

FLYERZ HOCKEY: A NATIONAL MOVEMENT



Just 29.3% of disabled people participate regularly in sport in the UK ¹ compared to 50% of the population who do not have a disability. The recent DCMS Strategy ² emphasised the importance of engaging disabled people into sport due to the many benefits of participation. Long term physical inactivity can lead to serious sedentary health problems among young people with a disability. Young disabled people often have delayed gross motor development, less proficiency in balance and coordination and poor cardiovascular fitness compared to their non-disabled peers, all of which could be improved by regular physical activity.



Access Sport's Ignite Programme creates inclusive pathways that encourage ongoing participation as children and young people grow, and for better partnerships between key stakeholders from disability, sport, education and health services. The Ignite Programme aims to improve the health and wellbeing of young disabled people through engaging them in regular physical activity. With disabled young people as the fastest growing group among the population of disabled people it is vital that changes are made so young disabled people can access the benefits of regular participation in physical activity.

FLYERZ HOCKEY was first introduced in 2011 through a partnership between Access Sport and Waltham Forest Hockey Club. Access Sport provided expertise, funding and created local partnerships to develop the first inclusive hockey club, now known as 'Forest Flyerz'. Within a year the club had engaged with over 700 young disabled people, gained the attention and support of Team GB hockey, in particular Kate Richardson-Walsh and had inspired other clubs across the country.

In 2016 Forest Flyerz celebrated their **5th BIRTHDAY**. In 5 years the club has opened its doors to hundreds of disabled people, volunteers and coaches, and has inspired many other clubs across the country to start their own Flyerz sections. Forest Flyerz in partnership with Access Sport have hosted multiple Flyerz Festivals, with teams attending from as far at Holland and GB international players each joining a team for the day. Forest Flyerz also travelled to Holland themselves in 2014 for the ParaHockey tournament, the first English team to achieve such a feat. Forest Flyerz has multiple members who have been attending since the launch, including Rosie and Shane featured in the photos on this page.



¹ Department for Culture, Media, and Sport. (2013) *Taking Part 2012/13: Statistical Release*.

² Department for Culture, Media and Sport (2015) *Sporting Future: A New Strategy for an Active Nation*

FLYERZ HOCKEY ACHIEVEMENTS 2011 – 2017:



15 FLYERZ CLUBS ACROSS ENGLAND

1500+ YOUNG DISABLED PEOPLE ENGAGED

150+ COACHES AND VOLUNTEERS UPSKILLED

100+ YOUNG LEADERS UPSKILLED

YEARLY NATIONAL FLYERZ FESTIVALS



“Flyerz is important to me because it gives our players the opportunity to be part of a club, make friends, learn new skills and develop their confidence”

Hannah Dobbin, Forest Flyerz Coordinator

“Flyerz sessions are a happy time for my child, where it’s okay to be different. The volunteers are enthusiastic, kind and patient and it gives me a little break knowing she’s in good hands”

Forest Flyerz Parent



“The Jack Petchy Award was a huge achievement for Roni, he was over the moon! Flyerz is brilliant for children like Roni who find it difficult to interact with other people. When he is at Flyerz he really comes out of his shell and engages with others”

Roni’s Mum (Forest Flyerz player)

VOLUNTEERING

Access Sport provide club coaches and volunteers with multiple training opportunities to ensure the sustainability of sessions. Young leaders from clubs and local schools have also been upskilled through our tailored 'Inclusive Sports Leaders Award' powered by Sports Leaders UK. Young leaders are then directed to their local Flyerz club to put their newfound skills into practice.

Below shows members from East London HC youth section at their Inclusive Sports course and then at their first Flyerz volunteering session.



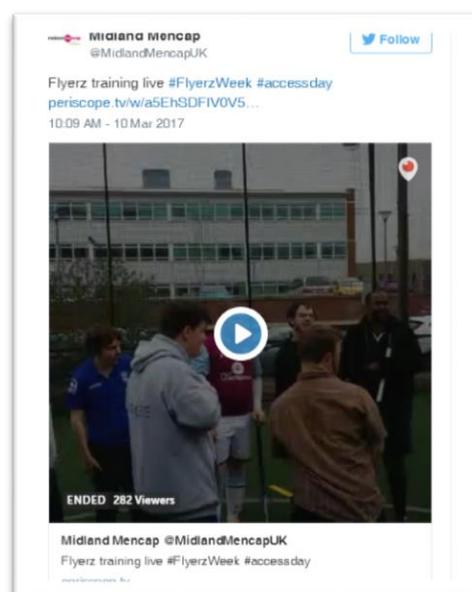
WORK EXPERIENCE

Access Sport's Ignite Programme also offers bespoke work experience placements to the clubs we support for players with any disability, perfect fit for Flyerz Hockey. A tailored placement was hosted for Forest Flyerz player Shane who completed a placement with Club Development Manager Adam Thomas. Shane was tasked with assisting at a variety of outreach sessions & events. Shane also added a variety of office skills to his growing repertoire: writing articles/emails, updating his CV, phone & office etiquette and delivering a timed presentation to a group of Access Sport employees.



#FLYERZ WEEK

A social media campaign was launched in 2017 to promote Flyerz hockey up and down the country. The week long campaign covered success stories from existing clubs, new clubs starting, equipment ideas and even a live coaching session via periscope.



ADAPTED EQUIPMENT

Access Sport pride themselves in thinking outside the box to ensure anyone with a disability can be involved in sport. Flyerz hockey is a great example of this innovative thinking and always striving to ensure hockey is inclusive for all. Access Sport has introduced a plethora of adapted equipment including: Quicksticks and balls (entry level sticks and large balls), UniHoc plastic sticks - lightweight, floor lacrosse sticks (see image) – allow wheelchair users or those with complex needs to improve coordination and maintain control of the ball, audible cricket balls – introduced for VI players.

Access Sport also keep up to date with the latest innovations across the world, most recently the Dutch 'Fantastick', a next generation stick used for young players to master the grip and Indian dribble.

