

Get Yourself Active

Equal Lives – Norfolk

#WhatsYourPB



Who we are:

We are Equal Lives, a user led disability rights organisation that aspires to a world free from disabling barriers. We believe in the social model of disability, whereby you are not disabled by your disability or health condition, but the barriers in society.

What we do:

There are a number of strands to our work that include: campaigning, support services to enable independence and choice, community projects, advocacy services, membership, member group support and disability awareness through campaigns and training.



What's happening in Norfolk



The picture so far...

What is out there regarding sports and activities for disabled people across Norfolk?

- Disability specific sessions.
- Inclusive sports and activity.
- General sports and activity looking to be more inclusive.

So far:

- Specific disability swimming sessions across Norfolk attendance is low - factors may include time-of-day and lack of promotion.
- Lots of disability sport and activities in the Norwich area including; wheelchair rugby, wheelchair basketball, inclusive archery, Boccia, and multisport sessions.



The picture so far... Continued.

- Great Yarmouth area strong links with special Olympians specifically swimming.
- West Norfolk great multi-sport offer across youth and adults

All sports providers keen to be more inclusive and to learn how.



Toms Story:



What's important to me:

- ✓ Choice.
- ✓ Being independent.
- ✓ Being an active member of my community.
- ✓ Seeing family and friends.
- ✓ Working.
- ✓ Staying active and healthy.
- ✓ Keeping my Mental Health in check.

Living NOT just existing!



Opportunities:

- ✓ Keeping active stay active.
- ✓ Improves my mental health.
- ✓ Social interaction and inclusion.
- ✓ Employment

Being an **ACTIVE** member of my community



Challenges:

- Length of time the review process takes (12 Months in my case).
- Number of Assessors (4+).
- On costs not included in the Personal Budget.
- Short break not included.
- Mismatch between my words and that of the assessor.
- Restricting number of activities to one per outcome.
- No travel expenses



Overcoming Challenges:

- Support from Equal Lives advocate.
- Support from peers.
- Wording of Support plan really important.
- Each sport/ activity must be under separate outcomes.
- If you are not satisfied with the outcome challenge it!



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Thank You

