

# Inclusive Sport Round 1 Evaluation

*Year 1 Report July 2014*

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## 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% <sup>1</sup>	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%

<sup>1</sup> 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%

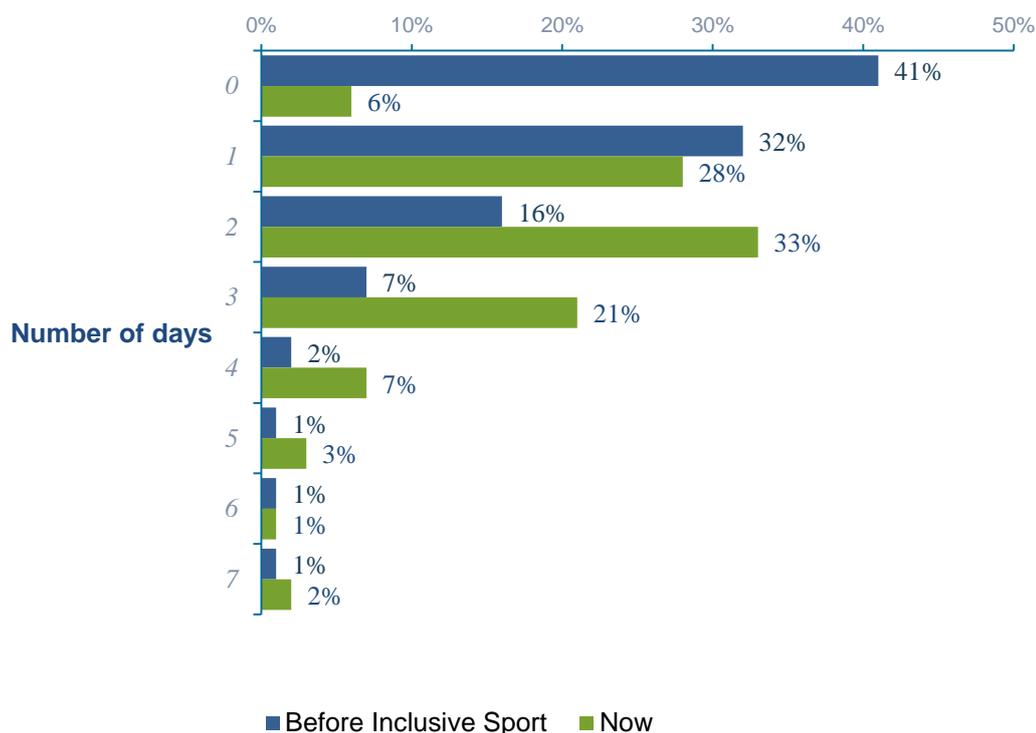
## PARTICIPANTS AND THROUGHPUT

Overall, round one of Inclusive Sport is projected to have 52,544<sup>2</sup> disabled people participate in sport with a net project throughput of 830,329<sup>3</sup> equates to an average of 16 sessions per participant across the 3 year funding period. The six monthly results reveal that projects<sup>4</sup> 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

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)**



<sup>2</sup> 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.

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

<sup>4</sup> 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 survey<sup>5</sup> 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**

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.

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<sup>5</sup> 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

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

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

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

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.

