



Active Living: No Limits

2016-2021

A plan to improve health and wellbeing for people with a disability in Northern Ireland through participation in sport and active recreation



Disability
Sport NI

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FORUM



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Foreword

In May 2015 Sport Northern Ireland invited a number of key stakeholders to discuss current and future disability sport provision in Northern Ireland. It was agreed that the sector required a strategic Action Plan to focus its direction and provide a framework for investment, resulting in a project board being formed to lead the development of this Plan.

As Chairperson of the Strategic Project Board and Chief Executive of Disability Action, I am all too aware of the cultural, access and attitudinal barriers that people with disabilities continue to face in every aspect of life. Things are changing and I am determined to see more people with disabilities engaged with and staying involved in sport and active recreation, at both a grassroots and competitive level, and I know this determination is shared by my fellow board members as well as those with whom we consulted to devise this Plan.

The benefits of sport to both physical and mental health and well-being are well documented but being active also improves confidence, self-esteem and independence, instils a competitive spirit and provides an important outlet for social interaction.

However, while it is obvious that being active can have a positive impact on the lives of people with disabilities, many still face significant difficulties in getting involved with only 31% having participated in the last twelve months. There are challenges such as negative attitudes, inadequate infrastructure, lack of high quality, inclusive opportunities, gaps in staff training, and the need for improved communication and general awareness raising to overcome. This Action Plan sets out a shared vision for how these challenges can be met, and how many of the benefits of a healthier and more active lifestyle can be enjoyed by people of all abilities.

I would like to thank everyone who participated in the consultation events and activities and to thank the project board for their hard work, passion and commitment to developing this Action Plan. I know we are confident that through its delivery, and collaborative working, we will break down barriers to participation and move towards people with a disability facing 'No Limits' in sport and active recreation.

Kevin Doherty
Chief Executive, Disability Action

On behalf of the Active Living: No Limits Strategic Project Board:

Department for Communities: Tony Murphy, Robert Heyburn, Rosalind Dempsey (from 01.04.16), Martina Hanna, (from 01.04.16). **Department of Education:** Dale Heaney (to 31.03.16), Sarah Malcolmson (from 01.04.16), Kieron Moore (from 01.04.16).

Department of Health: Colin Dunlop. **Disability Action:** Kevin Doherty, Orla McCann.

Disability Sport NI: Kevin O'Neill. **Northern Ireland Sports Forum:** Ciaran Kearney.

The Office of the First Minister and Deputy First Minister: Joan Hardy (to 31.03.16).

Sport Northern Ireland: John News, Sonia Langasco, Anne Lowden.

Vision and purpose of the Action Plan

The vision for the Active Living: No Limits 2021 Action Plan is:

That everyone with a disability has an equal opportunity to access sport and active recreation leading to a healthier and more active lifestyle.

We will deliver the vision by:

Encouraging and facilitating a collaborative approach to increasing participation in sport and active recreation by people with a disability.

The purpose of the Action Plan is to:

- Give direction to the development of disability sport across Northern Ireland.
- Encourage strategic and joined up working.
- Agree where the sector would like to be by 2021 and provide a guide for how to get there.
- Provide a framework for strategic investment in disability sport.

Did you know?

In 2011, Fermanagh Lakeland Forum was the first facility to achieve the Inclusive Sports Facility accreditation in Northern Ireland.



Background and where we are now

Disability Sport NI was established in 1998 by a small number of disability sports groups, with the aim of tackling the underrepresentation of people with disabilities in sport. This was followed by the implementation of the Sport Northern Ireland (Sport NI) Disability Mainstreaming Policy since 2006. Since then, there has been a gradual growth in sport and active recreation programmes for people with disabilities in Northern Ireland.

During this time public funding bodies, District Councils and key Governing Bodies of Sport have also been increasingly proactive and committed to including people with disabilities in their programmes. The Northern Ireland Executive investment has also helped, for example, by sustaining and growing a successful Special Olympics programme across Northern Ireland specifically for people with an intellectual disability.

However, despite many examples of success, people with disabilities in Northern Ireland are still half as likely to participate in sport and active recreation compared to people without disabilities (source: Department for Communities Continuous Household Survey, 2014-2015); and only 23% of people with a disability achieve the recommended 150 minutes or more of physical activity each week (source: Northern Ireland Sport and Physical Activity Survey, 2010).

“I never imagined I could participate in sport because of my disability. Kurling is a sport that I really enjoy. I feel proud that it’s a sport that I can do.”

Margaret Kelly, participant in the Fit 4 U project

Source: Department for Communities Continuous Household Survey 2014-2015	People with a disability	People without a disability
Have participated in sport in the last 12 months	31%	64%
Have participated in sport in the last four weeks	20%	48%
Normally participate in sport on one or more days per week	26%	57%
Be a member of a sports club or organisation	13%	26%
Have attended a live sports event in Northern Ireland within the previous year	17%	33%

The prevalence of disability increases with age and in the UK 45% of adults over state pension age have a longstanding illness, disability or infirmity. Currently 20% of the population in Northern Ireland (all ages) have a long-term chronic illness or disability and the number of people of state pension age has measured between 25% - 27% over the last 40 years. This figure is predicted to grow to more than 40% in the next 40 years which will have a significant impact on the numbers of people experiencing disability in their lifetime.

During the London 2012 Paralympic Games, eight athletes from Northern Ireland won seven medals. The Rio 2016 Paralympics Games had the largest ever number of athletes from Northern Ireland selected to compete at the Games. Nine athletes from across six sports secured six medals, including five gold medals. In 2014, Bangor athlete, Kelly Gallagher also won the UK or Ireland's first gold medal in history at the Winter Paralympic Games in Sochi.

While these achievements have created a greater demand for sport and active recreation, the supply and choice of accessible, high quality opportunities has not adequately increased in response to this demand and those with disabilities continue to face a range of barriers to accessing the opportunities, facilities and the range of sports that are available to people without disabilities.

Existing Disability Sport Infrastructure

Delivery

- National Governing Bodies
- Disability sport organisations
- Disability sport clubs
- Sport clubs
- Youth and community organisations
- Public and private facility providers
- Schools



Strategy

- Sport Northern Ireland
- Department for Communities
- Department of Health
- Department of Education
- District Councils

Strategic context

Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation, 2009 - 2019 is a cross-departmental strategic commitment to sport and physical recreation, endorsed by the Northern Ireland Executive and the Assembly. The high level target for participation includes a focussed target (PA10) “to deliver at least a 6% increase in participation rates in sport and physical recreation among people with a disability (based on 2011 baseline) by 2019”.

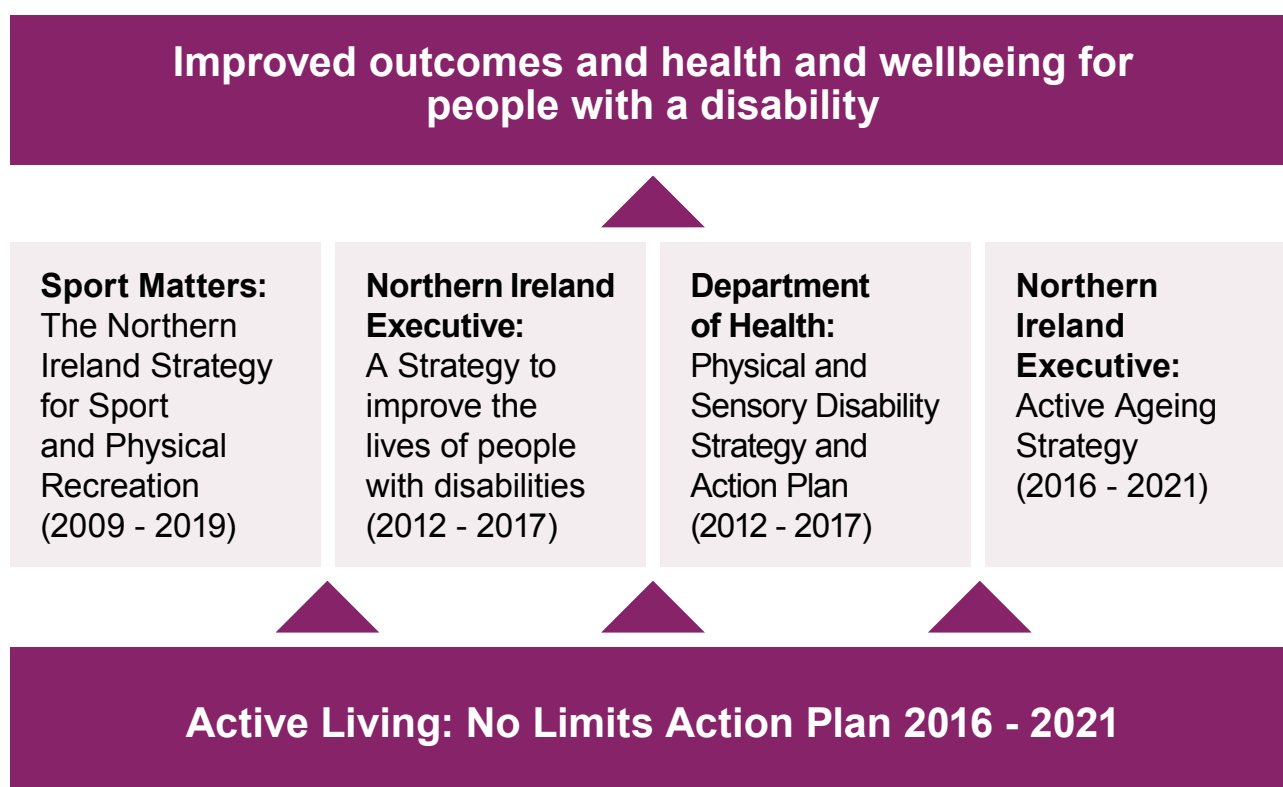
In March 2015, the Sport Matters Mid-Term Review recognised that “achieving this target needs to be a genuine **partnership approach** with elements of work being taken forward by those best placed to contribute together with the pooling of resources and expertise”, and recommended that “sport and disability is recognised as a Sport Matters key priority throughout the next five years, to achieve greater participation...”.

It is intended that this Action Plan will make a significant contribution towards achieving the ambitions of Sport Matters. It also has the potential to deliver against targets within a range of other cross-Departmental outcome focussed strategies including:

- **Northern Ireland Executive: A Strategy to improve the lives of people with disabilities (2012 - 2017)** which was formed to drive improved service delivery, increase awareness of the needs of people with disabilities and improve opportunities for people with disabilities across all policy areas, including improve access to sport, arts and leisure and other cultural activities so that those with a disability have equal access to a community life.
- **Department of Health’s Physical and Sensory Disability Strategy and Action Plan (2012 - 2015)** which confirms the Department’s commitment to improving outcomes, services and support for those who have a physical, sensory or communication disability in Northern Ireland.
- **Northern Ireland Executive: Active Ageing Strategy (2016 - 2021)** which focuses on what Departments can add to existing work to make a strategic change to services or programmes in relation to older people. One of the desired outcomes for the Active Ageing Strategy is that older people participate in cultural, educational and physical activity.

- **Children with Disabilities Strategic Alliance: Children and Young People Manifesto (2012)** which identifies a number of cross-cutting issues which must be addressed as a priority by the Government in Northern Ireland, including: priority funding for children with disabilities and young people accessing services.

In light of the challenges reflected in the Sport Matters Mid-Term Review, the continued inequalities in sport and active recreation provision for those with disabilities, and the climate of economic austerity across the UK in 2015, Sport NI convened a meeting with a number of key stakeholders who agreed the need for a strategic Action Plan. The Action Plan would set out how key government and voluntary organisations could work collectively to deliver sport and active recreation opportunities across Northern Ireland, and provide strategic focus for investment to develop the disability sport sector.



Who developed this Action Plan?

This Action Plan has primarily been developed by people with a disability and those groups and organisations who seek to support and empower people with a disability to have an inclusive life experience.

More than 250 individuals and organisations provided input during an engagement process that included both an online survey and a series of public consultation events. These included contributions from 123 people with a disability and carers; 71 organisations supporting people with a disability and 61 organisations such as Governing Bodies of Sport, Health and Social Care Trusts, Schools, and District Councils.

The process of enabling, collecting and managing these views was overseen by a Strategic Project Board, convened and serviced by Sport NI and independently chaired by Disability Action. The Strategic Project Board included representatives from across the disability and sports sectors and wider Departmental representation. Full details of its membership are included at Appendix I.

There was overwhelming support for the development of this Action Plan during the public engagement and consultation process and the debate, and ideas that were generated helped to inform its development.

Did you know?

Newry Leisure Centre is working towards becoming an accredited Inclusive Sports Facility, and seeks advice from the Sportability Committee - a voluntary committee made up of representatives from all local disability groups who work with the Council on disability issues. 31% of their members have a disability (462 adults and 164 children).

What do people with a disability want?

During the consultation process respondents were asked what challenges, needs and barriers currently make it difficult for them to participate or progress in sport and active recreation. They were also asked what they would like to see change or improve. A number of recurrent themes were reflected in their responses. These included:

Enable partnerships, networking, improved communication, and innovative engagement:

- The need for a collaborative approach to disability sport and a supportive infrastructure to coordinate and join up the sector and attract investment.
- A lack of knowledge about existing sport and active recreation opportunities and the need to be creative in engaging those who are currently inactive, including using new technology.
- The desire for awareness raising activities and a focused media strategy to change public, peer and service providers' attitudes.
- The necessity to increase the number of people taking part in sport and active recreation and reduce the inequalities in participation.

Address barriers that prevent people participating in sport and active recreation:

- A deficit in local, inclusive, accessible and sustainable sport and active recreation opportunities and the role District Councils, for example, could play in improving the current position. Sixty-four percent of survey respondents felt that the provision of opportunities was the greatest need in terms of sport and active recreation.
- Poor choice of sports / physical activities and inconsistency of opportunities across Northern Ireland. The survey highlighted significant gaps in sports that people would like to play and those that are offered. Furthermore, only three of the top 10 sports played by people with a disability featured in the top 10 sports participated in by the general population (Continuous Household Survey 2013-2014).

- The requirement for support, capacity building and training for clubs, Governing Bodies of Sport and service providers to increase their ability to be inclusive. Neither Governing Bodies of Sport or sports clubs featured, within the survey, in the top three organisation types that respondents had worked with in the last 12 months.
- The need for people with a disability to be trained and employed as coaches and advise on project development.
- The importance of physical education in schools being inclusive and engaging as well as having teachers trained to identify and support talented young people.

Create an environment where sustained participation is possible and talented athletes can progress:

- The need for a network of fully accessible multi-sport facilities offering inclusive opportunities and specialist equipment. The lack of accessible facilities was identified as one of the top five barriers to participation.
- The need to create more competitive opportunities, improve performance pathways and provide accessible elite training opportunities across Northern Ireland.

In line with the views expressed by many of those who contributed to the process, and in particular those individuals with a disability, there was a clear demand for this Plan to be 'a call to action'. In response, this Plan presents three Action Themes:

1. Engage and Encourage
2. Active and Inclusive
3. Involved and Inspired



What do we hope to achieve by 2021?

Reflecting the longstanding and intractable nature of many of the challenges facing those with a disability in sport, this Action Plan proposes a long-term vision that sets out a series of realistic, achievable outcomes that will contribute towards securing that vision.

The Plan will be driven by outcome based accountability given there will be a focus on improving outcomes that will contribute to those with a disability leading a healthier and more active lifestyle. Under the three Action Themes five specific outcomes have been identified:

Engage and Encourage

1. People with a disability are supported by a **strong, well coordinated disability sport sector**.
2. People with a disability have **positive experiences** as a result of changed public attitudes and a **greater understanding of disability**.

Active and Inclusive

3. People with a disability lead **active lifestyles** and have **improved health and wellbeing** through involvement in sport and active recreation.
4. People with a disability have equality of choice and consistency of **accessible activities and sporting facilities**.

Involved and Inspired

5. People with a disability face **'No Limits'** in sport and active recreation.

How will we do this?

The public consultation and engagement process identified the need for a coordinating structure to take the lead in facilitating the delivery of this Action Plan. Therefore, it was agreed that the existing Strategic Project Board would draw up a terms of reference and establish:

A Cross-Departmental Disability Sport Forum - to create links and enable a networking and information sharing platform between relevant government departments, agencies, etc. and organisations within the disability and sports sectors.

A Northern Ireland Active Living: No Limits Forum - to support the delivery, monitoring and realisation of the outcomes of this Action Plan.

To realise the five outcomes, which will be the measures of success of the Plan in 2021, 17 actions and 66 timebound delivery outputs are set out under the three Action Themes in Table 1.

Did you know?

Disability Sport NI and Armagh City, Banbridge and Craigavon Borough Council, in consultation with the Southern Health and Social Care Trust's physiotherapy and occupational therapy teams, run a disability specific Wildcats Multi-Sports Programme for 7-14 year olds with Dyspraxia in the Craigavon area.



Engage and Encourage



Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	1. Develop an infrastructure that enables and supports the delivery and monitoring of this Action Plan.	a. Linked to community planning, 11 District Council led Forums (potentially Every Body Active 2020 Reference Groups) will be in place which include a remit for Active Living: No Limits and which support the delivery of this Action Plan.	11 District Councils	By March 2017
		b. At least two Active Living: No Limits networking events; one of which will be funding themed, and will be held per annum to support and inform relevant organisations and stakeholders within the sport and disability sport and active recreation sectors, and to identify joint working opportunities.	Sport NI	Annually
		c. The Northern Ireland Active Living: No Limits Forum will provide an advocacy and challenge function, including lobbying for investment to support this Action Plan.	NI Active Living: No Limits Forum	Ongoing
		d. A disability sport and active recreation research plan will be published that identifies at least five priority research topics to improve understanding of the challenges and opportunities facing the disability sport sector.	NI Active Living: No Limits Forum	By March 2021
		e. Partnerships will be formed to encourage and develop an 'inclusive outdoors' e.g. to influence Areas of Outstanding Natural Beauty Plans or to engage with relevant Government Departments such as the Department of Agriculture, Environment and Rural Affairs.	<ul style="list-style-type: none"> - Northern Ireland Active Living: No Limits Forum - Strategic Group Land Management Bodies - Outdoor Recreation Northern Ireland (ORNI) - Relevant Departments 	Ongoing

Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	2. Develop, resource and deliver an Active Living: No Limits media and social media strategy to raise both awareness and the profile of disability sport and active recreation and change attitudes.	<p>a. Develop and deliver a media and social media strategy including:</p> <ul style="list-style-type: none"> • An Active Living: No Limits headline campaign rolled out. • Media / social media training delivered to disability sport organisations, inclusive sports clubs, and other stakeholders. • A range of media partnerships established. • Publish a series of positive articles on people with a disability engaged in sport and active recreation. <p>b. A bank of both inspirational active disabled people and high performance disabled athletes will be identified and engaged as Active Living: No Limits Ambassadors.</p> <p>c. A range of sports based education initiatives will be delivered to increase children's understanding of disability and challenge and address negative attitudes about people with disabilities.</p>	<ul style="list-style-type: none"> - NI Active Living: No Limits Forum (Lead Partner) - Northern Ireland Sports Forum (NISF) - Disability sport organisations, including: Disability Sport NI, Special Olympics Ulster, Northern Ireland Deaf Sports (NI Deaf Sports), Blind Sports Network, etc. 	<p>By March 2017</p> <p>By March 2018 and ongoing</p> <p>By March 2017 and ongoing</p>

Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	3. Develop and promote a fully accessible Active Living: No Limits website (and explore a phone app) with a robust, custom search engine to ensure people with a disability can access information about:	a. An appropriately qualified organisation / agency will be commissioned to complete an audit of existing inclusive opportunities and support services and a database established to drive the Active Living: No Limits website. b. An Active Living: No Limits website will be developed, launched and publicised. c. A site management plan will be developed and key site manager appointed.	- NI Active Living: No Limits Forum (Lead Partner) - District Councils - Disability sport organisations, including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc.	By March 2018 and ongoing
	<ul style="list-style-type: none"> • Inclusive active recreation opportunities and events. • Inclusive sports clubs. • Inclusive recreation and outdoor recreation facilities. • Recreation specific training opportunities. • Recreation specific support services. • Disability Sport and Active Recreation Outreach Officers. 	d. Relationships will be developed to ensure links to the Active Living: No Limits website feature on District Council and other key stakeholders' websites. e. An alternative methodology will be developed and employed to ensure this information is also accessible to those who do not have access to technology.		

Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	4. Establish a partnership with health care services to inform inactive people about opportunities.	<p>a. First points of contact within health care services (including GP Surgeries, Day Opportunities Programme, Social Work Teams, Occupational Therapy, Outreach Workers, Physical Activity Coordinators, Disability Teams, Promoting Wellbeing Teams, etc.) will be informed of the Active Living: No Limits website to enable them to signpost and encourage individuals to use this service.</p> <p>b. Links will be made with providers of the Regional Physical Activity Referral Scheme to share information and promote tools such as the Active Living: No Limits website.</p>	<p>Active Living: No Limits Site Manager (Lead Partner)</p> <ul style="list-style-type: none"> - Department of Health - Public Health Agency - District Councils 	<p>Relationships established by March 2018</p> <p>Embedded by March 2020</p>
Engage and Encourage	5. The health and wellbeing benefits of sustained participation will be promoted to encourage people with disabilities to adopt and sustain active healthy behaviours.	<p>a. A review of existing health promotion materials / publications will be completed and those identified as relevant will be amended and/or reproduced in accessible formats and publicised, through both established and innovative channels, in particularly targeting the hardest to reach impairment groups i.e. people with physical disabilities, blind and partially sighted people and people who are deaf or hard of hearing.</p>	<p>- PHA (Lead Partner)</p> <ul style="list-style-type: none"> - Department of Health - Department of Education (via C2k) - Health Care Professionals - Schools - Disability sport organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. - Disability organisations / groups - NI Active Living: No Limits Forum (via media strategy) 	<p>By March 2018 and ongoing</p>

Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	6. Increase awareness of local accessible community transport schemes to reduce barriers to participation in sport and active recreation opportunities.	<p>a. Relationships with local community transport schemes will be established and information on appropriate services shared with potential users.</p> <p>b. Community planning bodies will be influenced to include transport / access to sporting facilities and opportunities as a priority.</p> <p>c. Resourcing of existing community transport schemes and potential opportunities arising from new proposals such as the Integrated Passenger Transport Project and the Accessible Transport Strategy will be explored.</p>	<ul style="list-style-type: none"> - Disability organisations / groups (Lead Partner) - District Council led Forum - Regional, community and local transport providers - Community Planning groups - Translink - Department for Infrastructure - Disability Action 	<p>By March 2017 and ongoing</p> <p>By March 2017</p> <p>Ongoing</p>
	7. Increase awareness of and the availability of Inclusive Sports Facilities (ISF) across Northern Ireland.	<p>a. A register of ISF accredited facilities will be developed / updated and publicised via the Active Living: No Limits website and other means.</p> <p>b. The ISF and all other agreed accreditation schemes will be promoted widely to agreed target groups e.g. District Councils, and encouraged as best practice.</p>	<ul style="list-style-type: none"> - Disability Sport NI (Lead Partner) - District Council led Forum - Public funders - Facility providers - Sport NI - Government Departments 	<p>By March 2017</p> <p>Ongoing</p>

Table 1: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Engage and Encourage	8. Governing Bodies of Sport and stadia operators will be encouraged and supported to develop more inclusive stadia and increase the number of spectators with disabilities.	a. Inclusive stadia design and management guidelines reviewed and promoted.	Disability Sport NI	By March 2017
		b. Sports facility access advisory group established and facilitated.	Disability Sport NI (Lead Partner)	By March 2017
		c. Larger stadia encouraged to produce spectator development plans designed to increase the number of disabled spectators.	<ul style="list-style-type: none"> - Governing Bodies of Sport - Stadia operators - Sport NI - Disability sport organisations - Disability organisations / groups 	Ongoing

Case Study



Craigavon Inclusive Leisure Project Armagh City, Banbridge and Craigavon Borough Council

Project Details

In 2004, Disability Sport NI, in partnership with Sport NI and Craigavon Borough Council, developed an inclusive gym with fully accessible equipment. In 2010, an Inclusive Sport and Leisure Officer was employed to develop an innovative sports and leisure programme giving people with disabilities an equal opportunity to lead a fit and active lifestyle.

Project Achievements

By November 2015, a number of key initiatives by the Inclusive Sport and Leisure Officer had been delivered giving 2,608 people the opportunity to participate in sport and physical activity in one of the 8,183 participation opportunities that were created. Over the lifetime of the programme the number of people with a disability using Council facilities increased, particularly in Craigavon Leisure Centre. Initially only three people with a disability were using the gym, by the end of the programme there were 52 regular users and 233 people had attended at least once. A number of new disability clubs have also been established in the Craigavon area: Craigavon Boccia Club; Craigavon Cyclones Wheelchair Basketball Team; and Portadown RFC's 'Portadown Panther Tag Rugby Club'.

Future Goals

To expand into Armagh and Banbridge, work strategically with key local partners to train coaches to deliver inclusive activities in their own setting to ensure sustainability and to establish a signposting service to raise awareness of participation opportunities.

"My mum told me that Craigavon Leisure Centre had gym facilities that people with disabilities could use. I was elated; I can honestly say that joining the Inclusive Sport and Leisure Officer's programme has been the best thing I've ever done. The programme has not only helped me with my physical health, but my emotional health too. I am looking forward to my future and can openly say that I'm up for any challenge that you present to me!"

Michael McGrady, participant in the Inclusive Sport and Leisure Programme

Case Study



5 Star Disability Sport Challenge Disability Sport NI

Project Details

The 5 Star Disability Sport Challenge was developed to increase awareness of disability sport, positively challenge and address commonly held negative attitudes and misconceptions about people with disabilities, and to inspire and encourage more disabled and non-disabled children to become more active through sport and active recreation.

The project involved local disability sports people, including Paralympians, delivering an awareness raising presentation to pupils in schools, followed by a practical sports session where children completed a circuit of five fun based sports challenges, each based on a Paralympic sport. When initially launched in 2009, the original aim was to roll out the challenge to 25 primary schools each year in the build up to the London 2012 Games.

Project Achievements

As a result of overwhelming demand from schools, the former Department for Culture, Arts and Leisure (now the Department for Communities) and Sport NI continued to fund the project annually over the last seven years and by the end of March 2016 an incredible 37,319 children in 256 schools throughout Northern Ireland have participated in the project.

During evaluation, 100% of teachers agreed or strongly agreed that the project: increased children's awareness and understanding of disability sport; had a positive impact on the children's attitudes to disability; and encouraged children to become more active through sport.

Future Goals

It is hoped that future funding will be secured to continue to run the Challenge, delivered by inspirational disabled sports people and Disability Sport NI staff.



Active and Inclusive



Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	9. Develop a holistic local recreation plan, linked to the Active Living: No Limits Action Plan, that ensures a range of needs-based high quality sport and active recreation opportunities for people with disabilities are delivered, in each of the 11 District Council Areas.	<p>a. A gaps analysis of sport and active recreation opportunities will be undertaken, using the findings from action 3a.</p> <p>b. 11 District Council Area Plans will be developed, with guidance, and delivered to increase the choice, consistency and availability of high quality, inclusive opportunities, across Northern Ireland, for people with a disability to participate in:</p> <ul style="list-style-type: none"> • Disability specific activities. • Impairment specific activities, especially for the hardest to reach groups i.e. people with physical disabilities, blind and partially sighted people and people who are deaf or hard of hearing. • Activities with their non-disabled peers. <p>c. 'Wheelie Active Clubs' will be established in each District Council Area.</p> <p>d. The potential for disability sport and active recreation outreach officers, in each District Council Area, specifically to support and engage inactive people with disabilities and encourage life-long participation will be explored and resourced where possible.</p> <p>e. Roles of existing Sports Development Officers, to Countryside Officers, etc. will be influenced to enable them to identify and refer participation opportunities and potential access improvements to appropriate bodies / organisations.</p>	<ul style="list-style-type: none"> - 11 District Councils (Lead Partner) - District Council led Forums - Disability sport organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. - Sport NI 	<p>By March 2017 and ongoing</p> <p>By March 2018</p> <p>By March 2018</p> <p>By March 2018</p> <p>Ongoing</p>

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive		f. Relationships will be developed with private providers, e.g. organisations managing public leisure facilities, to support the delivery of the local plans.		Ongoing
		g. Each District Council Area Plan will consider and take account of its own local recreation plan.		By March 2018 and ongoing
		h. Inclusive outdoor projects / initiatives will be developed with relevant outdoor recreation providers to complement and/or support the delivery of the local plans.	<ul style="list-style-type: none"> - Disability sport organisations - ORNI - National Outdoor Recreation Forum (NORF) 	By March 2017 and ongoing
		i. Links will be established and opportunities explored with the Education Authority's Standing Committee, appointed to encourage, facilitate and promote the community use of school premises.	<ul style="list-style-type: none"> - Active Living: No Limits Forum - District Council led Forums - Education Authority - Governing Bodies of Sport - Sports Clubs 	Ongoing

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	10. Provide structured support to community organisations and mainstream sports clubs and Governing Bodies of Sport to identify and remove barriers and provide high quality active recreation opportunities.	<p>a. Support at least 15 Governing Bodies of Sport to provide a range of inclusive taster opportunities per annum, ensuring links are provided to sustained participation opportunities.</p> <p>b. Support to sports clubs to provide a range of inclusive taster opportunities per annum, ensuring links are provided to sustained participation opportunities.</p> <p>c. Support to link new and existing opportunities for people with a disability to both active and inactive potential participants.</p> <p>d. Support to build capacity of Governing Bodies of Sport and sports clubs to reduce barriers for people with a disability participating in their sport and strengthen existing disability sections.</p> <p>e. Support to sports clubs to obtain ClubMark.</p> <p>f. Support to Governing Bodies of Sport to obtain the 'Inclusive Sport' Award.</p> <p>g. An annual case study will be produced and shared for an inclusive sports club / Governing Body of Sport to promote good practice.</p> <p>h. A range of inclusive sport and active recreation good practice and guidance tools will be identified and/or developed and promoted.</p> <p>i. Access to outdoor recreation will be improved through engagement and collaboration with the NORF.</p>	<p>- Sport NI (Lead Partner)</p> <p>- District Council led Forums</p> <p>- Governing Bodies of Sport</p> <p>- Disability sport organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc.</p> <p>NI Active Living: No Limits Forum</p> <p>- ORNI</p> <p>- NORF</p>	<p>Annually</p> <p>Annually</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Annually</p> <p>By March 2018 and ongoing</p> <p>By March 2018 and ongoing</p> <p>Ongoing</p>

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	11. Provide structured support to disability specific sports clubs to build capacity, develop relationships and provide high quality active recreation opportunities (including provision of fully accessible support and guidance tools).	<p>a. Support will be given to build capacity of existing disability specific sports clubs to strengthen and grow their clubs and ensure people with a disability can sustain participation in sport.</p> <p>b. Support will be given to establish new disability sport clubs.</p> <p>c. Support will be given to clubs to obtain ClubMark.</p> <p>d. An annual case study will be produced and shared to promote good practice.</p> <p>e. A range of fully accessible, inclusive sport and active recreation good practice and guidance tools will be identified and/or developed and promoted.</p>	<ul style="list-style-type: none"> - Sport NI (Lead Partner) - District Council led Forums - Governing Bodies of Sport - Disability sport organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. 	<p>Ongoing</p> <p>Ongoing</p> <p>Annually</p> <p>Annually</p> <p>By March 2018 and ongoing</p>

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	12. Develop a network of quality multi-sport hubs across Northern Ireland which are fully accredited, accessible to everyone and offer and actively promote inclusive dedicated sport and active recreation opportunities.	<p>a. Multi-sport fully accessible, ISF accredited sports facilities, with trained staff, will be established in each District Council area.</p> <p>b. New accreditation schemes, which may complement or provide additionality to ISF, will be: (i) explored, e.g. the 'DEAFinitely Inclusive' Accreditation Scheme; or, (ii) developed e.g. a recognition and/or accreditation scheme for outdoor recreation facilities and providers.</p> <p>c. All agreed accreditation schemes will be encouraged as an essential requirement in all publicly funded facilities.</p> <p>d. One 'Disability Sports Hub' with pools of sports chairs and inclusive sports equipment for other impairment groups will be established in each District Council area and will offer inclusive, sustained dedicated opportunities, which have fully considered communication support.</p> <p>e. Each 'Disability Sports Hub' will become renowned for supporting disability sport, housing sporting trophies and memorabilia.</p>	<ul style="list-style-type: none"> - District Councils (Lead Partner) - Disability Sport NI - Disability sport organisations - Sport NI 	<p>By March 2019 and ongoing</p> <p>By March 2017</p> <p>By March 2017</p> <p>By March 2019 and ongoing</p> <p>By March 2019 and ongoing</p>

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	13. Develop a skilled and inclusive workforce in the sport, leisure, education and outdoor recreation sectors by providing a range of courses in Disability Awareness, Diversity and Social Inclusion, and Inclusive Continuous Professional Development (CPD).	<p>a. A range of tailored toolkits and training courses will be identified or developed for each target group and delivery will be supported.</p> <p>b. Training delivered by people with disabilities e.g. Disability Equality Training will be supported.</p> <p>c. A 'Disabled People Workforce' Programme will be developed and resourced to recruit, train and employ people with disabilities as coaches and other roles within the sport, leisure, education and outdoor recreation sectors.</p> <p>d. Volunteer recruitment and development programmes will be supported to engage both disabled and non-disabled people in leadership and volunteering activities.</p>	<ul style="list-style-type: none"> - Disability sport organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. (Lead Partners) - Disability organisations / groups - Sports Clubs - Governing Bodies of Sport - Schools - Sport NI - District Councils - Relevant employers - Department for Communities - ORNI - NORF 	<p>By March 2017 and ongoing</p> <p>Ongoing</p> <p>By March 2019</p> <p>Ongoing</p>

Table 2: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Active and Inclusive	14. Develop and publish guidance to schools on the inclusion of children with disabilities in school sport and PE.	a. Guidelines for schools on the inclusion of children with disabilities in school sport and PE will be developed and published, in partnership with relevant bodies.	<ul style="list-style-type: none"> - DE / Council for the Curriculum, Examinations and Assessment (CCEA) (14a only) (Lead Partner) - Sport NI - Disability sport organisations 	By March 2017
		b. A research project will be included within the Active Living: No Limits research plan to establish baselines and attitudes to sport and physical activity within the education system.		
			<ul style="list-style-type: none"> - NI Active Living: No Limits Forum - Other identified partners 	By March 2018 and ongoing

Case Study



Special Schools Indoor Polo Lisburn and Castlereagh City Council

Project Details

In 2015, Lisburn and Castlereagh City Council hosted a Special Schools Indoor Polo event for 11 to 16 year olds with a disability at Lough Moss Leisure Centre. The event was aimed at young people who were not represented on any sports teams in their school providing them with an opportunity to try a new sporting activity, with matches being played in a 'round robin' format. Five schools took part:

1. Brookfield Special School
2. Harberton Special School
3. Longstone Special School
4. Parkview Special School
5. Torbank Special School

Project Achievements

On the day each participant was provided with a fruit bag and a bottle of water to also promote a healthy eating message alongside getting more active. Each team brought a squad of 10 and at least two members of the squad had to be girls as many girls drop out from sport over the age of 11. Since the event, two of the participating schools have invested in indoor polo equipment as they found the sport very inclusive and were keen to let other classes in the school try it.

Future Goals

To host another joint Special Schools event, delivered by the Every Body Active 2020 Team, in partnership with the schools.

Case Study



Get Active Club, Derry~Londonderry Royal National Institute of Blind (RNIB) / Disability Sport NI

Project Details

RNIB, via the Community Access and Activity Leader, coordinated the 'Get Active Club', which is supported by the Sport NI Active Clubs Programme through Disability Sport NI's Active Club Coordinator, to participate in an eight-week programme to encourage females with sight loss (age 18+) to be active and take up sport. Fourteen females initially took part in the project which allowed them to try out a sport with local coaches in a local venue. If they enjoyed the sport there were opportunities to then go along to the local mainstream club to develop more skills. The coaches made the sports (aerobics, boxing, walking, spin on stationary bicycles, walking, and water aerobics) accessible to the participants by bringing kit with them to the local venue.

Project Achievements

The Get Active Club has now been opened up to males and involves various sporting opportunities and as a result of the project 10 people currently attend St Mary's Boxing Club on a weekly basis. Four local boxing club coaches have been trained in visual awareness to ensure appropriate levels of support can be given, and six volunteers from RNIB are trained as Community Walk Leaders through 'Walking in your Community', to sustain the club's walking activities.

Future Goals

Disability Sport NI will ensure continuing support for the club, increasing participation and supporting engaged participants who are now prepared to pay their own way to be phased into various clubs. A Disability Inclusive Training Course will be delivered to local volunteers and coaches associated with the club, who now also want to try other activities such as golf and tai chi.

Case Study



Fit 4 U Project Southern Health and Social Care Trust

Project Details

'Fit 4 U' seeks to empower adults (aged 18+) with physical and/or sensory disabilities to improve their health through participation in a range of physical activity and leisure opportunities which take place in local Leisure Centres in Armagh, Dungannon, Craigavon, Banbridge and Newry. Activities are facilitated by Every Body Active Coaches and participants are supported by Southern Trust staff and volunteers.

Fit 4 U is funded by the PHA and led by the Southern Health and Social Care Trust in partnership with other organisations, including District Councils and Sport NI funded Every Body Active Coaches.

Project Achievements

Between April 2015 and March 2016, 218 sessions were delivered to 197 individuals creating 2,786 participation opportunities. Between January and March 2016 a Southern Area Archery Competition and Boccia Competition were organised, in partnership. Participant surveys indicated that 96% wanted to do the activity they were involved in again, and 97% agreed that their needs were suitably provided for.

Future Goals

Building on the current success of the Fit 4 U Programme, 'Fit 4 U 2', aimed at adults with a learning disability, has recently been launched. It will also be delivered in partnership with Sport NI Every Body Active Coaches.

Did you know?

During the seven-year Active Communities Programme, funded by Sport NI and delivered by all Councils, 41,382 people with disabilities participated in sport and active recreation, which was 12.97% of total participants.

Case Study



Peer Sports Coaching for Deaf People NI Deaf Sport

Project Details

NI Deaf Sport recruited and trained deaf coaches to deliver various sports coaching programmes for deaf people across Northern Ireland, but mainly in Belfast, Bangor and Derry. The participants range in age from 12 to 70 years old and because the coaches are deaf all communication barriers are removed.

Project Achievements

To date 249 people have benefited from over 2,500 coaching sessions delivered through these programmes and a number of deaf coaches are now qualified to coach badminton, basketball, bowls, fitness, swimming, and tennis.

During the programme there have been a number of successful outcomes including:

- In April 2016, the Belfast Deaf Youth Football Team Under 16s won a UK National Football tournament in Liverpool.
- In May 2016, a tennis tournament was established - the first of this kind for deaf tennis players in Northern Ireland.
- In May 2016, the Ladies Basketball Team entered a Provincial Basketball Tournament for the first time, competing against other provinces, finishing second.
- In July 2016, the Northern Ireland Deaf Bowls Team finished second in a Home Nations Bowls Tournament in Wales.
- The Belfast Deaf Football Senior's Team completed a season in a mainstream football league; Belfast District Football Division Third League, finishing 9th (mid table).

Future Goals

To continue the programme and to progress participants to enable them to engage in local and national competitions.

Involved and Inspired



Table 3: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Involved and Inspired	15. Develop and promote clear participation pathways across a minimum of 15 sports to ensure people with disabilities can participate and compete in organised sport at a level that is appropriate for them.	<p>a. Partnerships will be developed with a minimum of 15 Governing Bodies of Sport, and also the disability specific sports of wheelchair basketball, Boccia and wheelchair rugby, to develop pathways and ensure talented disabled athletes are supported.</p> <p>b. An annual good practice report will be published documenting case studies to promote and share good practice (to include those detailed in actions 10g and 11d).</p> <p>c. Guidance on talent identification and sporting pathways for young people with a disability will be provided to teachers via guidelines to be developed at 14a.</p> <p>d. Governing Bodies of Sport and disability sport organisations will be supported to develop competition structures and deliver a number of recreational and formal competitive events for people with disabilities (both regional and Northern Ireland wide).</p>	<ul style="list-style-type: none"> - Disability Sport NI - Sport NI - District Councils 	By March 2017
			<ul style="list-style-type: none"> - NI Active Living: No Limits Forum 	By March 2017 and ongoing
			<ul style="list-style-type: none"> - Department of Education - Sport NI - Disability Sport organisations 	By March 2018
			<ul style="list-style-type: none"> - Governing Bodies of Sport - NISF - Organisations including: Disability Sport NI, Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. 	Ongoing

Table 3: Active Living: No Limits Priority Themes and Actions

Priority Theme	What will we do	How will we do it	Who will do it	When will we do it
Involved and Inspired	16. Disability Sport High Performance Centre established to support the development of the disability specific sports of wheelchair basketball, Boccia and wheelchair rugby.	<p>a. Potential sites will be explored and a Disability Sport High Performance Centre will be established within an existing or new build multi-sport facility.</p> <p>b. Relationships will be established to support the development of a Disability Sport High Performance Centre.</p>	<ul style="list-style-type: none"> - Disability Sport NI (Lead Partner) - Sport NI - Facility providers 	<p>By March 2017</p> <p>Ongoing</p>
	17. Establish partnerships to facilitate the hosting of at least one annual disability sporting event.	<p>a. A list of target sports will be identified, based on their capacity and capability of supporting legacy participation opportunities.</p> <p>b. A list of potential sporting events, within the target sports, will be created and partnerships explored and developed to ensure five events are hosted within Northern Ireland between 2016 - 2021.</p>	<ul style="list-style-type: none"> - Sport NI / Disability Sport NI (Lead Partners) - Disability sport organisations including: Special Olympics Ulster, NI Deaf Sports, Blind Sports Network, etc. - Governing Bodies of Sport - District Councils - International bodies - NI Active Living: No Limits Forum - Department for Economy. - Tourism NI 	<p>By March 2017</p> <p>Ongoing</p>

Case Study



Special Olympics World Games Special Olympics Ireland

Project Details

In July 2015 Los Angeles welcomed 7,000 athletes from 177 countries to the 2015 Special Olympics World Summer Games. Eighty-eight athletes, including 12 from Ulster, achieved 82 medals: 26 gold; 28 silver; and 28 bronze. The Ulster athletes won 19 of these: five gold; nine silver; and five bronze, and also nine Place Ribbons. Team Ireland was supported by a 40-strong coaching and management team, an army of volunteers and over 300 family members.

Project Achievements

While preparing for the Games athletes were provided with training days, advice, information and support. They also acted as role models for other athletes in the Region and throughout the programme. All coaches obtaining the necessary qualifications and training and a full complement of volunteers were recruited and trained.

There was also raised brand awareness and significant increase in media coverage of Special Olympics, and the Games engaged and re-energised local clubs, athletes, families and local communities.

Future Goals

The legacy for Northern Ireland participating in such a high profile event includes:

- Provision of development days, coach education, encouraged interclub activities, and athletes from the World Games in Los Angeles acting as role models.
- An increased Special Olympics Athlete Leadership Programme.
- Strong relationships with media have been established.
- Retention of volunteers.
- An increase in footfall of both athletes and volunteers to the Special Olympics Programme.

Case Study

Katie Morrow
Athlete

Project Details

Katie Morrow's sporting journey began in October 2013 when she was identified by Disability Sport NI's Wheelchair Basketball Officer at the Northern Ireland Disability Swimming Championships as someone with the potential to play wheelchair basketball at a competitive level. In November 2013, Katie tried out wheelchair basketball for the first time at a Disability Sport NI Wheelchair Basketball Development Blitz. She joined the Knights Wheelchair Basketball Club in Antrim the following month.

Project Achievements

Since 2013, Katie has played regularly for the Knights Wheelchair Basketball Club's Senior Irish league team. In 2015, she won the 'Young Player of the Year' Award. She was also selected to represent the Northern Ireland U19 - 23 Squad in a number of competitions and was invited to join Disability Sport NI's Wheelchair Basketball High Performance Centre Programme in Belfast.

Initially invited to attend two GB Women's Training Camps in September 2014, Katie received her International 4.5 (minimal disability) classification in early 2015 making her eligible to compete internationally in wheelchair basketball. In September 2015 Katie was selected to compete in the Women's Senior European Championships where the team secured a bronze medal, and in September 2016 competed as a member of the Rio 2016 Paralympic Team.

Katie is currently funded through the UK Sport Athlete Performance Programme and receives support services from Disability Sport NI, funded by the Athlete Investment Programme.

Future Goals

To win a Paralympic medal.

How will we measure progress?

This Action Plan is fundamentally about improving the opportunities for and experiences of people with a disability in sport and active recreation. The outcome we want to achieve is articulated in the Vision:

“That everyone with a disability has an equal opportunity to access sport and active recreation leading to a healthier and more active lifestyle.”

There will, of course, be challenges in the implementation of this Action Plan. It is evident that no individual or organisation can be solely responsible for achieving our shared longer term outcomes. However, this challenge also presents an opportunity for all of us to maintain the collective and collaborative cooperation that has characterised the development of this Action Plan. It is only by working together across sectors and across organisations, sharing responsibility for results, and continually engaging with the longer term vision, that we will secure our desired outcomes.

In a climate of very constrained public sector resources, this Action Plan requires that all partners and stakeholders involved in its delivery make the best use of existing structures and resources. In that context, it is envisaged that the monitoring of this Action Plan's implementation should be aligned to existing frameworks such as Sport Matters: The Northern Ireland Strategy for Sport and Physical Recreation 2009-2019, and the Northern Ireland Executive's Disability Strategy.

The Active Living: No Limits Forum proposed within the Plan provides an opportunity to establish that linkage and it will be responsible for developing a Performance Management Framework incorporating indicators of success and performance measures.

Active Living: No Limits has a proposed timeframe of five years (2016 to 2021). A truly collaborative investment model must be adopted where existing resources will be used more efficiently and Government Departments and agencies will bid for additional resources, as opportunities arise. The Forum will actively explore and seek to secure support from alternative funding streams.

“I was referred to the Northern Ireland Boccia Squad in April 2013 by the Craigavon Inclusive Leisure officer and I competed successfully in the Irish Championships in September the same year. In May 2014 I was part of the first team from Northern Ireland to compete in the GB Boccia Championships. This was a fantastic achievement for me.”

Scott Cromie



Appendix 1

Active Living: No Limits Strategic Project Board Membership

Kevin Doherty - Chief Executive Officer, Disability Action

Orla McCann - Assistant Director, Disability Action

Robert Heyburn - Senior Sports Development Officer, Department for Communities

Tony Murphy - Head of Sports Branch, Department for Communities

Dale Heaney - Head of Curriculum Team, Department of Education
(to 31.03.2016)

Kieron Moore - Head of Curriculum Team, Department of Education
(from 01.04.2016)

Sarah Malcolmson - Curriculum Team, Department of Education (from 01.04.2016)

Colin Dunlop - Head of Physical and Sensory Disability Unit, Department of Health

Kevin O'Neill - Chief Executive Officer, Disability Sport NI

Ciaran Kearney - Executive Manager, Northern Ireland Sports Forum

Joan Hardy - Head of Equality, Human Rights, Disability and Active Ageing Unit,
The Office of the First Minister and Deputy First Minister (to 31.03.2016)

Rosalind Dempsey - Sexual Orientation, Gender Equality and Disability,
Department for Communities (from 01.04.2016)

Martina Hanna - Head of Sexual Orientation, Gender Equality and Disability
Department for Communities (from 01.4.2016)

John News - Participation Manager, Sport Northern Ireland

Sonia Langasco - Development Officer, Sport Northern Ireland

Anne Lowden - Development Assistant, Sport Northern Ireland

Appendix 2

Active Living: No Limits - Public Engagement and Consultation Respondents

Online Consultation

184 responses were received:

- 91 organisations
- 93 individuals

Demographic information for responding organisations:

- 21 Disability Sports Clubs / Organisations
- 17 Governing Bodies of Sport
- 8 Disability Groups
- 8 District Councils
- 6 Adult Centres / Residential Homes
- 6 Community Organisations
- 6 Schools / Colleges / Universities
- 5 Sports Clubs / Community Clubs
- 4 Government Departments
- 10 Others (including charities, HSS trusts, funding bodies, etc.)

Public Consultation

Five public consultations were held:

- Belfast 1
- Belfast 2
- Session for Deaf and Hard of Hearing
- Derry
- Fermanagh
- 71 individuals / representatives from organisations attended
- 7 Strategic Project Board members attended

Appendix 2 (continued)

Public Consultation Attendees	
Individuals	Organisations
Robin Beattie	Action on Hearing Loss
Jill Braden	Antrim and Newtownabbey Borough Council
Joe Burke	Armagh City, Banbridge and Craigavon Borough Council
Simon Byrne	Autism Initiatives
Barry Campbell	Belfast City Council
Paul Canning	Belfast Health and Social Care Trust
Stephen Carr	Belfast Lough Sailability
Michelle Cowan	British Gymnastics
William Graham	Blind Sport Network
Alfred Hagan	Canoe Association Northern Ireland
Tanya Harron	Causeway Coast and Glens Borough Council
Alice Johnston	Cedar Foundation
Michael Johnston	Cricket Ireland
Dieter Klein	Disability Action
Uwe Klein	Disability Sport NI
Davide La Masa	Far and Wild
Cathal MacElhatton	Foyle Deaf Association
Bernie McCaffrey	Fermanagh Omagh District Council
Eamon James McCaffrey	Foyle Sign Language Centre
Ryan McCartney	Hands That Talk
Adam McCormick	Lisburn City and Castlereagh Borough Council
Edel McKenna	Mid and East Antrim Borough Council
Brian Murray	Multiple Sclerosis Society
James Newell	Natural High
Mary O'Donnell	Newry, Mourne and Down District Council
Thomas Quigley	Northern Ireland Association of Visually Impaired Bowlers
Danny Rea	Northern Ireland Deaf Sailing
Anthony Sinclair	Outdoor Recreation Northern Ireland
Daniel Voss	Royal National Institute of Blind People
	Special Olympics
	Ulster Supported Employment
	Western Health and Social Care Trust
Strategic Board Members	
<ul style="list-style-type: none"> • Robert Heyburn - Department for Communities • Colin Dunlop - Department of Health • Orla McCann - Disability Action • Ciaran Kearney - Northern Ireland Sports Forum • John News - Sport Northern Ireland • Sonia Langasco - Sport Northern Ireland • Anne Lowden - Sport Northern Ireland 	

Appendix 3

Active Living: No Limits Timeline

Project initiation phase:

May - June 2015

- Strategic Project Board engagement
- Project planning and goal setting

Pre-consultation phase:

June - July 2015

- Desk based research
- One-to-One Stakeholder engagement

Public engagement and consultation phase:

July - August 2015

- Online survey launched and completed

September - October 2015

- Public consultation event - Lakeland Forum, Enniskillen
- Public consultation event - Park Avenue Hotel, Belfast
- Public consultation event - Foyle Arena, Derry
- Public consultation event - Kinghan Church, Belfast
- Public consultation event - Sport Northern Ireland, Belfast

Drafting phase:

October 2015 - March 2016

- Strategic Project Board analysis of public engagement and consultation information
- Strategic Project Board Action Plan and vision development

Approval and completion phase

May - September 2016

- Final public consultation
- Action Plan revisions

NB: The public consultation and engagement sessions were independently facilitated by John Kremer, Equality Advisor.





This document has been produced in clear print (Arial font size 12) and is also available in alternative formats, including electronic formats, large print (Arial font size 16 or larger), BSL and ISL on request by emailing **info@sportni.net** and online at **www.sportni.net**

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