

## Slide 1: Beyond Empower

helping places #Do It Differently to support healthy active lives for disabled people

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## Slide 2:

[a stylised picture of a human eye, partly shaded out to signify a degenerative eye condition]

## Slide 3:

[a photograph of a gym, with free-weights scattered around the floor in such a way as to make the space very unsafe for anyone with a visual impairment]

## Slide 4:

[A picture of the University of Salford]

## Slide 5: NHS Salford CCG's Innovation Fund

New ideas to support the health and wellbeing of people living in Salford

## Slide 6: Pilot

[Map of Manchester, showing where Empower are working]

## Slide 7: Commissioned

[Map of Manchester, with a red cross through it showing where Empower were not commissioned]

## Slide 8: Pilot

[Map of Manchester, with a red cross through it showing where Empower were not commissioned, alongside a map of Tameside where they were]

## Slide 9: Commissioned

[Map of Manchester, showing where Empower were commissioned, alongside a map of Tameside again showing where Empower are working]

## Slide 10: Empower You

Working with communities to support disabled people to lead active lifestyles

[photograph of a young woman free-lifting a heavy bar weight, alongside the logos for Trafford Council, Salford Clinical Commissioning Group and Active Salford]

## Slide 11: How does Empower You work?

[photograph of a diverse group of young people in a sports club]

## Slide 12: How does Empower You work?

Sources Activities locally

[photograph of a visually impaired runner and their guide]

## Slide 13: How does Empower You work?

Eight weeks of support

[photograph of a group of young people and a man in a wheelchair]

## Slide 14:

**82%** of people maintain their activity three-months beyond Empower You.

At least, **78%** maintain their activity 12-months beyond Empower You.

[photograph of a group of women exercising in a back garden]

## Slide 15: Impact for activity providers

**85%** felt their skills, knowledge and confidence in working with disabled people had improved since working with Empower You.

"I've got clients who now feel like mates but before Empower You I would have felt a bit uneasy about talking to disabled people or that you have to speak in a certain way." - Jake, Boxing Coach.

[photograph of women exercising along to a keep-fit video]

## Slide 16: Impact for activity providers

On average, activity providers see a **1200%** increase in the number of disabled people worked with.

[photograph of young people at a golf driving range]

## Slide 17: In the context of Social Care, Empower you

- Supports disabled people to access mainstream provision and away from more specialist and costly interventions, to support good health and wellbeing, often using their own finances to do so.
- Upskills the untapped social care workforce in local activity providers and community based staff to support disabled people within their provision.
- Supports current social care providers to adopt more community-based approaches and away from building-based support, as featured in ADASS NW Top Tips for moving away from building-based support for people with learning disabilities and autism (see embedded document)

## Slide 18: Case for Change

- Start small and progress slowly – small investments into new ideas and slowly refining the offer will help towards a sustainable service or approach
- Support beyond financing – while adequate funding is vital, support to develop business cases, creating the space to learn and develop together and ensuring it feels like a partnership rather than transactional are all key.
- Stick with it – new ideas take time to develop and grow and it may take multiple attempts to get to where you want things to be but each time is a step closer.

## Slide 19: Thank you!

Contact

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