



Special Olympics <Club or region name>

The Need for Support

There are <number> people living with intellectual (learning) disabilities (ID) in <region or club area>. Based on Sport England's national, annual survey, we would expect <number=78% of above figure> to be inactive (no sport activity in the last month). Many experience multiple disadvantages in their lives, suffering from physical and mental health issues and social exclusion.

People with ID are 2.5 times more likely to have health problems than those without, one in three are obese and the median age at death is about 24 years younger than for those without (2012, The Learning Disabilities Observatory).

People with ID face wide levels of discrimination and even abuse. Ninety percent have experienced bullying and harassment, 66% per cent have been bullied regularly and 32% said that bullying was taking place on a daily or weekly basis (2010, Papworth Trust).

We are in a unique position to contribute to health improvement and equality for people with ID and their families. Sport is particularly important in promoting physical and emotional health, as many health problems are directly associated with inactivity.

The Proposal – Athletes from <club or region name> to benefit from ongoing training and competition

PLEASE EXPLAIN WHAT SPORTS YOUR CLUB OFFERS, HOW MANY ATHLETES TAKE PART, HOW MANY MORE YOU WOULD LIKE TO ENGAGE.

Athletes like Sean (ideally insert a case study of one of your local athletes here): Sean Pattison, age 32, works part time at Tesco in Helston, and also works a day each at a local care home and a café. Sean lives at home with his mum and sister plus two Highland Terriers.

“Everyone knows Sean! Sean talks nonstop: to Tesco customers, to the residents at the Care Home and to the customers at the café. His great love, however, is belonging to Special Olympics Cornwall where his enthusiasm is unbounded whether playing badminton or Boccia, greeting all with a high five or big hug. Sean went along to a local Lions Club meeting to help with a presentation of what Special Olympics is all about – his sheer joy at being able to do this, his enthusiasm for going to the National Games at Sheffield was so infectious that there and then he was personally presented with a cheque for £100 to help towards the cost of representing Cornwall at the Games!

Sean will be a member of the Boccia team at Sheffield but he will, no doubt, be more than that: he will head the cheerleading, he will do ‘the haka’, he will do the ‘Mobot’, he will do some street dancing! Sheffield – Sean is on his way!”

David Painter, Main Contact Special Olympics Cornwall and Chair of South West Region





Olympics Great Britain

Special Olympics <club or region name> has been supporting people with intellectual disabilities since <year established>. Our <number> volunteers currently support <number> children and <number> adults to participate in <number> sports. We are part of Special Olympics Great Britain, a national charity that supports over **10,000 children and adults with intellectual disabilities, through 140 volunteer-led local clubs with 4,000 volunteers**. We are Britain's only year-round programme of sports training and competition for children and adults with intellectual disabilities (while others serve specific disabilities e.g. Cerebral Palsy Sport, or only children e.g. Panathlon), provided alongside wrap around support, including health screening, life skills development, social networks and empowering individuals to take on leadership roles.

Special Olympics is the third and much lesser known member of the Olympic family. Special Olympics receives no funding from the International Olympic or Paralympic Committees. **Special Olympics is not an elite sporting event.** It is open to all people with intellectual disabilities, age two to 80, from those with low motor abilities to highly skilled athletes, with the opportunity to take part in their chosen sport and represent their club, region or country in competition. This is unlike the Paralympics, which provides elite-only competition for multi-disabled groups.

Research conducted by Canterbury Christchurch University (2012) has shown that children and adults with intellectual disabilities taking part in Special Olympics have higher self-esteem, wider social networks, better self-care and thus better health and lower stress levels.

Budget and Funding need

The total cost of giving <number> athletes and volunteers, from <club or region name>, the opportunity to train and compete is £<total cost>. We have secured £<amount raised to date> through local fundraising activities. We respectfully ask that the trustees of the <trust name> consider making a grant of £<amount of request based on their criteria/history of giving> toward the balance.

Expenditure	Total
Participant/volunteer costs	£
Team kit	£
Travel cost	£
Total	£
Income	
Fundraising activity from local clubs and families	£<amount raised>
Balance to raise	£<balance>