



CHWARAEON DISABILITY
ANABLEDD SPORT
CYMRU WALES



Federation of Disability Sport Wales Annual Report

1st April 2022–31st March 2023

Contents

Message from Gareth Thomas, Chair of Trustees	3
Objectives and Activities	5
Snapshot of the Year	7
Our work towards our Ambitions:	
Strategic Priority 1	12
Strategic Priority 2	27
Strategic Priority 3	24
Strategic Priority 4	60
We Set Out to Achieve	66
Plans for the Future	74

Message from Gareth Thomas, Chair of Trustees

The year 2022-2023 has been a year of significant progress for Disability Sport Wales punctuated by some fantastic events which have showcased the very best of Welsh para sport on the global stage.

As with every other organisation, we continue to adjust to the post-pandemic world, and I have been humbled by the dedication and flexibility shown by the team at DSW to ensure that the communities we serve have been able to once again enjoy access to a full range of inclusive sports and activities. Inclusion is at the heart of who we are. We are determined to continue to give all we can to ensure that opportunities to live a full and active lifestyle are made widely available across Wales as we support our communities through the physical and mental health challenges that Covid-19 stubbornly continues to present.

2022 was the year of the Commonwealth Games in Birmingham. The city put on an extraordinary event which delighted people from across the world. Importantly, para-sport was again integrated into the games which enabled us to showcase not only our amazing Welsh talent but also the range of opportunities available to disabled people who want to maintain an active lifestyle. The level of excitement in the stadium was incredible and I was lucky enough to be there to see Olivia Breen romp home to take gold with a breathtaking performance. She became the first female to win a track and field gold for Wales at the Commonwealth Games in 32 years after triumphing in the final of the T37/38 100 metres. Full credit to all the Welsh athletes who performed so admirably over the course of the games, but there was something incredibly joyous about Livvy's gold!

More locally, we were thrilled to be able to host the Inaugural Para Sport Festival in Swansea. In partnership with Swansea University and the various NGBs, the festival aimed to deliver high quality accessible opportunities for disabled young people and adults. It was a resounding success with over 9,394 participation opportunities available over the course of the event. We are excited to build on this success and continue to grow the event in 2023.



► **Continued: Message from Gareth Thomas, Chair of Trustees**

Sport Wales National Centre played host to the Quad Nations Wheelchair Rugby Championship. It was incredible to see the event work so well and was a great taster for the World Rugby European Championships which will be held in the iconic Principality Stadium in May 2023. Not only does it mark the start of more exciting wheelchair rugby to come, but also sets the scene for Wales Deaf Men's and Women's rugby teams as they prepare to compete in the Deaf Rugby World Cup in Cordoba in April 2023.

This year also saw a significant change in the way that Disability Sport Wales organises the support we provide at a community level. To reflect the increasingly regional nature of demand we moved away from the traditional Local Authority level support model and introduced a regional structure which enables us to make the most effective use of our limited resources. A change such as this is always difficult to navigate as we make changes to the jobs of people who have supported and championed inclusive activities over many years. I would like to extend my thanks to all those who have supported DSW in achieving so much this far.

It is fitting to end by remarking upon the sudden passing Anthony Hughes which rocked our small organisation to its very core. Ant was a giant in the world of para-sport and an inspiration to so many. Arguably single handedly responsible for the incredible pipeline of successful Welsh para-athletes we have seen over the past 25 years. Moreover, to us, he was a friend who we will never be able to replace. To continue his legacy, we will establish the Anthony Hughes Memorial Fund within the Welsh Sports Foundation which will continue to provide financial support for para-athletes who are trying to make the dreams a reality.



Gareth Thomas – Chair, Disability Sport Wales

Objectives and Activities

Overview

The Federation of Disability Sport Wales was established (and is structured in accordance with its Articles of Association) to:

- act as the national development agency for disability sport in all its forms in Wales
- foster, encourage, assist and develop disability sport in Wales and amongst the people of Wales
- maintain and raise the standard of disability sport in Wales and promote Welsh disability sport at an international level
- formulate, issue and enforce in respect of disability sport in Wales:
 - (a) codes of ethics and conduct
 - (b) disciplinary procedures
 - (c) measures for the proper protection and welfare of children, young persons and vulnerable adults
 - (d) anti-discriminatory procedures; and
 - (e) any other rules and regulations which are deemed appropriate by the directors of the Company from time to timeand to ensure that all the above are properly promoted to and observed by the Member Organisations of the Company and participants of disability sport in Wales; and
- do all other things necessary or desirable for the promotion of the interests of disability sport in Wales and amongst the people of Wales.

We are more commonly referred to as Disability Sport Wales.

We are working to achieve our charitable purposes by supporting the achievement of Sector Vision for Sport — *An Active Nation where Everyone can have a Lifelong Enjoyment of Sport* — and in our Mission, through our values and with our ambitions.

DSW Mission

influence, include, inspire, insport

DSW Values

Champion Everyone

We believe in meaningful opportunity, broad diversity and great achievement, with people at the centre of all we do.

Value Growth

We listen and learn.
We nurture, share and support.

Proudly Welsh

Together we are dedicated, passionate and welcoming.

Highlight Possibility

We are ambitious, creative and resourceful.

Success is measured quantitatively and qualitatively for impact and learning so that we can ensure investment is focused in the right areas, programmes support inclusive understanding and development, and partnerships bring about inclusive cultural change.

Snapshot of the Year

579 Organisations engaged in insport
6% up from 545 in 2021-22



520 clubs working to a Standard of insport Club

1 club achieved insport Club Gold

1st

insport Third Sector Gold Standard awarded (Urdd)



8 organisations presented for an insport Standard

28 NGBs in Wales working towards insport NGB

2 working toward Ribbon

7 Ribbon

11 Bronze

6 Silver

2 Gold

9 insport Third Sector Organisations



422 Volunteers

350 clubs
72 GOGA

Ewch Allan / Get Out
Byddwch Actif / Get Active

934

GOGA Participants

SNAPSHOT OF THE YEAR



1,351

participants at
SPAR insport Series Events



792

people attended the inaugural
Para Sport Festival in Swansea



14 people in the Disability Sport Wales
National Team (9 full time, 5 part time)

PODCAST

7 #JustAsk
Podcasts



996

spaces on courses were sold



DISABILITY SPORT WALES
Performance Pathway

119

athletes involved with
Performance Pathway Hubs

96 people completed the #Inspire
performance athlete signposting form



19 Para Athletes were selected making
10% of the Commonwealth Games
Welsh Team.



9 medals

were achieved which equates
to 32% Team Wales Medals

2 PBs
3 CRs

2 Personal Bests and
3 Commonwealth Records
were achieved by Welsh athletes



1412



people did UK Disability Inclusion
Training (UK DIT) courses



1 Virtual Awards
Celebration

A tribute to Anthony Hughes MBE

Words by Fiona Reid



Photo: Ant with the DSW National Team launching our strategy at the Senedd in 2019

The new year started with some tragic news, and the unexpected passing of Anthony Hughes MBE. Ant was the Performance Manager for Disability Sport Wales and had been with DSW from the start. His vision and intuition about people and their potential was a significant part of his magic, his knowledge of impairment and classification was unparalleled, and his commitment to identifying resources to forge people's futures had single focus.

Anthony had been a Paralympian himself, competing in the 1992 Barcelona Paralympic Games and following that up in 1994 with a world record and a World Championship silver medal in the shot. He was also a high-performance coach for British Athletics, and part of the coaching teams at British, European and World championships as well as at the Beijing, London and Rio Paralympic Games. His career prior to sport had been varied, with a degree in Fashion Design and History of Fashion Ant had owned his own tailoring shop and then moving on to become the Head of Department for textiles at Derwen College, Oswestry. Friendships and opportunities then led him to become Chair of the Federation of Sports Associations for the Disabled Wales (now Disability Sport Wales), and he then became the first and only Performance Manager in 1999.

Ant was the cornerstone of our team. He was a constant, an advocate, a visionary, a friend, and someone who would fight for anyone who he felt wasn't being given the right opportunities – inside or outside of sport. We can not replace Ant's unique skill set or his place within our team, but we can continue his legacy; we can continue to work with everyone to ensure sport is everyone's right if they want it, that being physically active is something we can all be, and that potential and desire is recognised in everyone.

Ant's impact can be felt throughout our achievements this year, for all the years gone by and all those to come. He was fearsome and fearless, and we share his passion, determination, and love for Welsh sport, we will support it to be inclusive and we will share his influence.

Our Ambitions

Strategic Priority 1

Establish effective partnerships for an inclusive sector culture

Success within this priority area will ensure that all organisations connected to physical activity (including sport) in Wales will embed, develop and co-promote inclusive cultural change. Our programmes and initiatives with partners are fundamental to this.

DSW seeks to achieve this strategic priority predominantly through:

- Our insport Programmes
- Our insport Series Events
- Our Community Programme

Strategic Priority 1

insport Programmes

These are a series of projects which provide partners with a toolkit for inclusion across the sport and active recreation sector. They particularly focus on:

insport
CRC / NGB

National Governing Bodies (NGBs) of sport in Wales through insport NGB

insport
CLWB / CLUB

Clubs and sessions based in Wales through insport Club

insport
DATBLYGU
DEVELOPMENT

Local Authorities (LAs) across Wales through insport Development

insport
TRYDYDD SECTOR
THIRD SECTOR

Third sector organisations operating in Wales through insport Third Sector

insport
RHUBAN RIBBON



What we have achieved: insport Programmes

The insport programme has continued to progress over this period, with four panel dates delivered over the year, and seeing seven organisations achieving their next standard of their insport programme (2 Ribbon, 3 Bronze, 2 Gold).

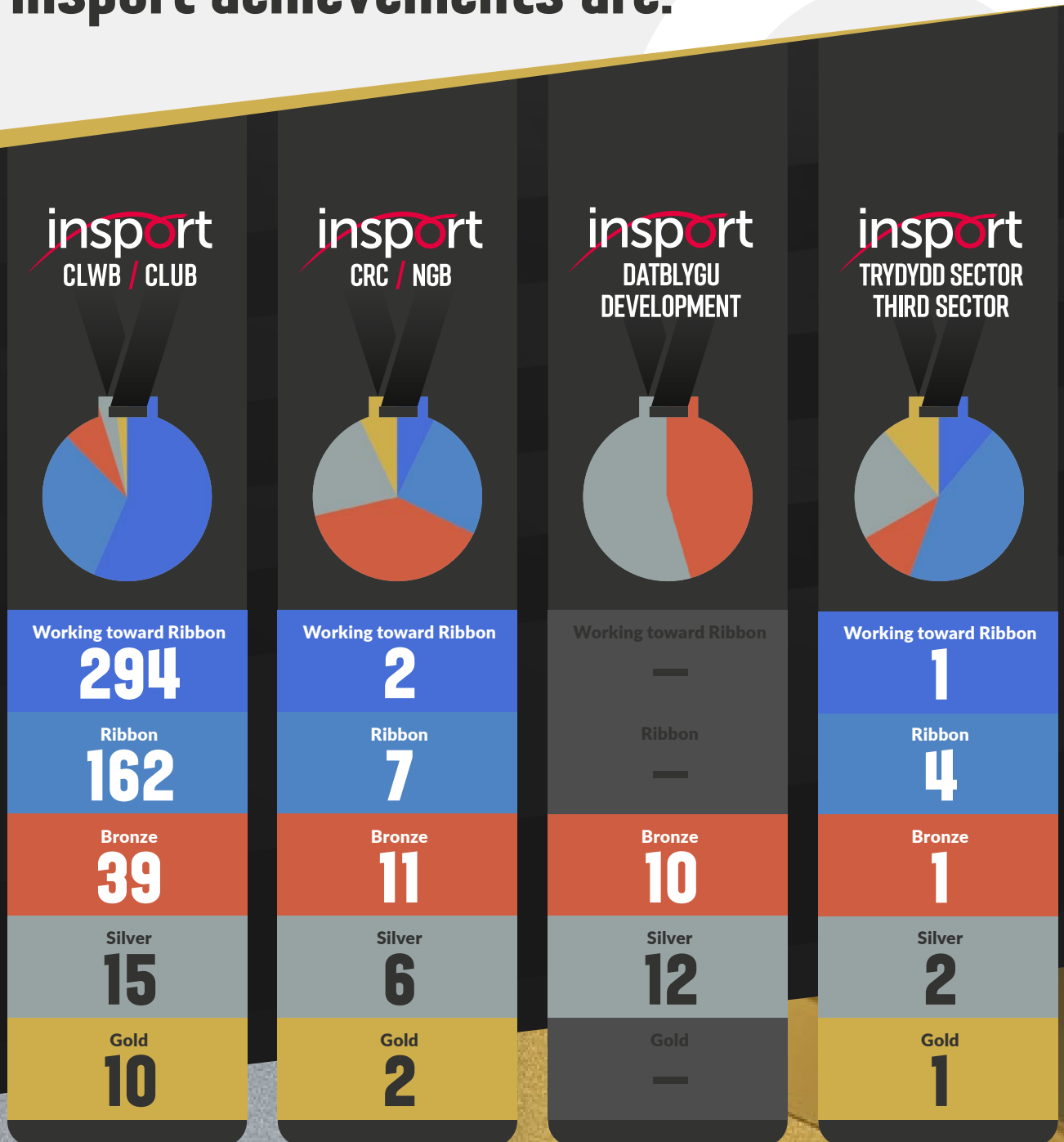
Significantly this year we have seen the first Third Sector organisation achieving Gold standard. The Urdd achieved Gold standard which coincided with their Centenary. Case Officers supported progress with 28 NGBs and nine Third Sector organisations.

insport Panels (which are the method through which organisations submit the support against the aims for the standard they are working towards and are then awarded, or not, that standard) and the training for panel members, have continued to be facilitated virtually. Two insport NGBs and five Third Sector organisations have come to panel during this period.

Byw'n Iach (delivering sport and leisure in Gwynedd) are continuing to progress through insport Third Sector and achieved the insport Third Sector Bronze Standard. This panel was hosted fully in Welsh. Whilst this has been a challenge previously due to panel member availability, we have prioritised recruitment to ensure we can host panels in the chosen language of organisations.



The overall progress of insport achievements are:



All 22 Local Authorities (LAs) hold at least Bronze Standard with 12 remaining at insport Development Silver.

Case Study: Gold Organisations

Urdd achieve Gold in Centenary Year

The Urdd have become the first Third Sector Organisation in Wales to achieve the insport Gold standard, recognising their commitment and passion to providing inclusive opportunities for disabled people across the Nation.

The Urdd have made consistent progress with the insport Third Sector Programme and have been successful in their journey from ribbon through to Gold in only 5 years.

“The Urdd’s ambition is to offer an equal service and opportunity in Welsh to all children and young people in Wales. I would like to thank Disability Sport Wales for helping the Movement by educating and sharing information so that we can adapt our activities to provide special opportunities for all.

“Although we have reached the gold award, the conversation and learning still continues, and we look forward to further developing our activities while working together with this special organisation over the coming years.”

– Sian Lewis, Chief Executive Officer, Urdd Gobaith Cymru





Case Study: Gold Organisations

Welsh Gymnastics achieve insport Gold

Welsh Gymnastics have successfully achieved the insport Gold standard, recognising their commitment to providing inclusive gymnastics in Wales, demonstrating a strong commitment and culture throughout the organisation to developing the inclusion of disabled people across their gymnastics communities.

“We’ve got incredibly committed people across our community; our staff, clubs and coaches who have worked tirelessly to help us deliver opportunities for people with disabilities within our sport and to demonstrate that it really is about gymnastics for all in Wales.”

— Bev Smith, Chair, Welsh Gymnastics



Strategic Priority 1

insport Series Events



The partnership between DSW and A F Blakemore (SPAR) which originally started in October 2019, supporting the provision of insport Series Events across Wales, was renewed for a further 3 years extending the partnership until 2025.

The return of face-to-face delivery has enabled insport Series events to be delivered in partnership with several stakeholders to target provision if needed. Examples include the delivery of a powerchair football and boccia event alongside Cardiff City FC Foundation and Whizz Kids, and the recent delivery alongside Special Olympics GB as part of their Summer Series of Sport in Wrexham.

The Para Sport Festival in Swansea provided a platform to showcase insport Series events alongside world level events (World Triathlon Para Series) and global event brands (Ironman) and enabled the return to a similar format to the traditional larger scale events with over 20 sports provided across a single venue.

Of the insport Series Events delivered during the period April 2022 – March 2023 the FDSW recorded a total of 1,351 attendees.

Case Study:

insport Series Events x Wheelchair Skills

Throughout the year insport Series events returned across Wales with the inclusive multi-sport events again providing a route into local and regional sport opportunities for disabled children, young people, and adults.

These events aim to provide inclusive sporting opportunities for disabled adults and young people across Wales. Alongside Whizz Kids, three wheelchair sport focused events were delivered across Wales, offering a range of physical activity and sport opportunities that were fully accessible to wheelchair users.

The events were delivered as part of a wider project to highlight the number of excellent wheelchair sport available across Wales. Linked to the Whizz Kids Moving on Project, aiming to increase the level of wheelchair skills within school aged wheelchair users across Wales, the events provided an excellent opportunity for pupils to utilise these in a sports setting. Activities at each event were mapped against established community opportunities in the local area to ensure that attendees could continue to participate post event.

Key Headlines

Held at: Newport Tennis Centre, Newport,
Plascrug Centre, Aberystwyth,
Plas Coch, Wrexham

Activities available: Powerchair Football, Para Fencing, Table Tennis, Boccia, Wheelchair Tennis, Wheelchair Basketball, Wheelchair Rugby, Wheelchair Rugby League, Indoor Rowing, Squash, Athletics, and Swimming.

The outcomes: The aim is to continue a blend of open and impairment focused events in future to maximise the opportunities for disabled children, young people, and adults to participate in a safe and fun environment.





Strategic Priority 1

The DSW Community Programme

During 2022/2023 14,145 disabled people have accessed physical activity, exercise or sporting opportunities within clubs and sessions. This represented a decrease of 5.5% in the reported figures from 2021/2022. A primary reason for the decrease in the number of disabled people reported was a result of a lower engagement with the Club & Session survey across Wales. As a result, several changes have been implemented moving forward to capture the information required to best support clubs & sessions providing inclusive physical activity (including sport).

Nationally, 382 community clubs and sessions have provided inclusive physical activity or sport within their local communities between 1st April 2022 and 31st March 2023. These were responsible for delivering a total of 19,459 inclusive sessions across Wales within this period, by a total workforce of 2,310 coaches & volunteers, including 350 with a disability or impairment .

Positively, clubs & sessions returning data during 2022/23 demonstrated an increase of 23% within their disabled participant population. This included from all impairment groups (Sensory impairment (blind and partially sighted; Deaf and hard of hearing), Physical impairment; and Intellectual impairment).

Looking at the diversity of the workforce within these environments, 18% of the coaches supporting delivery have an impairment, this represents an increase from 11% in 2021-22. Across the workforce, 58% are Welsh speaking, and 14% identify as being from an ethnically diverse background, with 8% identify as belonging to the LGBTQ+ community.

Workforce diversity



18% have an impairment



54% Welsh speaking



14% ethnically diverse



8% identify LGBTQ+

Case Study:

Ammanford AFC Strike Gold

Ammanford AFC have recently become the first club in Carmarthenshire to achieve the insport Club Gold standard. The club have shown a passionate and dedicated commitment towards inclusion and have quickly progressed through the insport Standards.

“ As a club we are delighted to meet the Gold standard for insport, recognising our inclusivity as a club and provision for our Rhydaman Rangers side. This would not be possible without great support from our dedicated committee and volunteer base, with a big thank you to coach Sion Thomas who started the team back in 2017. We also need to thank Lisa Pudner from Actif Sir Gar who has supported us on our journey with insport, helping us becoming the first Gold standards recognised sports club in the county. Ammanford AFC prides itself on being a community-based club, and we look forward in continuing to increase awareness within disability sport, working closely with various stakeholders to promote football opportunities for all. ”

– Rhodri Jones, Ammanford AFC

“ I am delighted that Ammanford AFC is the first insport gold club in Carmarthenshire and only the second insport gold football club in Wales, this is a tremendous achievement for the club. The meteoric rise was due to the club’s partnership between the FAW and Swansea City Football Trust, nearly all the policies and procedures were in place so there was a smooth transition through from ribbon to gold, the only delay was accessing an equity course due to Covid restrictions.

The Rangers pan-disability team was established in 2017 within Ammanford AFC umbrella and are going from strength to strength playing in the pan-disability league and have secured their own kit sponsors. ”

– Lisa Pudner, Actif Sports & Leisure

Case Study:

Reducing barriers in Vale of Glamorgan

In response to the School Sport Survey (2022) results, the Healthy Living Team within the Vale of Glamorgan developed a number of successful projects through the development of a number of key partnerships.

With the school sport survey demonstrating identified differences in the participation levels of disabled young people in comparison to their peers, the team have actively worked to develop new partnerships to ensure disabled young people have opportunities to access sport & physical activity.

Insight

As part of an analysis into the School Sport Survey, it was highlighted that within the Vale of Glamorgan, 34% of pupils with a disability or impairment participated in organised sport outside of the curriculum three or more times per week, compared to 44% of pupils without.

Identified Barriers to Participation

Following discussions with a number of partners, the following identified barriers to participation needed to be considered during the development phase of any projects:

- Access to quieter spaces for activities
- Time needed to be built into projects to allow activity leaders to build rapport with participants before start of activity
- Promotion / signposting and raising confidence for participants and parents / carers

Outcomes

As a result of developing new partnerships several key projects have been successfully established. These have included developing key links within the community club networks and primary and secondary school settings within the local authority area.

Community provision - Within the Vale, it recognised that whilst there is a vibrant sports clubs network, but it has been identified that there are limited introductory opportunities for children to be active within a group setting and without focusing on one sport only.

A block of family-based physical activity sessions were developed, targeting those families where children do not already belong to local sports clubs and /or targeting those with low activity levels. During the sessions, parents/carers identified that being able to be active alongside their child removed some of the barriers their children had previously faced, and the sessions also provided a positive platform, for both parents/carers and children to recognise that activities were inclusive. All participants attending indicated they were not regularly active nor members of sports clubs and because of participation in sessions, were more motivated and confident to continue to be active.

Secondary School - As a result of a signpost through the Disability Health Activity Pathway scheme and subsequent discussions with family, it was identified that a young person attended an autism resource base within a local secondary school. A team member contacted the resource base to discuss physical activity opportunities not only to support this signpost, but also other pupils within the base. As a result, consultation took place with young people to identify interests and gaps were identified in opportunities. Further consultation with both young people and support staff, due to challenges and barriers faced by the young people (e.g noise related challenges, reduced timetable etc), an additional timetable of extra-curricular provision was developed to support the young people in accessing opportunities. There has been additional provision factored in to enable instructors to build rapport with young people before starting physical sessions to overcome some of the identified barriers.



Strategic Priority 2

Empower an inclusive workforce

In order to change processes, it is essential to have a workforce who understand and drive inclusion at the very heart of where it happens. Ensuring that current and future workforces understands and represents inclusion and diversity and has a range of resources at their disposal with the power to change attitudes and behaviours is critical to DSW's purpose.

Education and Training

This area encompasses a suite of resources and training which are intended to influence, educate, and enhance confidence about disability sport provision, participation, and engagement.

The UK Disability Inclusion Training population-specific approach enables information and approaches to be relevant to everyone's experiences, with the Play Together and UK Disability Inclusion Training Education workshops aimed at engaging children in school years 5 and 6 (aged 7 – 11 or progression steps 2 and 3) and their educators to include everyone in the playground, within PE, and extra-curricular activities.

The UK Disability Inclusion Training (UK DIT) for coaches and volunteers is a programme of training specifically designed for coaches and volunteers who are either delivering or considering delivering within community and/or performance settings.

UK Disability Inclusion Training (UK DIT)

BrightSpace (the Virtual Learning Environment DSW invested in at the beginning of 2021) went live with its first courses in December 2021. The Level 1 e-learning module of the UK DIT (Coaches and Volunteers) workshop is intended to provide a basic introduction to inclusive practice and is aimed at all those looking to make sport and physical activity more inclusive. This training is fully inclusive with captions and BSL overlay. UK Disability Inclusion Training Level 2 provides further knowledge and understanding of inclusive practice and the theory behind it. For instance, it covers understanding legislation, effective communication, an in-depth discussion on how to deliver inclusively, and examples of inclusive delivery. UK Disability Inclusion Training Level 3 provides a detailed application of inclusive practice, reflection of delivery of inclusive practice, and challenges and solutions when delivering inclusively.

Over the course of 2022/23, 1222 learners have accessed the UK Disability Inclusion Training (DIT) level 1 course, 162 learners have attended the UK DIT level 2 course, and 28 learners have attended UK DIT Level 3 courses.

The FDSW currently have a workforce of 22 tutors (11 North-based, 9 South-based, and 2 based in West Wales) who have all achieved their L3 Award in Delivering Learning (ADL) or L3 Award in Education and Training (AE&T) and engage with two workforce development sessions annually.

UK Disability Inclusion Training
for Coaches and Volunteers

Disability Sport Wales is offering UK DIT courses via a mixture of online and face-to-face learning.

- Perceptions and Experiences
- Good coaching practice and the implications
- Challenges to and solutions for participation
- Key points around legislation relating to coaching and volunteering in sport
- Disability Sport pathways and classification
- Where to go for further help and guidance
- The application of this to a practical environment

Find out more at disabilitysportwales.com/ukdit

CHWARAEON ANABLEDD CYMRU WALES
DISABILITY SPORT WALES

1,222 learners at Level 1



162 learners at Level 2



28 learners at Level 3



UK DIT Education

The UK Disability Inclusion Training Education course has been specifically designed for teachers and education staff. The course is aligned with the New Curriculum for Wales and the development of physical literacy within pupils is at its core.

This course is ideally suited for teachers and education staff who are delivering to pupils who are disabled and non-disabled and want to learn more about inclusive delivery. It provides guidance on how to deliver inclusively, create a child-centred approach, effective communication, along with ideas for inclusive sport, physical activity, and extra-curricular activities.



Play Together

Play Together is a fun and creative inclusive learning programme aimed at primary school pupils in years 5 and 6 (progression steps 2 & 3). The aim of Play Together is to help pupils create innovative way to include all children in the games and activities they play. The workshop enhances children's knowledge of disability, language and terminology, inclusive activities to play, and explore inclusive equipment.

Case Study:

Cardiff Met Sport x Play Together

Over the Autumn term, Cardiff Met Sport developed a plan to roll out Play Together workshops across Primary Schools within the Southern Arch of Cardiff. As a focus area for the city because of the higher levels of deprivation, all schools were offered the opportunity to participate. An initial eight schools were included in the pilot phase, with workshops provided for all Year 5 pupils.

The Project:

- Developing a workforce to deliver: a key member of the Met Sport team was upskilled to lead the workshops and paralympic sport focused sessions by attending a UK Disability Inclusion Training workshop. Three Cardiff Met student placements were recruited and upskilled to support the delivery.
- Identifying the participants: initially focusing on the southern arch of Cardiff, eight schools formed part of the pilot phase.
- Delivery: the identified workforce, initially supported by the Disability Sport Coordinator were mentored to deliver the workshops. Each of the three students eventually completing an 80-hour placement each.

Outcomes:

Between October and December 2022 eight Primary Schools welcomed Met Sport to deliver the project. In total over 400 children have participated to date and received Play Together certificates. Due to the success of the pilot the offer then went out to all Primary Schools in Cardiff in January 2023. Within a matter of days fourteen more schools had signed up. By the end of March 2023 over one thousand children attended a Play Together Workshop and Paralympic Sports experience over a six-month period.

Even though I considered myself inclusive in the way that I have been working previously, delivering the Play Together workshop has not just opened my eyes to inclusion but has put inclusion into the forefront of how I might plan and now do my day-to-day work.

“It has been refreshing listening to the children in school and how they are afraid to put a hand up and ask questions at the beginning of the workshop, but by the end when you are asking them, they have plenty to say on what they have learnt and how they might put into practice playing with disabled children.”

– Huw James - Schools Lead (Competitions and Events Officer) - Met Sport

“The sessions were really informative and enjoyable for the children ... The children, and myself, thoroughly enjoyed the experience of taking part in GoalBall, Seated Volleyball and Boccia - we will definitely continue to play these sports in the new year. A great session for the children to become more ethically informed citizens as well as healthy confident individuals.”

– Mike Carne - Year 5 Teacher - Rumney Primary School

“Brilliant fun and clearly explained how to include all pupils in adventurous games. Just what I was hoping for.”

– Year 5 Teacher - Llanishen Fach Primary School

FEATURE

International Women's Day

Open to females and allies from communities in all levels of physical activity including sport, the inaugural International Women's Day Learning Event was hosted in Cardiff to celebrate International Women's Day, while also establishing a platform to highlight best practice within inclusive provision.

An evening of workshops and networking to celebrate International Women's Day, the Disability Sport Wales hosted event consisted of workshops, focusing on supporting female participation in sport. The aim of the event was to offer a great inclusive experience while developing the knowledge of how to support the female participation in physical activity including sport.

The series of 30-minute workshops were delivered by a range of Paralympic athletes, and those with expertise within their respective fields.

- Menna Fitzpatrick delivered an overview of her athlete journey, as Paralympic GB's most decorated winter Paralympian,
- Lora Roberts MChiro LRCC, a former Associate Chiropractor and current lecturer of chiropractic at the University of South Wales delivered a workshop on the female body and the benefits of inclusive physical activity,
- Pippa Britton closed the event with an overview of her journey from performance as a Paralympic archer into sport and wider governance roles.

The aim is for the event to travel around Wales annually to promote best practice and to continue the growth and development of inclusive provision for women & girls in sport.



Strategic Priority 2

Volunteers

Across all its provision, the activities provided by and in partnership with DSW are entirely dependent on volunteers. Volunteers underpin the sessions, they are the life blood of the Get Out Get Active programme (see p48), they work with the local authorities on insport Club, they support events, and they attend the education and training intended to support their provision.

Volunteers are a huge support to the work of DSW and the support that they provide to the delivery of inclusive sport and physical activity within Wales.

422 Volunteers

support clubs, sessions and events delivered in partnership with Disability Sport Wales





Strategic Priority 3

Enable robust inclusive pathways

Support throughout the sector for involvement in, engagement with, and the development (across the age ranges) of physical competencies for physical activity (including sport) is key to ensuring that disabled people are as likely to have lifelong enjoyment as non-disabled people.

Providing viable pathways to be involved, to progress along, to re-enter and to compete within is essential.

Strategic Priority 3

DISABILITY SPORT WALES

Performance Pathway

Aimed at identifying and supporting emerging athletes across Wales, athletes are provided tailored support in a tiered structure which intends to develop physical literacy as well as sport specific exposure. Provision is to all athletes who have the potential to progress in Paralympic, Commonwealth, Virtus, Deaflympic and Special Olympics pathways.

The programme also supports elite (disabled) athletes via a range of performance services who are within or transitioning on to UK, GB or Welsh programmes for Paralympic or Commonwealth Games.



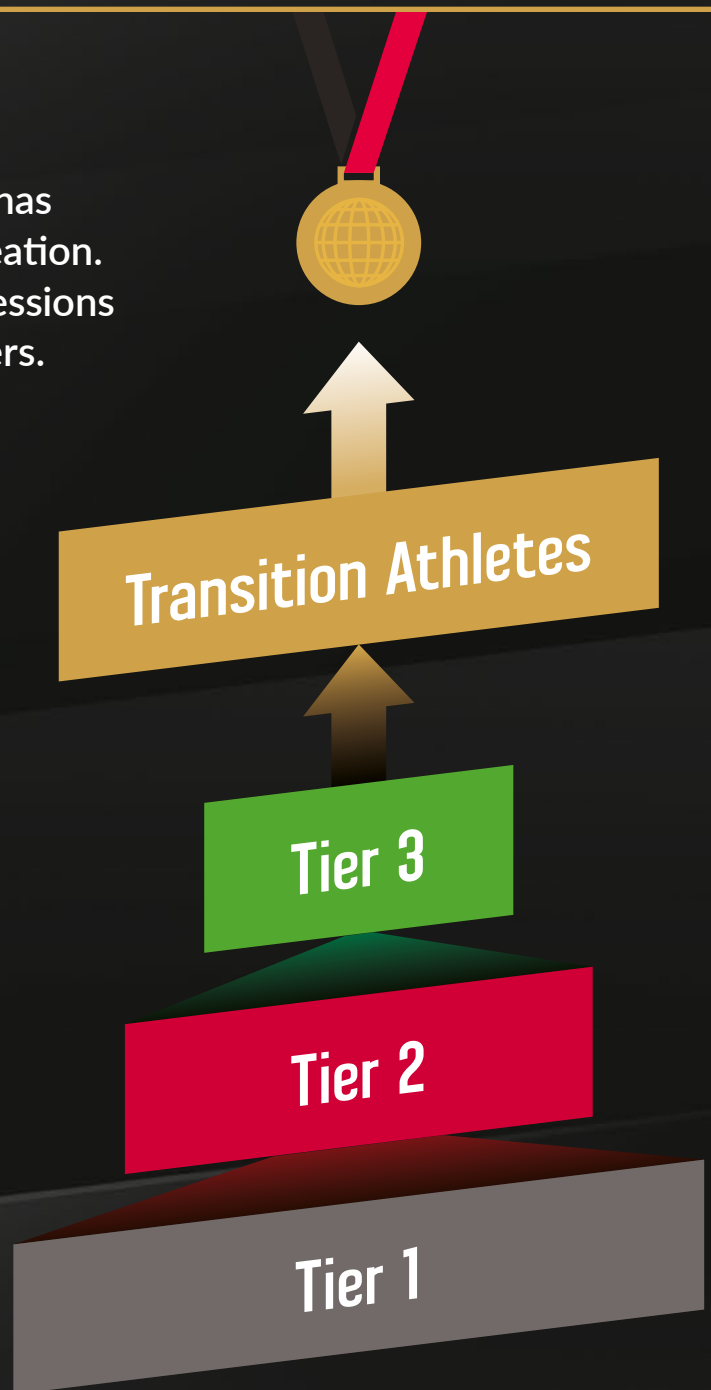
Photo: Athletes prepare for a wheelchair tennis drill at a Performance Pathway Hub

The Performance Pathway Programme has completed the first full year since its creation. A blended mix of virtual and practical sessions were delivered to athletes within the tiers.

The Performance Pathway Hub (PPH) programme cycle runs from September to July, meaning the 22-23 year began with the end of the 21-22 PPH cycle. Three sessions (2 virtual and 1 practical) were delivered from April to July. For the new cycle, starting in September, the decision was made to increase the number of practical opportunities, from 4 in 21-22 PPH cycle, in the form of PPH day camps held across Wales.

Nine day-camps are offered, with the aim of developing physical competencies, fundamental movement skills and the knowledge, motivation and confidence for attendees to take ownership over their own journey in sport. Webinar sessions continue to be offered to Tier 3 athletes with topics including social media, nutrition, performance lifestyle and clean sport. Up to the end of the 22-23 financial year, the PPH has delivered 5 day-camps and 3 online virtual sessions with a further 4 day camps and 3 virtual sessions in planning.

Performance Pathway Hub structure is established and sets out a 3-tier system of support, opportunity, and expectation. Tier 1 and Tier 2 Hub athletes will be participating in a range of activities, whilst Tier 3 Hub athletes are more likely to specialise in a single sport.



Case Study:

Tier 1 Hub athlete

A 10 year old, new signpost through the #inspire form enjoys sport but had little understanding of para/disability sport pathways. They have attended PPH day camps and tried sports such as para powerlifting, athletics, and badminton.

They have also been signposted to sport specific taster sessions which has resulted in them being invited to further swimming sessions lead by Swim Wales.

This individual continues to try new sports but is interested primarily in swimming and athletics and is hoping to be classified in both sports when an opportunity arises.

Case Study:

Tier 2 Hub athlete

A 15-year-old engaged with the PPH through the inspire campaign with previous recreational interest in swimming and a new interest in boccia. The athlete was signposted to insport series events which enabled them to connect with the Swim Wales pathway coaches.

They have continued to swim in local swimming lessons. The individual attended one to one and small group boccia sessions lead by the Boccia Coordinator, Performance Pathway Senior Officer, and the Performance Pathway Officer.

This led to the individual competing in the Welsh Boccia Championships for the first time in 2022. The individual continues to attend PPH day camps to experience new sports and develop in their primary sport of boccia. The individual is looking to get classified in boccia at the earliest opportunity.

Case Study:

Tier 3 Hub athlete

A 16-year-old participant in golf, athletics, cycling and snowboarding. The participant was very active before acquiring their impairment. The participant had identified a goal of competing in athletics for the first time and has been attending the PPH online and day camp sessions to support this goal since 2021.

Performance Pathway Senior Officers (PPSOs) and the Performance Pathway Officer have provided outreach support to help the participant return to athletics which has included arranging one-to-one training sessions with a familiar coach, supporting the participant and their family through the National classification process, attending local club training sessions with the participant, ongoing communication with the club coach, working with Welsh Athletics to identify inclusive competition opportunities and offering a para specific competition opportunity through the DSW athletics club.

The participant achieved their goal of competing in athletics at the National Junior Disability Athletics Championship in July 2022. This athlete was made aware of a talent transfer opportunity which would allow them to work towards selection for the Commonwealth Youth Games in Para Athletics. DSW and Welsh Athletics supported the athlete to identify and work with a new coach. The athlete was nominated by Team Wales to the CGF for selection to compete.

- Para events will be included and integrated within the Commonwealth Youth Games for the first time in history. The event which will include para-athletics will take place at Trinidad and Tobago August 2023.
- DSW and Sport Wales collaborated with UK Sport to establish a network approach to Paralympic recruitment and development. This included exploring Athlete recruitment networks and a British Paralympian development framework.
- The #inspire signposting form is being utilised by the sport sector and key stakeholders to encourage individuals to engage with the Performance Pathway.

- Performance Pathway Athlete Kai Hamilton Frisby was selected to take part in the BBC Children in Need Rickshaw Challenge. A documentary about Kai's journey through sport and how that has made a difference to his life and helped him cope with his impairment was a powerful watch. Kai was also present at the studio and invited live on to the stage.
- Wales hosted the UK Boccia Championships in Swansea in October. Boccia UK were extremely positive and grateful to DSW for hosting and running a successful event. Athletes thoroughly enjoyed themselves and had a very positive experience at a high standard event.
- Commonwealth Games Federation announced that there will be 9 para sports included within the 2026 programme with the addition of para shooting for the first time.
- British Athletics and British Swimming announced the Athletes on their programme which include 6 Athletes from Wales.
- Olivia Breen was crowned 2022 BBC Cymru Sports Personality of the Year following a superb year which saw her win a second Commonwealth title.
- Orthotix and Disability Sport Wales established a partnership which will allow the performance pathway athletes to benefit from expert clinical services and specialist sports medicine bracing.
- 6 para-athletes (4 are PPH participants) were selected to represent Wales or Welsh Schools Athletic Association at a Welsh Athletics U20 International event in Swansea.
- The UK School Games had strong representation from Wales with an increase of 11 Athletes since 2021.
Tennis: 7 Athletes (5 Members of PPH)
Athletics: 7 Athletes (7 Members of PPH)
Wheelchair Basketball: 11 Athletes (9 Members of PPH).
Medals: 5 Gold, 8 Silver, 1 Bronze.

- 14 athletes competed at the National Junior Disability Athletics Championship. The team was led by DSW core staff and supported by volunteer coaches from Welsh Clubs. All 14 athletes achieved at least 1 medal and one member of our team was voted as Athlete of the Competition by the event officials and volunteers.
- The Performance Pathway Hub entered its second year. Outreach support increased, practical sessions took place more frequently (monthly) and a series of Athlete Curriculum sessions was made available virtually.
- A Wheelchair Basketball Celebration event was held at Team Wales House during the Commonwealth Games to highlight the achievement of the young squads and thank the volunteer coaches for their hard work over the last Commonwealth Games Cycle.
- The Commonwealth Games took place during August 2022. Out of eight Para Sports available at Birmingham 2022, Wales had para representation across seven sports.

19 Para Athletes were selected making 10% of the Welsh Team. Team Wales collected a total of 28 medals at the 2022 Commonwealth Games in Birmingham: eight golds, six silvers and 14 bronzes.

From those figures, Para Athletes took home nine of those Medals: (4 Gold, 3 Silver, 2 Bronze) which equates to 32% of Team Wales Medal Total (50% of the Gold medals, 50% Silver, and 14% of the Bronze medals).

- Taekwondo Athlete Beth Munro achieved World No 1 status only four years after identifying her at an insport Series Event.
- Three para athletes were selected to attend the Commonwealth Youth Games GAPS camp in South Africa in March along with their coach, Morgan Jones. The athletes had a short training camp, followed by a competition.

Strategic Priority 3

National Performance Programme

This was an exciting year for para sport. Covid restrictions eased and sport was able to get back to normal and with the Commonwealth Games heading to Birmingham, it was great to see Welsh athletes dominate on the world stage once again.



The 2022 Birmingham Commonwealth Games was set to be the most inclusive games to date, with 8 para events being included in the games.

19 Para Athletes were selected making 10% of the Commonwealth Games Welsh Team.

Para Athletics

Para Track Cycling

Para Table Tennis

Para Lawn Bowls

Para Swimming

Para Powerlifting

3x3 Wheelchair Basketball

Para Triathlon

Commonwealth Games Medals

GOLD



James Ball Para Track Cycling

Men's Tandem B - Sprint with his pilot Matt Rotherham



Olivia Breen Para Athletics

Women's T37/T38 100m



Aled Davies Para Athletics

Men's Discus Throw F42-44/61-64



Josh Stacey Para Table Tennis

Men's Singles Classes 8-10

SILVER



James Ball Para Track Cycling

Men's Tandem B - Sprint with his pilot Matt Rotherham



Julie Thomas and Gordon Llewellyn Para Lawn Bowls

Para Mixed Pairs B2/B3 with their directors Mark Adams and John Wilson

BRONZE



Harrison Walsh Para Athletics

Men's Discus Throw F42-44/61-64



Lily Rice Para Swimming

Women's 100m Backstroke S8

Location: Birmingham, United Kingdom 

When: July 28th - August 8th 2022

Outstanding performances 2022-2023

(outside of the Commonwealth Games)

ANDALUCÍA 2022 WORLD PARA TABLE TENNIS CHAMPIONSHIPS

Paul Karabardak 

Men's Doubles Class MC14 **GOLD**

Grace Williams 

Women's Doubles Class WD14 **GOLD**

Josh Stacey  

Men's Singles Class 9 **SILVER**

Men's Doubles Class MD18 **SILVER**

Rob Davies 

Men's Singles Class 1 **BRONZE**

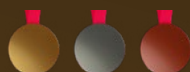
2022 UCI PARA-CYCLING TRACK WORLD CHAMPIONSHIPS

James Ball & Steffan Lloyd

Tandem Team Sprint **GOLD**

Tandem 1km TT **SILVER**

Tandem Sprint **BRONZE**



2022 ICF PARACANOE WORLD CHAMPIONSHIPS – DARTMOUTH

Laura Sugar 

Women's KL3 **GOLD**

2022 WORLD ROWING CHAMPIONSHIPS – RACICE

Benjamin Pritchard 

PR1 Men's Single Sculls **BRONZE**

2022 PISMO BEACH ISA WORLD PARA SURFING CHAMPIONSHIP

Llywelyn Williams 

Men's Kneeling **GOLD**

Athlete Case Study:

Olivia Breen - Para Athletics T38

Olivia Breen has been a figurehead of Welsh Paralympic sport since her debut at the London 2012 Paralympic Games, inspiring so many future athletes into the sport, her charisma and enthusiasm for inclusion and Paralympic sport is infectious which has made her a household name within Welsh sport.

2022 was a great year for Olivia after coming back from the Tokyo 2020 Paralympic Games with a bronze medal around her neck from the T38 long jump, she had to quickly change her focus from long jump to her second event the T38 100m to get herself prepared for the 2022 Birmingham Commonwealth Games, the event where Olivia brought home a Bronze at the 2018 Gold Coast Commonwealth.

Unfortunately, she would not be able to defend her long jump title gold medal from the 2018 games as this event was not included in the program, she had her sights set on more silverware but what unfolded on the night of the 2nd of August was something for the history books as a female Welsh athlete hadn't stood on top of the podium since 1990.

Olivia eased her way into the final taking the second automatic qualification slot behind her English rival Sophie Hahn who has been dominant in the event since her Debut in 2013. With the final looming all eyes were on Sophie Hahn to retain her title, but it was not meant to be for the English athlete, Olivia ran the race of her career finishing the race with a personal best of 12.83 and that all important gold medal and title of Commonwealth Games champion.

On returning from the games the accolades kept on coming in with nominations for 2022 National Lottery Athlete of the Year, Welsh Athletics Senior Female Athlete of the Year and Athlete's Athlete of the Year, and the BBC Wales Sports Personality of the Year.

Olivia Breen gained the top honours in both categories of the Welsh Athletics Awards and also being awarded the BBC Wales Sports Personality of the Year via a unanimous decision by the panel of judges.

Olivia Breen has had a truly remarkable year, and we look forward to seeing what more she goes onto achieve.

Photo © Nigel Bramley / Alamy Stock Photo



Feature Project

Boccia Cymru Development

Following on from the home Boccia project that was launched through the Covid pandemic to ensure that those individuals who were the most isolated could continue to be physically active, the development of a Welsh Boccia pathway has continued to grow.

In March 2022 the DSW Performance Pathway Team took on an intern with a passion for boccia to help develop the boccia pathway within Wales, with their focus to

- **Support in the Identification of new boccia players, forming/hosting a database of players, locations, club links etc.**
- **Work with boccia clubs to provide inclusive opportunities,**
- **Up-skill the workforce and provide appropriate training opportunities.**

One of the many successes of the intern role was their engagement with 10 schools and organisations across South Wales to showcase the sport and upskilling the teachers and practitioners to include boccia with their PE lesson and rehabilitation sessions showcasing the fully inclusive nature of the sport and the benefits it can have. The intern has now been employed as the Disability Sport Wales Boccia Coordinator and their work continues to grow work towards the Boccia Development strategy.





As part of Disability Sport Wales commitment to the sport of Boccia the organisation announced that it would hold the 2022 Boccia UK Championships, this would be the first time that Wales would host the championships since 2014. The event welcomed athletes from across the UK including Paralympic champion David Smith, and other world class players such as Claire Taggart and Jamie McCowan.

The success of hosting the UK Championships has been used to establish additional competition that could be held in Wales to formulate and active and engaged competition pathway, it was also a good way to encourage and inspire future Welsh boccia players into the pathway.

Since the appointment of the Boccia Coordinator, the number of athletes within the pathway has doubled, a new club has been established with more in the pipeline, and coaching qualifications are set for the end of the year.

Strategic Priority 3

Get Out Get Active (GOGA)

Ewch Allan  Get Out
Byddwch Actif  Get Active



A programme funded by Spirit of 2012 and the London Marathon Charitable Trust, this is a partnership with the Home Nations Disability Sport Organisations and other key partners. In Wales 3 localities have been identified to develop partnerships and programmes which will engage the least active of the inactive disabled and non-disabled people.

North Central Wales

Flintshire, Conwy, Denbighshire

Partnership with Pride Cymru and the focus is on disabled and non-disabled members of the LGBTQI+ communities



West and Mid Wales

Pembrokeshire, Ceredigion, Carmarthenshire, West Powys

Partnership with Pembrokeshire County Council with a focus on children, young people and their adults in Elective Home Education environments.



South M4 Corridor

Swansea, Cardiff, Newport

Partnership with StreetGames focused on disabled and non-disabled people from Ethnically Diverse Communities.



What we have achieved: Get Out Get Active #2



Get Out Get Active (GOGA) is a programme created to bring disabled and non-disabled people together to be active. It looks to engage the least active communities in fun, inclusive ways. GOGA is about much more than being active. It strengthens community spirit, increases confidence and improves mental health. It increases the demand for, and the accessibility, of activities. The success of GOGA has come from tapping into people's real-life motivations to be physically active.

As with all other projects over the last year GOGA has had to be flexible with its approach, navigating lockdowns and changes in Welsh Government restrictions. Some of the work on the programme has been engaging with groups and individuals virtually and on social media to map current opportunities and identifying and engaging with potential partners in preparation for delivery. Training has been a focus area with partners going through online Disability Inclusion training, autism awareness training and LGBTQ+ Training. One officer has been appointed this year into each organisation and they are leading the work in each locality.

The core ingredients that underpin the GOGA programme include:

- Reaching the very **least active** disabled and non-disabled people in "active recreation".
- Supporting disabled and non-disabled people to be **active together** through genuinely inclusive environments.
- Focus on engaging people and developing workforce through use of **the ten talk-to-me principles**.
- **Sustainability:** Individuals active for life, Inclusive local system and practice, Transferable learning Inclusive local system and practice.

Case Study



Street Games - South Riverside Community Development Centre partnership

Background

The Young Children & Parent Project (YCPP) works with children and young people aged 0 to 15 years old. Thanks to some funding from Street Games through the GOGA Programme we are now able to provide sport activities for children and young people including those with Additional Learning needs (ALN). The YCPP firstly consulted with the children and young people to find out what sort of things they would like to do. They were mostly interested in trying new sports and activities that they would not normally do in school or with parents.

Horse Riding

The first activity they did was horse riding at the Pontcanna stables. There were 6 participants aged between 7 and 14 years old, none of them had ever mounted a horse before so they were both scared and excited. Once mounted they were in the indoor arena learning how to start, stop, turn and ride their horse.



At the end of the session, they all are looking forward to a second lesson where they will be able to take the horses outside on the train in Pontcanna fields. I will be booking another two follow-on sessions for these children in the May half term.

Badminton

The YCPP also booked 2 courts for 2 hours in Western Leisure Centre so that the children and young people can experience the game of badminton. The young people were taught how to serve and hit the shuttlecock correctly; there were 4 children who had never held a racket however by the end of the session they were gaining confidence and beginning to enjoy the game.



Now the building that hold our sports hall in SRCDC is being refurbished. When it is completed, we will be booking regular badminton and netball sessions for the young people in Riverside.



Llwybr Gweithgaredd Anabledd Iechyd Health Disability Activity Pathway

Strategic Priority 3

This Health-funded initiative was committed as recurrent funding to each Health Board in Wales prior to the pandemic. It placed a part time Health Practitioner in each health board with a remit to effectively signpost disabled people to physical activity (including sport) and support the training requirements of health practitioners to do this. Betsi Cadwaladr University Health Board also host a full-time manager to coordinate the practitioners (when appointed) across the Health Boards.

Despite the delays in the roll-out because of the implications for Health because of the Pandemic, a Health Disability Activity Practitioner has been successfully appointed within each of the seven Welsh health boards and continues to be supported by the Health Disability Activity Team Leader.

The investment for this programme goes directly from Health, monitored by the Welsh Therapies Advisory Committee and into each Health Board. This investment is recurrent and is identified for the part time (0.5) employment of a Band 5 post, plus additional programme resource (£1,000 annually).

The Federation of Disability Sport Wales additionally provide value-in-kind investment through the facilitation of the signpost process between the seven health boards, and their respective local authorities. The Health Disability Activity Practitioners will also be supported by Disability Sport Wales to embed the programme directly between health and local authority and wider partners. Each local authority will ensure that people who are sign-posted to physical activity (including sport) through a health practitioner can be supported or directed into appropriate local activity; or for the growth and development of new activity to service local demand and interest.

Through a staged approach nationally, depending on appointment timelines, the pathway was successfully established within all seven health boards during 2022/23. While continuing to build the pathway nationally, it is now receiving signposts, with a total of 136 signposts received during 2022/23. In addition, 755 health professionals were also trained during the same period.

It is anticipated that as all Health Disability Activity Practitioners become established within their respective health board areas, the number of trained health professionals, and signposted disabled people will continue to grow in 2023/24.



Strategic Priority 3

Wheelchair Rugby Legacy programme with GBWR

The legacy programme is funded by GBWR (Great Britain Wheelchair Rugby) to manage activity that will support the development and the promotion of wheelchair Rugby in Wales alongside the WWR Euro 23 and The Quad nations 22 competition. The Legacy Programme will run from April 22 through to May 23 and will focus on 5 key areas (New club competition, Schools programme, Community engagement, Volunteer & workforce development, and Disability Awareness training).

To support the impact of the Wheelchair Rugby European Championships 2023 and The Quad Nations 2022, the Legacy programme was designed to inspire the development & growth of wheelchair rugby in Wales. The programme looked at the different types of engagement with the sport and where there is the potential to have the greatest impact.



A new club competition

The Legacy programme linked up with the Para Sport Festival to launch the first Welsh Open club competition August 2022.

With four teams (Dragons, Ospreys, Rygbi Gogledd Cymru (RGC) & Tiger Seals) competing the event was streamed on YouTube with 528 views over the day of competition with RGC winners of the inaugural title for the event.

2

Schools Programme Including New Digital Resources

Working with Partners at the Welsh Rugby Union & regional rugby community foundations, wheelchair rugby sessions were delivered in schools and community engagement sessions around Wales.

We have also been working with the WRU on a digital school's platform. The online learning platform uses inspirational, wheelchair rugby-based resources to make the six areas of learning (expressive arts, Health & wellbeing, Humanities, Maths, science & Technology, Languages, Literacy & communication) fun and engaging for all pupils.

We engaged with teachers on two writing days to help build and shape the tasks and look at potential resources.

3

Community Engagement Through the Pro-Club Community Teams and WRU Staff

We have been working with the four pro rugby clubs in Wales and RGC in north Wales to raise the profile of the event and to engage communities in the lead up to the competition.

4

Volunteer and Workforce Development Programme

We are working to train more volunteers to support not only the championship, but to also support wheelchair rugby clubs across Wales by providing opportunities to train to become coaches and support staff for the teams.

5

Disability Awareness Training Package

To use sport as the enabler to rally local businesses to create a more inclusive experience in Cardiff. Encouraging and supporting communities to think beyond our sport and to promote racial, gender and social equality, particularly for disabled people.



Case Study

Quad Nations 22

As part of the lead up to the World Rugby European Championships in May 2023, the King Power Quad Nations was held in Cardiff. Four top nations collided as Paralympic champions Great Britain took on France, Germany and Canada at the Sport Wales National Centre, Cardiff from 16-18 September.

As part of the championships and to further the legacy work already being done around schools' engagement schools were invited to attend to see the opening match where Great Britain took on Germany and to take part in a number of engagement sessions.

100 pupils attended and had an opportunity to try wheelchair rugby on the main playing court, delivered by the WRU, a post-game Q&A from GB player Aaron Phipps and a session using one of the digital school platform tasks to engage with wheelchair rugby and the six areas of learning was also delivered by the WRU.

Clare Hewitt Headteacher of Nayland Primary school, said "Aaron Phipps has been in our school and we have worked with him a few times so loved to have the opportunity to watch him play. We had an amazing day! The children are still talking about it now! And we can wait to come back to the Principality Stadium in May".





Strategic Priority 3



The inaugural Para Sport Festival (PSF) was delivered across Swansea in August 2022. The PSF combines a programme of competitive events with participation opportunities through an insport Series event. The whole programme offers free to access participation or spectating opportunities across a range of elite para sport.

The concept of a para sport event to stimulate and enable the delivery of a multi-sport grass roots and a simultaneous series of competitive events across several sports, the first event of its kind.

Hosting the World Para Triathlon Series (WPS) event in Swansea, connecting in an Ironman 70.3 hosted in the same city at the same time, and extending the opportunity and inspiration through the addition of a Para Sport Festival is incredibly unique, and brings with it huge advantage in longer term legacy for para and inclusive sport within the City of Swansea, its surrounding area, and Wales.

A three-year programme, that will grow the range and level of opportunity and competition provided and will establish Swansea as a go-to City for the provision of grassroots, performance development and elite para and disability sport provision.

The inaugural programme included the largest insport Series event held following the pandemic, alongside a competitive para sport programme delivered alongside many Welsh and British Governing Bodies of Sport. Including representation from leading Paralympic athletes and disabled people competing for the first time. The competitive programme included para sports; Boccia, Shooting, Rowing, Triathlon, and Wheelchair Rugby, while also showcasing competitive opportunities provided through Deaf Rugby.

Case Study

Volunteer Engagement Opportunities at the Para Sport Festival

Ian Bailes led a team of volunteers from SPAR, who were instrumental in making sure visitors to the insport Series event at the inaugural Para Sport Festival had a fun, enjoyable, relaxed, and rewarding time. Ian is an Area Manager with SPAR, covering the stretch from his home in Bridgend and all the way west to Pembrokeshire.



Ian Bailes at the insport Series: Para Sport Festival in Swansea



That of course includes the Swansea region, hence Ian jumped at the chance to volunteer for the Para Sport Festival when Swansea Bay hosted provided a home location for the event.

“We’re proud of the volunteering work that we do as a company and Disability Sport Wales is one of the organisations which SPAR is delighted to support. When volunteering opportunities came along to come and help with the insport Series event at the Para Sport Festival, we couldn’t wait to put our names forward and to assist in any way that we could” says Ian.

“As it was the inaugural Para Sport Festival, we didn’t know what to expect – but it’s been sensational. We’ve been going around the different sports and helping in any way that we can – not so much with the technical things, but a lot of chasing after different shaped balls, helping visitors find their way around the venue and giving out SPAR goodie bags.

“It’s been fantastic to see all the children and adults laughing and enjoying themselves – for us, that’s what it’s all about. Nothing beats putting a smile on children’s faces, and there is nothing better than sport for doing that – me and the team are looking forward to volunteering for more events like this in the future.”

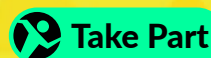
The week-long event showcased elite para-athletes and Swansea as a destination of high-quality para sports. Alongside the competitive para sport events, an insport Series event was also held which allowed participants to try 20+ different sports and be signposted to local clubs.

The primary aspiration of the Para Sport Festival is to fundamentally embed Wales as the trusted 'go-to' home for para sport events. Working closely with Welsh Government the event aims to encourage the continued hosting of major para sport events in Wales.

The Para Sport Festival provided the opportunity to return to larger scale insport Series events for the first time since 2019. Hosted at Swansea University (Singleton Campus) the number of sports provided totalled 22 for participants to try out. All opportunities were provided by Welsh and/or British National Governing bodies of sport and representative of local opportunities. The wider programme consisted of several para-specific and inclusive opportunities, including rugby, football, boccia, golf, table tennis, and orienteering.



2022 Event Schedule



<p>insport Series: Para Sport Festival Swansea Bay Sports Park</p>		<p>Multisport</p>	<p>Aug 1</p> 
<p>insport Series: GO TRI Penlan Leisure Centre</p>		<p>Triathlon</p>	<p>Aug 2</p> 
<p>Para Shooting Welsh Open Swansea Tennis Centre Swansea Rifle Club</p>		<p>Para Shooting</p>	<p>Aug 3-5</p> 
<p>Wales v Home Nations International St. Helen's Rugby and Cricket Ground</p>		<p>Deaf Rugby</p>	<p>Aug 5</p> 
<p>Wheelchair Rugby Welsh Open LC Swansea</p>		<p>Wheelchair Rugby</p>	<p>Aug 6</p> 
<p>Indoor Para Rowing Welsh Open LC Swansea</p>		<p>Para Rowing</p>	<p>Aug 7</p> 
<p>Boccia UK Team Championships LC Swansea</p>		<p>Boccia</p>	<p>Oct 14-16</p> 



9,394 participation opportunities were provided, playing a key role in raising awareness of the availability of physical activity (including sport) opportunities locally with the aim of enhancing the sustainability and interest in inclusive and para sport opportunities alongside a competitive para sport programme.

A key success of the insport Series event also included the impact of participants looking to access ongoing opportunities with a 400% increase in engagement through the inspire process because of the Para Sport Festival.

Offering a new spectator offer, the Para Sport Festival competitive programme provides an important platform for competitive para sport to showcase elite level competition to a new audience. All events were free to attend, with all events offered as open access opportunities to maximise the social impact of the inaugural Para Sport Festival. This was also supported by several live stream opportunities, with over 4,000 streaming the competitive action.

The first of a series of three initial events the aim is to continue to grow on the successes and learning from the inaugural Para Sport Festival in the following years, returning to Swansea in the Summer of 2023 and 2024.

Strategic Priority 4

Grow as a sector-leading, healthy and accountable organisation

Demonstrating our learning, building on what we do and how we do it, and being accountable to our team, funders and partners is important to DSW's progress. A changing landscape for sport means different ways of working, learning and transparency in what we do.



Strategic Priority 4

National Youth Board

A board comprising of 9 young people aged between 14 – 24 years old who meet (virtually or face to face) on a quarterly basis and give a voice to young people within or connected to disability sport in Wales.

The Chair is invited to attend the DSW Board meetings, provide a paper, and consult with colleagues in DSW regarding key work areas and aspects of communication and engagement relevant to young people.



Their work has also extended outside of Disability Sport Wales, having recently engaged with Youth Sport Trust (YST) and the Young Ambassadors Programme (YA) thus the board highlighting the need for engagement and YST and YA Cymru approaching the board for their invaluable knowledge and experience. The Youth Board's involvement with the YA Programme has and will help shape how young people with a disability will access the opportunity to become a YA Ambassador this involvement will help create a more inclusive and diverse workforce of volunteers moving forward.

Our next project as a board is to support the safeguarding lead for Disability Sport Wales in shaping and understanding the policies and creating resources which are engaging and supportive for young disabled people in Wales.

The National Youth Board continue to check and challenge us as a team. Their perspective continues to influence change and offer a fresh, young, and passionate approach to all things we do. They understand our audience and they understand what young people in Wales need and want.

Strategic Priority 4

Research Projects and Insight Reports

Disability Sport Wales has supported three research projects over the past year. These have included one research project being carried out by Cardiff Metropolitan University evaluating the impact of the Get Out Get Active project, a research project being carried out by a postgraduate student on inclusive delivery of physical activity and sport within secondary schools in Wales, and another postgraduate student developing a standardised starting system for deaf athletes in athletics.

Over the past 12 months, several research projects and insight reports have been completed by Disability Sport Wales. These reports include:

1

Community Case Studies – Strategic Priority 2

2

Disability Sport Wales Club Survey – March and September 2022

3

Para Sport Festival 2022 Evaluation Report

4

Sport Wales School Sport Survey (Disability Sport Wales report)

Strategic Priority 4

Governance

All DSW work is underpinned by a desire to ensure that it is a high-functioning organisation which has exceptional standards.

To do this, we continue to work with Sport Wales to demonstrate capability and accountability, as well as achieve outcomes which are consistent with sector standards in safeguarding, equity, and digital transformation.

The FDSW Audit was completed by Azets within the usual timelines and was completed virtually and using a new Inflo system which worked well in sharing resources safely and securely.

Micro Feature

Digital Transformation

Disability Sport Wales used some of our Sport and Leisure Recovery Fund resource to commission a digital transformation piece which would include user experience research as well as identify for DSW and the sport sector what was needed to promote inclusive digital transformation. In partnership with Perago DSW have worked with Sport Wales to influence their digital transformation resources and will be producing further resources for the sector in the next year.



Disability Sport Wales Awards | June 24th 2022

The circumstances for the Awards this year were different than last. We were coming out the other side of the Pandemic, but we wanted to test the benefits we had experienced last year in hosting the awards virtually (all-Wales audience, connecting people to the work people and organisations are doing in disability sport from the comfort of their own home, reaching a wider potential audience and not being limited by maximum numbers, etc).

The event was pre-recorded in LloydBell’s production offices in Cardiff and featured studio hosting and filming of the nominees. Similar to last year the event was live streamed on Facebook and YouTube. 396 people watched on YouTube, and 877 watched on Facebook.

Recipients of Awards:

- Inspiring my Journey Award: **Mia Lloyd**
- insport Organisation of the Year Award: **North Wales Crusaders Wheelchair Rugby League**
- Emerging Athlete of the Year Award (and Gareth John Bursary): **Anastasia Blease (Wheelchair Basketball)**
- Athlete of the Year Award: **Menna Fitzpatrick (Alpine Skiing)**
- Lifetime Achievement Award: **Jane Coia**

INSPIRE

Strategic Priority 4

Our Workforce

The DSW team continue to make representation on several boards, committees, and groups to support the on-going development of disability sport across Wales and the UK:

- Boccia UK Board
- Boccia UK Workforce Committee
- Boccia UK Performance Advisory Group
- UK Sports Association Board
- UK Sports Association Sport Committees (Athletics and Swimming)
- UK Deaf Sport Performance Committee
- Boccia UK Workforce Group and Boccia UK Performance Implementation Group
- UK Learning and Disability Sport Group

In October 2021 changes in the ways DSW invest into Local Authorities was communicated to line managers and those within the Disability Sport Development Officers posts throughout Wales. Following advice and guidance around the impact of these changes to investment, implementation of the changes in investment were delayed until April 1st 2023. DSW hugely appreciate the work, impact and partnerships that all officers and partners have given throughout the extended delivery of the current programme, transforming the lives of many disabled people over 20 years.

Changes to investment from 1st April 2023 will reflect the continued roll-out of the Regional Sport Partnerships nationally, aiming to build on the successes of the current programme and continue to challenge stubborn inequalities in the provision of sport & physical activity, while continuing to support and champion high-quality inclusive community opportunities delivered by a wide range of partners.

▶▶▶▶ We Set Out to Achieve


Strategic Priority 1

Establish effective partnerships for an inclusive sector culture



Increase the number of organisations achieving and progressing through insport Standards




40%
The number of organisations working on insport Third Sector has grown by 40%.


Welsh Gymnastics and Urdd Gobaith Cymru achieved insport Gold standards.



**#YSBRYDOLI
#INSPIRE**

Promoted the #inspire campaign and stimulate 119 new signposts into Performance Pathway Hubs

3



DISABILITY SPORT WALES

Performance Pathway

Provided 8 Performance Pathway day-camps and 6 virtual sessions.

4



Supported 6 athletes transferring into UK and GB programmes.

5



Contributed to 3 National or International conferences (SRS, The Blakemore Way, British Psychological Society Division of Sport and Exercise Psychology Conference) to showcase inclusive working in Wales

Establish effective partnerships for an inclusive sector culture

Strategic Priority 2

Empower an inclusive workforce



The number of disabled coaches and volunteers has increased by 7% since 2021 to 2022. This is a 4% increase beyond the target of a 3% increase in the number of disabled coaches and volunteers.



Disability Sport Wales has delivered 1412 places on the UK Disability Inclusion Training courses in Wales. Achieving 71% of the 2000 places we had aimed to achieve. Disability Sport Wales have not been able to achieve this target due to the impact of Covid still being felt and the cost-of-living restricting budgets.

Although, the price of our courses has been kept to a minimum it has still been a barrier for people to attend and complete the training.



Disability Sport Wales has been working with Sporting Equals to promote our roles and opportunities to a diverse audience and potential employees from ethnically diverse backgrounds.



Throughout March 2023, a Learning Series of training opportunities was delivered for the sector to engage with relating to enhancing their inclusive delivery.

There was a total of 15 learning opportunities and 206 people attended.



Cyfres Dysgu Learning Series



Over the past year, Disability Sport Wales have engaged with Sport Wales, the Youth Sport Trust, and the Football Association for Wales to create resources for teachers and education staff on how to deliver inclusive sport and physical activity for children in schools.

These are the resources linked to Daily Active and the FAW Primary Schools Football Framework.

Strategic Priority 3

Enable robust inclusive pathways



Proactively working with the active Regional Partnerships (North, West and Mid) to enable the continuation of wide-ranging inclusive delivery within local communities across Wales.



Supported 7 Health Boards in co-delivering the Health Disability Activity Pathway.



Delivered 14 SPAR insport Series events across Wales





Ewch Allan Get Out Byddwch Actif Get Active

Increased participant and volunteer engagement on the GOGA Programme:

- Grew participation to 934 individuals across the 3 localities.
- Increased the number of volunteers within GOGA sessions across the 3 localities by 38%.



Supported the delivery of 7 performance sport events in Wales

Strategic Priority 4

Grow as a sector-leading, healthy and accountable organisation



Influence inclusive insight and learning reflecting disability sport and sport for disabled people.



Disability Sport Wales worked proactively with Sport Wales to create a more inclusive and accessible survey. We will look to make the next School Sport Survey even more inclusive.



The insight and research section of the Disability Sport Wales website is currently under development.



Maintained our work towards strong equity, diversity and wellbeing and engage with the pilot for Moving to Inclusion Framework (replaces the Equality Standard for Sport).



Profiled the work DSW do through events by:



Attracting 2,090 engagements with the DSW Awards (389 views on YouTube, and 1,701 on Facebook)



Creating 4,044 engagements with streamed para sport events



Maintained AF Blakemore & Son Ltd. (SPAR) as commercial partner to DSW



Met all expectations in the Sport Wales Finance and Governance Capability framework

Grow as a sector-leading, healthy and accountable organisation

DSW will continue to place diversity, equity and wellbeing at the heart of its work, and look forward to the launch of the new Moving to Inclusion Framework, further establishing the principles of the DSW Equity and Diversity Framework, the DSW Wellbeing Framework, our working practices and policies, and seeing the consequences of that focus in the reach and impact of our programmes and people.

Plans for the Future ▶▶▶▶

Strategic Priority 1

Establish effective partnerships for an inclusive sector culture



insport

Continue supporting organisations achieving and progressing through insport Standards.

100%

100% of insport Clubs on the insport Portal are active and engaged with insport.



At least one organisation achieving insport Gold Standard (NGB or Third Sector)

insport
CLWB / CLUB

Complete the review of insport Club.

MOVING
TO INCLUSION

Map insport NGB against the Moving to Inclusion Framework



Establish a Para Sport Group (PSG) with all Paralympic and Commonwealth stakeholders engaged.



#YSBRYDOLI #INSPIRE

Maintain 70 #inspire signposts into Performance Pathway Hubs.



Support 5 athletes transferring into UK and GB programmes.



Present at 5 National or International conferences.

Establish effective partnerships for an inclusive sector culture

Strategic Priority 2

Empower an inclusive workforce



Increase percentage of disabled coaches and volunteers within the workforce by 3% from 18%



Deliver 2000 places on UK DIT Level 1, 600 places on UK DIT Level 2, and 300 places on UK DIT Level 3



DISABILITY SPORT WALES

Performance Pathway

Deliver 8 Performance Pathway Hub sessions



Cyfres Dysgu Learning Series

Deliver 16 Learning Series sessions throughout the year



Create a set of 8 Daily Active related inclusive resources for teachers and education staff

Strategic Priority 3

Enable robust inclusive pathways



Deliver 15 insport Series events,
1 Disabled Young Leaders event (alongside the DSW NYB),
and 1 DSW Dinner or conference.



Ewch Allan  **Get Out**
Byddwch Actif  **Get Active**

Extend the GOGA Programme beyond December 2023



Deliver 15 SPAR insport Series events across Wales

- Partnership between Great Britain Wheelchair Rugby, Welsh Rugby Union and DSW
- Deliver 2 Wales on the World Stage talent identification days
- Establish a community wheelchair rugby club in Mid Wales
- Bring 100 children to spectate the WR Euros at the Principality Stadium



Increase number of athletes entering
Welsh Boccia Championships

Strategic Priority 4

Grow as a sector-leading, healthy and accountable organisation



Identify 2 new commercial partners to DSW



Carry out a research project in collaboration with the Welsh Institute of Performance Sport exploring Performance Pathway Athlete experience and evaluation of the impact of the Performance Pathway Tiers 1-3.



Report good progress through the Moving to Inclusion Framework, enhancing diversity and sharing good practice



