

# Sainsbury's

Active Kids

For All

Inclusive Community  
Training Programme

For all ages



LOTTERY  
FUNDED



SPORT  
ENGLAND

## Sainsbury's Inclusive Community Training: National Citizen Service delivery

During the summer of 2016, the English Federation of Disability Sport worked in partnership with the National Citizen Service (NCS) to deliver the Sainsbury's Inclusive Community Training to the young people who were taking part in the NCS Programme.

Throughout the summer, workshops were delivered in various locations around England training over 300 young people between the ages of 15 – 17 years. The training equipped the young people with the skills, knowledge and confidence to engage and support disabled people in physical activity as part of their social action element of NCS. It also supported the young people to develop their leadership and communication skills.

These Sainsbury's Inclusive Community Training workshops were extremely well received by NCS participants with:

- 8 out of 10 participants rating their confidence, skills and knowledge in the inclusion of disabled people in sport and physical activity as 'good' or 'excellent' after attending the workshop
- 94% of participants agreeing or strongly agreeing that they learnt about practical ways to support inclusive delivery
- 87% of participants agreeing or strongly agreeing that they learnt new ideas and strategies which they can apply immediately in their voluntary work
- 80% of participants rating the workshop 8 out of 10 or higher
- 74% of participants agreeing or strongly agreeing that the workshop provided them with information about local opportunities available to them
- 86% of participants agreeing or strongly agreeing that the content of the workshop was tailored to their individual needs.

Feedback from the participants who attended the workshop included:

- "I found the Sainsbury's Inclusive Community Training very educational and it really opened my eyes to activities that can be adapted to involve everyone."
- "The workshop taught me valuable life skills including communication, teamwork and equality as well as how to plan and organise activities."

**If you are a local NCS provider and would like further information to arrange bespoke workshops as part of your programme or to upskill your staff in inclusive delivery, please contact the English Federation of Disability Sport via email: [AK4A@efds.co.uk](mailto:AK4A@efds.co.uk) or phone: 01509 227751.**

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by 2012

