

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 2021 to March 2022. 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) New Proposed Pilot Programme: Planned Activity within Mid Ulster District Council Leisure Facilities October 2021 – 31st March 2022

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
Developmental coordination disorder (DCD):	6yrs-18yrs	Dungannon LC Maghera LC Meadowbank Sports Arena Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 sessions)
Locations x 4. 1 hour session. 1 day per week. Max Numbers anticipated per session: 20			
A multi sport club focusing on facilitating primary school aged children with Dyspraxia/DCD to do things at their own pace, and for parents to get information and support.			
Autism Club:	6yrs-18yrs	Dungannon LC Greenvale LC Maghera LC Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 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	Mid Ulster Sports Arena	1 Afternoon per week – no school holidays (29 sessions)
Location 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, cycles and chairs.			
Autism Play:	All Ages	Cookstown LC	1 Afternoon per week – no school holidays (29 sessions)
Locations x 3			
Dungannon LC			
1 Afternoon per week – no school holidays (29 sessions)			
1 x hour session 1 x day per week			
Greenvale LC			
1 Afternoon per week – no school holidays (29 sessions)			

A designated play session that will be catered towards individuals and families – arrangements include use soft play area (no open session or group bookings taking place during this time).			
Autism/PAN Disability Swim Sessions:	All Ages	Cookstown LC	1 session per week – no school holidays (29 sessions)
Locations x 3		Dungannon LC	1 session per week – no school holidays (29 sessions)
1 x hour session 1 x day per week		Greenvale LC	1 session per week – no school holidays (29 sessions)
A designated swim session that will be catered towards individuals and families with Autism/PAN Disability – arrangements include exclusive use pool sessions (no open swim session, users group bookings or swim lessons taking place during this time). Any main sensory elements aim to be reduced (ie. music, lighting). Support for exclusive use of changing rooms both pre and post sessions.			

(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 poolpod for Greenvale LC (as a result of DfC Access & Inclusion funding) will be installed later in 2021.

Sign Video

Recently 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 wheel chairs. 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.

	Mon	Tues	Thur	Fri	Sunday
Morning	Multiple Zoom sessions	Group: Over 50's Activity: Exercise Dates: July to Dec Venue: Dungannon LC	Group: Mix disabilities Activity: Dog walk Dates: Ongoing Venue: Various	Group: Mixed Group Activity: Nordic Walking Dates: Mid Sept to Dec Venue: Knockmanny Forrest	Group: Mix disabilities Activity: Cycling Dates: TBC Venue: MUSA
	Mon	Tues	Wed		
Afternoon/ Evening	Group: Down Syndrome group. Activity: Dance Dates: August to December Venue: Tamnamore Community Centre	Group: Mental Health Group Activity: Pilates/boxercise Dates: Ongoing Venue: Niamh Louise Foundation	Group: Autism Activity: Multi-skills Dates: Ongoing Venue: Moneymore Rec Group: Children with PD Activity: Wheelie Active Dates: Mid-September to Mid-December. Venue: Moneymore Rec Group: Adults with PD Activity: Boccia Dates: End of September Venue: Dungannon area		

Swimming Lessons

Special Schools within the District 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.

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.

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

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity Referral Programme	Maghera LC	Greenvale LC	Maghera LC	Greenvale LC	Maghera LC
	Dungannon LC	Maghera LC Dungannon LC	Dungannon LC	Maghera LC Dungannon LC	Dungannon LC
<small>*Cookstown LC in Development & Pending Referrals</small>					

Macmillan Move More

Move More NI is funded for three years by Macmillan Cancer Support (due to end July 2022) 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.

Activities	Mon	Tuesday	Wednesday	Thursday	Friday
	Cookstown LC	Greenvale LC		Dungannon LC	Dungannon LC
1.Spin 2.Cancer Rehab	9.30am 10.00am				
1.Spin 2.Pilates 3.Open Gym		10.30am 11.15am 11.40am			
1.Open Gym 2.Cancer Rehab				10.00am 10.30am	
1.Open Gym 2.Pilates					9.30am 10.00am
Pre-Hab	1-1	1-1		1-1 x2	1-1 x2
Outdoor walks			Magherafelt area		Dungannon area

(4) Leisure Facility Developments

Over the past two 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 wheel chairs 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 (pending 2021/2022)
- Automatic door installations at Mid Ulster Sports Arena, Maghera LC, Cookstown LC, Greenvale LC, Tobermore Golf Centre (pending 2021/2022)