



Creating Opportunity
for sport Members
at grassroots level
to Enable INclusion

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COME IN PROJECT

Creating Opportunities for Sport Members at grassroots level to Enable INclusion

First part TRAINING COURSE

NEWQUAY (UK): 1ST February 2019- 5th February 2019

ABOUT THE PROJECT

Background

The project Come In- Creating Opportunity for Sport Members at grassroots level to Enable Inclusion- has been designed with the main idea to increase participation of young people with disabilities in sports.

This idea is mainly based on the recognition of sports as a beneficial tool for health but also as a strong instrument for promoting social inclusion. During the last years, participation of young people with disability in sports has also become a crucial aspect recognized by the European institution in numerous documents which stress the importance of sports for all. Although many projects have been proposed to achieve this aim, numerous surveys still demonstrate that there is a large gap between the participation of disabled young people compared to able-bodied people in the sport field.

Against this background, partners organisations wants to support coaches, educators, volunteers, youth workers and leaders active in sport field to create more inclusive sport opportunities with the aim to increase participation of young people with disabilities in sports.

Partner organizations

The project will be implemented by the following partners:

Coordinator organization: OPES (Italy)

Partner organizations:





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- SPARC (UK)
- ENGSO Youth (Sweden)
- ANESTAPS (France)

With the special participation of SPECIAL OLYMPICS EUROPE EURASIA (SOEE) inclusive youth leader teams

Objectives

Following the project path participants will:

- Improve their knowledge regarding different kind of disabilities and the beneficial effects of Special Olympics Unified Sports® activities;
- Share and observe practices on the implementation of inclusive sport activities;
- Be able to implement Unified Sports® sessions at grassroots level involving young people with and without disabilities;
- Pass from the learning to the implementation of inclusive activities in the sport field, by experimenting the use of the toolkit.

Target

The main target of the project are coaches, educators, volunteers, youth workers and leaders involved or interested to be involved in inclusive sport programme for people with disability and without disability. 24 participants will be trained to be more able to include young people with disabilities and provide offer which can facilitate their participation in society and their personal development.

Next phases

Pilot activities at the local level in three countries (Italy, France, UK)

2st Part of the Training Course (Rome- May 2019)





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LOGISTICAL INFORMATION

Hotel Venue:

All the participants will be accommodated at Hotel Bristol in Newquay (UK).

The hotel is located at the following address:

Narrowcliff, Newquay TR7 2PQ, Regno Unito

The Hotel can be seen at the following link:

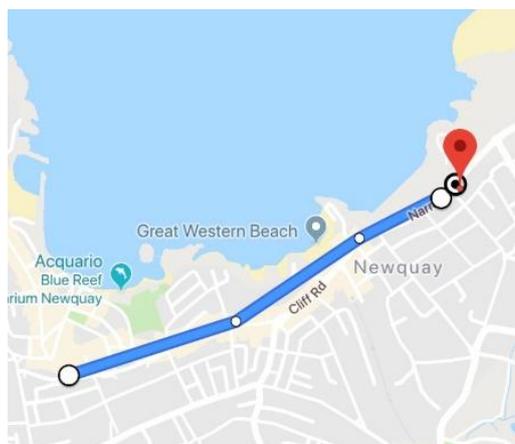
<https://www.hotelbristol.co.uk/>

Participants will be accommodated in twin rooms.

How to reach the hotel

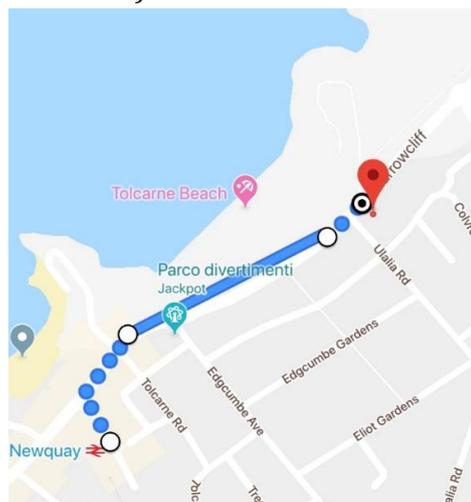
from the bus station

Take the bus Atlantic coaster A5 to the stop Tolcarne Beach (it takes around 5 minutes)



from the train station

Take the bus 85/93/87/21 to the stop Tolcarne Beach (it takes around 3 minutes)





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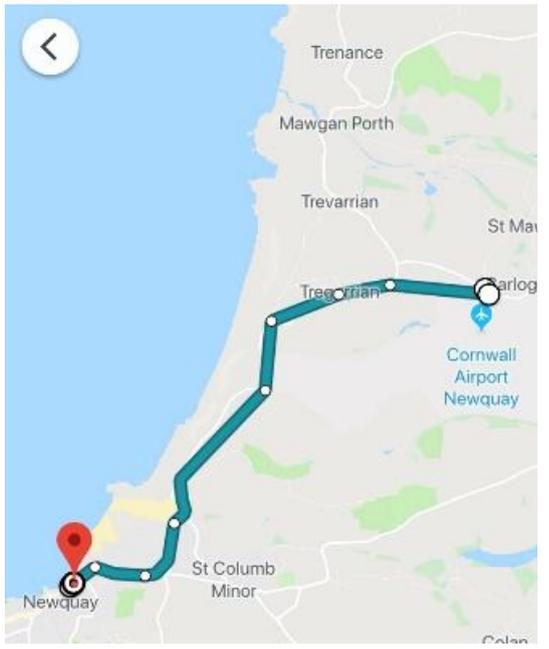
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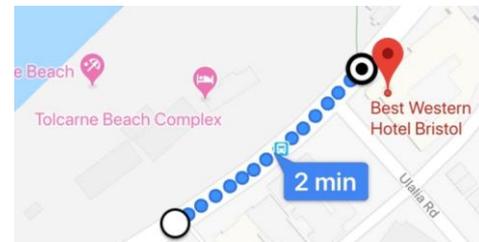
from the airport

Take the bus Atlantic coaster A5 to the stop Tolcarne Beach (it takes around 20 minutes)

Hotel Bristol will be one minute walking



From the stop Tolcarne Beach to reach the hotel



What to bring with you

Each participants should bring:

- Comfortable and warm cloths
- Sport cloths and shoes
- Presentation of good practices (according to the template provided)

Please, note that rooms are already furnished with hairdryers, towels and shower gel. Wifi is for free.





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THE PROGRAMME

1st February 2019: arrivals

2nd February 2019: beginning of the programme

09.00 – 09.30: Introduction and Getting know each other

What is the concept and goal of this event

09.30 – 10.30: Special Olympics general information and Unified Sports SO general (Mission)

Unified Sports (highlight Inclusion, Showing videos) and introduce the Youth Teams of SO Italy and GB

11.00 – 12.00: Special Olympics in Newquay on Saturday.

Football session (traditional) with short Unified Football recreational part

11.00 – 12.00: Disability Tennis at Newquay Tennis Club (very close to hotel)

Lunch

14-16 from practice to theory: what adapted sport is? What does it mean unifying sport sessions in local reality and why it is a good practice?

16-18 focus on: my realities, my needs and the sport opportunities for people with disabilities

Dinner

3rd February

9-11 disabilities and sports: examples, theories and practices

11-13 how to adapt/unify sport sessions

Lunch

14,30-16 practical session

16-18 ho to do it in my realities: national working groups for pilot activities

Dinner





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4th February:

9-11 presentation and finalization of programmes for pilot activities

11-13 introduction of toolkits and next task planning

Lunch

14-16 Practice: Disability Multi Sports (30 mins from hotel) at Cornwall College

Closing

5th February: departure

Breakfast will be always served at 8.00

FINANCIAL ASPECTS AND REIMBURSEMENT PROCEDURE

Financial Aspect:

Accommodation is already booked and covered by the project. Meals are booked and covered from the dinner of the 1st February (for the one arriving by dinner time) until the breakfast on 5th February (departure day).

Meals are provided respecting the dietary requirement indicated by each participant in the application form.

Refund Procedure

Participants' travel costs will be refunded when they participate in 100% of the meeting and have signed the attendance list.

Reimbursement will be made by bank transfer in Euros to the account indicated on the reimbursement form (template provided to participants)

The completed reimbursement form signed by the participant with original tickets, boarding passes and other receipts must be sent by post to the following address:

Via Salvatore Quasimodo, 129
129, 00144 Roma RM (Italy)





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Participants will be notified by e-mail or phone if the reimbursement form cannot be accepted as presented, and given some time to send the necessary justification. Participants are advised to send a scan version before sending the originals to linda.rombola@gmail.com

Proof of Travel

All claims for reimbursement of travel expenses for all means of transport must be accompanied by the relevant ticket and evidence of the expenditure actually incurred (original invoice or certified copy, credit card slip or statement, etc).

The ticket must clearly show the price of the ticket, the date(s) and the destination.

When travelling by plane, a boarding pass must be provided with the reimbursement form.

Insurance

There is no insurance for the participants of the meetings.

INFORMATION ABOUT THE PLACE

About the city

Newquay is a town in the south west of England, in the United Kingdom. It is a civil parish, seaside resort, regional centre for aerospace industries, future spaceport and a fishing port on the North Atlantic coast of Cornwall, approximately 12 miles (19 km) north of Truro and 20 miles (32 km) west of Bodmin.



The town is bounded to the south by the River Gannel and its associated salt marsh, and to the north-east by the Porth Valley. The western edge of the town meets the Atlantic at Fistral Bay. The town has





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been expanding inland (south) since the former fishing village of New Quay began to grow in the second half of the nineteenth century.

In 2001, the census recorded a permanent population of 19,562, increasing to 20,342 at the 2011 census. Recent estimates suggest that the total for the wider Newquay area would rise to 27,862 by 2018 and 30,341 in 2019.

Newquay has been voted “One of the nation's favourite seaside towns” in the prestigious Which Holiday Survey, “Best family holiday destination” by readers of COAST magazine, and has one of the UK's top ten beaches on Trip Advisor! Newquay’s laid back charm is here for everyone to enjoy.



Newquay has been a major tourist destination for more than a century, principally on account of its coastline and nine long and accessible sandy beaches, including Fistral.

Established in sections throughout the 20th century, Trenance Leisure Gardens are sited in a wooded, formerly marshy valley on the quieter edge of Newquay, stretching down to the Gannel Estuary. From the Edwardian era it provided recreation for tourists with walks, tennis courts and a bowling green, all still popular today. In the gardens, which are spanned by the arches of the stone railway viaduct, visitors have long been able to enjoy a stroll through the beautiful Trenance Gardens with their mature trees and heritage cottages, leading to the boating lake. This was dug during the depression of the 1930s as a work creation scheme. In the late 1960s, further enterprises were established by the council, including mini-golf, a swimming pool, the Little Western Railway miniature railway which opened in 1968 and Newquay Zoo, which opened in 1969.

Sport in Newquay

Newquay has two non-league association football clubs. They are Newquay A.F.C. who play at Mount Wise Stadium and Godolphin Atlantic F.C. who play at Godolphin Way. Newquay Hornets rugby football club play at Newquay Sports Centre.

Newquay have a successful, four-team cricket club based at the SportsCentre. Their 1st XI currently compete in Cornwall's County One, and at the start of the century were a major power in regional cricket, winning the ECB Cornwall Premier League in 2003, boasting star players such as Ryan Driver,





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Tim Walton and Barry Purchase. Newquay's academy in the past 15 years has produced four full-Cornwall players — Rob Harrison, Neil Ivamy, Joe Crane and Adam Cocking, in addition to numerous County youth representatives. They have youth teams from age ranges Under 9 - Under 19. In 2016, their overseas professional was former Zimbabwean test match batsman Mark Vermeulen. In 2017, the teams all competed well in their respective Divisions, and have now gone down the route of not having a professional, instead investing in improving the ground, coaching and infrastructure. Newquay is a prime destination for touring cricket sides and the club specialise in hosting touring teams.

Newquay also plays host to the Newquay Road Runners who are based at the sports centre.

Weather

February is the final month of winter in Newquay, Cornwall and the temperatures are identical to those of January, averaging 8°C (47°F) as the high and 4°C (38°F) as the low. There is a lot less rain, however, averaging 89 mm, which is 33 mm less than January, with 17 rainy days. There is also slightly more sunshine with 5 hours rather than January's 4, with 83 hours of sun on average over the month, an increase of 23.4 hours over January.

Currency

The UK currency is the pound sterling (£/GBP)

1 pound is almost 1,11 euro



Be update about change at the following link:

http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/index_en.cfm

Socket





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In England the power plugs and sockets are of type G. The standard voltage is 230 V and the standard frequency is 50 Hz.



In order to plug you can use an adaptor, such as:



CONTACTS OF THE ORGANIZERS

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