

Sporting-Steps (SS) – Investing in Ability



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Context



- Well documented local government financial challenges
- Particular challenges in adult social care due to ageing population
- The need to challenge the way we deliver services both from a outcome (for participants) and financial perspective
- A willingness to work in partnership and challenge norms

Background – What is Sporting-Steps?

Sporting Steps is a progressive sports programme:

- For adults with learning disabilities and mental health conditions
- Developing confidence through skill development and enhanced social interaction
- Increasing social connectivity and friendships
- Increasing involvement and engagement with other community based services
- Improved physical and mental well-being
- Facilitating volunteering and employment opportunities



Background – How did SS come about?



- An identified need for sporting opportunities
- Existing positive relationship - STEP's and leisure and sports development
- A 'can-do' attitude
- Ethos – first and foremost it is about improving lives – health, social and economic outcomes
- Generating savings for the LA is the side effect that ensured that the scheme had buy in from all parties within the LA

Key ingredients

- A clear focus on the potential in individuals (asset not deficit)
- An organisation prepared to back an idea
- High quality people that are driven to make a difference to the clients – this isn't care work! **Empathy + compassion + challenge**
- Partnerships – Leisure, health, culture
- Periodic quantitative and qualitative client assessment



The people making it happen



Empathy + Compassion + Challenge

Activities

- Gym
- Multi-sports
- Walking/ Cycling
- Climbing
- Football
- Musical Movement
- Boccia
- Competitive opportunities



Successes - Bernie

- Attended Day Services for over 20-years (cost of over £12,000 per annum)
- Attends and volunteers at SS activities
- Attained part-time employment at the Council developed 'Shredding Enterprise'
- Won NE Regional Disability Sports Volunteer of the Year Award
- Confidence, well-being and social inclusion increased significantly



Successes - Angela

- Attended Mental Health Day Services for over 10 years
- Increased confidence to travel
- Friendships
- Financial security and independence
- Weight Loss
- Volunteering
- Employed
- Reduction in medication
- Reduction in secondary care/ support package



How savings are achieved



- Care Act Assessment & identified need – Social Work teams
- Care & Support package - Day Care, Direct Payment, Transport, Taxi's
- Typical Costs - In order to meet needs, we can provide Day Care (£40 - £75 per day) / DP £13,75 per hour
- Types of savings
 - 1) Actual savings – removal from actual services = instant and ongoing saving. E.g. Bernie
 - 2) Preventative savings – early interventions preventing access to day care (as appropriate)

Success – Overall financial position

Year	Participants (per week)	Management Costs	Facility Hire	Coaching Costs	Income	Social Care Savings	Savings made by SBC from delivering SS
Predicted 2016	30 (2 sessions)	£15,000	£8,880	£10,675	£7,200	£15,000	-£12,355
Actual 2016	30 (2 sessions)	£21,407	£6,473	£12,598	£2,313	£74,480	<u>£36,315</u>

Financial Savings – Individual stories

Name	Mr S
Referral	To increase independence and engage in mainstream community activities
Output	Travel training and Route Familiarisation, Volunteering, Sporting-STEPs, Gym, Playing pool, Walking group and Cycling group
Outcome	Increased physical fitness Improved subjective mental well-being Increased social inclusion - connections/ friendships Increased participation in society
Preventative/Actual Savings	£2,304 Annual Day Service Saving

Financial savings – Individual stories

Name	Miss G
Referral	To increase independence and to engage in mainstream community activities
Output	Sporting-STEPs, Cycling group, Walking group , Literacy classes, Numeracy classes, Volunteering, Swimming , Sewing group, Wall climbing , Money course, Food Hygiene course and Travel Training to the activities
Outcome	<p>Reduced medication</p> <p>Increased physical fitness</p> <p>Improved subjective mental well-being</p> <p>Increased social inclusion - connections/ friendships</p> <p>Increased participation in society</p> <p>Part-time employment secured</p>
Savings	Secondary care reduced

What Participants and Parents Say

'Since joining SS, it has given B a complete new aspect on life. He has more confidence and is a more outgoing person. Now every day he looks forward to going out.'

'My son really enjoys SS and he continues to make lots of friends which has greatly increased his independence, confidence and social interaction'

'All the staff and volunteers are lovely and deliver the activities in such a fun way so he has great fun whilst getting really fit.'

'I really enjoy being part of SS. I get a real feeling of achievement and I know that the whole team is behind me in a supportive way.'

'When I have the ball and I see the net, it seems miles away but I threw the ball and score, and I thought 'Oh My God' I have done it and I am buzzing. The feeling stays with me for the rest of the day.'

Questions?

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