



Lothian Disability Sport

www.lothiandisabilitysport.co.uk

Development Plan 2011 - 2015

LOTHIAN DISABILITY SPORT

Development Plan 2011 - 2015

Vision : To lead the development in Lothian of sport for people with a physical, sensory or learning disability, in partnership with key local agencies.

INTRODUCTION

These are exciting times in sport as we look forward to the Special Olympic World Games in Athens in 2011, the London Olympics and Paralympics in 2012 and the Commonwealth Games in Glasgow in 2014. It is unprecedented to have two major events in the UK in such a short space of time and there are, understandably, national initiatives in place to ensure our athletes are better prepared than ever and also to ensure a legacy for everyone once the last medals have been awarded. Lothian Disability Sport has already benefitted from some of the developments and we intend to be in a position for this to continue over the period of this plan. The period of our previous plan, 2006 – 2010, saw LDS build on earlier progress and having a full time Disability Sport Co-ordinator in post for virtually all of this period meant that we were able to turn many ideas into reality. We are indebted to the four local authorities in Lothian for their continued financial, and practical, support without which we would not be in a position to employ a full time member of staff and we must again pass on our thanks to them. External funding has been another part of the jigsaw and we must also thank the Robertson Trust for its valuable contribution over the past five years. The recent creation of a network of Regional Managers across Scotland was an opportunity for further development of the LDS post and we were delighted to enter into a three year agreement with Scottish Disability Sport in November 2009 to host the post of East Regional Disability Sport Manager. Much of the job remit overlaps with that of the LDS Disability Sport Co-ordinator, other than work in the Scottish Borders, and the financial contribution has provided job security at least until late 2012. Beyond this we will need to see what plans there are nationally for the continuation of the Regional Manager posts before taking stock of our own situation locally.

We are proud that the number of athletes from Lothian competing at national level continues to rise and it remains an important part of our work to ensure everyone can compete at the level to which they aspire, from recreational to international. With two major events on our doorstep in the next four years there will be a real focus on those athletes performing at the highest level and we will continue to provide as much support as we can to encourage even greater numbers to try and attain this level. We will not lose sight, however, of those wanting to participate purely for fun, exercise and social interaction and, while success by our performance

athletes has a positive effect on those just starting out in sport, we will also put our efforts in to increasing opportunities in schools and clubs.

No activity at all would be possible without our coaches and volunteers and a big vote of thanks must go to everyone who has helped over the past four years. Continued recruitment of and support for these invaluable individuals is a key area in this Development Plan and one on which the success of other elements of the Plan depend. The same can be said for the key areas that are Governance and Communication and we recognise that we cannot be complacent. For this reason we have given ourselves some challenging targets in these areas over the next five years.

We believe our Development Plan 2011- 2015 will help us further develop a lot of good work that has gone previously and we look forward to the next few years with confidence.

Abbreviations used:

LDS	Lothian Disability Sport	DSC	Disability Sport Co-ordinator
SOL/SO	Special Olympics Lothian / Special Olympics	OSCR	Office of Scottish Charity Regulator
LA	Local Authorities	MOR	Minimum Operating Requirements
RDM	Regional Development Manager	SDS	Scottish Disability Sport

KEY ACHIEVEMENTS 2006-2010

Developing Sports

- 34 athletes selected to represent Scotland in 10 different sports
- 18 Lothian athletes competing in world class events
- 11 Lothian athletes, 3 coaches, 1 assistant team manager at SO World Games, Shanghai 2007 : 11 gold, 7 silver medals
- 1 Lothian athlete at Winter Paralympics, Turin 2007 : 1 silver
- 2 Lothian athletes in first ever Scottish squad to attend CP World Cup, Brazil 2007
- 5 Lothian athletes at Paralympics, Beijing 2008 : 2 silver , 3 bronze medals
- 1 Lothian athlete at Special Olympics World Winter Games, Idaho 2009 : 2 silver medals
- 72 athletes, 18 coaches representing 9 different sports attended National Special Olympics Summer Games Leicester 2009
- 1 Lothian athlete at Commonwealth Games Delhi, 2010 : 1 silver
- Approx. 190 athletes representing the branch at SDS events annually
- 12 Lothian championships events annually
- 3 Lothian training squads
- £8800 allocated in grants to individuals and organisations
- Hosted SDS Seven a side Football Championships 2009

Communication

- Annual calendar of events produced
- Lothian Disability Sport web site updated regularly

Education & Training

- 11 coach education courses run
- Database of all coaches and volunteers set up
- Volunteer induction pack produced

Governance

- Comprehensive Ethics and Equity policies and procedures put in place
- Recruited new Disability Sport Co-ordinator in March 2007
- 22 affiliated clubs/organisations
- Strong partnerships with Lothian Special Olympics, local authorities in Lothian including Active Schools and Sports Development, University of Edinburgh
- Job outlines produced for positions on Management Committee
- Met Minimum Operating Requirements required as a branch of SDS
- Agreement with SDS re joint funding of Disability Sport Co-ordinator / East Regional Manager post
- £35,900 raised through fundraising

TARGET SPORTS 2011- 2015

We will continue to categorise sports as Priority, Development and Participation in order to make the best use of resources. As anticipated some sports have moved into a different category since the previous plan was written and it is expected that this will continue to be a flexible arrangement. The highest level of assistance will be offered to those sports identified as 'Priority' sports with 'Participation' sports receiving assistance as and when it is considered appropriate.

Priority sports	<i>Athletics, Basketball, Bowls, Football, Swimming, Boccia</i>
Development sports	<i>Archery, Badminton, Powerlifting, Tennis</i>
Participation sports	<i>Golf, Ski-ing, Table tennis</i>

CRITERIA

PRIORITY SPORTS

- * SDS/SO strand 1 or 2 sport
- * regular competitive opportunities
- * good participation levels across all local authority areas
- * local elite athletes in the sport
- * Scottish representative teams in the sport
- * national co-ordinator

DEVELOPMENT SPORTS

- * SDS/SO strand 1 or 2 sport
- * lower participation levels than priority sports
- * less established at elite level
- * competitive pathways available
- * links to representative teams/ national co-ordinator

PARTICIPATION SPORTS

- * relevant to local area
- * local resources available
- * competitive pathway not established
- * links to other initiatives

Additional sports may also be included but it is anticipated that these will mainly be 'Participation Sports'

1.0 Key Area: Developing Sports

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
1.1	<p><u>Participation</u></p> <p>To increase opportunities for people with disabilities to participate in sport in a safe and secure environment.</p>	<p>Pupils with a disability attending mainstream schools are aware of opportunities and are encouraged to participate.</p> <p>Students in higher and further education are aware of opportunities and are encouraged to participate</p> <p>Increase disability sport specific opportunities in each LA area</p> <p>More people with disabilities introduced to new and existing activities. Support and training provided to clubs.</p> <p>More sports specific clubs available</p> <p>Strong links with mainstream governing bodies of sport</p>	<p>LA / Active Schools lead DSC support</p> <p>DSC</p> <p>DSC lead LA support</p> <p>DSC/ LA</p> <p>DSC/ Governing Bodies</p> <p>DSC/ Governing Bodies</p>	<p>annually</p> <p>Dec 2014</p> <p>ongoing Dec 2011</p> <p>Dec 2014</p> <p>ongoing</p> <p>ongoing</p>	<p>3 talent development events held in association with Active Schools Target - 60 pupils in total</p> <p>2 talent development events held over period of plan. Target – 20 students attending each</p> <p>8 events run jointly with LA Active Schools/ Sports Development pa Establish a second Run, Jump, Throw athletics club. Target - 12 participants</p> <p>Create partnerships with mainstream clubs. Target – 4. Support and local training opps. provided (key area 2)</p> <p>Support development of activity sessions into properly constituted clubs</p> <p>Joint development plans in place. Target - 3</p>

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
1.2	<u>Competition</u> To create and develop pathways for sports people with disabilities to realise their full potential	Increase competitive opportunities Develop local squads Attend National events Increase number National title holders Increase no. of mainstream schools taking part in annual school calendar of events. Improved transition by pupils from school based activities to local community sports clubs	Sport Co-ordinators lead DSC support DSC / Sport Co-ordinators Sport Co-ordinators Sport Co-ordinators LA lead DSC support LA/ DSC	Dec 2012 ongoing ongoing 2015 June 2015 ongoing	Develop inter region competitions in swimming and bowls and continue on annual basis. Increase no. of squads. Target – 5 Increase nos. in squads by 20% 250 athletes at minimum of 12 Scottish events p.a. 10 each year by 2015 Increase by 50 % (to 12) Target 8 pa from athletics, badminton, boccia, swimming and football

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
1.3	<u>Performance</u> To establish structures for high performance athletes with a disability to achieve their full potential	Raise awareness of national opportunities, events and squads Provide links to National Squads Work with SDS Performance Development Officer to identify local talent and provide appropriate support Support National events programme	DSC Sport Co-ordinators Sport Co-ordinators lead DSC support Sport Co-ordinators lead DSC support Sport Co-ordinators lead DSC support	ongoing ongoing ongoing annually	Regular updates via website, newsletter, committee meetings & mailshots 40 Lothian athletes in National Squads by 2015 Target – 4 new athletes into local squads pa Host 1 National event p.a

2.0 Key Area: Education and Training

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
2.1	Recruit, support and retain volunteers and coaches	Increase number of volunteers at events, in clubs and on LDS committee	DSC	ongoing	Distribute specific opportunities to relevant agencies i.e. Volunteer Centre, Colleges etc Work specifically with higher and further education institutions to attract 50 student volunteers pa
		Increase no. of qualified coaches	DSC/ Sports Co-ordinators	ongoing annually	4 Governing Body specific or disability related training opportunities p.a. Annual consultation exercise around coaching needs
		All coaches and volunteers are aware of all appropriate LDS policies	DSC/ Sports Co-ordinators	ongoing	Policies available and distributed to coaches, volunteers and Local Authorities
		All coaches and volunteers are aware of all appropriate training opportunities	DSC/ Sports Co-ordinators	ongoing	Regular contact maintained through e mail distribution to all on database
		Volunteers and coaches feel valued	Management Committee	annually	Continue annual award scheme
2.2	Provide training opportunities	Local training opportunities available on a regular basis	DSC	ongoing	4 disability related training opportunities p.a. (eg coaching athletes with a disability/ disability awareness)
		Training opportunities reflect identified needs of local clubs and schools	DSC	annually	Clubs and schools consulted formally on an annual basis.
		Provide links to National Coaching Calendar	DSC	annually	Distribute calendar to all coaches and volunteers on data base

3.0 Key Area : Governance

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
3.1	Maintain an effective branch	Have a committee with a wide range of appropriate skills to support LDS	Chair/ Management Committee	ongoing	Fill vacancies on Management Committee within a 6 month period. Recruit individuals with appropriate skill sets
		Raise sufficient funds to ensure work of LDS continues	Fundraiser/ Management Committee	ongoing	Fundraise £10k per annum Develop and maintain a sponsorship pack
		Secure future of LDS post beyond current 3yr agreement with SDS and support for RDM post	Chair/ Management Committee	Sept 2012	New agreement in place for continuation of RDM post or, if funding ceases, remit of stand alone LDS post agreed
				ongoing	Secure funding to ensure continuation of full time post within LDS
		Effectively engage with key partners	DSC lead/ Management Committee Chair	ongoing	Meet with appropriate personnel in each Local Authority area twice per annum. Annual meeting with SDS Annual meeting with SOL
		Ensure LDS is up to date with current national policies, procedures and legislation	Management Committee	ongoing	Continue to implement Ethics and Equity policies and procedures and keep documentation updated Continue to meet OSCR requirements Continue to meet branch MOR
		Improve effectiveness of Management Committee	Management Committee	June 2013	Create sub committees to manage different areas of work New constitution in place to reflect new arrangements
annually	Provide training opportunities for LDS Committee – minimum of one pa				

4.0 Key Area: Communication

	Overall Objective 2011 - 2015	Outcome	Responsibility	Timescale	Targets
4.1	Establish effective communication networks across Lothian	Maintain database of key contacts	DSC	ongoing	Database updated annually and linked to SDS data base
		Market and publicise LDS organised events, courses and competitions	Communications officer/ DSC	ongoing	Produce annual calendar of events Circulate Calendar of Events and Education and Training programme to key contacts Keep website updated Produce annual newsletter
4.2	Raise awareness of LDS	Promote and celebrate sporting success	Communications officer / Sport Co-ordinators	ongoing	Min. of 6 articles in local press per annum
		Produce information leaflet publicising work of LDS	Communications officer/ DSC/ Chair	Dec 2011	Leaflet printed and distributed widely throughout the Lothians
		Bring LDS and disability sport opportunities to the attention of all people with an interest in disability issues—professionals, families, volunteers, etc.	Communications officer/ DSC/ Chair	ongoing	Attend meetings, events, festivals and conferences with LDS information as and when opportunity arises. Minimum of 10 pa.
		Engage with Community Sports Hubs and provide support for inclusion	DSC	June 2012 ongoing	Initial meeting held with all known Hubs within 18 months Establish regular contact/ relevant information and training opportunities.
		Engage with mainstream governing bodies of sport to embed disability sport in all policies, programmes and plans	DSC/ Governing Bodies	ongoing	Regular meetings held with regional managers. Target – 8 meetings pa



Lothian Disability Sport

Supported by

