



2012 Disability Gymnastics Awareness Month

Overview of the project

The project was devised to provide a structured development opportunity for the discipline of Disability Gymnastics within the London region.

It was to provide an opportunity for coaches and clubs to increase their knowledge, skills and coaching ability within the discipline.

The month was also designed to coincide with the British Gymnastics – London adoption of Inclusive and Active 2, the London-wide 'Interactive' strategy, with a vision of active disabled Londoners. It has been created in partnership with the Greater London Authority (GLA), NHS London and Interactive.

LONDON DISABILITY GYMNASTICS AWARENESS MONTH

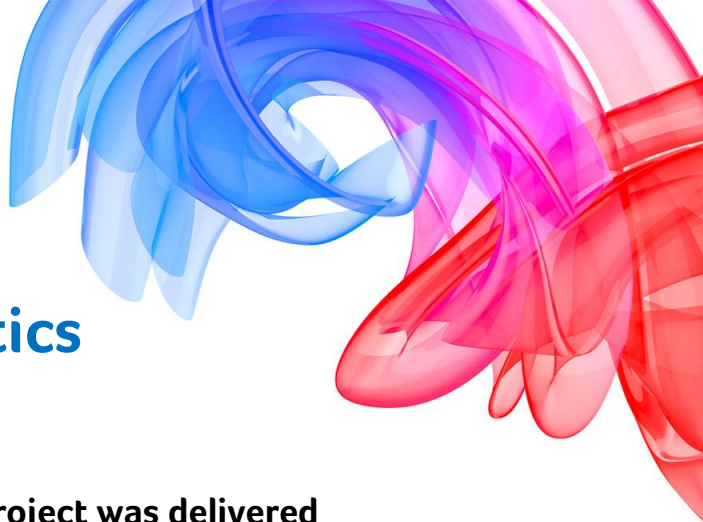


Project Objectives

- To provide an opportunity to highlight and develop Disability Gymnastics within the London region
- To provide a structured month of initiatives to coaches and clubs, ranging from workshops through to formal qualifications and competitions
- To help target increased participation in Disability Gymnastics in the London region

Summary of Success

- The first ever Disability Gymnastics awareness month to be held in the UK
- The month comprised of 3 separate strands;
 1. A disability awareness workshop at the BG 2012 London Club Conference
 2. An awareness session with the regional Disability Gymnastics competition
 3. A formal 2 day Disability Gymnastics add-on module for level 1+ coaches
- The event has helped pave the way for future Disability Gymnastics awareness months in the capital, starting in 2013 with funding from BG



2012 Disability Gymnastics Awareness Month

Description of what happened/how the project was delivered

The project was broken down into 3 separate areas:

1. It was open on the 5th February 2012 at the London Club Conference, with a Disability awareness workshop run by Patrick Bonner from British Gymnastics. The workshop focused on integration of the discipline and Disability Gymnastics with the sport
2. The 26th February saw the disability Gymnastics awareness session at Goresbrook Leisure Centre. This morning was led by various London Gymnastics' Tutors and focused on both theory and practical inclusion. It also signalled the BG London adoption of Inclusive and Active 2, thanks to a presentation from Lynsey Wilson from the Interactive Partnership. The session was followed by the London Gymnastics grass roots Disability Gymnastics competition
3. The final part of the month-long project was on the 3rd and 4th of March when the region ran a subsidised Disability Gymnastics add-on module to various London coaches



LONDON GYMNASTICS

Providing the perfect balance of fun, passion and precision

Impact/Outcomes

The Disability Gymnastics Awareness Month became the most successful event of its type within London, ever. It engaged clubs from all over the capital and paved the way for future initiatives. 15 coaches attended awareness sessions at the Club Conference, 25 coaches attended the awareness session at Goresbrook, and 18 coaches attended the Disability Gymnastics add-on module at the beginning of March. The grass roots Disability Gymnastics competition also doubled in size from 2011-2012 with over 60 Gymnasts participating. This number is hoped to be over 100 for the 2013 competition.

The initiative has brought Disability Gymnastics to the forefront of coach and club minds within the capital and helped provide a legacy for the discipline for 2013 onwards. It also signalled the first British Gymnastics region to adopt 'Inclusive and Active 2', helping to highlight and develop a truly inclusive sport.

2012 Disability Gymnastics Awareness Month

Key Partners

- British Gymnastics
- London Gymnastics
- Skills Active – Mayor’s Legacy
- Interactive
- Greenwich Leisure Limited (Funding for the Club Conference)



Future Developments

Thanks to further funding from British Gymnastics we are able to run another Disability Gymnastics month in 2013. This will provide a legacy of the 2012 month, and hopefully allow the initiative to become self-sustaining. Further funding was applied for throughout 2012 to allow for a more structured scheme and to help run the event 2013 onwards. Work will now continue with 'Interactive' to develop Disability Gymnastics and expand the discipline across the capital.

**I AM
BG**

FURTHER INFORMATION

ELIZABETH AWDE

Workforce Development Coordinator - London



07775 020 868



elizabeth.awde@british-gymnastics.org

