

Appendix A – Provision in leisure centres for those with additional needs.

(1) Memberships and General Admission Pricing

Members approved the updated Leisure Pricing for the period April 2022 to March 2023. Itemised within this pricing document was all the areas that concession pricing is applicable. 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.

This builds upon previous Council decisions, specifically January 2015, where Members approved the leisure approach to groupings that would be eligible for concession pricing (50% discount) along with the mechanism for promotional pricing (based on market conditions):

- *Priority Groups: 50% discount - Senior Citizens: 65 plus, Junior: Under 18*
- *Student: Full Time Students, People with disabilities: People with disabilities as described in the Disability Discrimination Act 1995.*
- *Management have the discretion (agreed by the Director) to apply discounted pricing packages, varied times and activities in order to market less attractive facilities, low usage periods and to promote Sports Development and Health and Wellbeing initiatives.*

(2) Planned Activity within Mid Ulster District Council Leisure Facilities September 2022 – 31st March 2023

All activities including dates/times/booking/payment arrangements to be advertised via social media, website and also within leisure facilities.

Inclusive Coordination			
Activity	Target Group	Location	Session
Autism Club:	6yrs-18yrs	DLC GLC MLC MUSA	Sept 2022 - April 2023 (26 sessions)
Locations x 4 1 x hour session, 1 x day per week, max numbers anticipated per session: 10 A multi activity club focusing on facilitating primary school aged children with Autism to do things at their own pace, and for parents to get information and support.			
Disability Hub:	6yrs-18yrs 18-64	MUSA	Sept 2022 - April 2023 (26 sessions) weekend
Locations x 1 1 x hour session, 1 x day per week, max numbers anticipated per session: 10 A multi activity session for adults and or children using the inclusive sports equipment			
Quiet Swims Sessions	All ages	CLC DLC GLC	Sept 2022 - April 2023 (26 sessions) weekend
Locations x 3 1 x hour session, a range of lunch, afternoon and evening session per week Quiet sessions focusing on the neurodiversity needs of swimmers			

(3) Additional Leisure Service Facilities and Programmes

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 (therefore this unfortunately means Dungannon LC cannot avail of installation) but its Officers understanding that design modifications are nearly completed for a pool pod which will be capable of being used on pools with scum channels. An additional pool pod for Greenvale LC (as a result of DfC Access & Inclusion funding) was installed earlier in 2022 bringing the total number to two pods in Greenvale and three overall in the District (including Cookstown).

Sign Video

During 2021, Council implemented a pilot for Sign Video at various Council facilities. This is a service which seeks to benefit our customers who are deaf or are hard of hearing. This service seeks to provide instant access to a Sign Language Interpreter for customers who use British Sign Language (BSL). The service also caters for Irish Sign Language (ISL) users on a request basis. The service is free from users' own home, as well as being simple, fast and secure. The service currently gives users access to an online BSL interpreter at the following leisure venues, Monday to Friday from 9am-5pm:

- Cookstown Leisure Centre
- Mid Ulster Sports Arena
- Dungannon Leisure Centre
- Greenvale Leisure Centre
- <https://www.midulstercouncil.org/your-council/equality/sign-video>

Disability Sports Hub

Previously in September 2017, Members approved a Memorandum of Understanding (MoU) and Development Plan for a partnership with Disability Sport NI on the provision of a Disability Sports Hub based at Mid Ulster Sports Arena. This initiative seeks to encourage and support people with disabilities to participate in sport and active recreation through the Disability Sports Hub and Disability Sport NI funded equipment to the value of £45,500 for the project along with providing bespoke training on use of the equipment. This equipment includes tandem cycles, tricycles, hand cycles and sport wheelchairs. Activities include inclusive cycling and the establishment of a junior Paralympic club. Whilst the initial two-year partnership approach which includes a funded Disability Hub Activity Coordinator has ended, Council Officers are continuing to ensure the legacy of this arrangement along with the use of the equipment is maximised to its full potential where possible as part of the new pilot active recreation plan.

GOGA

Get Out Get Active (GOGA) is an exciting programme that supports disabled and non-disabled people to enjoy being active together and is delivered by 1 x co-ordinator for the Mid Ulster District Council area. Funded by Spirit of 2012, all partners are focused on getting some of the UK's least active people moving more through fun and inclusive activities.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Group: Over 50s Zoom Activity: Fitness Dates: Weekly</p> <p>Group: Volunteer Centre – Carefully Yours Group Over 60s Activity: Chairbased Exercise Dates: Weekly</p>	<p>Group: Over 50's Circuits Activity: Exercise Dates: Weekly Venue: Dungannon LC</p>	<p>Group: BuggyFit (Partnership with Surestart) Activity: Circuits for post partum Dates: Weekly (6 week blocks) Venue: Dungannon LC</p> <p>Group: Lissan House Elderly Group Activity: Exercise Dates: Weekly in New Year Venue: Lissan House</p>	<p>Group: Mental Health Group Activity: Dance/ Chairbased Activity Dates: Ongoing Venue: Volunteer Centre Magherafelt</p>	
	<p>Group: Happy Mondays (Learning Disability Group) Activity: Dance/exercise Dates: Weekly Group Venue: Tamnamore Community</p>	<p>Group: MenCap Group Activity: Sport/exercise Dates: Weekly Group Venue: Dungannon LC</p> <p>Group: Castlecaufield Parish Group Over 60s Activity:</p>	<p>Group: Wheelie Active (Children with Physical Activities) Activity: Multi-skills Dates: Ongoing Venue: Moneymore Rec</p>	<p>Group: Volunteer Centre – Carefully Yours Group Over 60s Activity: Chairbased Exercise Dates: Weekly</p> <p>Group: Nordic Walking Activity:</p>	<p>Group: Mental Health Group Activity: Pilates/boxercise Dates: Ongoing Venue: Niamh Louise Foundation</p>

		Chairbased Exercise Dates: Commencing in New Year		Pole Walking Dates: New Day for January Venue: Changing every 6 weeks	
--	--	--	--	---	--

Swimming Lessons

Special Schools within the District are participants in the School Swimming Programme hosted in Dungannon LC and Greenvale LC which includes hydrotherapy sessions. Learning Support Units in many Primary and Post Primary Schools attend the School Swimming Programme in Cookstown, Dungannon and Greenvale Leisure Centres.

Physical Activity Referral Scheme (rolling annual programme subject to recurring funding from the Public Health Agency)

Selection Criteria -

Anyone aged 16 and over who currently has one or more of the following conditions:

- high blood pressure
- controlled diabetes or a strong family history of diabetes
- heart disease or risk factors associated with coronary heart disease
- anxiety, stress, depression and controlled mental health problems
- overweight or obese
- well-controlled lung problems such as asthma, bronchitis or chronic obstructive pulmonary disease
- mild to moderate joint problems such as osteoporosis
- another condition that does not prevent you taking part in physical activity

Referral Pathway:

Via GP or health care professional who will assess suitability and will complete a referral form and send it to a leisure centre. The leisure centre will then contact you to make your first appointment.

PARS Coordinator based in Dungannon and Maghera Leisure centres.

Each participant is eligible for discounted leisure centre membership upon conclusion of their 12-week programme.

Physical Activity Referral Programme	Monday 9-5	Tuesday 7-3	Wednesday 9-5	Thursday 7-3	Friday 9-4.30
	9-5	9-5	9-5	9-5	9-4.30

Macmillan Move More NI

Move More programme is funded until March 2024. Embedding personalised, early-intervention support into an integrated pathway for adults diagnosed with cancer in

Northern Ireland. Working in partnership with physical activity providers, local councils and health and social care trusts all over Northern Ireland to provide the support that people living with cancer need to improve their fitness.

Each participant is eligible for discounted leisure centre membership upon conclusion of their 12-week programme.

	Mon	Tuesday	Wednesday	Thursday	Friday
Activities	Cookstown LC	Greenvale LC	Macmillan/trust meetings/Client consultations	Dungannon LC	Dungannon LC
1.Spin 2.Cancer Rehab	9.30am 10.00am	Consultations		Consultations	Consultations
1.Spin 2.Pilates 3.Open Gym	Consultations	9.30am 10.30am		Consultations	Consultations
1.Open Gym 2.Cancer Rehab	Consultations	Consultations		10.00am	Consultations
1.Open Gym 2.Pilates	Consultations	Consultations		Consultations	9.30am 10.00am
Pre-Hab	1-1	1-1		1-1 x2	1-1 x2
Outdoor walks-MUDC	1.00pm	Consultations		Consultations	Consultations

(4) Leisure Facility Developments

Over the past three years, Mid Ulster District Council has benefited from DfC's Access and Inclusion Grant:

- Automatic doors and shutters installation at Mid Ulster Sports Arena (2019/2020)
- Aquatic wheelchairs at various sites (2019/2020)
- Changing Places installation at Dungannon Leisure Centre (2020/2021)
- Changing Places installation at Mid Ulster Sports Arena (2020/2021)
- Hi-Riser Benches installations at Dungannon, Cookstown and Maghera leisure centres. (2020/2021)
- Pool Pod system installation at Greenvale Leisure Centre (pending 2021/2022)
- Hearing Loop Systems installation at Dungannon LC, Cookstown LC, Mid Ulster Sports Arena, Moneymore Recreation Centre, Greenvale LC, Meadowbank Sports Arena, Maghera LC (2021/2022)
- Automatic door installations at Mid Ulster Sports Arena, Maghera LC, Cookstown LC, Greenvale LC, Tobermore Golf Centre (2021/2022)