

<b>Report on</b>	Leisure Services provided in relation to older people and those living with a disability
<b>Date of Meeting</b>	14/10/2019
<b>Reporting Officer</b>	Oliver McShane
<b>Contact Officer</b>	Leigh Gilmore

<b>Is this report restricted for confidential business?</b>	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	x

1.0	<b>Purpose of Report</b>																
1.1	To provide information on services provided by MUDC in relation to older peoples activities and activities for those living with a disability.																
2.0	<b>Background</b>																
2.1	<p>Primarily through its Leisure Department, Mid Ulster District Council actively targets older people and those living with a disability through a variety of mechanisms.</p> <ul style="list-style-type: none"><li>• MUDC Leisure Centres Programmes – Borough Wide</li><li>• Everybody Active 2020 Programme – Borough Wide Coverage</li><li>• The Disability Hub – Based at Mid Ulster Sports Arena, Cookstown</li></ul>																
3.0	<b>Main Report</b>																
3.1	<p>Older people and those living with a disability are considered a priority within the Mid Ulster District, but to clarify older people are not a priority group within our flagship funded programme - Everybody Active 2020 (EBA).</p> <p>EBA sessions do not target older people as participants directly, but older people can be included within the key performance indicators of women and girls, those living with a disability and those living in areas of greatest need.</p> <p><b>Older People</b></p> <p>Several older peoples groups meet and take part regular physical activity across the Mid Ulster District Council leisure facilities.</p> <table><tr><th>Location</th><th>Facility</th><th>Group /Activity</th><th>Days</th></tr><tr><td>Cookstown</td><td>Cookstown LC</td><td>60+ Multi-sport</td><td>Mon &amp; Fri</td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td>Dungannon</td><td>Dungannon LC</td><td>50+ Multi-sport</td><td>Tues &amp; Thurs</td></tr></table>	Location	Facility	Group /Activity	Days	Cookstown	Cookstown LC	60+ Multi-sport	Mon & Fri					Dungannon	Dungannon LC	50+ Multi-sport	Tues & Thurs
Location	Facility	Group /Activity	Days														
Cookstown	Cookstown LC	60+ Multi-sport	Mon & Fri														
Dungannon	Dungannon LC	50+ Multi-sport	Tues & Thurs														

Maghera	Maghera LC	50+ Multi-sport	Tue
Magherafelt	Greenvale LC	50+ Multi-sport	Mon & Wed

The range of activities on offer to older people at these clubs are varied and include – gym, swimming, fitness classes, indoor bowling, badminton, table tennis, health suite and walking.

Many of these sessions are led by staff from within the Leisure Department creating an excellent relationship and a clear understanding of need.

Reduced rates are available to 60+ under the MUDC Leisure Departments priority scheme, prices dependant on chosen activity.

### **Those Living with a Disability**

The MUDC programme that targets ‘increasing the activity levels’ of those living with a disability is

- Everybody Active 2020 (EBA)

EBA is the flagship Council programme and has been in existence from 2016 it followed on from the successful Active Communities programme. Both these programmes are wholly funded by Sport Northern Ireland. To date MUDC has received more than £1m of funding. Currently three staff are employed within this programme and 1 is a specialist in inclusive activity programme development.

Those living with a disability have been an integral target group and the range of disabilities involved with this programme is extremely diverse. So too is the range of organisations benefiting from being involved with the programme including Statutory Agencies, Health Trusts, Social Services, Schools, Charities and local Groups / Organisations.

A list of the involved includes -

<b>Cookstown Groups</b>		
DCD Multi-Skills Club	Mid Ulster Boccia Club	Junior Paralympic Club
Superstars	Cookstown P.s (LSU)	Inclusive Cycling Club
RNIB Insight	Northern Trust Learning Disability	Arthritis Care
Kids Active Autism Club	Adult Centre	Base Group

Disability Hub Fun Day	Gateway	Ms Society
Holy Trinity P.s (LSU)	Ulster GAA 4 ALL	
<b>Dungannon Groups</b>		
St Patricks P.s (LSU)	Corkhill Care Centre	DCD Multi-Skills Club
Inspire Health and Wellbeing	Sperrinview School	Niamh Louise Foundation
Willowbank	Fit 4 U	Cedar Foundation
Gateway	Oakridge	Inclusive Gym
Parkanaur College	IncredABLE Group	Chest, Heart and Stroke
Lymphoedema Society		
<b>Magherafelt Groups</b>		
Base Group	Carefully Yours Project	Northern Trust Learning Disability
DCD Multi-Skills Club	Parkinson's UK	Church Lane Mews
Marvels Special Olympics Club	Mindwise Gym	Adult Centre
Arthritis Care	Inspire Health and Wellbeing	Ms Society

Everybody Active is now entering its final year. A one year extension has been agreed ensuring its continued presence until April 2021. At present no future programme to replace EBA has been proposed which is a concern.

More recently the Mid Ulster Disability Hub has been established offering specialised equipment for use by disabled people. This equipment includes tandem cycles, tricycles, hand cycles and sport wheel chairs. Inclusive cycling programmes are being introduced.

Working in partnership with Disability Sport Northern Ireland DSNi a Disability Hub Activity Coordinator has been employed to further develop more opportunities for those living with a disability to take and increase inclusive activities. Activities include inclusive cycling and the establishment of a junior Paralympic club.

Likewise to EBA the Disability Hub does not have any long term funding plans associated for its sustainability.

Both Special Schools are participants in the School Swimming Programme hosted in Dungannon LC and Greenvale LC which includes hydro therapy sessions.

Learning Support Units in many Primary and Post Primary Schools attend the School Swimming Programme in Cookstown, Dungannon and Greenvale Leisure Centres.

Greenvale LC offers disabled swimming lessons in a group format. Cookstown LC offers children 1 to 1 swimming lessons to those living with a disability.

Pool Pod – Two facilities, Greenvale LC & Cookstown LC have pool pods which allow access to swimming pools for those that find traditional steps difficult. At present pool pods are only available for deck level pools but design modifications are nearly completed for a pool pod which will be capable of being used on pools with scum channels. Potentially available from 2020.

Autism - EBA 2020 offers autism specific classes through its Kids Active Clubs, these are offered across the MUDC facilities. Care is also taken in identify suitable facilities that reduce problem issues such as noisy environments. DCD activity programmes are also offer through EBA and the Disability Hub.

Due to challenging needs of participants and staff constraints, MUDC Leisure have traditionally encouraged activities / classes for those living with a disability to specialist groups and organisations who have the experience and capacity to offer specialist physical activity programmes e.g. Superstars, Fit 4 U and Special Olympics. To assist these groups MUDC does offer access to facilities and access to specialist equipment.

MUDC also offers a comprehensive Summer Activity Programme with a range of classes for children and adults with disbailities to participate in.

Reduced rates are available to those living with a disability under the MUDC Leisure Departments priority scheme, prices dependant on chosen activity and a carer is free.

Representatives of MUDC Leisure Department have held meetings with Principals, Managers and key individuals of the local Special Schools and the wide range of disabled specialist support teams in the Southern and Northern Trusts area. Discussions are continuing.

Example of advertising across social media



## Mid Ulster Junior Paralympic Club

**Date:** Saturdays  
(3rd Aug - 31st Aug 2019)  
**Time:** 12.30pm - 1.30pm  
**Venue:** Mid Ulster Sports Arena  
**Cost:** £2 per session

Multi-activity sessions for children aged 4-12 years old with a physical disability.

To register please contact:  
Victoria McCormack on  
**Email:** vmccormack@dsni.co.uk  
**Tel:** 07387395329

#myhappyhub



A Progressive Partnership



### 4.0 Other Considerations

#### 4.1 Financial, Human Resources & Risk Implications

Financial: No future funding of alternative programme proposed or secured.

Human: Risk to EBA Staff after funding ceases.

Risk Management: N/A

#### 4.2 Screening & Impact Assessments

Equality & Good Relations Implications: N/A

	Rural Needs Implications: N/A
<b>5.0</b>	<b>Recommendation(s)</b>
5.1	Members are asked to note the report.
<b>6.0</b>	<b>Documents Attached &amp; References</b>
	N/A