



Parent Carer Council Shropshire (PACC)

*Championing the Voice of Shropshire's SEND
Community*

Information & Support, Influence & Change



PACC's Healthy Lives Holiday Programme

Key findings

One third of disabled children take part in less than 30 minutes of sport and physical activity per day.



Only **one in four** disabled children take part in sport and physical activity all of the time at school.



Disabled children are **twice as likely** as non-disabled children to be lonely.



Disabled children are **less likely** than non-disabled children to be active at a park, leisure centre or friend's house.



Disabled children are motivated to take part in sport and physical activity to feel **a sense of belonging** and **be more independent**.



Worrying about **getting hurt, how they look** and **not knowing what to do** stops many disabled children being active.



Nine in ten parents of disabled children say their child's level of physical activity is important to them.

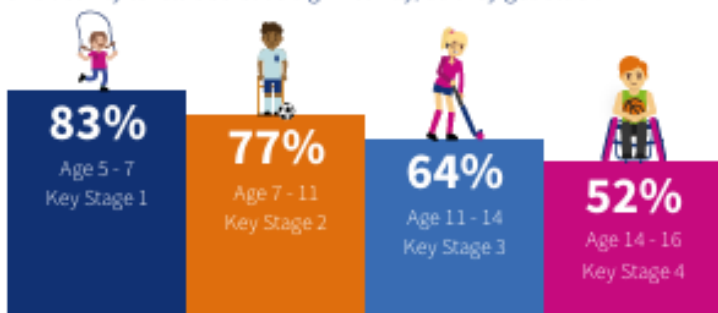


Less than half of parents with disabled children feel they have enough support to help their child to be active.



Disabled children's activity levels decrease significantly, as they get older.

Proportion of disabled children who are 'active or fairly active'.



The Evidence

Activity Alliance report; My Active Future – Including Every Child (2020)



What was needed?

- ▶ More understanding and acceptance from others
- ▶ Choice
- ▶ Less pressure
- ▶ Independence and Practical Support
- ▶ More Motivation

Recommendations

New guidance from the UK's Chief Medical Officers (CMOs) in 2022

- ▶ 20 minutes of exercise a day
- ▶ Strength and balance activities three times a week

Promoting physical activity among disabled children and disabled young people

- ▶ have a variety of activities with the choice to opt-out
- ▶ are graded for inclusion
- ▶ are without time pressures
- ▶ provide predictability and opportunities to establish routines
- ▶ enable access to nature and the outdoors

Plus

- ▶ A social environment
- ▶ Having fun and developing autonomy
- ▶ A quality experience and opportunities to progress

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

- Equality
- Inclusivity
- Finding what's fun
- Exploring what activities make you feel good

Benefits of physical activity

- Meet new people
- Confidence and concentration
- Sense of achievement
- Mental health
- Calmer, less stressed
- Muscles and motor skills
- Balance and coordination

How much physical activity should I do?

- When starting build up slowly
Ask: Can you do this today?
Do bitesize chunks of physical activity throughout the day
- For good health benefits do **20 mins** of physical activity per day
- Do challenging but manageable strength and balance activities 3 times per week
Small amounts of physical activity are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

Where we are now

- ▶ Providing a range of activities across all holiday periods
- ▶ Over 400 children and young people registered to access activities this year
- ▶ Working with over 40 community-based providers
- ▶ Over 900 activity sessions planned for summer holidays
- ▶ Creating sustainable relationships with providers
- ▶ Whole family engaged
- ▶ Opportunities to build independence
- ▶ Secured Lottery funding 2026 - 2029



Feedback



- ▶ The impact PACC's Healthy Lives programme has had on my young person's well-being has been huge. Before starting the programme, her additional needs meant she had spent her whole life trying, but failing to fit in. This resulted in mental health crisis. The support, encouragement and compassion shown to her during every single session has led my young person to finally believe she has a future, a sense of purpose and belonging. She has particularly enjoyed the gym sessions. Thank you!
- ▶ He does not always engage with formal physio but the session with Tricia was fantastic. He remained engaged throughout and enjoyed every minute. The session was ideal and enabled him to be particate in a safe, fun but challenging physical activity. (Trampolining)
- ▶ We all loved these sessions. Great level of engagement by all participants and good opportunity to interact with other families/young persons. The coaches chose appropriate skills-based exercises which kept us all engaged (and active). Easy access and parking. A HUGE tick from us.
- ▶ Fantastic summer of activities, made a big difference to my daughter's health and wellbeing. She has tried some new exercise which she can hopefully take up in the future. Also, some new venues have been visited which will help with anxiety when going again in the future. Many thanks to the team.

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