

Inclusive Sport Round 1 Evaluation

Year 1 Report July 2014

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01. SUMMARY

This chapter provides an overview of the key findings from the Year 1 report.

Context

The Places People Play Programme is designed to deliver a mass participation sporting legacy from the 2012 Olympic and Paralympic Games. Round one of Inclusive Sport is one of three strands to the People Projects. It is an investment of £10.2 million of National Lottery funding, by Sport England, in 43 projects around the country that aim to help more young people (aged 14+) and adults with a disability to play sport more regularly. CFE Research were commissioned to undertake an evaluation to assess the impact of the People Projects and provide an evidenced understanding of the processes and mechanisms by which the outcomes Sport England set out to achieve have been realised or not.

The other two strands of the People Projects, Sport Makers and Club Leaders are reported on separately to Sport England.

Methodology

The national evaluation of the Inclusive Sport programme includes:

- *Online participant surveys,*
- *Case studies (including depth interviews); and*
- *Secondary analysis of monitoring information (MI) and six monthly progress reports provided by project leads.*

Two surveys were designed to meet the needs of the participants: a ‘main’ online survey and an easy-read ‘picture-based’ survey (predominately designed for participants with learning disabilities). This report provides the findings from the Year 1 survey following the baseline survey that was conducted over two waves between September 2013 and March 2014 yielding a response from 1,486 participants.

In total 690 Inclusive Sport participants responded to either the main online survey (334) or the picture-based online survey (356) for Year 1 during the month of June in 2014. These respondents came from 28 projects within the programme, with participant responses per project varying considerably from 1 to 99.

Key findings

The table below summarises results from the baseline and Year 1 surveys for Inclusive Sport, showing positive progress has been made across all of the strategic outcomes.

Table 1: Progress against Strategic Outcomes for Inclusive Sport after 1 year (asterisk denotes a statistically significant difference)

Strategic /Intervention Outcome	Indicator (Survey Question)	Baseline Result (%)	Year 1 Result (%)	Percentage Point Change	Percentage Change
Increase in 1x30min Sport Participation Rate	% of respondents who selected one or more days to the question: On how many days in the <i>past week</i> have you spend 30 minutes or longer taking part in <i>any</i> sport?	59% ¹	94%	+35*	+59%
More disabled people see sport as a viable lifestyle choice for themselves	% of respondents who agreed or strongly agreed with the statement: Sport is an important part of my life.	61%	67%	+6	+10%
More opportunities to take part in a sport of their choice	% of respondents who agreed or strongly agreed with the statement: I can take part in the sport of my choice	45%	59%	+14*	+31%

¹ Please note this figure was NOT from the baseline but taken from the added question into the Year 1 main survey that asked about 1x30 levels prior to involvement with their Inclusive Sport project.



Strategic /Intervention Outcome	Indicator (Survey Question)	Baseline Result (%)	Year 1 Result (%)	Percentage Point Change	Percentage Change
More opportunities to take part in sport at a venue of their choice	% of respondents who agreed or strongly agreed with the statement: I can take part in sport at a venue of my choice	33%	46%	+13*	+39%
Higher quality opportunities are available for disabled people to take part in sport	% of respondents who agreed or strongly agreed with the statement: Opportunities for me to take part in sport are of a high quality	47%	66%	+19*	+40%
More disabled people are acting as positive role models in the sport workforce	% of respondents who said they currently support any sporting activities as a volunteer or employee	10%	14%	+4*	+40%

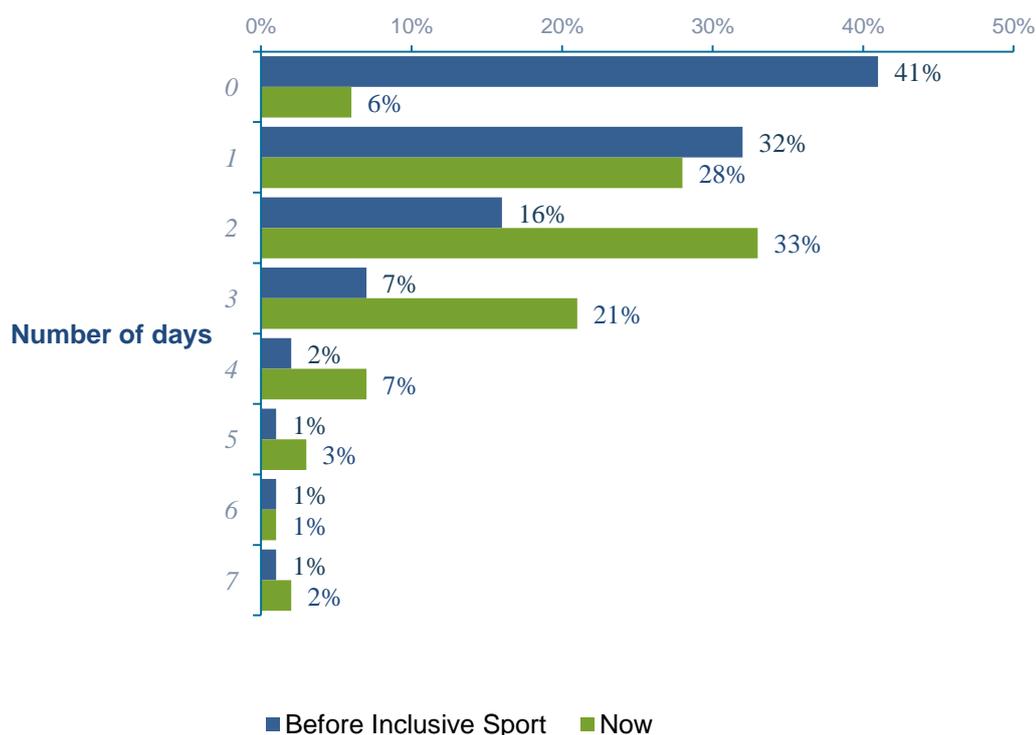
PARTICIPANTS AND THROUGHPUT (PAGE 16)

Overall, round one of Inclusive Sport is projected to have 52,544² disabled people participate in sport with a net project throughput of 830,329³ equates to an average of 16 sessions per participant across the 3 year funding period. The six monthly results reveal that projects⁴ reached 86% (10,700) of their target for Year 1 (12,385) with regards to participation and thus are in line to achieve and in fact exceed the overall Year 1 target. Throughput figures for the same period (initial six months) are 39,859, which is 70% of the full year baseline (56,610) and 24% of the total Year 1 target (167,001). This equates to 3-4 sessions per participant over the 6 month period.

EXTENT OF PHYSICAL ACTIVITY (PAGE 17)

In total, 94% of respondents to the main survey participated in sport or physical activity at least one day a week, whereas 59% stated they did prior to Inclusive Sport. This provides a 35 percentage point increase in participation levels during the first year of delivery.

Figure 1: Number of days on which participants played sport before Inclusive Sport and after 1 year of programme delivery (main survey respondents) (Sample base = 334)



² The year 3 cumulative participation figures for the Pirate Castle are not available; the figures for the London Borough of Newham have been deducted as this project did not commence.

³ The figures for the London Borough of Newham have been deducted as this project did not commence.

⁴ Only projects who had provided 6 monthly monitoring data have been included in these calculations.

The majority (94%) of picture-based respondents (to the Year 1 survey) had participated in sport for 30 minutes or more at least one day in the last week. Over two-fifths of picture-based respondents (42%) did not participate in sport prior to their current participation in an Inclusive Sport funded project.

The results are similar across both the main and picture surveys and, as such, depict that Inclusive Sport has successfully engaged previously inactive disabled people in sport within the first year of its delivery. Indeed:

- *Almost three-quarters (73%) of respondents to the Year 1 survey (main and picture-based combined) stated they had been playing the sport that they take part in at the project for less than a year. Further, 40% of respondents to the main survey⁵ who had been playing sport for less than a year had not participated prior to Inclusive Sport and had participated in sport at least once in the last week (from when they conducted the survey);*
- *Over two-fifths (43%) of main survey respondents stated that they would not be able to play sport if their Inclusive Sport project did not exist;*
- *59% of those unable to play sport if their Inclusive Sport project did not exist had not participated in sport prior to Inclusive Sport; and*
- *29% of respondents who had participated in sport prior to Inclusive Sport would not be able to play sport if their project did not exist.*

Since the baseline, respondents are more likely to participate in sport/physical activities outside of their Inclusive Sport project with 33% stating they undertake all their participation at the project, whereas 57% stated this at the baseline.

MOTIVATION AND OPPORTUNITIES (PAGE 23)

The majority of respondents to the main survey agreed that they enjoy taking part in sport (79%) and that sport is an important part of their life (67%). Both these results have seen a positive increase since the baseline (up 8 and 6 percentage points respectively). Most respondents to the picture-based survey said that playing sports makes them happy (97%), which is consistent with the baseline survey (96%).

Respondents were most likely to participate in multiple types of sport at the project, as opposed to a single sport. However older people (79% of 45+ year olds) were significantly more likely to participate in just one type of sport at a project. This may partly reflect individual preference/choice but may also reflect the type of opportunities on offer.

⁵ It is not possible to calculate displacement in regards to number of days for the picture based survey as respondents were not asked to cite days in regards to participation levels prior to Inclusive Sport.

CHOICE AND QUALITY (PAGE 25)

Two of the outcomes identified by Sport England for Inclusive Sport funded projects were to improve both the *choice* and the *quality* of opportunities for disabled people to take part in sport. After 1 year of delivery, the proportion of respondents who agree they can take part in a sport of their choice has increased by 14 percentage points (from 45% to 59%). Similarly, the proportion of respondents who agree that the opportunities for them to take part in sport are of a high quality has also increased, by 19 percentage points (from 47% to 66%).

Over two-fifths of the respondents to the main survey (44%) stated that there were sports that they would like to try that they have so far been unable to participate in. Over 30 sports were listed with the five most cited sports were:

- *Basketball*
- *Swimming*
- *Cricket*
- *Football*
- *Tennis*

SPORTING VENUES (PAGE 27)

Since the baseline, there has been a statistically significant increase (up by 13 percentage points) in the proportion of respondents who agree that they can take part in sport at a venue of their choice (33% to 46%). This suggests that projects funded through Inclusive Sport provide their participants with more opportunities to access sport in a venue of their choosing than was previously available.

BARRIERS (PAGE 30)

Participants in the main survey were asked to what extent they found a series of potential barriers to be a problem. 'Attitude of Others' was most likely to be perceived as a barrier by participants (34% 'a problem'). This is a shift from 'the sport I wish to try is too far away from me' which was cited as the greatest problem for 40% of respondents to the baseline survey (29% cite this to be the case in the Year 1 survey). This may indicate that the Inclusive Sport programme is helping to provide sporting opportunities locally for participants; however the concerns of disabled people that they are judged by others when participating still remain. Further research is required to understand the attitudes being referred to, and who they stem from, in order to understand how best to tackle this barrier.

POSITIVE ROLE MODELS (PAGE 31)

One of the key outcomes for Inclusive Sport is to increase the number of disabled people acting as positive role models in the sport workforce. Currently one-in-seven disabled participants at projects volunteer in sporting activities providing a statistically significant increase since the baseline position of one in ten who were doing so.

02. INTRODUCTION

This is the third interim report of CFE Research's evaluation of Sport England's investment in Inclusive Sport projects. This section outlines the background, context, aims and objectives of the evaluation.

This report summarises the key findings emerging from a suite of surveys and evaluation tools designed to measure the impact of Inclusive Sport projects. This report forms the third Interim Report presented to Sport England as part of our longitudinal evaluation and is designed to provide the results following the first year of the project. Where relevant comparisons are made with the baseline data (reported in the second interim report).

The Places People Play Programme: People Projects

The Places People Play (PPP) Programme has been designed to deliver a mass participation sporting legacy from the 2012 Olympic and Paralympic Games. The People Projects within this programme are designed to inspire people to make sport happen at the local level, embedding the Olympic and Paralympic values in grassroots sport.

There are three strands to the People projects: Sport Makers, Club Leaders and Inclusive Sport. The third strand – Inclusive Sport – is an investment of £10.2 million of National Lottery funding, by Sport England, in 42⁶ projects around the country that aim to help more young people (aged 14+) and adults with a disability to play sport more regularly. This investment is intended to help tackle the opportunity gap that sees one in six disabled adults playing sport regularly, compared to one in three non-disabled adults and make sport a viable choice for disabled people.

For the Inclusive Sport strategic investment, projects are required to provide evidence of current insight into disabled people's needs, expectations and motivations as they relate to physical activity and sport. Additionally, they are expected to detail any previous successful activities that could be repeated or scaled-up with more investment and also state what sustainable links to the disability sector they make.

⁶ Between the baseline and year 1 survey the Newham Ability Sports Programme remained unfunded and excluded from the evaluation. Following the exclusion of Southern Waterbility at the baseline this reduces the overall number of projects to 42.

Project Background

CFE Research were commissioned to undertake an evaluation to assess the impact of the People Projects and provide an evidenced understanding of the processes and mechanisms by which the outcomes Sport England set out to achieve have been realised or not. This evaluation will create an understanding of what works, how and in what context.

Furthermore, it will provide evidence of relative value for money to inform current and future business decisions that seek to optimise the return on investment. The evaluation will need to focus on the three main objectives to:

- *Measure the impact and assess the value for money of Sport Makers, Club Leaders and Inclusive Sport;*
- *Find out what works, how, in what context and for whom; and*
- *Communicate the evidence effectively to optimise its influence on policy and practice and to demonstrate accountability for public investment.*

The evaluation of Sport Makers and Club Leaders are reported separately to Sport England by CFE Research. This is the second interim report focused solely on the formative evaluation of Inclusive Sport.

This Report

This report focuses on the findings from the responses to the Year 1 survey of Inclusive Sport participants, including comparisons to the baseline survey. It also provides the throughput and participation figures and qualitative outputs from the case studies conducted to-date.

After this introduction the rest of the report is structured as follows: **Section 3** outlines the method used to collect and analyse information; **Sections 4-8** consider the findings of our surveys and qualitative analysis of the development plans and six month reports and **Section 9** provides our conclusions.

For reference, we have provided the ‘Partnerships’ and ‘Project Delivery’ sections from the baseline report as appendices of this report. No further analysis has been undertaken in these two areas since the baseline report was produced; they have been included here to provide contextual information for the Year 1 analysis.

03. METHOD

This chapter outlines the methodology implemented for the formative evaluation.

This interim report is part of a formative evaluation of Inclusive Sport projects. It focuses on data collected from the first annual survey.

Approach

The national evaluation of the Inclusive Sport programme, conducted by CFE Research, includes the dissemination of online participant surveys, case studies (including depth interviews) and secondary analysis of regularly collected monitoring information (MI).

PARTICIPANT SURVEYS

CFE Research designed the 'baseline' and 'Year 1' surveys and agreed the content with Sport England prior to going to field. The survey was created primarily to track current and changing participation in sport or physical activity over the duration of the programme. The Year 1 survey built on the original baseline survey design. Two survey formats were utilised:

- *An online 'main survey'*
- *An online picture based 'easy read' format– designed primarily for use with participants with learning disabilities*

The Year 1 survey was disseminated from Monday 2nd June until Friday 27th June 2014.

QUALITATIVE INFORMATION

Additional qualitative information from case study interviews has been analysed and utilised to provide context and further findings where appropriate.

Analysis

All survey responses were captured online in SNAP™ and exported into SPSS™ software for analysis.

Pearson's chi-square test, ANOVA and t-tests were applied to cross-tabulated data to examine if there were any significant correlations amongst the data. In order to provide statistically significant cross-tabulations, the responses from the two surveys were merged to create one data set. Where questions were directly comparable across both surveys cross-tabulations were run by gender, age and disability type.

The qualitative data was analysed thematically in Excel. This was done by generating a coding frame from the evaluations key aims and objectives, which was then used as a guide for data analysis. Qualitative information was coded to identify evidence against each of the key evaluation aims and objectives.

Reporting

Findings are presented in this report based around key themes, rather than methodological processes. Not all themes are covered by all data sources. All findings are based on 'valid' response rates i.e. don't know/can't remember responses or missing answers have been removed from the analysis. As such, sample bases vary. Bases are provided on all figures and tables. Responses have been rounded to the nearest decimal place and may not sum.

Confidence Intervals

A total of 334 respondents completed the primary online survey, providing a confidence interval of 5.36% at 95%. This means, that on a finding of 50%, for example, we can be 95% confident that if we asked everyone the same question the response would be between 44.64% and 55.36%.

A total of 356 respondents completed a picture-based response providing a confidence interval of 5.19% at 95%. This means, that on a finding of 50%, for example, we can be 95% confident that if we asked everyone the same question the response would be between 44.81% and 55.19%.

04. PROFILE OF PROJECTS AND PARTICIPANTS

This chapter outlines the projects involved in the first annual survey and the demographics of the participants.

In total 28 projects (67%) participated in the Year 1 survey c.f. 35 projects in the baseline survey⁷. Participant responses by project varied considerably from 1 to 99. Fourteen projects did not provide any responses. Table 2 below illustrates the demographic breakdown for participants who took the Year 1 survey.

Table 2: Demographic breakdown of respondents (Sample bases vary)⁸

Demographic	Category	% of respondents from picture-based survey (356)	% of respondents from main survey (334)	Total % of respondents
Gender	Male	59%	69%	64%
	Female	33%	29%	31%
Age	Under 14 years old	5%	5%	5%
	14-15 years old	9%	5%	7%
	16-17 years old	20%	9%	14%
	18-24 years old	26%	29%	28%
	25-44 years old	24%	27%	26%
	45+ years old	11%	24%	17%
Disability⁹	Learning disability / difficulty	73%	53%	63%
	Autistic Spectrum disorder	21%	13%	17%
	Physical impairment	14%	26%	20%
	Deaf/ hard of hearing	3%	6%	4%
	Mental health condition	7%	9%	8%
	Blind / visual impairment	4%	10%	7%
	Other	2%	4%	3%

⁷ Please see baseline report for demographic breakdown of baseline survey respondents

⁸ Please note percentages will not always tally to 100% due to non-response

⁹ Respondents could select more than one category so totals exceed 100%

05. FINDINGS: PARTICIPATION & THROUGHPUT

The key output for the Inclusive Sport programme is that it enables more disabled people to regularly take part in sport. Data from the project reporting provides evidence of disabled peoples' participation in sport/physical activity.

Monitoring data via Coalfields Regeneration Trust (CRT)

Projects are required to provide throughput and participant figures. They provide this data to CRT, who then share it with Sport England and CFE Research.

- **Throughput** is defined as the total number of times that individuals take part in sport at the project. It is sometimes called 'attendances' or 'visits'. It will nearly always be bigger than the participants figure because some people will take part in sport at the project more than once. No demographic breakdowns are required for this measure.
- **Participants** is defined as the number of people that take part in sport at the project at least once. Each person should only be counted once regardless of how many times they attend.

Overall, the projected net participation for Inclusive Sport will be 52,544¹⁰ providing a net project throughput of 830,329¹¹. This provides an average of 16 sessions per participant across the programme over three years.

Thirty six projects provided figures for the 6 monthly returns to CRT¹². Working from a baseline of 4,202 these projects achieved a participation figure of 10,700 within six months – taking them to 86% of the target for Year 1 (12,385). Therefore, the projects are in line to achieve and in fact exceed the overall Year 1 target.

The throughput figures after six months are not as positive with 39,859 achieved with the baseline at 56,610 and the Year 1 target at 167,001. The results indicate that on average a participant has attended 3-4 sessions over a six month period. These lower than expected figures may have occurred for a number of reasons, including the fact that projects can take time to get activities up and running – as such throughput figures can take a while to reach their targets.

¹⁰ The year 3 cumulative participation figures for the Pirate Castle are not available; the figures for the London Borough of Newham have been deducted as this project did not commence.

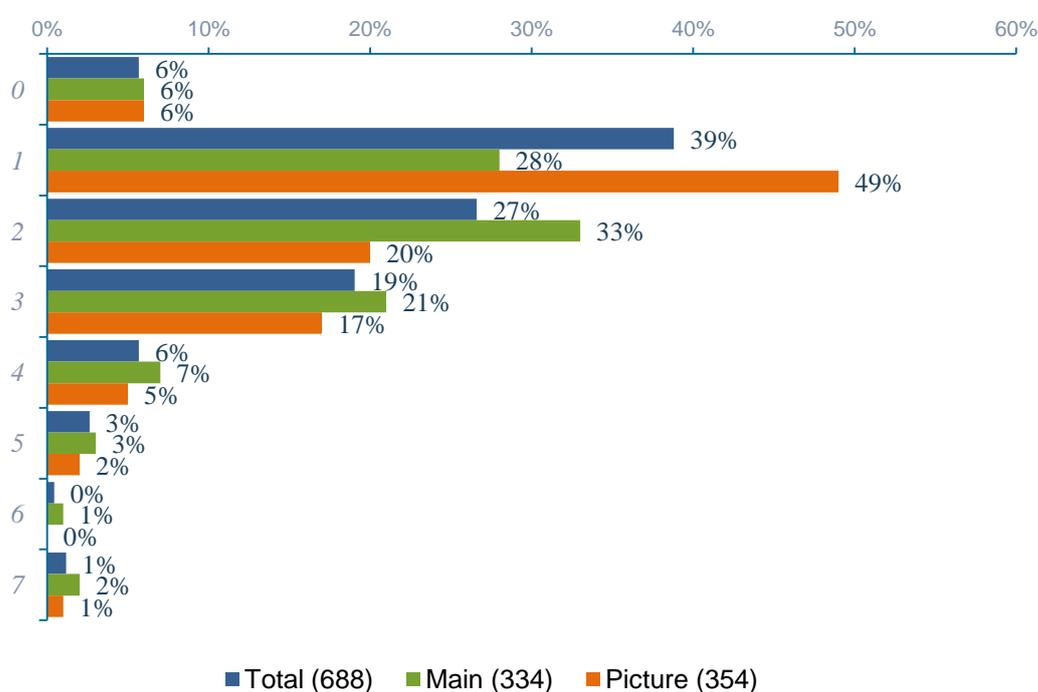
¹¹ The figures for the London Borough of Newham have been deducted as this project did not commence.

¹² We have provided six monthly figures as only 11 projects have provided actual totals for 12 months.

Extent of physical activity

To complement the monitoring data, the national evaluation asked respondents to the main survey on how many days in the past week they had spent 30 minutes or longer taking part in *any* sport. In the picture-based survey respondents were asked the related question in the last week, on which days did you play sport for at least 30 minutes. As such we can provide a total figure and directly compare responses across the two surveys; the figure below illustrates the results.

Figure 2: Number of days on which sport was played in the last week (Participation rates) (Sample bases in parentheses)



In total, 94% of respondents participated in sport or physical activity on at least one day in the last week. Respondents to the picture-based survey were significantly more likely to participate in sport once in the last week whereas those responding to the main survey were more likely to have participated on two days in the last week¹³. All of this is consistent with the baseline survey. There were no statistically significant differences when ANOVA tests were applied to the mean number days.

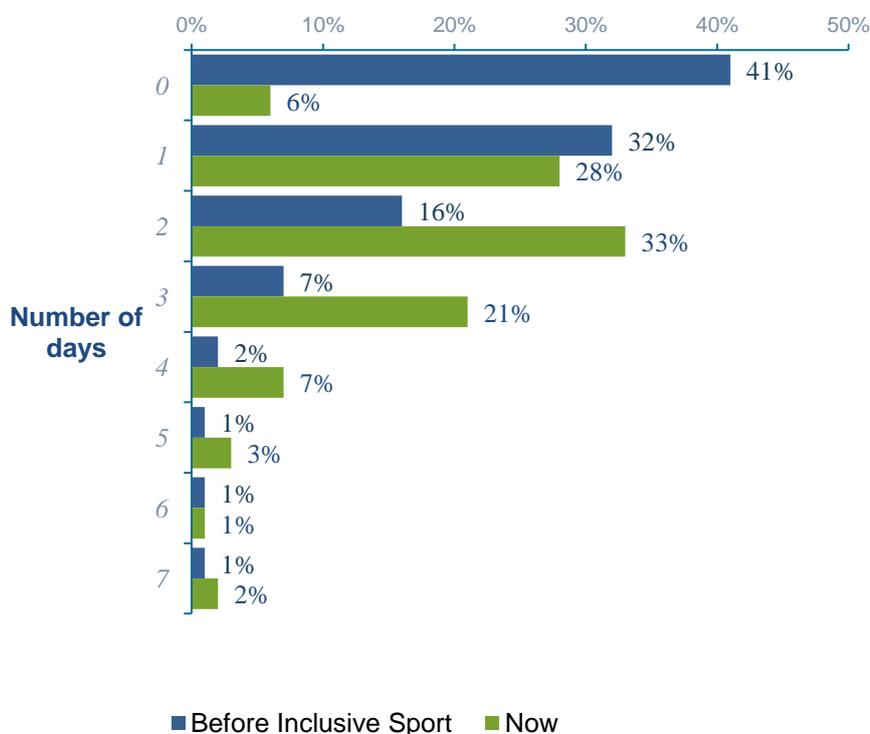
Baseline results for this question were found to be unexpectedly high. Further investigation revealed that some participants had completed the baseline survey after

¹³ It is not possible to undertake further analysis of the characteristics of those completing different versions of the survey; in part this will be determined by the administrative process adopted by each project lead.

commencing attendance at the project, hence those figures reflected increased participation with projects for some. As such, the Year 1 main survey also included an additional question to measure activity levels prior to Inclusive Sport.

Main survey respondents were asked *before* they played sport with their project for Inclusive Sport, on how many days in the week did they usually spend 30 minutes or longer taking part in sport or physical activity. The figure below illustrates the results in comparison with how many days they played sport in the last week.

Figure 3: Comparing participation rates prior to Inclusive Sport and after 1 year of Inclusive Sport (main survey respondents only) (Sample Base = 334)



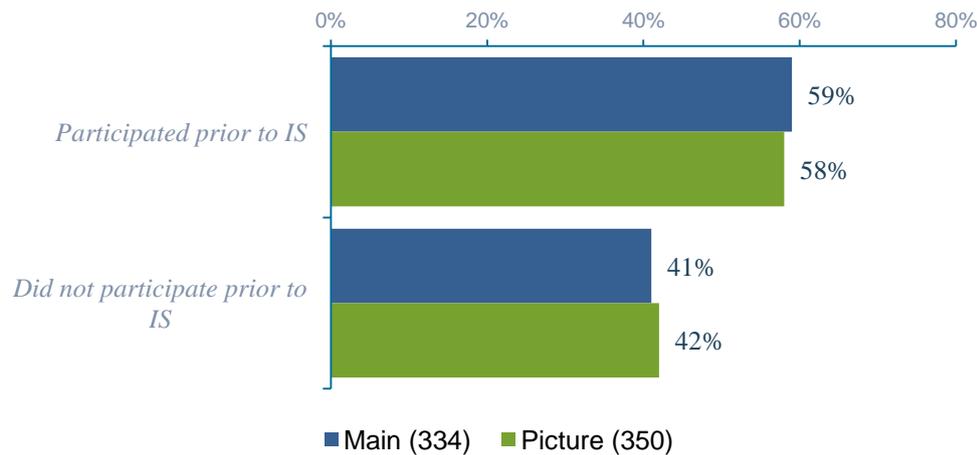
As the figure shows, prior to Inclusive Sport 41% of respondents to the main survey did not participate in at least 30 minutes of sport a week and therefore 59% did participate. One year into delivery of the project participation rates have risen to 94% (only 6% of respondents did not participate in any sport or physical activity in the last week). This provides a 35 percentage point increase in participation.

The number of days respondents participate has also increased with 67% of respondents participating on two or more days a week compared to 28% prior to involvement with an Inclusive Sport project.



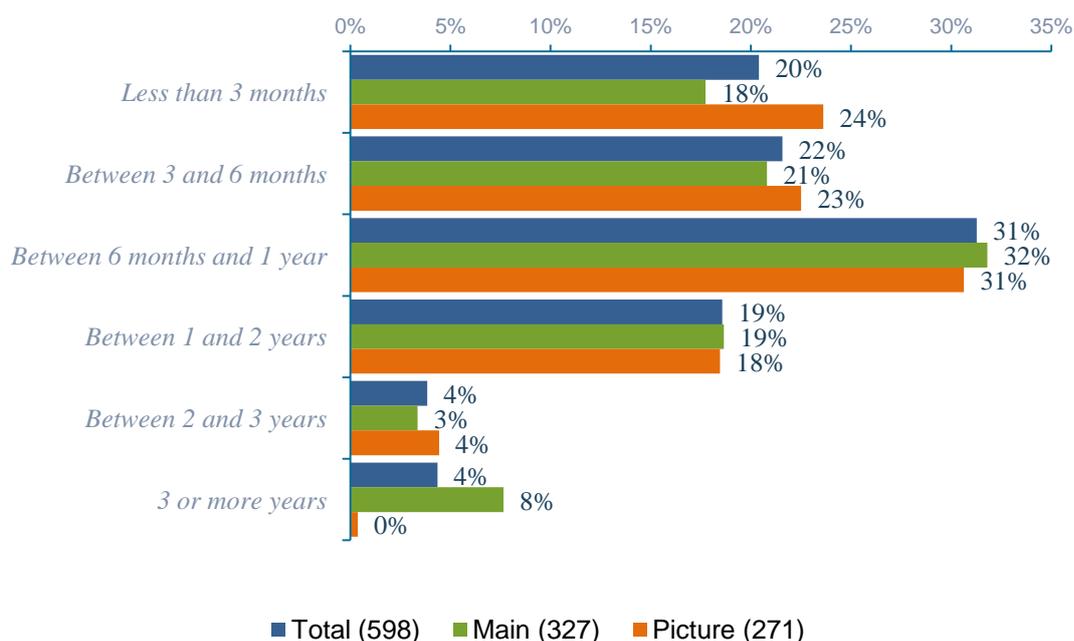
Picture-based survey respondents were asked whether they played sport before going to an Inclusive Sport project; 42% stated they did not and hence there has been a similar increase of 36 percentage points in the number of picture-based respondents who now participate in sport at least once a week. Figure 4 below illustrates the sports participation levels prior to Inclusive Sport.

Figure 4: Sports participation levels prior to Inclusive Sport (Sample bases in parentheses)



Around three-quarters of respondents to the Year 1 survey (73%) stated they had been playing the sport that they take part in at the project for less than a year (see Figure 5 below).

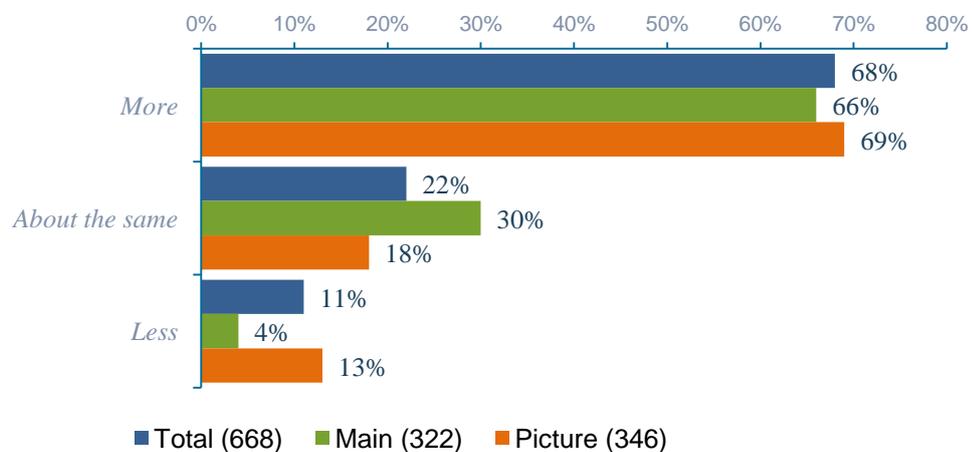
Figure 5: Length of time playing the sport(s) played at the project (Sample bases in parentheses)



Indeed, 43% of main survey respondents stated that they would not be able to play sport if their Inclusive Sport project did not exist; of these respondents, 59% had not participated in sport prior to Inclusive Sport. This suggests that projects have successfully engaged disabled people in particular sports/physical activities for the first time. The funding has also allowed individuals participating in sport to continue to do so, with 29% of main survey respondents who had participated in sport prior to Inclusive Sport reporting that they would now be unable to play sport if their Inclusive Sport project did not exist. A further 18% stated that they were unsure if they would be able to continue if their project did not exist.

Inclusive sport has not only successfully engaged disabled people in sport/physical activity, but also enabled participation levels to increase. Over two-thirds (68%) stated that they take part in sport more now than they did this time last year. Further analysis¹⁴ was undertaken to assess on how many days people did sport in relation to whether they said they were now doing ‘more’ or ‘about the same’ amount of sport. Participants who stated they undertook ‘more sport’ compared to last year, participated in sport, on average, 2.08 days in the last week, which is (statistically) significantly higher than those who undertook ‘the same’ level of sport compared to last year– on average 1.82 days a week.

Figure 6: Variation in participation rates compared with this time last year (main survey and aggregated supplementary data combined) (Sample Bases in parentheses)



At the baseline, 48% of respondents stated they had participated in sport more in the last six months than they did last year. Therefore, there has been a 20 percentage point increase in the proportion of respondents participating in higher levels of sport now (1 year into delivery of the programme) compared to prior to Inclusive Sport commencing.

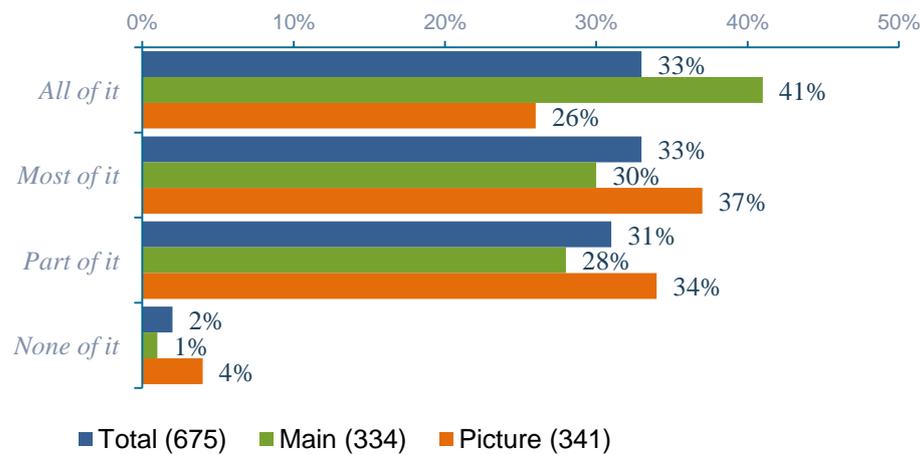
¹⁴ An ANOVA test revealed that the sample size for those who undertook ‘less’ sport was too small so a T-Test was conducted.



PROPORTION OF SPORT PLAYED AT AN INCLUSIVE SPORT PROJECT

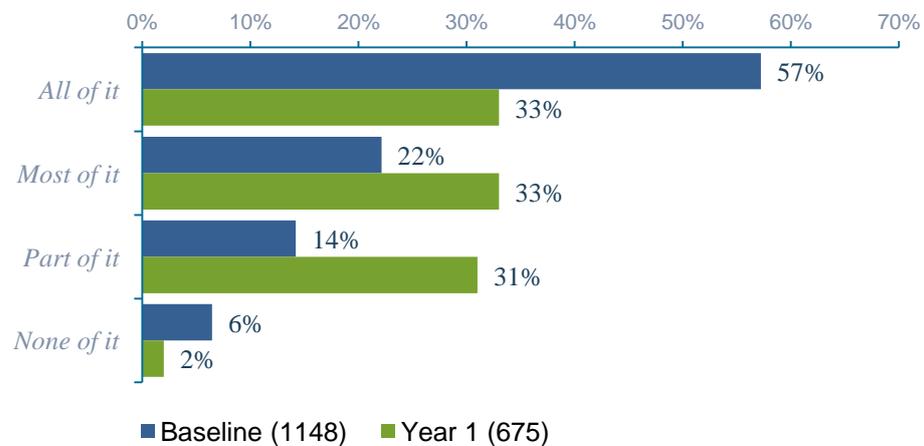
All respondents were asked how much of the sport they undertake is related to the Inclusive Sport project they participate in? As Figure 7 shows, a third (33%) of respondents undertake all of their sporting participation at an Inclusive Sport project; and a further third (33%) undertake most of it there.

Figure 7: Amount of sport undertaken at project (Sample bases in parentheses)



Compared to the baseline, there has been a 24 percentage point reduction in the proportion of respondents undertaking all of their sporting participation at an Inclusive Sport project. The figure below illustrates the results.

Figure 8: Comparing level of sport undertaken at project (Baseline and Year 1) (Sample bases in parentheses)



The increase in the proportion of respondents undertaking sport or physical activity outside of an Inclusive Sport project may mean that projects are providing individuals with

the confidence to participate in a wider variety of sports/physical activity. Indeed, evidence from the qualitative work suggests that respondents have become more aware of fitness and health through their projects and wish to participate further to improve their ability in their sport and/or fitness. Interviewees have cited examples of going to gyms to improve fitness, entering marathons to raise money to develop the sporting provision in their area, joining other clubs (including attending healthy eating classes) or seeking additional opportunities to improve sporting abilities (e.g. exposure to competitions/leagues) and as a way to increase socialisation.

Their willingness to try other things out has increased.

— Qualitative interviewee

Clients have come along and taken part in our sessions... [They] have then moved on and taken part in regional sport and then taken part in national sport up to the national games. So we do work along a player pathway as well, which I think makes us unique.

— Inclusive Sport project manager

[The Sunderland tournaments provided competition which] exposed some of the weaknesses of the team that they were all beating themselves up over it and they were all going, oh we didn't do this right. We didn't do that right, and that's exactly what you want...Then because two of them have actually been on level one coaching qualifications, they can articulate the technical sort of reasons why it wasn't working so well...that's exactly what we wanted. We wanted progression out of this.

— Inclusive Sport project manager

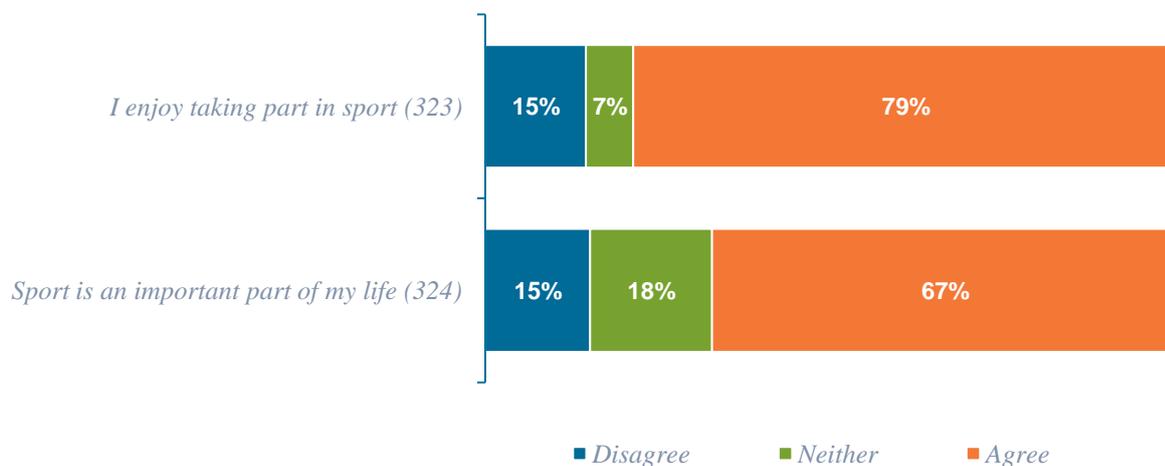
06. FINDINGS: MOTIVATION & OPPORTUNITIES

The motivation to participate in sport is important but it also requires access to viable, good quality opportunities. A key theme of the Inclusive Sport programme is to provide more opportunities for disabled people to take part in a sport of their choice and at a venue of their choice. This chapter focuses on what emerges from the participant surveys in relation to these issues.

Motivation to participate

All the respondents to the main survey were asked to what extent they agreed or disagreed with statements about sport. As Figure 9 shows, the majority of respondents to the main survey agreed that sport is an important part of their life (67%) and that they enjoy taking part in sport (79%). Nearly all respondents to the picture-based survey (97%) said that playing sports makes them happy (73% of which stated ‘very happy’).

Figure 9: Extent to which sport is enjoyed and important to the respondent (main survey) (Sample bases in parentheses)

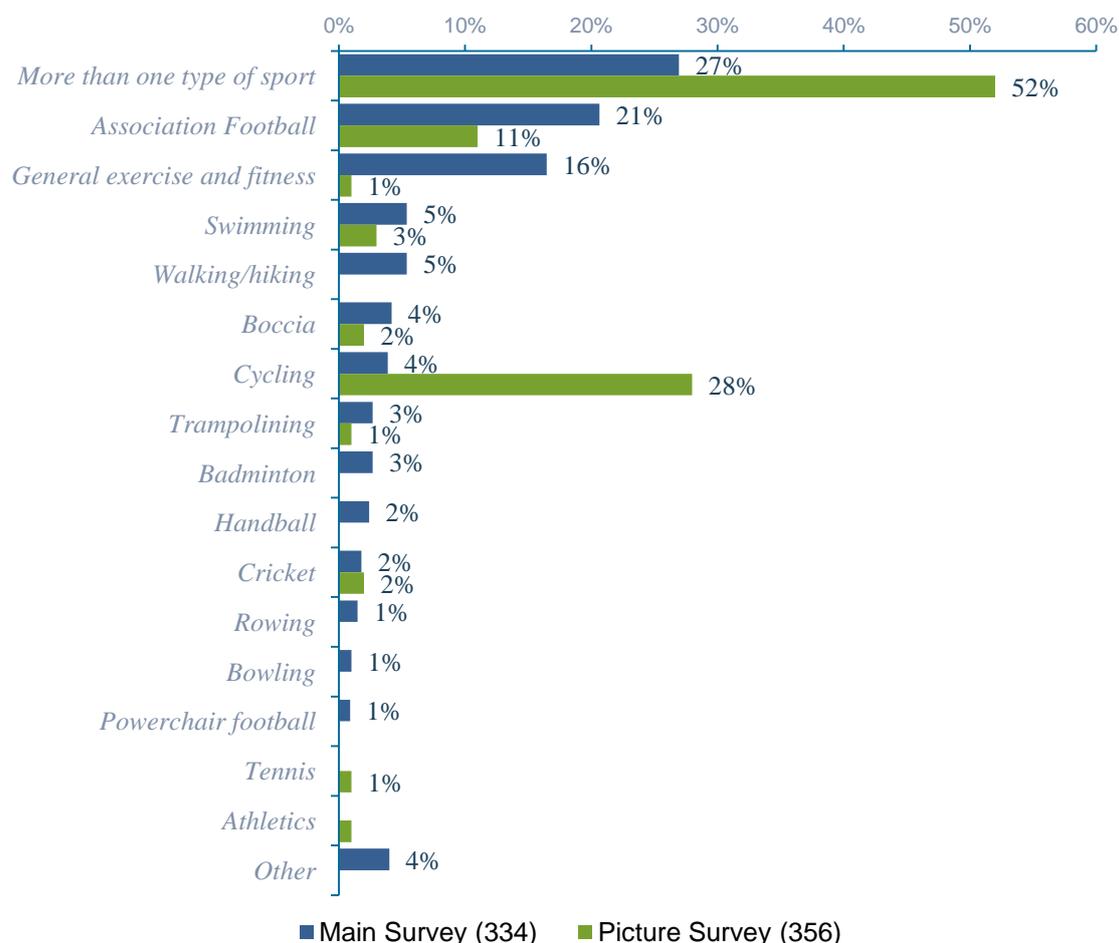


Compared to the baseline, the proportion of respondents agreeing with both these statements has increased, but not statistically significantly. At the baseline, 71% of respondents agreed they enjoyed taking part in sport (up 8 percentage points) and 61% said sport is an important part of their life (up 6 percentage points).

Sports played

Respondents were asked which sports they played as part of their Inclusive Sport project. Figure 10 illustrates the results.

Figure 10: Sports participant plays as part of the project (sample bases in parentheses)



As Figure 10 shows, respondents to the picture-based survey are significantly more likely to take part in more than one type of sport (52%) at their Inclusive Sport project compared to respondents to the main survey (27%). main survey respondents were most likely to participate in the following singular sports: association football (21%); general exercise and fitness (16%), swimming and walking/hiking (both 5%). The most participated in singular sport for respondents to the picture-based survey was cycling (28%).¹⁵

Cross-tabulation analysis reveals statistical differences (using Chi-square tests) between disabled people aged 45 years and over and younger disabled people; older disabled people

¹⁵ Please note this is likely to be due to the high response rate from the Wheels for Wellbeing project.

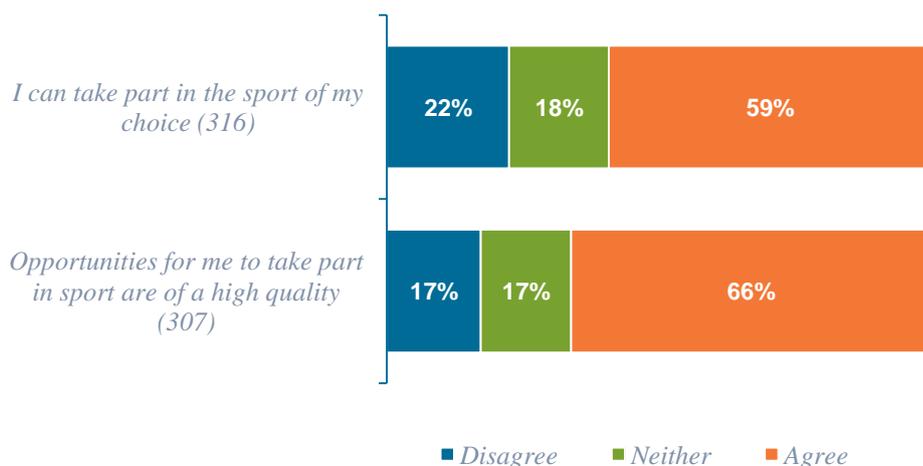
were more likely to participate in one type of sport (79% of 45+ year olds) compared to younger respondents (48% of <18 year olds and 55% of 18-24 year olds).

Choice and quality

Although the previous results illustrate that a number of sporting options are available, it was necessary to ascertain if respondents had access to the sport *of their choice*. This is because it is an important factor in the sustainability of participation and the extent to which a positive impact can be realised through sports participation.

Those participating in the main survey were asked if they are able to take part in the sport of their choice and if the opportunities to take part were of a high quality. As Figure 11 shows, almost three-fifths (59%) agreed that they can take part in the sport of their choice. This is a statistically significant increase since the baseline when 45% agreed that they could take part in the sport of their choice.

Figure 11: Choice and quality of sport (main survey) (Sample bases in parentheses)



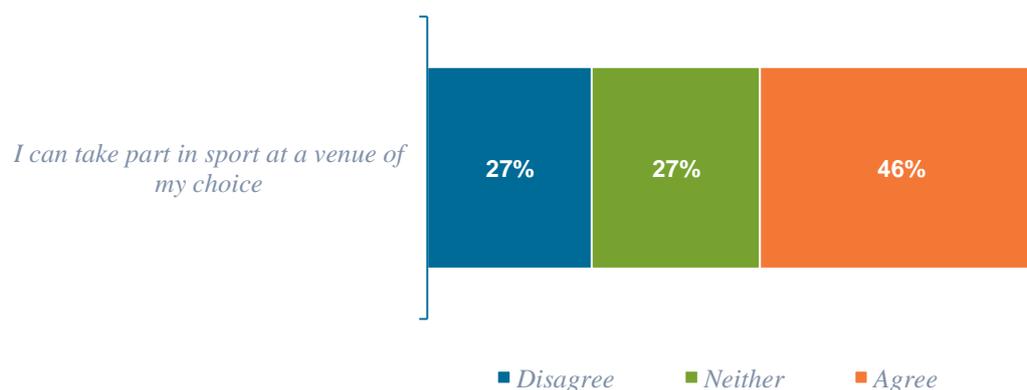
Two-thirds (66%) of respondents to the main survey agreed that the opportunities to take part in sport are of a high quality. Again, this is a statistically significant increase from the baseline when 47% of respondents agreed that opportunities to take part in sport were of a high quality.

The significant increases in the results of both these statements since the baseline suggests that Inclusive Sport projects have provided extended choice and better quality opportunities for project participants to take part in sport or physical activities than were available to them previously.

Sporting venues

Access to sport can be a key barrier to participation. Indeed, over a quarter (27%) of respondents to the main survey disagreed that they can take part in sport at a venue of their choice and a further 27% were undecided – almost half (46%) agreed that they could take part in a sport at a venue of their choice.

Figure 13: Access to venue of choice (main survey) (Sample base = 303)



Compared to the baseline (33%), there has been a statistically significant increase (up by 13 percentage points) in the proportion of participants who agree that they can take part in a sport at a venue of their choice. This suggests that Inclusive Sport provides project participants with a greater variety of choice than previous provision did. Indeed, the qualitative research details the lack of provision in project local areas prior to Inclusive Sport:

(What was the provision like before Inclusive Sport?) Before X got involved...very, very poor. And that's for both kids and for adults. And that's the thing that kept coming back: there is nothing else in this area

— Inclusive Sport Coach

I've been doing this job for a long time now, and we used to run the playground to podium, and when that programme disappeared, there was nothing for disabled kids or adults to take part in.

— British Athletics

07. FINDINGS: BARRIERS BEYOND CHOICE

Whilst choice of sport and venue are important in encouraging participation and motivation, there are many barriers that can hinder a disabled person’s access to sport. This chapter examines those barriers.

All participants responding to the main survey were asked to what extent they felt that a specified factor was a barrier to them trying a new sport. The rating scale provided had 7 points where 1 was ‘not at all a barrier’ and 7 was ‘to a great extent’. Figure 14 illustrates the results. Ratings 1-3 were combined to produce a measure for ‘not a problem’ and 5-7 combined into a single score for ‘a problem’. The neither/nor (N/N) scores are represented by those who selected the median rank of ‘4’.

Figure 14: Extent to which barrier is a problem (main survey) (Sample bases in parentheses)

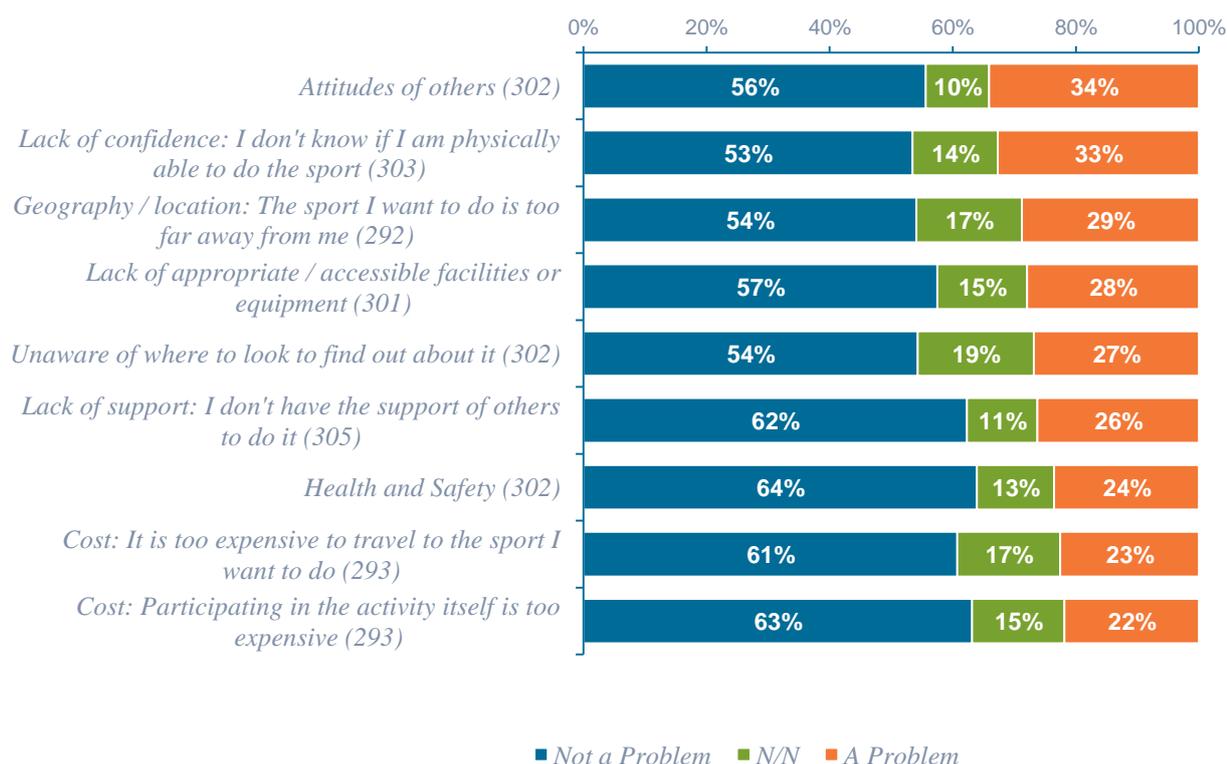


Figure 14 illustrates that each of the barriers is considered as ‘not a problem’ by more than half of respondents, with cost related barriers the least likely to be a concern. Further analysis reveals that 25% of respondents to the main Year 1 survey felt that either the cost of transport or participation in the activity was a barrier.

In the baseline survey respondents were asked to what extent the expense of trying a sport was a barrier with 36% saying that it was a problem for them. In the Year 1 survey the examination of 'expense' as a barrier was split between travel to an activity and the cost of the activity itself. Whilst the change to the Year 1 survey does not make it possible for a direct comparison with the baseline, it does infer that there has been an 11 percentage point reduction in the proportion of participants who consider cost to be barrier to participation. It also implies that where cost is a problem it applies to both the travel costs and the costs of participating in the activity itself, rather than just one or other aspect.

The barrier cited as 'a problem' by the greatest proportion of respondents (34%) to the year 1 survey is the attitudes of others. This is a change from the baseline survey where practical barriers were found to be the main barriers to taking part. As well as cost, other practical barriers cited in the baseline survey included 'the sport I want to do is too far away from me' (40%) and 'lack of appropriate / accessible facilities or equipment' (36%). After one year, these barriers have seen significant reductions in the proportion of respondents who cite them as a problem (11 and 8 percentage point reductions respectively) whilst psychological factors such as the attitude of others or lacking the confidence to participate have remained at similar levels.

This shift in response may indicate that the Inclusive Sport programme is making progress in providing suitable facilities locally for project participants to access sport and thereby tackling the practical barriers. Qualitative research revealed that the primary reasons for not participating in sport prior to Inclusive Sport were: being conscious of people staring, not having support in mainstream facilities and not having a 'level playing field' in terms of access and competition. The majority of Inclusive Sport projects are yet to tackle these more psychological barriers.

Figure 15 below illustrates the comparative results for respondents completing the picture-based survey¹⁶¹⁷ now and at the baseline. As the figure shows, the barriers after a year of Inclusive Sport delivery have remained similar. However, some of the barriers have shown a reduction in the proportion of respondents who now consider them to be an issue; the most significant changes are:

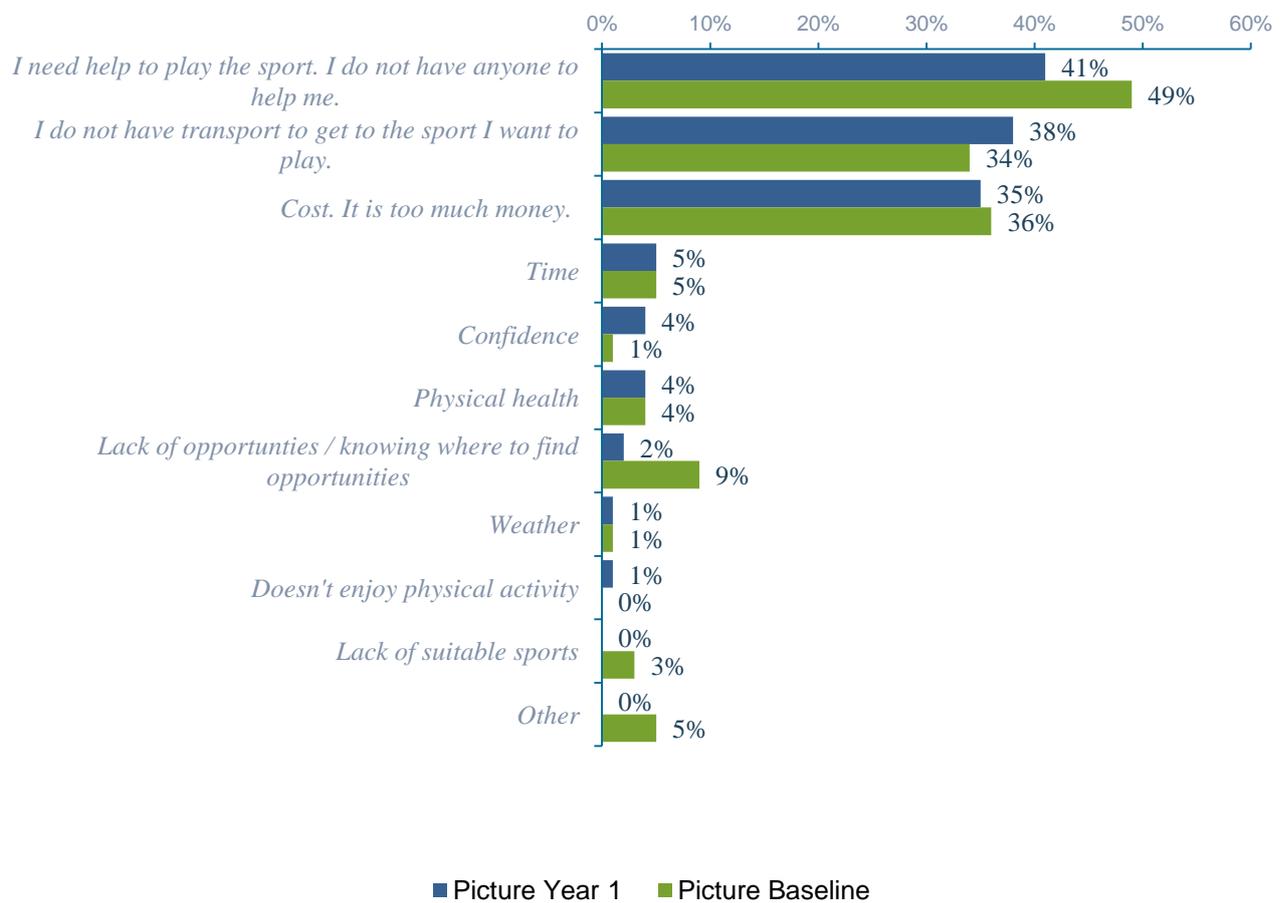
- A reduction of 8 percentage points in the proportion of respondents citing lack of support as a barrier (49% at baseline to 41% at Year 1); and
- A reduction of 7 percentage points in the proportion of respondents citing 'lack of opportunities' to be a barrier (9% at baseline and 2% at Year 1).

¹⁶ The top three responses are pre-provided answers the remaining are coded from the option to state any additional barriers.

¹⁷ The picture-based survey is not comparable to the main survey in regards to assessing barriers to participation. This is due to the need to make the survey accessible to those with learning disabilities. Please refer to the appendices for copies of the surveys.

These results infer that the Inclusive Sport's projects are positively contributing to the reduction of known barriers that impede disabled people from participating in sport.

Figure 15: Barriers to participation (picture-based survey) (Sample bases are varied)



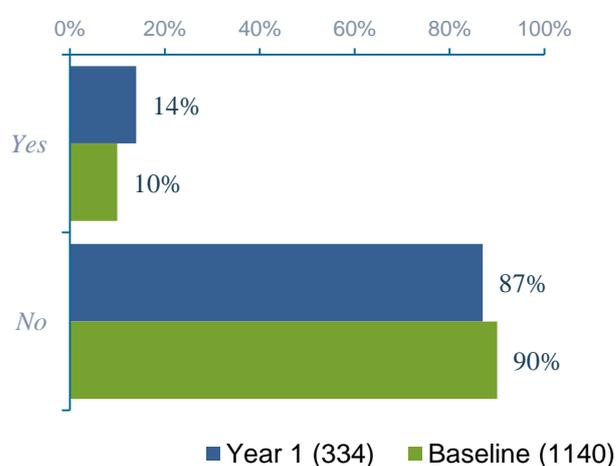
08. FINDINGS: POSITIVE ROLE MODELS

Positive role models are thought to be an important factor in the sustainability of Inclusive Sport projects. This section focuses on the proportion of participants in Inclusive Sport projects who take-up roles as a volunteer or employee to support sporting activities.

Positive role models

A primary intervention outcome of the Inclusive Sport programme is to see more disabled people acting as positive role models in the sport workforce. As such, all participants to the main survey were asked if they currently support sporting activities by being a volunteer or employee – currently, one in seven respondents do so (14%). This is an increase of 4 percentage points since the baseline (10%). More research will be required to understand the specific roles that disabled volunteers play in influencing the participation of other disabled people.

Figure 16: Percentage of participants supporting sporting activities as a volunteer or employee (Sample bases in parentheses)



09. CONCLUSIONS

This chapter outlines our initial conclusions of the Year 1 annual survey.

This report provides an overview of the Year 1 position of projects funded through the Inclusive Sport Programme.

Overall the Year 1 survey results reveal strong positive trends that Inclusive Sport is moving towards its intended intervention and strategic outcomes. Nearly all participants (94%) state they participated in sport on at least one day in the last week for 30 minutes or more (1x30). When compared to participation rates prior to Inclusive Sport this reveals an increase in 1x30 participation by 35 percentage points (for main survey respondents). As such, there has been a significant positive increase in the 1x30 sport participation rate for disabled people within the first year of the programme. In addition, there has been a 20 percentage point increase in the proportion of respondents reporting that they are participating in higher levels of sport now (1 year into delivery) compared to prior to Inclusive Sport commencing.

Aside from the increase in participation there has been a 24 percentage point reduction in the respondents undertaking 'all' of their sporting participation at an Inclusive Sport project. This suggests that the programme is not only increasing sports participation for disabled people within its funded projects, but may also have enabled participants to develop their confidence to explore other opportunities outside of the projects. More research is required to fully understand this impact.

In regards to specific intervention outcomes the results reveal that the programme is already beginning to deliver positive change for those who attend the projects; in some but not all instances this is statistically significantly – see the table below.

Table 3: Outcome achievements¹⁸

Desired outcome	Supported Findings
More disabled people see sport as a viable lifestyle choice for themselves	There has been an increase, since the baseline, in the proportion of respondents who agree that they enjoy taking part in sport (up 8 percentage points) and that sport is an important part of their life (up 6 percentage points).
There are more opportunities for disabled people to take part in sport, in a sport of their choice and at a venue of their choice	There has been a statistically significant increase in the proportion of respondents who agree that they can take part in the sport of their choice (up 14 percentage points) and the venue of their choice (up 13 percentage points) since the baseline.
Higher quality opportunities are available for disabled people to take part in sport	Since the baseline there has been a statistically significant increase in the proportion of respondents who agree that the opportunities for them to take part in sport are of a high quality (47% (baseline) to 66% (Year 1 survey)).
More disabled people are acting as positive role models in the sport workforce	The number of respondents supporting sporting activities by being a volunteer or employee has risen from 1 in ten (10%) to 1 in 7 (14%) within the first year of delivery of the Inclusive Sport programme.

Inclusive Sport projects are not only making positive trends in increasing opportunities, quality and participation but are also beginning to reduce the extent to which some of the more practical barriers to participation exist for participants in projects. There have been reductions in the proportion of respondents citing ‘lack of support’ and ‘lack of opportunities’ as barriers to participation and since the baseline, respondents no longer cite ‘lack of suitable sports’ as a barrier.

The barriers that do exist are predominately in relation to an individual - with lack of confidence being a primary concern. In addition, over two-fifths (44%) of respondents still have a sport or physical activity they would like to try that they have so far been unable to participate in. There were over 30 listed sports at both the baseline and within the Year 1 survey; these lists were not identical. This would suggest that it is unlikely that a particular sport is not available for a disabled person, but rather that a particular sport may not be in a location or at a time or cost available to the individual.

¹⁸ Please note that the findings within Table 3 are in relation to project participants only and do not suggest a general population impact.

One barrier that the programme could seek to address further is the ‘attitude of others’. Over a third (34%) of respondents felt this was a problem to participation, making it the most cited problem of all barriers within the Year 1 survey. This was re-iterated in the case study research – Inclusive Sport projects provide an environment that participants feel safe and secure in but outside of the projects this barrier remains. As more respondents gain confidence in participation outside of the projects it will be important to seek to influence wider disability awareness within sport to ensure that the gains of the programme are not lost when the funding ends. However, this may be beyond the scope of the Inclusive Sport projects themselves.

10. APPENDIX 1: PARTNERSHIPS

This appendix first appeared in the baseline report for the national evaluation of Inclusive Sport. Whilst no further analysis has been carried out, the chapter is included here for contextual purposes.

Successful delivery of Inclusive Sport projects relies on strong partnerships created between organisations to attract individuals to take part and support them in doing so. In this chapter we examine partnership working at Inclusive Sport funded projects.

Organisational partnerships

Key intervention outcomes are that projects:

- *Create sustainable and effective partnerships between the disability and sport sector; and*
- *Develop effective local, regional and national partnerships that improve the quantity and quality of sport for disabled people*

Analysis of the development plans and ‘review’ reports show that significant partnerships are both proposed and realised. The table below summarises the types of partnerships proposed / realised.

Table 4: Analysis of partnerships created

Organisational type	Example of partner(s)	Purpose of partnership
Day centres, schools, universities	Olympus Care Services (Northampton), Belvoir High School, University of the West of England, Swiss Cottage Specialist SEN School	Identify potential participants for project. Provide location for project.
Sports clubs	County Cricket Clubs, Rowing Clubs, County football associations	Provision of sporting expertise and assistance with delivery. Affiliation with clubs can help attain kitemark standards for provision.
National sporting bodies	Special Olympics	Operational delivery partners – service level agreements in place at some.

Organisational type	Example of partner(s)	Purpose of partnership
Disability organisations	MENCAP, RLSB	Access to networks, referral pathways set up.
Local authorities	Bradford Council, Brighton & Hove City Council	Promote partnerships and avoid duplication of services within geographical areas. Referral service.
Sport(s) equipment providers	Rebound UK, Bikeworks, Pedalpower	Provide information and advice on purchasing equipment. Assist with training. Help source and provide equipment.
Disability sports organisations	Rebound UK	Provide training to staff to deliver sessions
Private sector workforce development	Kruger Associates, Deaf Jobs UK, CVS, 'Do it'	Training provided to participants in regards to volunteering (support into work)
Leisure Centres	Circadian, GLL	Provide facilities and develop sessions in partnership

Partnerships are vital throughout the different stages of project set-up and delivery. Organisations needing to employ new staff for the projects used their partners to recruit to these positions. An example of this is BID Services, who used their partners to advertise job vacancies for the project and have since successfully appointed a Deaf Inclusive Sports Officer and coaches.

Partners have also been utilised in the recruitment and training of volunteers. Many of the projects have significant elements of voluntary work and without the partnerships in place to recruit and train them, the projects would not be as successful. An example of this is Make a Difference, who used their partnership with a local authority to hire volunteers for the project:

We have recruited volunteer 'befrienders' to support participants on the project through working in partnership with local schools, colleges, universities and voluntary organisations. With the support of these organisations we have marketed the project at Open Days, assemblies, drop in and welcome fairs. Volunteers are fundamental to the delivery and sustainability of the project

— – Inclusive Sport project, 6 Month Review

Several projects identify and engage disabled people via referrals, relying on partners such as disability organisations, care services and local authorities. Without these partnerships in place, getting service users involved in the projects would be extremely difficult. Schools, universities and day centres have also promoted these projects to disabled people to increase participation rates. Cambridge House and Talbot for example partnered with a variety of Special Educational Needs schools and colleges as well as community groups and local authorities to refer participants to the project.

Partnerships have been pivotal in the delivery of these projects as well as their promotion. Organisations frequently worked with local sports clubs and leisure centres to provide suitable coaches, equipment and venues for the projects.

In addition to the partnerships in place at the time the development plans were created, the projects have also been striving to create new partnerships within the first 6 months. The organisations listed new partnerships in the 6 month reviews they submitted. Again, these partners were organisations like charities, schools, NGB's, disability groups and sports disability groups and were central to all stages of the projects.

11. APPENDIX 2: PROJECT DELIVERY

This appendix first appeared in the baseline report for the national evaluation of Inclusive Sport. Whilst no further analysis has been carried out, the chapter is included here for contextual purposes.

This chapter focuses on how a project is delivered, its challenges and successes, as well as its sustainability plans to inform our understanding of ‘what works’.

Sport England has provided the development plans for all the projects involved in Inclusive Sport. In addition, we have received twenty 6-monthly reviews. These have been analysed¹⁹ to provide us with insight into how each project is aiming to be sustainable and what the challenges and successes have been so far. Each organisation differs for each of these factors, but there are similarities and differences between projects that enables us to paint an overall picture of what is going on, in addition to more detailed and specific examples from individual projects.

It is impossible to say that every theme discussed in this chapter relates to all of the projects, as we have only received 20 of the 6-monthly reviews. Likewise, because we do not have all the reviews, it is likely that there are themes which are not discussed here. A more thorough evaluation will be possible once we have received and analysed more of the 6-monthly reviews.

Please note: This section provides findings based on reports from project leads as opposed to individual sports participants.

Sustainability

Sustainability is an important aspect of these projects; if they are going to continue to help disabled people in the future, they need to design a disability sport infrastructure that will continue after the funding for the project has ended. There are a number of issues that need to be overcome in order to ensure sustainability of projects; those immediately identified are:

- *Sporting facilities being willing to fund ‘disability awareness training’ for staff;*
- *Funding required to advertise activities;*

¹⁹ Please refer to the methodology section for ‘how’ we analysed the qualitative data

- *Funding for volunteers who can support those disabled participants who need help to take part (entrance fees/expenses etc); and*
- *Provision of equipment and training individuals as coaches/volunteers.*

Therefore, for many projects, the key to sustainability is providing well trained volunteers who can provide support, coaching, awareness training and other services beyond the funding period.

However, these resolutions identified by projects as being important to sustainability are not reflected in the actions they are currently taking to *achieve* it; for example, the most frequently cited action (provided within the six monthly reports) is the introduction of fees for coaching and training sessions. These are generally at a reduced rate so they are affordable for participants but they are not enough to fully subsidise activities and the support provision required to run the sessions.

Challenges

Projects that had completed a 6-month review report were asked to state what their key challenges were to date. The challenges identified by projects completing a 6-month review report to date are organised by theme below.

PARTNERSHIPS

As previously discussed, partnerships have been highlighted as important for the recruitment of staff/volunteers, the delivery of activities and for the sustainability of the projects. It has been challenging for some of the projects when these relationships have not worked as effectively as hoped. Difficulties in communication and differing priorities have caused practical issues for several of the organisations. For example, sporting organisations have had difficulties understanding why care facilities make decisions on taking part for participants (as opposed to the individual making the decision). Challenges encountered involving partners commonly resulted in delays that have hindered the projects' delivery.

The projects that have suffered delays due to challenges with partners stated in their 6-month reviews that they will work to make up the deficit and time lost. As this information is coming from the first 6-month reviews, it may be the case that not enough time has elapsed for the logistics of the partnerships to be fully functional; this may particularly be the case for new partnerships formed within the first 6 months of the projects:

It has taken a while to create a network of partners to support the project, which is something that we have been doing a lot over the past 6 months

— – Inclusive Sport project, 6 Month Review

TRANSPORT

One of the most prominent challenges experienced across the projects has been adequate transportation for service users to sporting events. Disabled people have experienced difficulties travelling to and from provision. Five projects specifically mentioned transport for participants as a challenge in their 6-month reports.

There are several ways in which the projects have been attempting to counter this challenge. The first and perhaps most obvious counter to this issue is to provide transport for participants, such as one project which uses its own minibus to pick up and drop off participants to swimming sessions.

A second workaround is to make the sporting venues more accessible to disabled people by moving the venue location closer to service users and by setting up at venues with better transport links. In their 6-month review, one project expressed their intention to set up new satellite clubs to increase the accessibility of their project.

Another way to deal with the challenge of transport could be to provide information to service users regarding transportation in the area, as they may have limited knowledge of how to get to/from venues. One project noted that their participants were having difficulties in travelling to their sessions and resolved this issue by introducing a 'buddy' system so that participants could learn the route to the venue with the help of someone else:

We have offered rehab support to those who needed it and further supported our participants by enabling a buddy system with our volunteers until the route was learnt.

— Inclusive Sport project

This system may work with smaller projects, although a larger project might struggle to operate a buddy system successfully, depending on the number of volunteers available.

STAFFING

Changes in project staff and staff contracts within the first 6 months have been a challenge for some of the projects. Some of the project outgoings have increased due to changes in staff contracts. For example, one project's costs increased when they introduced Holiday pay for their staff and another project overspent on their budget for the mileage rate paid to staff due to increases in the cost of travel.

Other organisations have had difficulty with finding and keeping the staff necessary to run the projects. One project, for example, experienced difficulties recruiting and deploying their staff, which took longer than expected. Redundancies and staff leaving also negatively

impacted some of the projects. For example, 2 out of 3 staff initially appointed in another project had to leave their posts due to unforeseeable circumstances. Another project reported that they struggled to recruit enough volunteers, which are essential in the delivery of most of the projects.

SERVICE USER RECRUITMENT AND ENGAGEMENT

There has been a variation in the challenges posed related to the recruitment of service users. Five organisations mentioned having experienced difficulties in recruiting the numbers of participants they had hoped for.

The projects have been using multiple methods to combat low participation rates. One project is trying to forge better networks of partner organisations to engage higher numbers of disabled people. Another project had difficulties in creating a referral pathway, such as through GP referrals, which would boost participation. A third project on the other hand has created online advertisements to market their sports provision.

At least one other project has experienced the reverse problem. An unforeseen increase in intake has led to insufficient provision of equipment. As such, they reported that entertaining those not participating had been challenging.

VENUE

3 of the organisations reported that they faced challenges when trying to find suitable leisure centre venues for the project which would accommodate the needs of the project's service users.

Successes

The table below illustrates the outcomes achieved to date, as sourced from the available 6-month review reports.

Table 5: Successes

Hard Outcomes	Soft Outcomes
Repeat business with majority of organisations – not just one off sessions	Support of local sports clubs
Design of bespoke marketing and communications plan that will touch over 10,000 across multiple audiences	‘Can do’ and ‘fun’ attitude of coaches and volunteers
Diverse range of activities offered tailored to needs of participants and delivered by qualified coaches.	Participants are happier and have learnt new skills, have higher confidence, better health and more self-esteem
Volunteer recruitment – over 50% have a disability.	High levels of interest from potential volunteers for some projects: <ul style="list-style-type: none"> — <i>We have had an overwhelming number of people coming forward wanting to become coaches and volunteers – unfortunately we have had to put a few people on the waiting list as we cannot cater for everyone due to budget restrictions – Inclusive Sport project, 6 Month Review</i>
Launch event had over 100 in attendance including the local press which raised profile and awareness.	
The inclusion of a disability sport (wheelchair handball) in the school curriculum	

PARTICIPANT HEALTH AND MENTALITY

Arguably one of the most positive anecdotal outcomes of Inclusive Sport is that service users are healthier and happier. One example of a project which highlighted benefits to participant health and mental wellbeing was Henshaw's Society for Blind People's Visually Impaired Adult Football Development. Both the confidence and fitness levels of participants on Henshaw's project have increased. These benefits are supported by testimony from participants on the project, as reported in Henshaw's case study. Henshaw's, alongside a number of other organisations emphasised the development, commitment, happiness and fitness of participants as successful outcomes in their 6-month reviews. Not all of the 6-month reviews explicitly mentioned these 'softer' outcomes, preferring instead to focus on more measurable successes such as numbers of participants and numbers of sessions held.

To date the project participants have seen an improvement in fitness levels, increased self-esteem and confidence and some have engaged in additional activities

— — Inclusive Sport project, 6 Month Review

12. APPENDIX 3: QUESTIONNAIRES

*This appendix provides copies of the questionnaires utilised in the **second** wave of the baseline.*

The surveys below were utilised in the first annual survey. They were:

1. The picture-based 'easy read' survey; and
2. The main survey.

Participants' Survey: Inclusive Sport

Q1 Which sport[s] do you play at [project name]? [Tick all the ones you play]



Rowing



Cycling



Trampolining



Table Cricket



General fitness and exercise



Basketball



Tennis



Football



Bowling



Boccia



Swimming



Walking/Hiking

Q2 If your sport is not shown above, what 'other' sport do you play? [Project staff / parent / guardian/ friend to complete]

Q3 In what month did you start playing sport with [project name]?



- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December
- I don't know

Q4 In what year did you start playing sport with [project name]?

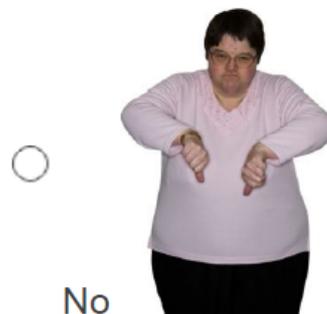
- Before 2012
-  2012
-  2013
-  2014
- I don't know

Q5 In the last week, on which days did you play sport for at least 30 minutes?



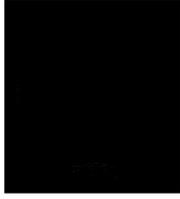
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- I did not play sport

Q6 Did you play sport before going to [project name]?



Q7 How much of the sport you play is at [project name]?

All of it Most of it Part of it None of it

Q8 When did you play more sport?

I play more sport now I played more sport last year I play the same amount

Q9 How happy or sad does playing sport make you feel?

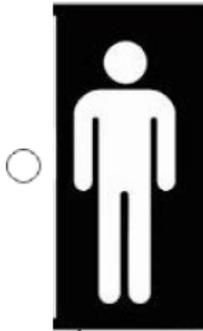
Q10 What stops you playing more sport?

Cost. It is too much money. I do not have transport to get to the sport I want to play. I need help to play the sport. I do not have anyone to help me.

Q10a What else stops you from playing more sport? [Project staff / parent / guardian/ friend to complete]

Q11 Are you....?



Q12 How old are you? [Project staff / parent / guardian/ friend to complete]

- Under 14 years old
- 14-15 years old
- 16-17 years old
- 18-25 years old
- 26-44 years old
- 45+ years old

Q13 Which disability do you have? [Project staff / parent / guardian/ friend to complete]

- Blind / visual impairment
- Deaf / hard of hearing
- Learning disability / difficulty
- Mental health condition
- Autistic spectrum disorder
- Physical impairment
- Other

Please specify what other disability you have

Thank you for participating in our survey.



Participants' Survey: Inclusive Sport

Inclusive Sport is an investment of £10.2 million of National Lottery funding, by Sport England. In total, 42 projects received funding and Sport England has asked CFE Research to evaluate the projects. This survey has been designed to find out the views of individuals who are taking part in the projects. It should take no longer than 5 minutes to complete. Your views will be anonymous and you will not be identified in any way to Sport England. If you have any questions about the survey please contact Jon Sheen: Jonathan.Sheen@cfe.org.uk

Project Involvement

Q1 What is the main sport that you play at {Q16}?

- | | | | |
|---|--|--|--|
| <input type="radio"/> More than one type of sport | <input type="radio"/> Trampolining | <input type="radio"/> Association Football | <input type="radio"/> Cricket |
| <input type="radio"/> Powerchair football | <input type="radio"/> Cycling | <input type="radio"/> Swimming | <input type="radio"/> Boccia |
| <input type="radio"/> Rowing | <input type="radio"/> General exercise and fitness | <input type="radio"/> Walking/hiking | <input type="radio"/> Other [Please specify] |

What 'other' sport do you play with {Q16}?

Q2 How long have you been playing sport[s] with {Q16}?

- Less than 3 months
- Between 3 and 6 months
- Between 6 months and 1 year
- Between 1 and 2 years
- Between 2 and 3 years
- 3 or more years
- Don't know / Can't remember

Extent of physical activity through sport

Q3 On how many days in the *past week* have you spent 30 minutes or longer taking part in *any sport*?

- 0
 1
 2
 3
 4
 5
 6
 7

Q4 Before you played sport with {Q16}, on how many days in the week did you usually spend 30 minutes or longer taking part in sport?

- 0
 1
 2
 3
 4
 5
 6
 7

Q5 How much of the sport that you play is undertaken at {Q16}?

- All of it
 Most of it
 Part of it
 None of it

Q6 Would you say that you currently take part in sport more, less or about the same amount as you did this time last year?

- More
 About the same
 Less
 Don't Know / Can't remember

Q7 To what extent do you agree with the following statements? Where 1 is strongly disagree and 5 is strongly agree.

	1	2	3	4	5	Don't Know
Sport is an important part of my life	<input type="radio"/>					
I can take part in the sport of my choice	<input type="radio"/>					
I can take part in sport at a venue of my choice	<input type="radio"/>					
Opportunities for me to take part in sport are of a high quality	<input type="radio"/>					
I enjoy taking part in sport	<input type="radio"/>					

Choice of sport

Q8 Is there a sport that you would like to try that you have, so far, been unable to participate in?

- Yes
 No

Q9 Which sport do you most want to try but that you are currently able to? *Please select one sport only*

Barriers to playing sport

Q10 To what extent do you feel that the following are a barrier to you taking part in sport? Where 1 is not at all and 7 is to a great extent.

	1	2	3	4	5	6	7	Don't Know
Geography / location: The sport I want to do is too far away from me	<input type="radio"/>							
Cost: It is too expensive to travel to the sport I want to do	<input type="radio"/>							
Cost: Participating in the activity itself is too expensive	<input type="radio"/>							
Lack of appropriate / accessible facilities or equipment	<input type="radio"/>							
Unaware of where to look to find out about it	<input type="radio"/>							
Health and Safety	<input type="radio"/>							
Attitudes of others	<input type="radio"/>							
Lack of confidence: I don't know if I am physically able to do the sport	<input type="radio"/>							
Lack of support: I don't have the support of others to do it	<input type="radio"/>							
Other	<input type="radio"/>							

Please specify what other barrier[s] you experience in trying a new sport

Q11 If {Q16} did not exist would you still be able to play sport?

- Yes No Don't Know

Q12 Do you currently support any sporting activities as a volunteer or employee?

- Yes No

Questions about you

The following questions are to help us see if there are any differences in access to sport by gender, age and disability. The findings will not be used to identify you in any way.

Q13 Are you....?

- Male Female

Q14 How old are you?

- Under 14 years old 14-15 years old 16-17 years old 18-25 years old 26-44 years old 45+ years old

Q15 Which disability do you have?

- Blind / visual impairment
- Deaf / hard of hearing
- Learning disability / difficulty
- Mental health condition
- Autistic spectrum disorder
- Physical impairment
- Other

Please specify what other disability you have

Thank you for participating in our survey. Please only press SUBMIT once.