

Disabilities Assembly

10 October 2016

Middlesex Suite, Civic Centre.

Welcome!



Marion Finney from the Customer Engagement Team welcomed everyone to the assembly.

Marion also introduced members of the assembly steering group.



Marion advised the minutes are available on the Council's website.



Physical activity for people with disabilities - Kim Markham Jones, Wellbeing Team

- Physical activity doesn't have to be taking part in competitive sport, it can be gentle like going for a walk, doing some gardening, dancing or doing some chair exercises.
- Being active can help you control your weight, keep your heart healthy and reduce the risk of type 2 diabetes.
- It can also reduce the risk of some cancers, strengthen your bones and muscles and improve your mental health and mood.
- It is important to find something you enjoy doing.
- Kim showed a film of the Paralympics. In 2016 Team GB won 147 medals at the Rio Paralympics.



- Two paralympians are from Hillingdon; Natasha Baker MBE who won two gold medals in equestrian events and Andy Lapthorne who won a silver medal in tennis at the London 2012 Paralympic Games.
- There are lots of ways to be active in Hillingdon for people of all ages and abilities.
- There are 4 leisure centres - Botwell Green, Hillingdon, Highgrove and Queensmead which all offer various activities and also William Byrd Pool.
- Every Saturday at Queensmead Sports Centre there is a multi sports club for young people with special needs. Sports include trampolining, boccia and football.
- StreetGames offers a range of sports, including dodgeball, girls football and boxing, in various locations throughout the borough for young people.
- 'Jog it Off' is a free jogging programme for adults of all abilities led by qualified and experienced leaders.
- There are lots of led walks throughout the borough. They are all free and led by experienced walk leaders. All walks are graded 1-4 to help you choose a suitable walk for your ability and helps you progress to higher graded walks as your fitness improves.



- There are also free led cycle rides.
- In Hillingdon there are formal gardens, town parks, informal nature conservation areas, country parks and over 100 children's play areas to enjoy.
- 'Let's Get Moving' offers an adult GP and self referral scheme for those wanting to improve their health by being more physically active.
- More information about being active in Hillingdon can be found on the Council's website at www.hillingdon.gov.uk/fitness.

'Let's Get Moving' - Ajay Gajree, Wellbeing Team



- Let's Get Moving is an exercise referral scheme for Hillingdon which mirrors the NHS's Let's get Moving Programme.
- People can be referred by their GP and this is dependent on the patient's medical condition and on 4 lifestyle factors:
 1. People with no physical limitations who are not physically active
 2. People who are a low risk, are not physically active and who may have, for example, hypertension
 3. People at a moderate risk and may have, for example, diabetes.
 4. People who are high risk and may have, for





example, had a stroke or cancer.

- Ajay introduced the Exercise Referral Team and explained how referrals work.
- Once referred, an assessment will take place which will be a one-to-one conversation with a Physical Activity Specialist. It will cover looking at your weight, height, goals and they will ask some questions about your physical and emotional state. This will help work out what physical activities are available and best suited to your needs.
- The purpose of the assessment is so that your progress can be monitored over 12 weeks.
- You will be offered a diary to record and monitor your progress.
- You will receive a passport that lets you attend activities so there is no need for a Doctor's note.
- Ajay gave an update on how well the programme is working for people.
- Between October 2014 and July 2016 470 people have taken part; 71% achieved all their goals; 26% achieved some of their goals; 68% reduced their Body Mass Index (BMI) and; 76% reduced their waist measurement.
- People on the programme increased their overall activity by 91%; 73% improved their fitness; 64% reduced their GP visits and ;



50% said they had reduced pain.

- 55% said they felt less tired; 45% said they slept better, 43% experienced a reduction in depression; 60% had improved wellbeing and ; 55% felt less short of breath.
- After the 12 weeks people are encouraged to continue to be physically active with rewards and incentives such as leisure centre vouchers.
- There has been such good feedback about the programme that the plan is to continue it for a further 3 years.



Questions and Answers

Q1. Can you refer yourself or does it have to be through the GP?

A1. There is a self-referral form on the website.



Q2. Do people get a certificate when they've completed the 12 week programme?

A2. They don't get a certificate but they do get rewards.



Q3. A Hillingdon resident wanted to access the free swimming lessons but was told she needs to go to Southall.

A3. Can't comment on individual circumstances but Ajay will look into it.



Group discussions

Everyone took part in group discussions about:

- What they do to get moving.



Disability Sports Coach (Community Club Project)- Lauren Mawdsley, Coach Development Officer

- Lauren showed a film about the Disability Sports Coach Project which offers training for people to become adapted sports coaches for people with disabilities.
- In Hillingdon, the project takes place at Botwell Leisure Centre.
- Anyone of any age and ability can take part and there are also volunteering opportunities.
- The Community Club is designed to be an un intimidating route into sport and opportunities include Boccia, Football, Basketball and Table Tennis. However, if there are any other sports people want to try they can be organised.
- The club runs throughout the year and as well as trying new sports, they also provide an opportunity to have fun, make new friends, get fit, increase self-confidence and provides an opportunity to take part in competitive sport.



- The club at Botwell Leisure Centre takes place every Saturday from 11am to 1pm and costs £2 per session. You can register at www.disabilitysportscoach.co.uk/community-clubs/club-hillingdon or just turn up.



BSL



Questions and Answers

Q1. Are BSL interpreters available at sessions?

A1. Our Community Club coaches are deaf aware trained and able to adapt our sessions accordingly. If individuals, however, attend the Club who are need of a BSL interpreter we can only signpost individuals about where to find support for this service. Providing an interpreter ourselves is not something we have the capacity or funding on our project to be able do. We are happy to answer any questions regarding this matter.

Q2. If someone wanted to be a football coach what do they need to do?

A2. Contact the club, we will take their details.

Comment: The Paralympics is fantastic but would like to see more support available and opportunities for people with learning difficulties to take part.



BETTER
the feel good place

Better - leisure facilities in Hillingdon - Max Goodchild, Community Sports Manager, GLL.

- Max manages some of the leisure facilities in Hillingdon. The leisure centres are not just there for sports but also for relaxing and socialising.
- There is provision for people with disabilities to take part in sports activities at the Highrove and Queensmead centres, and GLL work in partnership with Disability Sports Coach.
- Max's role is to build participation and inclusion and so is interested in feedback. If people with disabilities feel anything is missing/not provided Max urged people to speak to their local leisure centre.



Questions and Answers

Q1. Where are swimming sessions for people with disabilities available?

A1. There are sessions at Highgrove and Botwell.

Q2. How much is gym membership?

A2. There are lots of different pricing structures for membership depending on what is suitable for the individual. It is best to speak to the leisure centre you're



interested in using.

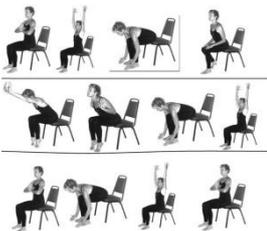
Q3. How do the leisure centres cater for youth clubs?

A3. The centres don't hold youth clubs but
There are opportunities for youth clubs to take part in leisure centre activities.



Comment: a member of the assembly commented that there isn't a leisure centre in West Drayton.

Seated exercise - Kim Markham-Jones and Frances Gates, Wellbeing Team.



- Kim and Fran demonstrated some exercises that everyone can do while sitting in a chair. This involved a deep breathing exercise and gentle movements of the head, arms and legs. Kim advised that these exercises are easy to do at home, in the office and whilst travelling on public transport.



- Marion thanked everyone for taking part in the assembly, the guest speakers and the stall holders

Date of next steering group: Friday 2 December 2016

Date of the next Disability Assembly: Monday 13 February 2017.