



Extending Equal Chance Appeal Projects Justification



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Challenging Disability Through Outdoor Adventure



Introduction

The Lake District Calvert Trust is a world-leading pioneer and innovator: we help people with disabilities to experience and benefit from adventurous outdoor activities.

Our visitors enjoy an immense sense of achievement which, with the help of our trained staff, transforms their lives.

In the 1970's we pioneered access to the outdoors for people with disabilities. Since then, we have continually pushed the boundaries of what is possible. We have enabled more than 60,000 visitors to have access to outdoor adventure and enjoy a greater degree of independence when they take part in our activities. This has enabled them all to gain a huge sense of achievement and an enhanced degree of self-confidence.

But...

- We run at full capacity and cannot meet demand;
- The standard of provision around the UK is patchy; and
- Some of our facilities are now in need of improvement.

So, we have ambitious plans to...

- Help many more people with disabilities;
- Improve accessibility and standards by providing training to other Outdoor Activity centres so that they can better meet the needs of people with disabilities; and
- Create new and improved facilities, which will make our visitors' experiences even more powerful and will allow those with more complex and profound disabilities to benefit – often for the first time.

Our plan to invest £3.7 million will...

Extend the opportunity for people with disabilities to enjoy and benefit from adventurous outdoor activity experiences by increasing capacity at our centre as well as being able to welcome those with more complex disabilities.

Engage with other outdoor providers and activity professionals through an Outreach Programme. We will offer both on and off-site courses for professionals, with their clients, so they can experience and learn about both the skill sets and the use of specialised equipment that are required to provide the most beneficial experience for people with disabilities.

Enhance facilities at our centre and pilot new ones. We will be able to help those with more complex needs whom other centres cannot help and develop our own best practice models even further. We plan to build a state-of-the-art Water Centre, upgrade our specially adapted sailing fleet and further develop our world-leading ropes challenge course.

The following pages describe the detail of the projects:

The New Water Centre – £1,911,000



Water based activities form the basis of many of our delivered courses and experiences; from water safety training through to learning basic skills in canoeing and sailing. The existing pool has been invaluable in enabling thousands of people with disabilities to try out situations they may face on open water. It provides a tremendous boost to confidence for those new to water based activities. It enables people to try out equipment and techniques in a safe and secure environment while providing a training area for those who wish to develop their skills. It is also used as a space for rest, relaxation, every-day swimming activities and hydrotherapy.

The new Water Centre will offer a combination of features that have never been brought together in one facility before. This will mean that people with more complex disabilities will be able to experience the benefits of water based activities for the first time and a new range of activities will become possible which will broaden and deepen our visitors' experiences. Of primary consideration will be the assurance that usage of the Centre, its pool and other facilities, can be accomplished with the greatest degree of dignity.

Limitations and current uses of the existing pool

Our existing pool is now totally inadequate for our needs and is in very poor condition, causing concern that it may not even last until the new facility can be built. It also suffers from completely inadequate changing rooms and the poor facilities provided for disabled people prevent us from using the pool effectively, in part due to the length of time it takes people with disabilities to change.

In spite of these difficulties, the pool is used by a wide range of groups of people, as shown in the following table:



Users of the existing pool (per year)

| Groups | Number of individuals | Total pool visits |
|--|------------------------------|--------------------------|
| Calvert Trust visitors | 2,500 | 2,500 |
| Calvert Trust self-catering visitors | 300 | 300 |
| People from local day centres and care homes | 119 | 6,188 |
| Local individuals with disabilities | 39 | 2,028 |
| People using the hydro-therapy facilities | 32 | 1,664 |
| Local people including able bodied | 76 | 1,872 |
| Totals | 3,066 | 14,552 |

Most visitors on our structured activities use the pool during their stay. Reasons for using the pool include:

- Water confidence assessment;
- Fitting and flotation tests for buoyancy aids;
- Canoe training; and
- Recreation.

Other groups use the facilities almost exclusively for hydrotherapy and recreation.

Benefits of the new Water Centre

Activities

We will be able to offer enhanced water-based activities, including:

- State of the art water-based sensory stimulation;
- Training for canoeing with progression to moving water;
- Training for sailing – notably capsizing drills;
- Swimming training with increased pool length and a water flow system;
- Scuba diving training with greater depth through a movable floor;
- Water and canoe polo;
- Disability awareness training;
- Rescue training; and
- Wet area challenges.

People's enjoyment

People using the new Water Centre will also be able to enjoy:

- Making friends in the social and fun area of the spa;
- Relaxing in the spa and sauna to relieve delayed-onset muscle soreness (DOMS) after exercise; and importantly...
- Stimulation for people with profound and multiple disabilities – through computer controlled water movement, sound and lighting.



Sensory stimulation

| Now | After |
|---|--|
| <p>The current pool receives a lot of use as a hydrotherapy pool by profoundly disabled individuals and for rehabilitation.</p> <p>Stimulation is restricted to the sensation of being in warm water.</p> | <p>Profoundly disabled individuals will be able to experience state-of-the-art sensory stimulation.</p> <p>Sensory stimuli will include:</p> <p><i>Lighting:</i> advanced LED variable coloured lighting both above and below the water, combined with a Barrisol Starfield Ceiling</p> <p><i>Imagery:</i> projected onto the pool hall ceiling</p> <p><i>Sound:</i> speakers both above and below water level</p> <p><i>Water temperature:</i> maintained at hydrotherapy temperatures.</p> <p><i>Water movement:</i> counter-flow currents, water jet, bubble pads and a water cannon</p> <p><i>Air movement:</i> wind generators</p> <p><i>Spa and sauna:</i> to aid circulation, health and well-being</p> <p>The light and sound elements will have a central control system enabling bespoke scenarios to be set up by individual pool users</p> |

Swimming training

| Now | After |
|---|--|
| <p>The current pool is too short for swimming training.</p> | <p>The new pool will be $\frac{1}{4}$ length (12.5m) of an Olympic-size pool, enabling serious swimmers to gear their training to distance. For those more interested in technique or exercise, the water flow system will allow them to swim continuously without turning.</p> |

Training for canoeing

This training is one of the main uses of the pool. It helps visitors to:

- Learn how to get in and out of kayaks;
- Balance in the craft;
- Gain initial control skills; and
- Practise capsizing drills.

This preliminary training increases visitors' confidence and allows them to stretch their boundaries in a warm, safe environment.



| Now | After |
|---|---|
| <p>The pool is too small for the boats used on the lake. This limits the value of the basic training we can do in the pool before visitors go out on the lake.</p> <p>We can only train people to progress from placid to moving water in real river situations. This usually results in capsize and cold water immersion - rescuing people with disabilities is more difficult in natural environments. Naturally, people lose their confidence when this happens.</p> | <p>Using the same boats indoors as out will:</p> <ul style="list-style-type: none"> ▪ improve visitors' understanding of the sport; ▪ give them the confidence to take part; ▪ show instructors how confident the people in their group are, so that they can offer the appropriate level and pace of activity; and ▪ allow instructors to select the correct personal flotation devices for each person before they go out on the lake – some buoyancy aids are not suitable for every person with a disability. <p>The moving water element will help us train people to progress from placid to moving water in a warm, safe environment.</p> <p>We also plan to include a standing wave facility that will provide excellent opportunities to progress skills even further.</p> |

Disability awareness training

| Now | After |
|-----|---|
| | <p>As part of the Outreach programme we plan to offer more disability awareness training for clubs and organisations. We will be able to show them state-of-the-art facilities and the latest adaptive techniques in the new Water Centre facility.</p> |

Training for sailing

| Now | After |
|--|---|
| <p>We can only practise capsize drills out on the lake. This is a big problem for people with impaired mobility and/or learning disabilities, with the same problems of cold water immersion as for canoeing, see above.</p> | <p>In the warmth and safety of the new pool, visitors will be able to develop, practise and perfect experimental adaptive techniques that will give them confidence when they go out on the lake.</p> <p>Wind generators will enable us to add indoor, controlled sail training, such as boat handling in 'mini yachts', spinnaker launching and recovery training. Owing to their small size and manoeuvrability, the mini yachts in conjunction with wind generators would enable lake conditions to be almost fully simulated in the pool.</p> |



Scuba diving training

| Now | After |
|--|---|
| We have been asked to provide this activity in the past but our current pool is not deep enough. | A deeper pool will allow us to add this activity to our course programme. |

Wet area challenge activity

| Now | After |
|--|--|
| Currently, in wet conditions, the Ropes Challenge Course cannot be used - groups missing out on the benefits it brings are missing a great opportunity | <p>The new moveable pool floor will be able to rise to floor level thereby creating a large 'room' that can be used in wet weather for challenge activities. (Half the pool would still be usable for day visitors.) The pool design incorporates cross beams that are load bearing that will enable people and/or things to be hoisted off the floor making certain problem solving tasks / challenges possible.</p> <p>This gives us a great wet-weather alternative for the challenge course activities that will give similar benefits of 'real' consequences of failure, improving learning and confidence.</p> |

Rescue training

| Now | After |
|--|---|
| <p>This is an area of considerable concern for those involved in water sports for people with disabilities.</p> <p>The Calvert Trust, as a specialist Centre, has procured equipment and developed associated techniques to ensure the safety of our visitors.</p> <p>However, many other organisations have not purchased equipment with this particular client group in mind. An appreciation and understanding of the necessary safety requirements and equipment are therefore essential elements in the courses run currently and in the future.</p> <p>We currently have to hire Keswick's larger town pool for this training, which is expensive, time consuming and depends on availability.</p> | We will be able to demonstrate the equipment and safety drills in our own schedule in the new Water Centre. |



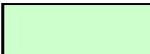
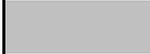
Water and canoe polo

| Now | After |
|--------------------------------------|---|
| Not practicable in the current pool. | Not only are these 'fun recreation' they are also very good training opportunities supporting improvement of co-ordination and muscle development – and they will be possible in the new Water Centre. They offer another beneficial extension to our existing our water sport programme. |

Likely use of the new Water Centre throughout the week

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------|-----|-----|-----|-----|-----|-----|-----|
| 0730 | | | | | | | |
| 0830 | | | | | | | |
| 0930 | | | | | | | |
| 1030 | | | | | | | |
| 1130 | | | | | | | |
| 1230 | | | | | | | |
| 1330 | | | | | | | |
| 1430 | | | | | | | |
| 1530 | | | | | | | |
| 1630 | | | | | | | |
| 1745 | | | | | | | |
| 1845 | | | | | | | |
| 1945 | | | | | | | |
| 2100 | | | | | | | |
| 2200 | | | | | | | |

Key

| | | | |
|---|------------------------------------|---|------------------------|
|  | Resident disability |  | Community hydrotherapy |
|  | Self-catering |  | Community recreation |
|  | Community individuals |  | Cleaning / maintenance |
|  | Community day centres / care homes | | |



Costs

The individual elements of the scheme are shown below to explain why the Water Centre is so much more than just a 'swimming pool'.

| Element | Cost |
|---|-------------------|
| To replace the existing pool on a like for like basis | £339,317 |
| Extra for pool size increase | £541,855 |
| Extra for diverse entry methods | £75,537 |
| Extra for heating and ventilation system | £44,363 |
| Extra for moving water features | £5,995 |
| Extra for variable depth | £196,636 |
| Extra for water sensory features | £26,378 |
| Extra for renewable energy system | £69,542 |
| Extra for dining room extension | £122,298 |
| Extra for lighting and sound sensory systems | £145,079 |
| VAT | £138,000 |
| Sub Total | £1,705,000 |
| Professional fees | £206,000 |
| Total | £1,911,000 |

The Ropes Challenge Course – £130,000



Our pioneering wheelchair ropes challenge course has been hugely successful, and the challenge courses are one of our most popular and beneficial activities that we run. The course is constructed amongst trees and enables wheelchair users to take a level of personal control through the course, giving them a real sense of outdoor challenge and achievement.

We now plan to build a world pioneering Ropes Course for people with limited mobility and fully ambulant disabled people, which will then result in all visitors to the centre being able to benefit from this much-praised activity.

Following our experience with the wheelchair course, we believe we have the knowledge and skills to develop a course that will deliver the range of benefits offered by challenge courses to all people irrespective of their type of disability.

It is likely that this facility will be used early in structured courses to demonstrate the learning that can be derived through the programme from personal challenge and the benefits of communication and team working.

At the end of a programme the challenge course may be undertaken a second time to demonstrate or measure the individuals' or team's development over the period of their stay.

As part of the build, we will add a Zip wire / slide facility. Not only will this provide the challenge course with a 'carrot' to assist motivation to succeed, but it may also be used as a stand-alone activity. In addition this will transport all users of the two challenge courses back to the main centre. This will enable wheelchair users to slide independently from their chairs along the course to complete a 'once in a lifetime experience'.

The new challenge course also has the potential to develop Via Ferrata routes (which are high level metal cables) both inside the sports hall and in the adjacent car park, as well as new activities such as crate stack-type challenges where participants literally build their own challenge course as they progress.

The cost of the new course, estimated at £130,000, may vary depending on the detailed specification, which will need to be agreed with the builder of the course.

The Sailing Equipment Upgrade – £170,000



Sailing is a very popular activity at the Lake District Calvert Trust, with around 75% of all visitors taking part. However,

- the boats and equipment are old;
- some of the boats are difficult to handle; and
- not all disabled groups can use them.

We also need modern boats in which to train instructors and students for outreach work.

The advantages of new boats and equipment

In general, modern boats are lighter, much easier to 'right' after capsizes, offer varied seating positions, have more user-friendly fittings for handling sails and sheets; and (most important) are likely to be the same as – or compatible with – the boats that our visitors will use in sailing clubs nearer home.

The new boats will enable us to implement three important objectives for the Outreach programme:

- to train instructors from sailing clubs and associations as part of our disability training programme;
- to train students to achieve the Royal Yachting Association (RYA) Level 2 certificate; and
- to provide opportunities for people to continue sailing nearer their homes.

We cannot do this with our existing fleet.

The proposed new boats and equipment

(Costs are estimates and will depend on the level of adaptation.)

| Boat type / equipment | Cost | Benefits |
|-----------------------|---------|--|
| Access dinghy (x6) | £32,000 | <ul style="list-style-type: none"> ▪ strong polypropylene construction ▪ popular with other sailing clubs for the disabled ▪ can be radio controlled ▪ easily launched ▪ limited storage space ▪ cheap to maintain ▪ can be used by people with severe mobility impairments and learning disabilities |



| Boat type / equipment | Cost | Benefits |
|-----------------------|---|--|
| Martin 16 (x2) | £30,000 | <ul style="list-style-type: none"> ▪ modern ▪ popular high performance, technical craft ▪ cutting edge of competitive sailing for people with disabilities ▪ fixed seating position removes need for mobility around the boat ▪ keel provides stability |
| New Wayfarer (x2) | £16,000 | <ul style="list-style-type: none"> ▪ weighted centre board option ▪ modern hull shape and rig ▪ standard sailing school boats that can be used with a range of abilities and disabilities, from beginners through to intermediate |
| Topaz (x2) | £8,000 | <ul style="list-style-type: none"> ▪ standard sailing school boat ▪ versatile – can be sailed single handed or two-handed with trapeze and spinnaker ▪ can easily be adapted |
| Laser 1 (x2) | £12,000 | <ul style="list-style-type: none"> ▪ standard sailing school boat ▪ can be adapted ▪ good for ambulant people and progression at all levels |
| Strider | £50,000 | <ul style="list-style-type: none"> ▪ larger boat (24ft) ▪ cruiser replacement ▪ can carry up to 12 people ▪ capable of taking current group sizes ▪ more relaxed sailing ▪ camping options |
| Jetty and slipway | £22,000 | <ul style="list-style-type: none"> ▪ will improve depth of water and number of boats in use at one time |
| Totals | <p>Number of boats: 15</p> <p>Cost of boats and equipment: £170,000</p> | |



The present sailing fleet is comprised of 14 boats

| Boat type | Number of boats | Age of boat (years) | Problems with this boat |
|--------------------|------------------------|----------------------------|---|
| Drascombe longboat | 2 | 5 | Dated |
| Wayfarer | 2 | 35 | Dated, heavy, difficult to right after capsize |
| Challenger | 6 | up to 30 | Some old and dated |
| Windrider | 2 | 4 | Draft too deep for slipway |
| Laser | 1 | 25 | Only suitable for experienced sailors |
| Strider | 1 | 30 | Too small for cruiser and group use, no shelter |

We will keep the Drascombe boats and a few of the Challengers and Windriders, but we will dispose of the others.

Increased Visitor Capacity – £705,000



Our centre currently has 41 beds for visitors – but we run at full capacity and cannot meet demand. Our plans will enable us to create 20 additional beds: 18 for people with disabilities and 2 for visiting staff attending training courses.

This is a 49% increase in our capacity. This will bring with it a fundamental change to the impact we can have by creating:

- More space for visitors;
- Increasingly good governance through increased administration and meeting pace for staff and visiting staff; and
- Economies of scale for Lake District Calvert Trust that will mean our long term sustainability will be guaranteed

The development of the new Water Centre will free up the current pool building, which will be converted into 12 new beds for people with disabilities. A further 6 will be created in the current administration block.

The two bedrooms for visiting staff will be converted from existing rooms at the top of one of our buildings that, because of their location, would never be accessible to people with disabilities.

As well as the bedrooms, we will be able to create an additional recreational room for our visitors. This will be used for socialising and relaxing between activities and in the evenings – providing additional benefits to all visitors to complement their outdoor experiences.

Our centre administration facilities will move to a building, located in the middle of our facilities, which is currently a staff house.

The cost for these alterations has been estimated by a quantity surveyor at £705,000.

The Outreach Project – £397,000



Background

For over 30 years the Calvert Trust has pioneered the provision of outdoor activities in the countryside for people with disabilities. We have enabled tens of thousands people to:

- develop their self-confidence and independence; and
- integrate with the able-bodied communities in which they live and work.

However, the opportunities for people to try or to continue to pursue outdoor activities away from the Calvert Trust are limited – thousands of people with disabilities do not have access to suitable facilities, or cannot afford them.

We want to build a network of qualified and experienced providers so that more people can take part in challenging outdoor activities. The opportunity is to reach all other outdoor training centres of which there are 1,000 in the UK and, for example, there are 145 in the Northwest alone.

Objective

To raise the aspirations and level of inclusion of people with disabilities in adventurous activities.

We plan this as a four-year pilot programme to test the models of delivery. If the programme proves successful, we plan to continue it and introduce it to a wider audience including through the other two Calvert Trust centres (in Kielder Forest and on Exmoor), thereby harnessing the wider expertise and full national coverage.

To achieve our aims, we will draw on the two key resources available to the Lake District Calvert Trust:

Facilities:

Our improved and upgraded facilities will provide the environment to show our partners (e.g. Local Education Authority Centres and other charities) what we believe is possible.

We will provide transportable ideas that:

- they can adapt for their own needs; and
- will help them develop their own facilities.

People:

We will use the skills and experiences of our staff to prepare appropriate courses and equipment, with particular emphasis on:

- transferable skills;
- problem solving; and
- analysis of the resources – people, the environment, and the facilities available.



We will offer training to partner organisations. We will recruit up to five additional staff for the Lake District Calvert Trust and use the expertise of our highly qualified and experienced staff team to deliver the Outreach programme.

Implementation

There will be four key strands of implementation:

| Implementation | Aim | What we will do: |
|---|---|--|
| Working with national governing bodies and professional organisations | To influence the policies of the governing bodies and other professional bodies so that they can encourage more people with disabilities to become more involved with their sports. | <ul style="list-style-type: none"> ▪ liaise with the organisations; ▪ offer direct support, such as instructor training; and ▪ provide information about adaptive equipment. |
| Working with partner 'activity provider' organisations | To equip outdoor providers and centres to deliver their own programmes confidently and competently to people with disabilities | <ul style="list-style-type: none"> ▪ training and mentoring; ▪ consultancy; ▪ recommendations about adaptive equipment; and ▪ assistance with running courses. |
| Working directly with local and regional clubs for people with disabilities | To help people continue to develop their skills away from the Calvert Trust | <ul style="list-style-type: none"> ▪ advise and support individuals and their clubs; and ▪ run specialist courses to enable people to improve their skills to a level where they can confidently join their local clubs, for example, obtaining the RYA level 2 accreditation. |
| Developing adaptive equipment so that more people can take part | To make more activity equipment available to people with disabilities | <ul style="list-style-type: none"> ▪ use the additional resources of our Outreach staff; and ▪ spend more time researching and adapting equipment for people with disabilities. |



Consultation

The concept and principles of the project are being subjected to a period of analysis and consultation before the rollout. In February 2008 we held a 'think tank' for representatives of potential partner organisations and national governing bodies. They concluded that there is a huge amount of work to do in this field and that the Calvert Trust is in a uniquely strong position to take this initiative forward.

As a next step, we will:

- initiate one-to-one discussions with representatives of the sector;
- research different delivery options; and
- review the rollout outlined in this report.

Projected costs of the Outreach Programme

Most of the costs will be:

Staff: We plan to employ/transfer and train up to four additional activity instructors and an administrator. This will enable us to restructure our staffing in order to deliver the Outreach project.

Transport: A specially adapted minibus able to provide accessible transport.

Equipment: A specialist trailer and adapted activity equipment to support both the training of staff and the delivery of specialist activities to disabled individuals.

Over the four years of the programme we estimate the total costs of staff and capital costs at around £482k with some offsetting from course and consultation fees.

Projected costs (£,000)

| | 2010 | 2011 | 2012 | 2013 | Total |
|-----------------------------|-----------|------------|------------|------------|------------|
| Staff costs | | | | | |
| Outreach leader | 30 | 30 | 30 | 30 | 120 |
| Instructor 1 | 20 | 20 | 20 | 20 | 80 |
| Instructor 2 | | 20 | 20 | 20 | 60 |
| Instructor 3 | | | 20 | | 20 |
| Admin Support | | 20 | 20 | 20 | 60 |
| Total staff costs | 50 | 90 | 110 | 90 | 340 |
| Expenses | 2 | 10 | 10 | 10 | 32 |
| Equipment | | | | | |
| Minibus | | 50 | | | 50 |
| Mobile activity unit | 20 | 20 | | | 40 |
| Other | 2 | 6 | 6 | 6 | 20 |
| Total Equipment Cost | 22 | 76 | 6 | 6 | 110 |
| Total costs | 74 | 176 | 126 | 106 | 482 |
| Course income | (10) | (20) | (30) | (25) | (85) |
| Net costs | 64 | 156 | 96 | 81 | 397 |



Number of people expected to benefit

Preparations for the launch of our Outreach Programme have been ongoing for some time and we have, based on our research, made what we believe are robust estimates of the potential reach it will have:

| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 |
|---|-------|--------|--------|-------|-------|-------|
| Staff trained | 259 | 592 | 941 | 616 | 0 | 0 |
| Individuals to directly benefit | 4,160 | 8,360 | 11,910 | 9,130 | 0 | 0 |
| Individuals to indirectly benefit | 6,900 | 13,800 | 16,700 | 9,300 | 0 | 0 |
| Number of additional individuals attending training/courses | 0 | 600 | 1,500 | 2,400 | 2,850 | 2,850 |

Some visitors will benefit in a relatively small way by able-bodied standards, for example being able to get in a boat for the first time in their lives.

Others may experience life-changing experiences, for example being able to compete single-handed in a sport of their choice.

The details of the calculations behind these summary totals are set out on pages 23 to 26.



Provisional details of four-year roll-out

2010: Year 1 — Project start-up and launch

Actions

- Undertake consultation period with representatives of partner organisations and national governing bodies
- Update and refine objectives and roll out
- Restructure to support Outreach Project and designate project leader and development requirements
- Collect information, and analyse to determine Outreach models of delivery
- Identify and develop partnership opportunities
- Undertake consultative activities to test Outreach models
- Plan, implement and gain experience of working with disabled participants away from the Calvert Trust
- Plan, implement and gain experience of an overseas expedition with an appropriate partner
- Develop training packages in consultation with partners and gain appropriate accreditations
- Confirm initial resources required
- Identify opportunities to develop adaptive equipment
- Develop and refine marketing materials
- Plan and consult on the delivery of each of the four strands of Outreach

Targets

- 8 training courses to be arranged and implemented
- 9 organisations to participate in partnership training
- 1 overseas expedition
- 1 development initiated for a significant piece of adaptive equipment

Key outputs

- Activities department restructured and additional staffing appointed in order to support the Outreach programme
- Consultations completed to refine models of delivery and market requirements
- Outreach models tested and model refined, case studies and marketing materials produced
- Outreach staff trained and accredited to delivery training
- Experience working away from the Calvert Trust gained
- Experience of providing overseas expeditions gained
- Resources identified and purchased to support training
- Adaptive equipment developed
- Partnership opportunities identified and agreed
- Training packages developed and accredited
- Year 1 reviewed and refined



2011: Year 2 — Further development

Actions

- Work with NGB's and professional organisations to continue to develop and deliver accredited training
- Market the Outreach project via networks and professional bodies to activity providers
- Market the Outreach project to groups working directly with disabled individuals
- Develop and deliver accessible overseas expeditions
- Identify opportunities to develop adaptive equipment

Targets

- 13 training courses to be arranged and implemented
- 26 organisations to participate in partnership training
- 2 overseas expeditions
- 1 significant piece of adaptive equipment designed and developed

2012: Year 3 — Full roll out

Actions

Continue to ...

- Work with NGB's and professional organisations to continue to develop and deliver accredited training
- Market the Outreach project via networks and professional bodies to activity providers
- Market the Outreach project to groups working directly with disabled individuals
- Develop and deliver accessible overseas expeditions
- Identify opportunities to develop adaptive equipment

Targets

- 20 training courses to be arranged and implemented
- 39 organisations to participate in partnership training
- 2 overseas expeditions
- 1 significant piece of adaptive equipment designed and developed



2013: Year 4— Consolidation and evaluation

Actions

- Continue to market and deliver the Outreach project
- Conduct a full review of the four year pilot project undertaken in the Northwest
- Identify the models of delivery that are sustainable and could be replicated across different regions
- Identify funding opportunities to launch a national Outreach project at all Calvert Trust centres

Targets

- 15 training courses to be arranged and implemented
- 23 organisations to participate in partnership training
- 2 overseas expeditions
- 1 significant piece of adaptive equipment designed and developed

| Year 1 (2010) – No.s of beneficiaries | | | | | |
|--|--|--------------------------|----------------------|-------------------------|---------------------------|
| Actions | Calculations | No. courses/ partners | Direct beneficiaries | | Indirect beneficiaries |
| | | | Staff | Disabled individuals | |
| Project set-up | | | | | |
| Appoint outreach staff | | | | | |
| Identify and purchase equipment and resources | | | | | |
| Develop resources | | | | | |
| Produce marketing materials | | | | | |
| Accredit LDCT staff with NGBs | | | | | |
| Strand 1: Working with National Governing Bodies | | | | | |
| Review outreach project with key NGBs | | | | | |
| Deliver DAT courses | 12 staff/course, 5 individuals/course | 5 | 60 | 300 | |
| Deliver Moving & Handling Training | 12 staff/course, 5 individuals/course | 2 | 24 | 120 | |
| Support AFA Centres in delivering M&H courses | | | | 1,000 | |
| Deliver IOL accredited DAT CPD unit | 20 staff/course, 5 individuals/course | 1 | 20 | 100 | |
| Support AFA Centres in delivering IOL DAT course | | | | 500 | |
| Distribute Manual Handling DVD | 100 individuals/DVD | | | | 1,000 |
| Strand 2: Working with other Providers (Partners) | | | | | |
| Working with OED Centres | 10 staff/centre, 30 individuals/centre | 3 | 30 | 90 | |
| Working with OED Colleges | 50 staff/centre, 10 individuals/staff | 1 | 50 | 500 | |
| Working with OED Clubs | 10 staff/club, 5 individuals/staff | 1 | 10 | 50 | |
| Working with charities | 50 staff/charity, 5 individuals/staff | 1 | 5 | 250 | |
| Strand 3: Working directly with disabled individuals | | | | | |
| Working with clubs | 5 staff & 20 direct/club, 100 indirect/club | 1 | 5 | 20 | 100 |
| Working with special schools | 5 staff & 30 direct/school, 150 indirect/school | 1 | 5 | 30 | 150 |
| Working with colleges | 5 staff & 30 direct/college, 150 indirect/college | 1 | 5 | 30 | 150 |
| Providing expeditions | 10 individuals/expedition | | | 10 | |
| Develop further specialist courses (10 per course) | 10 individuals/course | | | 60 | |
| Produce case studies / articles in appropriate literature to educate and propagate inclusion | Difficult to measure. Estimate of 5,000 readers/article in 3 key professional journals e.g. Horizons (Institute of Outdoor Learning) | | | | 5,000 |
| Activities for self-catering guests | | | | 1,000 | |
| Strand 4: Developing adaptive equipment | | | | | |
| Develop partnership with manufacturer to design, build and distribute adaptive equipment | | | | 100 | 500 |
| Increased usage of OEDs leading to economic benefit | | | | | |
| OED centres (Line 26) | Now able to take in new disability groups | | | | |
| OED centres from Strand 1 | Now able to take in new disability groups | | | | |
| Sub-total for Year 1 (2010) | | 17 | 259 | 4,160 | 6,900 |

| Year 2 (2011) – No.s of beneficiaries | | | | | |
|--|--|--------------------------|----------------------|----------------------|------------------------|
| Actions | Calculations | No. courses/ partners | Direct beneficiaries | | Indirect beneficiaries |
| | | | Staff | Disabled individuals | |
| Project set-up | | | | | |
| Appoint outreach staff | | | | | |
| Identify and purchase equipment and resources | | | | | |
| Develop resources | | | | | |
| Produce marketing materials | | | | | |
| Accredit LDCT staff with NGBs | | | | | |
| Strand 1: Working with National Governing Bodies | | | | | |
| Review outreach project with key NGBs | | | | | |
| Deliver DAT courses | 12 staff/course, 5 individuals/course | 7 | 84 | 420 | |
| Deliver Moving & Handling Training | 12 staff/course, 5 individuals/course | 4 | 48 | 240 | |
| Support AFA Centres in delivering M&H courses | | | | 1,500 | |
| Deliver IOL accredited DAT CPD unit | 20 staff/course, 5 individuals/course | 2 | 40 | 200 | |
| Support AFA Centres in delivering IOL DAT course | | | | 1,500 | |
| Distribute Manual Handling DVD | 100 individuals/DVD | | | | 2,000 |
| Strand 2: Working with other Providers (Partners) | | | | | |
| Working with OED Centres | 10 staff/centre, 30 individuals/centre | 10 | 100 | 300 | |
| Working with OED Colleges | 50 staff/centre, 10 individuals/staff | 2 | 100 | 1,000 | |
| Working with OED Clubs | 10 staff/club, 5 individuals/staff | 3 | 30 | 150 | |
| Working with charities | 50 staff/charity, 5 individuals/staff | 3 | 150 | 750 | |
| Strand 3: Working directly with disabled individuals | | | | | |
| Working with clubs | 5 staff & 20 direct/club, 100 indirect/club | 3 | 15 | 60 | 300 |
| Working with special schools | 5 staff & 30 direct/school, 150 indirect/school | 3 | 15 | 90 | 450 |
| Working with colleges | 5 staff & 30 direct/college, 150 indirect/college | 2 | 10 | 60 | 300 |
| Providing expeditions | 10 individuals/expedition | | | 20 | |
| Develop further specialist courses (10 per course) | 10 individuals/course | | | 70 | |
| Produce case studies / articles in appropriate literature to educate and propagate inclusion | Difficult to measure. Estimate of 5,000 readers/article in 3 key professional journals e.g. Horizons (Institute of Outdoor Learning) | | | | 10,000 |
| Activities for self-catering guests | | | | 1,250 | |
| Strand 4: Developing adaptive equipment | | | | | |
| Develop partnership with manufacturer to design, build and distribute adaptive equipment | | | | 150 | 750 |
| Increased usage of OEDs leading to economic benefit | | | | | |
| OED centres (Line 26) | Now able to take in new disability groups | 3 | | 90 | |
| OED centres from Strand 1 | Now able to take in new disability groups | 17 | | 510 | |
| Sub-total for Year 2 (2011) | | 59 | 592 | 8,360 | 13,800 |

| Year 3 (2012) – No.s of beneficiaries | | | | | |
|--|---|--------------------------|----------------------|----------------------|------------------------|
| Actions | Calculations | No. courses/ partners | Direct beneficiaries | | Indirect beneficiaries |
| | | | Staff | Disabled individuals | |
| Project set-up | | | | | |
| Appoint outreach staff | | | | | |
| Identify and purchase equipment and resources | | | | | |
| Develop resources | | | | | |
| Produce marketing materials | | | | | |
| Accredit LDCT staff with NGBs | | | | | |
| Strand 1: Working with National Governing Bodies | | | | | |
| Review outreach project with key NGBs | | | | | |
| Deliver DAT courses | 12 staff/course, 5 individuals/course | 12 | 148 | 750 | |
| Deliver Moving & Handling training | 12 staff/course, 5 individuals/course | 4 | 48 | 240 | |
| Support AFA Centres in delivering M&H courses | | | | 2,000 | |
| Deliver IOL accredited DAT CPD unit | 20 staff/course, 5 individuals/course | 4 | 80 | 400 | |
| Support AFA Centres in delivering IOL DAT course | | | | 2,000 | |
| Distribute Manual Handling DVD | 100 individuals/DVD | | | | 4,000 |
| Strand 2: Working with other Providers (Partners) | | | | | |
| Working with OED Centres | 10 staff/centre, 30 individuals/centre | 15 | 150 | 450 | |
| Working with OED Colleges | 50 staff/centre, 10 individuals/staff | 3 | 150 | 1,500 | |
| Working with ODE Clubs | 10 staff/club, 5 individuals/staff | 1 | 50 | 250 | |
| Working with charities | 50 staff/charity, 5 individuals/staff | 5 | 250 | 1,250 | |
| Strand 3: Working directly with disabled individuals | | | | | |
| Working with clubs | 5 staff & 20 direct/club, 100 indirect/club | 5 | 25 | 100 | 500 |
| Working with special schools | 5 staff & 30 direct/school, 150 indirect/school | 5 | 25 | 150 | 750 |
| Working with colleges | 5 staff & 30 direct/college, 150 indirect/college | 5 | 15 | 90 | 450 |
| Providing expeditions | 10 individuals/expedition | | | 30 | |
| Develop further specialist courses (10 per course) | 10 individuals/course | | | 100 | |
| Produce case studies / articles in appropriate literature to educate and propagate inclusion | Difficult to measure. Estimate of 5,000 readers/article in 3 key professional journals eg. Horizons (Institute of Outdoor Learning) | | | | 10,000 |
| Activities for self-catering guests | | | | 1,500 | |
| Strand 4: Developing adaptive equipment | | | | | |
| Develop partnership with manufacturer to design, build and distribute adaptive equipment | | | | 200 | 1,000 |
| Increased usage of OEDs leading to economic benefit | | | | | |
| OED centres (Line 26) | Now able to take in new disability groups | 10 | | 300 | |
| OED centres from Strand 1 | Now able to take in new disability groups | 20 | | 600 | |
| Sub-total for Year 3 (2012) | | 89 | 941 | 11,910 | 16,700 |

| Year 4 (2013) – No. of beneficiaries | | | | | |
|--|---|--------------------------|----------------------|----------------------|------------------------|
| Actions | Calculations | No. courses/ partners | Direct beneficiaries | | Indirect beneficiaries |
| | | | Staff | Disabled individuals | |
| Project set-up | | | | | |
| Appoint outreach staff | | | | | |
| Identify and purchase equipment and resources | | | | | |
| Develop resources | | | | | |
| Produce marketing materials | | | | | |
| Accredit LDCT staff with NGBs | | | | | |
| Strand 1: Working with National Governing Bodies | | | | | |
| Review outreach project with key NGBs | | | | | |
| Deliver DAT courses | 12 staff/course, 5 individuals/course | 10 | 120 | 600 | |
| Deliver Moving & Handling training | 12 staff/course, 5 individuals/course | 3 | 36 | 180 | |
| Support AFA Centres in delivering M&H courses | | | | 1,500 | |
| Deliver IOL accredited DAT CPD unit | 20 staff/course, 5 individuals/course | 2 | 40 | 200 | |
| Support AFA Centres in delivering IOL DAT course | | | | 1,500 | |
| Distribute Manual Handling DVD | 100 individuals/DVD | | | | 2,000 |
| Strand 2: Working with other Providers (Partners) | | | | | |
| Working with OED Centres | 10 staff/centre, 30 individuals/centre | 10 | 100 | 300 | |
| Working with OED Colleges | 50 staff/centre, 10 individuals/staff | 2 | 100 | 1,000 | |
| Working with OED Clubs | 10 staff/club, 5 individuals/staff | 1 | 30 | 150 | |
| Working with charities | 50 staff/charity, 5 individuals/staff | 3 | 150 | 750 | |
| Strand 3: Working directly with disabled individuals | | | | | |
| Working with clubs | 5 staff & 20 direct/club, 100 indirect/club | 3 | 15 | 60 | 300 |
| Working with special schools | 5 staff & 30 direct/school, 150 indirect/school | 3 | 15 | 90 | 450 |
| Working with colleges | 5 staff & 30 direct/college, 150 indirect/college | 2 | 10 | 60 | 300 |
| Providing expeditions | 10 individuals/expedition | | | 20 | |
| Develop further specialist courses (10 per course) | 10 individuals/course | | | 70 | |
| Produce case studies / articles in appropriate literature to educate and propagate inclusion | Difficult to measure. Estimate of 5,000 readers/article in 3 key professional journals eg. Horizons (Institute of Outdoor Learning) | | | | 5,000 |
| Activities for self-catering guests | | | | 1,500 | |
| Strand 4: Developing adaptive equipment | | | | | |
| Develop partnership with manufacturer to design, build and distribute adaptive equipment | | | | 250 | 1,250 |
| Increased usage of OEDs leading to economic benefit | | | | | |
| OED centres (Line 26) | Now able to take in new disability groups | 15 | | 450 | |
| OED centres from Strand 1 | Now able to take in new disability groups | 15 | | 450 | |
| Sub-total for Year 4 (2013) | | 69 | 616 | 9,130 | 9,300 |