations and legislation.

Provisional level - for facilities beginning to consider and work towards meeting the needs of disabled customers.

Registered level - for facilities who are proactive on their journey to be more inclusive and attract disabled customers by providing a better customer experience.

Excellent level - for facilities who demonstrate an outstanding commitment to inclusion reflected in their service provision which may exceed the expectations of their disabled customers.

Inclusive Fitness addresses inclusion as a whole to encourage a cultural change within **IFI Mark** facilities and is not just about physical access. We will provide you with low cost reasonable solutions that are we flexible options on how you reach the standard for each element and level of the **IFI Mark**.

It was suggested that Thurrock could develop and design its own equivalent Inclusive Fitness Standard – with up to 5 points or levels which venues/organisations would sign up to and would then be audited by individual disabled people.

A further suggestion was that all information leaflets should be produced in Easy Read as a rule, with plain English and associated pictures.

A Discount Card for Disabled people was discussed which could enable reduced entry fees for disabled people and a carer/support worker/p.a. would be admitted free of charge. Costs and Funding streams and viability for such an initiative would have to be discussed going forward.

A need to link sport/activity opportunities with social activities (e.g. camaraderie) was identified by the Groups which also suggested greater interaction between groups. People also expressed the importance of being able to try out an activity without having to become a member of the club/centre/provider first, focussing more on enjoyment, recognising achievements and keeping fit, healthy and maintaining well-being.

People also recognised the need for access to funding for specialised coaches and for equipment to support the clubs themselves. It was suggested that the Thurrock Sports Council be approached to discuss such funding streams.

➤ **Transportation**

It was felt that Transport is a major hurdle to participation, it is expensive and cheaper options/alternatives are limited. There is currently not enough affordable transport in Thurrock.

Transvol should be linked to specific clubs, a discount could then be offered. This would benefit the clubs via increased membership numbers and Transvol in terms of consistent volume of repeat business and potentially increased memberships Also, Wheelchair accessible busses should be linked with specific clubs.

A car-pool scheme or system could also be set up informally to ensure that transport is no longer a barrier to sports, inclusion and participation.

➤ **Sustainability**

The different funding streams and sources should be accessed and a central grant application be made on a “Consortia” basis, the funds could then be coordinated and redistributed accordingly throughout the accessible Sports clubs.

Links should 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 to utilise the facilities available there.

➤ Equality & Diversity

Equality and Diversity should be continuously reviewed and monitored to ensure that Disabled people are included, involved and provided the opportunity to take part in consultations, clubs, opportunities and developments in the sector that may affect the provision of accessible sport in Thurrock.

Best hopes for the future – What would Thurrock look like 12 months from now?

The recurring feedback for a vision for the future can be succinctly stated as follows:

“If our best hopes for this consultation event were realised, we would be noticing lots of disabled people taking part in sport with easy access and transport to and from the clubs. People would be happy, healthier, exhausted, informed and aware of available sports opportunities throughout Thurrock.”

Making the Top 5 Sport/Activities – identified through the Thurrock Diversity Network Survey – a reality

The “Top 5” sports activities identified through the Thurrock Diversity Network Survey are: Swimming, Table Tennis, Basketball, Football, Archery. The Groups were asked to think about creative ways of making them a reality. For example in terms of the resources needed, such as People, Time, Space, Equipment, Transport, Funding – This question links closely to the “Pledges” made at the end of the day (see below).

Swimming – more inclusive and accessible opportunities for swimming could be made by liaising and opening a constructive dialogue with the various leisure centres and schools in the borough (see the Map in the Appendices). It was suggested that Swimming needs supervision from a qualified attendant

Table Tennis – equipment, location and storage is needed to make this a reality, but would be relatively straightforward to achieve, use of empty hall space and storage would be useful. Publicity would be needed to measure uptake and interest (See Pledge below).

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 (see the Map in the Appendices). 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.

Football – 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.

Archery – There is an interest in Archery, discussions were had around venues, location (there are both indoor and outdoor variants of archery). Davey Down and Grange Waters were suggested as potential venues to approach. The need for specialist coaching and storage of equipment was also identified.

Note: Attendees also expressed an interest in finding out more about and starting where possible opportunities around drama, dance, walking, darts, snooker and bowls.

It was suggested that the potential uptake for the above activities needs to be measured through event attendees as well as all those who took part in the Thurrock Diversity Network Survey to then organise and signpost accordingly

Additional Feedback and Issues raised during networking on the day

- More professional, qualified coaches e.g. archery.
- Need for greater awareness of the importance of Inclusive Sports for everyone.
- Recognition of issues and potential for creative solutions around storage of equipment.
- Organisations including the Thurrock Stroke Project, Vitality and Mencap would like to be joined up to work together going forward
- The need for greater awareness of accessible and inclusive holiday destinations were raised as an issue, closely linked to health and well-being
- Sourcing accessible transport, buses, coaches etc
- The suggested Sports Resource Database could be comprehensive and include users, clubs, transport providers and professional organisations.
- People would like Sport, activity taster sessions.
- Contact with and through EFDS and its expertise, experience and resources should be maintained through mentoring, and a learning exercise in relation to good practice in other areas of the U.K. e.g. Peterborough. (Contact: Jess Cook, (EFDS National Sports Development Manager - JCook@efds.co.uk) Jon Whittingham, (EFDS Engagement Officer - JWhittingham@efds.co.uk) Bryan Tyler (Inspire Peterborough, Disability Forum Manager - dialsport@gmail.com).
- EFDS presentation to be distributed to all attendees for information and reference.

The Pledges

The Pledges aim 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
- The Pledges made on the day appear in Appendix A.

Conclusion

The “Sport For You” event was used as an opportunity to engage Citizens of Thurrock, parents, carers and families and Council Members and Officers in order to raise awareness of current sport and activities in Thurrock, to inspire people to get involved, participate and share information, knowledge and skills to improve the overall well-being of Disabled people in Thurrock.

The aim of the event was to find out about individual and organisational experiences when looking for accessible sports activities and clubs in Thurrock. We hope that by sharing experiences and information we can influence the improvement of services in the future.

Overall, we hope to have inspired people, sparked an interest in providing Disabled people with opportunities to become involved and participate in sports and activities, to socialize and improve health and well-being.

We will work closely with Individuals, Thurrock Council, partners, stakeholders to monitor the fulfilment and implementation of the various pledges made on the day.

Thurrock Coalition – May 2013

Thurrock Coalition – “Sport For You” Event – Appendices – Appendix A - Pledges

Area of Action	✓	Details of Pledge (How will you take action)
People		Gerry Heapy – Thurrock Harriers To encourage more disabled participants
Time		To carry out coaching for an extra hour each week
Space		To use the athletics track more widely
Equipment		To find out what equipment we may need over and above what we have already. Maybe a racing chair
Transport		N/A
Funding		N/A
Other		N/A
Other		N/A

Area of Action	✓	Details of Pledge (How will you take action)
People		Les Billingham – Head of Thurrock Council Adult Social Care
Time		N/A
Space	✓	Main Hall - The Beehive, Grays
Equipment	✓	Provide Table Tennis Tables for use in The Beehive, Grays
Transport		N/A
Funding		Through grant to the ULO – Thurrock Coalition
Other		N/A

Area of Action	✓	Details of Pledge (How will you take action)
People		Thurrock Sports Council
Time		N/A
Space		N/A
Equipment		N/A
Transport		N/A
Funding	✓	Funding for coaches, courses and training
Other	✓	Information sharing between sports clubs

Area of Action	✓	Details of Pledge (How will you take action)
People		Michael Doogan Turner
Time	✓	1 hour per week
Space	✓	13-15 Clarence Road, Grays
Equipment		Not sure – Tai Chi Session once a week for our customers and open to all disabled people in the Grays area.
Transport		N/A
Funding		N/A
Other		N/A

Area of Action	✓	Details of Pledge (How will you take action)
People	✓	<p style="text-align: center;">Sean Harris – Essex FA</p> <p style="text-align: center;">Work closely with schools and local clubs to increase opportunities</p>
Time	✓	TBC
Space		N/A
Equipment	✓	Offer our equipment for festivals and taster days
Transport		N/A
Funding	✓	Make local clubs aware of funding opportunities for equipment, leading to coaching courses
Other		

Area of Action	✓	Details of Pledge (How will you take action)
People		Tai Chi for Health (Essex)
Time		N/A
Space		N/A
Equipment	✓	Obtain funding to purchase worn out sports equipment
Transport		N/A
Funding	✓	Explore funding opportunities to provide more taster sessions and bespoke “Try It” exercise sessions
Other	✓	Engage with Thurrock Sports Council and raise awareness of what we can provide

Area of Action	✓	Details of Pledge (How will you take action)
People	✓	<p style="text-align: center;">Thurrock Lifestyle Solutions (TLS)</p> <p>A dedicated Sports Champion who will co-ordinate and connect Customers with Community Based Sports Groups</p>
Time	✓	<p>The dedicated Sports Champion will be allocated paid time to carry out the above. They will also spend time identifying Sports Champions from within the TLS Customer and staff bases and make connections</p>
Space	✓	<p>We will make all of our venues available for indoor sports at cost (no profit). We will offer storage space for equipment (01375 370 460)</p>
Equipment	✓	<p>We will share/loan our equipment to other groups and engage in match funding equipment purchase for the appropriate groups. (01375 370 460)</p>
Transport	✓	<p>We can offer the use of our accessible transport at a rate that only needs to cover costs. Trained drivers are available if other groups do not have drivers that have the necessary insurance cover.</p>
Funding	✓	<p>We will continue to research and identify potential funding streams, engage with local organisations and work in partnership to draw down relevant funding</p>

Other	✓	Explore and identify a range of accessible sporting opportunities within Thurrock and try to encourage community connections so that engagement is sustainable
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Thurrock Coalition “Sport For You” - Appendices

Appendix B

Format of the day

Thurrock Coalition invited individuals, parents, carers, representatives of third sector organisations, service providers and council officers.

The hall was set up in a “café style” with 6 group tables of 8-10 for the various delegates.

There were 6 tables, each with 1 large map of Thurrock and flipchart paper for use during the day

The event ran from 2pm to 5pm on Thursday 16th May 2013. All attendees had the chance to get involved with some Solution-Focused discussions and group work.

Each group was asked to address the following questions in turn:

1) What sports clubs/activities do you know about or use in Thurrock right now?
(Mapping exercise)

(a) Think about what you value and want more of, including for example, services, activities, relationships...

2) How would you improve each of the following in terms of sport/activities in Thurrock:

- Communication
- Accessibility
- Transportation
- Sustainability
- Equality & Diversity

3) Consider the question

“Suppose your best hopes for this consultation event were realised, what would you be noticing over the coming year?”

“What might others be noticing?”

4) The Thurrock Diversity Network Survey results show the following “Top 5” sports/activities are of interest to Disabled people in Thurrock:

- Swimming
- Table Tennis
- Basketball
- Football
- Archery

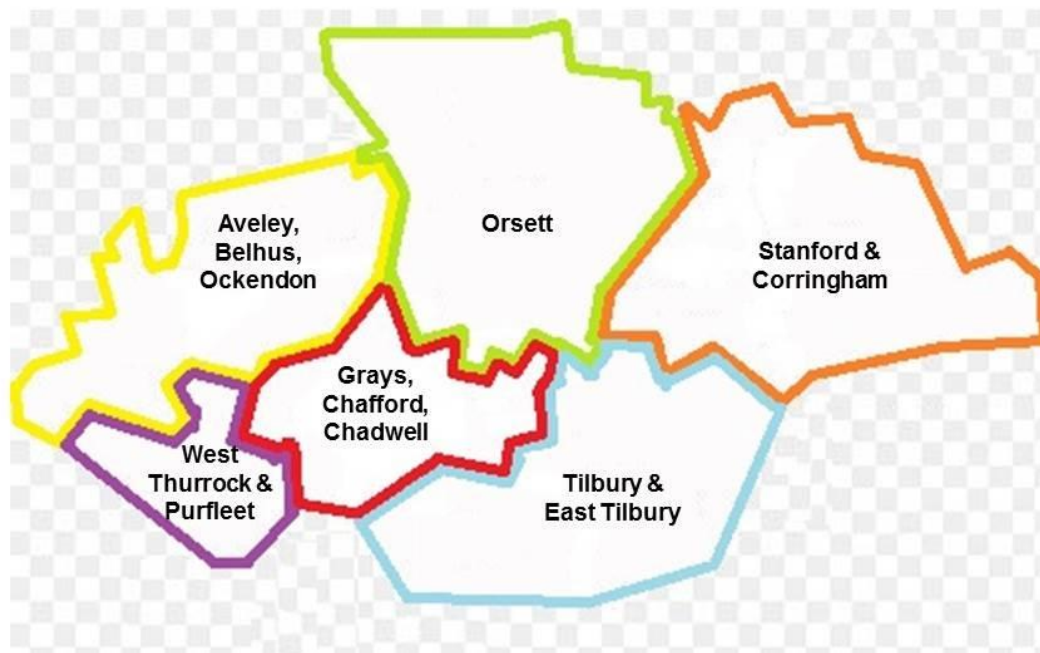
In your groups – discuss the “Top 5” and think about creative ways of making them a reality. For example, People, Time, Space, Equipment, Transport, Funding – Make a list!

Thurrock Coalition “Sport For You” - Appendices

Appendix C



Thurrock Coalition “Sport For You” Sport and Activity Resource Map May 2013



Thurrock Coalition - Sport For You – Sport & Activity Database – May 2013 –

Note: This list is not exhaustive. All opportunities were identified by attendees at the event. All contact information/details listed are currently available in the public domain via www.google.co.uk

We are working on ascertaining the accessibility of the Activities listed below and will update accordingly.

Accurate as of 24/5/13

Grays	
Activity	Contact Details
Athletics	Thurrock Harriers Springfield Road Grays, Essex RM16 2QT 01375 377599 http://www.thurrockharriers.co.uk/
Badminton	William Edwards School Stifford Clays Rd Grays, Essex RM16 3NJ 01375 486000 http://williamedwards.org.uk/
Cricket	South Essex District Cricket Board http://www.sedcb.org.uk/coaching-at-grays-school
Football (Astroturf)	William Edwards School Stifford Clays Rd Grays, Essex RM16 3NJ 01375 486000 http://williamedwards.org.uk/
Green Bowls	Thurrock Bowling Club King George V Playing Fields Blackshots Lane, Grays, Essex, RM16 2JU 01375 375551 Drums Bowls Club Blackshots Lane, Grays, Essex RM16 2JU 01375 396087
Gymnasium/Fitness (including Hockey, Squash, Football, Tennis)	Palmers College Chadwell Rd Grays, Essex RM17 5TD 01375 370121 http://www.palmers.ac.uk/sport/
Hockey	Thurrock Hockey Club Palmer's Sports & Fitness Centre, Chadwell Road, Grays, Essex RM17 5TD

	enquiries@thurrockhockey.com www.thurrockhockey.com
Karate	Seitou Ryu Karate Club Sensei Mick Simmonds 07899 827 476 mick.simmonds1@btinternet.com http://seitouryukarate.com/contact/
Netball	Bears Netball Club 07956 356717 susieabt@yahoo.co.uk http://www.pitchero.com/clubs/bearsnc/
Pilates	Positive Pilates 275 Rectory Road, Grays, Essex, RM17 6TD Telephone: 01375 375938/ 07947 280464
Rugby	Thurrock Rugby Club http://www.thurrockrfc.com/
Snooker	Riley's Snooker Club and Sports Bar 142 Clarence Rd Grays, Essex RM17 6RD 01375 384085 http://www.rileys.co.uk/club/59/Grays
Swimming	W.A.D.E.R.S Blackshots Leisure Centre, Blackshots Lane, Grays RM16 2JU W.A.D.E.R.S. Enquiries: 01375 407264/01375 382 691/01375 671816 www.waders.org.uk Thurrock Swimming Club Blackshots Leisure Centre, Blackshots Lane, Grays RM16 2JU http://www.thurrockswimmingclub.co.uk/
Tai Chi, Qui Gong and Meditation	Tai Chi For Health (Essex) Holistic Club www.tc4hessex.co.uk tc4hessex@gmail.com Carers Centre, Cromwell Hall, Cromwell Road, Grays, Essex, RM17 5HQ
Tennis	Thurrock Lawn Tennis Club All Enquiries: Jenny Hurley 46 Laird Avenue, Grays, Essex RM16 2NP 01375 374623 thurrockltc@googlemail.com Club Address:

	Montgomery Close, Victoria Avenue, Grays, Essex RM16 2ER http://www.thurrockltc.co.uk/
Trampolining	S.N.A.C Snac2007@goolemail.com

Chafford Hundred

Activity	Contact Details
Gymnasium/Fitness (including Swimming/Personal Training)	Bannatynes Health & Fitness Howard Rd Thurrock RM16 01375 481212 http://www.bannatyne.co.uk/healthandfitness/chafford-hundred/
Karate	Alfa Shotokan Karate Club Albert Gustis Mayflower Road Chafford Hundred,Thurrock, Essex 07739897917 http://www.alfa-karate.co.uk/
Running	Chafford Hundred Running Group http://www.chrg.co.uk/index.html vpapworth@hotmail.co.uk .

Chadwell St. Mary

Activity	Contact Details
Boxing	U-Fit Fitness Chadwell St. Mary Boxing Club Greenham Hall, Longhouse Lane, Grays, Essex RM16 4RS http://personaltraininggrays.co.uk/index.html
Football	AFC Chadwell http://www.teamstats.net/afcchadwells/
Gymnasium (& Personal training)	U-Fit Fitness Greenham Hall, Longhouse Lane, Grays, Essex RM16 4RS http://personaltraininggrays.co.uk/index.html
Horse Riding	Sugarloaf RDA Biggin Lane Stables

Chadwell St Mary, Essex RM16 4LT
 01375 371476
sugarloafrda@yahoo.co.uk

Orsett

Activity	Contact Details
Bowls	Orsett Outdoor Bowling Club Rowley Road, Orsett, Essex 01375 892833 Club secretary: Mr Stanley Trencher
Cricket	Orsett Cricket Club Recreation Ground, School Lane, Orsett, Essex RM16 3JS 01375 891746 http://orsett.play-cricket.com/home/home.asp?
Golf	Orsett Golf Club Brentwood Road, Orsett, Essex 01375 891352 http://www.orsettgolfclub.com/
Horse Riding	FoxHound Riding School Baker Street, Orsett, Essex RM16 3LJ 01375 891367 07501 491086 info@foxhoundridingschool.co.uk http://www.foxhoundridingschool.co.uk/contact-us/
Personal Training/Fitness	Elite Fitness Gym Orsett Hall Prince Charles Avenue, Orsett, Essex, RM16 3HS 01375 891402 http://www.orsetthall.co.uk/events/onsite2-2/elite-fitness-gym.html
Tennis	Tennis Courts (Free) Recreation Ground, School Lane, Orsett, Essex RM16 3JS
Zumba	Karen Rudder (Instructor) 07711 769122 Venue: Orsett Village Hall http://www.orsettvilleagehall.org.uk/

Tilbury & East Tilbury

Activity	Contact Details
Bowls	Tilbury Community Association Indoor Bowls Club Community Centre, Civic Square, Tilbury, Essex RM18 8AA 01375 842424 http://bowlsclub.org/club/1424/
Football	Thurrock & Tilbury Ladies Football Club Daisy Fields, Tilbury http://www.teamstats.net/thurrocktilburyladiesfc/
Gymnasium/Fitness (including Sports Hall, AstroTurf Pitches, Outdoor Pitches)	Gateway Academy, Marshfoot Road, Tilbury/Chadwell-St-Mary, Essex, RM16 4LU 01375 489000 01375 489001 http://www.theglc-gatewayacademy.org.uk/admin@theglc.org.uk
Horse Riding	FoxHound Riding School Baker Street, Orsett, Essex RM16 3LJ 01375 891367 07501 491086 info@foxhoundridingschool.co.uk http://www.foxhoundridingschool.co.uk/contact-us/ Tally Ho! Riding School Tilbury 01375 858038
Rock Climbing	Gateway Academy, Marshfoot Road, Tilbury/Chadwell-St-Mary, Essex, RM16 4LU 01375 489000 01375 489001 http://www.theglc-gatewayacademy.org.uk/admin@theglc.org.uk
Table Tennis	Gateway Academy, Marshfoot Road, Tilbury/Chadwell-St-Mary, Essex, RM16 4LU 01375 489000 01375 489001 http://www.theglc-gatewayacademy.org.uk/admin@theglc.org.uk
Weight training	Muscle Mania

	2 Calcutta Rd Tilbury, Essex RM18 7QU 01375 856676
Zumba	One Community 134 Dock Road, Tilbury, Essex RM18 7BJ 01375 768233 07999 346263 info@onecommunity.org.uk

Aveley, Belhus, Ockendon	
Activity	Contact Details
Archery	Ockendon Academy Errif Drive, South Ockendon
BATIAS Thurrock Sports Club	Belhus Village Hall Daiglen Drive, South Ockendon, RM15 5AE 01375 389869 www.batias.com
Bowls	South Ockendon Bowling Club Recreation Ground, rear of Cliff Place, South Ockendon Essex
Boxing	Belhus Park Boxing Club, Darenth Lane, South Ockendon 01708 858 994
Cricket	Belhus Cricket Club High Road, North Stifford, Grays, Essex RM16 5UG 01375 385505 http://belhuscc.cricketclubwebsite.co.uk/ Belhus Ladies Cricket Club 01708 862 220 07817 066935 www.belhuscc.co.uk The Billet Recreation Ground Billet Lane, Corringham SS17 0AS 01375 413969
Golf	Belhus Park Golf Club, Aveley, South Ockendon 01708 854260 http://www.impulseleisure.co.uk/BP-Golfandcountryclub Mardyke Valley Golf Club, South Road, South Ockendon, Essex RM15 6RR 01708 855011

	<p>secretary@mardykevalley.co.uk www.mardykevalley.co.uk</p>
Gymnasium/Fitness	<p>Impulse Leisure Belhus Park 01708 856297</p>
Hydrotherapy Pool	<p>Beacon Hill Academy Erriff Drive South Ockendon Essex RM15 5AY 01708 852006 01708 851679 admin@beaconhill.thurrock.sch.uk http://www.beaconhill.thurrock.sch.uk/index.php?cat=4&page=19</p>
Rambling/Walking	<p>Davy Down Back Lane (off Pilgrims Lane) North Stifford Essex RM16 5UL 01375 383 744 stephenmitchell@davydown.org.uk http://www.davydown.org.uk/What%27sOn.htm</p>
Rugby	<p>Thames Rugby Club, Garnon Lane, South Ockendon, Essex RM15 5JU 07957 155225 http://www.pitchero.com/clubs/thamesrhc/</p>
Swimming	<p>Ockendon School, South Ockendon http://www.marlins-swimschool.co.uk/html/lesson_times.html#Ockendon</p>
Tai Chi, Qui Gong & Yoga	<p>Tai Chi For Health (Essex) Holistic Club South Ockendon Community Hub www.tc4hessex.co.uk tc4hessex@gmail.com</p>
Watersport Activities	<p>Grange Waters Buckles Lane, South Ockendon, Essex RM15 6RS 01708 855228 / 01708 856422 / 01708 855427 grangewaters@thurrock.gov.uk</p>

West Thurrock & Purfleet

Activity	Contact Details
Diving & Watersports	Lakeside Diving & Watersports Alexandra Lake, West Thurrock RM20 2AB
Karting	Lakeside Karting LetsGo Active, Lakeside, Arterial Road (A1306), West Thurrock, Essex RM19 1EA 01708 863070 info@lakeside-karting.com www.lakesidekarting.co.uk

Stanford & Corringham

Activity	Contact Details
Bowls	<p>Corringham Bowling Club (Lawn Bowls) Corringham Recreation Ground Recreation Avenue, Corringham, Essex 01268 581009</p> <p>The Billet Recreation Ground Billet Lane, Corringham SS17 0AS 01375 413969</p> <p>Pegasus Club Herd Lane, Corringham, Essex SS17 9BJ 01375 672205. pegasusclub@btconnect.com www.pegasusclub.co.uk/</p>
Cricket	<p>SLWCC Table Cricket – TBC lauramay.crickettforall@gmail.com</p> <p>St Clere's Hall Golf Club London Road, Stanford Le Hope, Essex SS17 0LX http://www.golfcourseessex.co.uk/</p>
Football	<p>The Billet Recreation Ground Billet Lane, Corringham SS17 0AS 01375 413969</p> <p>Pegasus Club Herd Lane, Corringham, Essex SS17 9BJ 01375 672205. pegasusclub@btconnect.com www.pegasusclub.co.uk/</p>

Gymnasium/Fitness	<p>Impulse Leisure Springhouse Road Corringham Essex SS17 7NB 01375 678070 (Reception) 01375 415761 (Membership) http://www.impulseleisure.co.uk/Corringham</p>
Multi Sports Club (Badminton, Ballroom Dancing, Darts, Film, Floral Art, Football, Keep Fit, Kickboxing, Lawn Bowls , Photography, Short Mat Bowls, Poker, Table Tennis, Snooker, Show Pigeons, Power Archers, Wine)	<p>The Springhouse Sports Club Springhouse Road, Corringham, Essex SS17 7QT 01375 672083 http://www.thespringhouse.co.uk/sections.htm</p>
Rugby	<p>Stanford Rugby Club 07970 155225 graham.loughran@stanfordrugby.co.uk</p> <p>The Billet Recreation Ground Billet Lane, Corringham SS17 0AS 01375 413969 http://www.pegasusclub.co.uk/ pegasusclub@btconnect.com</p>
Swimming	<p>Impulse Leisure Springhouse Road Corringham Essex SS17 7NB 01375 678070 (Reception) 01375 415761 (Membership) http://www.impulseleisure.co.uk/Corringham</p> <p>W.A.D.E.R.S Corringham Leisure Centre, Corringham, SS17 7NB W.A.D.E.R.S. Enquiries: 01375 407264/01375 382 691/01375 671816 www.waders.org.uk</p>
Tai Chi and Qui Gong	<p>Tai Chi For Health (Essex) Holistic Club www.tc4hessex.co.uk tc4hessex@gmail.com</p>
Volleyball	<p>Thurrock Volleyball Club Gable Hall School, Southend Road, Corringham, Essex SS17 8JT thurrockvolleyballclub@gmail.com</p>

Out of Borough

Activity	Contact Details
Adventure & Activity	Stubbers Adventure Centre Ockendon Road, Upminster, Essex RM14 2TY 01708 224 753 www.stubbers.co.uk
Bowling (10 pin)	Basildon Bowl 3-4 High Pavement, Town Square, Basildon 01268 533 666 http://www.basildonbowl.co.uk/
Football	Basildon Soccability Academy www.basildonsoccability.co.uk
Golf	Dunton Hills, Tilbury Road, West Hornden, Brentwood, Essex CM13 3LT 01277 812 340 http://www.duntonhillscoachingacademy.co.uk

**Appendix D - Thurrock Diversity Network – Informing the “Sport For You” Event
Sports Accessibility Survey March - May 2013**

Total responses: 62	Age range 20 – 82
Do you live in Thurrock? <ul style="list-style-type: none"> • Yes 59 (96.72%) • No 2 (3.28%) 	Do you consider yourself to be a disabled person? <ul style="list-style-type: none"> • Yes 49 (81.67%) • No 11 (18.33%)
Do you consider yourself to be a carer? <ul style="list-style-type: none"> • No 42 (72.41%) • Yes 16 (27.59%) 	Which of the following best describes your impairment? <ul style="list-style-type: none"> • Learning difference 35 (51.47%) • Physical 16 (23.53%) • Mental health issue 10 (14.71%) • Sensory 6 (8.82%) • Other 1 (1.47%)
How often do you currently exercise? <ul style="list-style-type: none"> • At least once a week 41 (66.13%) • Every 2 weeks 4 (6.45%) • Once a month 2 (3.23%) • Less than once a month 3 (4.84%) • Not at all 12 (19.35%) 	Are you a member of a sports/activity club? <ul style="list-style-type: none"> • No 39 (63.93%) • Yes 22 (36.07%)
Would you be interested in becoming more involved in sport/activity in Thurrock? <ul style="list-style-type: none"> • Yes 26 (61.90%) • No 16 (38.10%) 	What type of sport/activity are you involved in/would like to find out more about? <ul style="list-style-type: none"> • Swimming/hydrotherapy exercise 36 (21.30%) • Short walks/propulsion 23 (13.61%) • Football 19 (11.24%) • Table tennis 15 (8.88%) • Archery 12 (7.10%)

6/62 respondents have heard of Active Essex: <http://www.activeessex.org>
2/62 have heard of Spogo: <https://spogo.co.uk>

<p>Most disabled people are just as keen to get involved in sport activities as non-disabled people" do you agree with this statement?</p> <ul style="list-style-type: none"> • Yes 42 (75.00%) • No 14 (25.00%) 	<p>Have any of the following issues limited your search for accessible sports venues?</p> <ul style="list-style-type: none"> • Trouble in accessing rooms which you can use fully e.g. Pitch/court areas, changing areas, showers, lockers etc. 15 (19.23%) • Lack of storage space for equipment 14 (17.95%) • Lift size or reliability 13 (16.67%) • Ramped access 10 (12.82%) • Width of doors 9 (11.54%)
<p>Have any of the following issues limited your search for accessible sport/activities in Thurrock?</p> <ul style="list-style-type: none"> • Lack of opportunities for disabled people to take part in sport /activities 34 (16.83%) • Lack of personal or professional knowledge of what is actually available for disabled people in the borough 26 (12.87%) • Cost and affordability of sport/activities 23 (11.39%) • Lack of accessible/assistive equipment at sports venues 19 (9.41%) • Time and date of sport/activities 18 (8.91%) 	<p>Do you feel that a lack of information from leisure centres/sports clubs, local authorities or other providers has prevented or deterred you finding out about and becoming involved in sports activities?</p> <ul style="list-style-type: none"> • Yes 28 (57.14%)
<p>Do you think leisure centres/sports clubs do enough to consult with and</p>	<p>What do you think could be done to improve the experiences of disabled</p>

<p>listen to disabled people when considering the sports activity needs and requirements of the local population?</p> <ul style="list-style-type: none"> • No 35 (70.00%) 	<p>people looking for accessible sports activities in Thurrock?</p> <ul style="list-style-type: none"> • Disability awareness training for leisure centre/sports club staff 43 (20.28%) • Educating leisure centre staff on the value of adaptations 31 (14.62%) • Accessible and affordable time slots being specifically allocated to disability sports at venues 30 (14.15%) • Developing and maintaining a database of accessible sports activities and opportunities for disabled people in thurrock 27 (12.74%) • Improving the access into leisure centres and sports activity venues 26 (12.26%)
<p>How would you like to be kept informed about sports/activities in Thurrock?</p> <ul style="list-style-type: none"> • Email 21.54% 14 • Post 38.46% 25 • Telephone 15.38% 10 • Via website updates 24.62% 16 • Other 	