Please write down the main outcome(s) your project is hoping to achieve in relation to social isolation and social mixing in the chat window.

Seeks to support Blind and Partially Sighted people to be able to lead more actively fulfilled lifestyles. We hope to increase the level of public awareness of all aspects of visual impairment and achieve positive change for Blind and Partially Sighted people to ensure they are able to participate in all areas of society without barriers. Our outputs will hopefully result in improved confidence of Blind and Partially Sighted people to travel independently and improve overall physical mobility.

Increased sense of belonging, peer support, authentic friendships, increased understanding of different cultures

- Increased awareness in subject matte
- Skill Development, now and for the future
- Experience of doing, a platform to put awareness and skills into practise
- Friendships beyond immediate circle
- Increased confidence and self esteem
- A feeling of belonging and community
- Having fun, the hook to want to learn and develop
- More positive attitude towards sport and pa
- Improved mental wellbeing

Our Mums (participants) are empowered to become leaders. The schools we work with make a change in the opportunities they offer for excluded communities

improve young people's leadership skils in sport, sense of belonging to british society, become more independant

Working with multiple organisations / charities on projects to bring different sectors of the community together. Where possible include a cross-generational element in projects.

Increased belonging & social connectedness/better equipped community sport workforce/Londoners are more physically active and have improved health & wellbeing

Exisiting Social Isolation and Mixing Outcome Pathway

Increased participation in organised physical activities and sport

Enhanced social support

Participants share fun, positive experiences

New social interaction and social networks established

Increased volunteering

Increased understanding of people from different backgrounds

Increased social connectedness, sense of belonging and community spirit

Reduced social isolation / loneliness

Increased tolerance of and trust between people from different backgrounds

A sense of belonging and social connectedness amongst Londoners

How do you find your participants who take part in your project?

Recruiting

Via our network of 550 youth and community organisations who are embedded in local communities across London (and reflect the demographics that make London so diverse)

- Through establishing equal relationships of trust between youth workers and ourselves at LY. They are the gateway to young people we want to support.
- Through connecting with the wider community, sport and youth infrastructures that exist with-in London. To communicate opportunities, access additional resources to benefit our members and meet new and interesting organisations to work directly with or partner with.
- Use of salesforce, our membership CRM system to narrow down our marketing if required.

Through engagement with other disability sport groups and networks e.g. London Sport VI Sport network

Move Dance Feel works in partnership with cancer support Centres, so the staff at the Centres usually lead on recruitment/referral, advertising the project through their newsletters/websites/social media channnels

We also have a project website and social media channels. And we offer taster sessions across London in different Centres/community spaces

Often we rely on our partners to promote our project - schools/clubs, etc. Also word of mouth via existing participants and social media.

From partners in the sight loss sector e.g. community groups

Hospital referrals

Generally working with organisations catering for the needs of particular group(s).

Following distribution of information on scoial media channels

Advertising and asking our clients and community we work with

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What kind of (if any) assessment process do you undertake to check potential participants are suitable candidates to join your project?

Enrolling

Participants are asked to complete a registration and PARQ form

- Organisations - https://londonyouth.org/membership/become-a-member/
- Young people – when recruiting for programme opportunities with and through our members, we set out key criteria that we are looking for from them. Organisations then apply against that formally or via more informal conversations directly with our team (different approaches depending on size/scale of programmes and nature of the work – Sport for Participation vs Sport for Development)
- Our members then may also put in place a selection process or targeted recruitment plan to meet the overall criteria of the programme they are part of

Our participants complete a registration form and baseline questionnaire. But we don't use this information to decide if they are suitable for the programme - all are welcome!

Where funding stipulates an age range, for instance. Even then we will look to be flexible.

Participants are asked to complete a registration form and/or questionnaire. Criteria is dependent on the project e.g. we may be looking for inactive participants to become active. Completion of forms are flexible, can be done online or over the phone depending on accessability needs

Do you have an example of how your approach to the delivery of your project has been adjusted to cater for your target audiences needs?

Sport/ Non Sport Delivery

Coaches specifically qualified to deliver visually impaired sport or we provide visual awareness training to the workforce at a facility

Using female only coaches

Our sessions include a 'meet and greet' at the nearest tube station so that blind and partially sighted people can be guided safely to the location

Adapting the venue e.g. a tennis court is adapted with tactile lines

A mixture of cricket and fitness activities. Encouraging social interaction outside of the session via WhatsApp.

We offer inclusive movement activity that can be adapted for different abilities/energy levels, and done standing or seated. We also have two artists in each session, so the support artist can offer one on one support to participants the require more attention

we have found that combining a youth social action approach (youth voice, developing leadership skills, encouraging positive activism and the confidence to make the changes for themselves) alongside participation opportunities works well.

- Residential experiences are a key element of our programme design, we now make sure these are in-built into all aspects of our work as it allows us to connect a range of clubs/young people together and undertake some impactful work in a short space of time before they go back to their communities across London (particularly helpful when spread right around the city) to deliver more locally.

Adapting rules, scoring and equipment to ensure activity is fully accessible and success achievable for all.

Setting programme KPIs to specifically target schools that fall within deprived areas