

Enable Short Breaks offer 2020

This year has been really difficult for everyone but where possible we tried to provide activities and support delivery where possible in order to get our young people active during these difficult times.

Before the first lockdown things were looking really promising for our programmes this year, with our usual DanceAbility with Yoga and Watersports sessions booked as well as support for the London Recumbents, Dolphins swim club and Wandsworth Amateur Swim club set to continue into the summer term of 2020. In March we were able to deliver one of our Watersports sessions and two Dance sessions before the lockdown took hold and we were unable to continue face to face delivery. The Recumbents were closed, and the swimming sessions stopped. This was a necessary precaution, but a devastating blow for our young people with the future and prospect of getting back to activity looking increasingly slim as the month went on and the lockdown was furthered.

With the prospect of no activity for a few months we were able to arrange some videos from our Dance teachers to be uploaded onto Youtube for our young people to access throughout the time, including dance lessons, sensory stories and Yoga. Although there are few and our Youtube presence is small, we are looking into ways in which we can better use this medium as a way of advertising our work and allowing more children to access activities when isolating at home.

<https://www.youtube.com/channel/UC0VOtmqj5hFNCflzNr6kdtw>

In June the government announced that outdoor activity was to be allowed, which enabled the London Recumbents to re-open and provide a much-needed service to the young wand card users in Wandsworth as well as many others. Over the next 4 months we would see some of the highest figures we have seen for this time of year, highlighting the importance and need for physical activity. It was unfortunate that we would be unable at this time to open the Watersports activities, with only family groups able to be active together we would still be unable to offer our group activities.

Over this period we would also see most of the Sports Development team at Enable furloughed making the come back to activity and planning difficult until we were able to return in September.

September saw the return of the face to face DanceAbility sessions with guidelines changed once again to allow indoor activity for disability and junior groups. Although many participants were unable to attend due to shielding or quarantining, we were still able to host sessions for some of our regular participants, which was met with much excitement and appreciation.



We were careful to follow the guidelines set out by the government to ensure there was a track and trace record in place as well as all PPE provided to ensure the safety of all participants.

When we moved into lockdown in November, we decided to take the sessions online, setting up a weekly zoom class for all those who wished to attend. Feedback from some of our regular parents were that their child had tried online sessions before and hadn't been able to focus or really access them to their full potential, however we were still able to engage with 4 of our regulars, two who were initially hesitant but found the experience positive with their children able to participate fully.

'We weren't sure how Danceability would work on zoom but after a short hesitation , Edie got really involved and loved the session. It was really nice to see her friends and there was lots of interaction between everyone. The sessions are flexible and we have already put in song requests for next week. –Parent of DanceAbility participant'

"Oliver has participated and enjoyed his Danceability sessions at George Shearing Centre since there return after COVID-19 restrictions eased. Being able to interact with others and take part in a group activity has been a huge boost to his well being. Now the sessions have moved online via ZOOM he has adapted very well and continues to enjoy them.

Oliver is always excited to start his Danceability sessions. Being at home he can now invite his brother and sister to join in to make it a whole family experience.

In addition to the benefits of the physical activity of dancing and movement his desire to communicate his enjoyment of the sessions has increased too." –Parent of DanceAbility participant'

With the change again in Tier in December we were able to run our last two sessions face to face with our last being a Christmas celebration.



Over this year the Dolphins swim club have been unable to run, however WASA were able to run two sessions in October before the November lockdown and two sessions in December before breaking up for Christmas. The numbers here were again lower than usual due to children isolating or shielding, however they were still able to offer a few sessions which I am sure has been a real highlight to the swimmers.

November and December have seen the London Recumbents closed with an uncertain time of opening in January, however we hope that we will be able to get the bikes back up and running as soon as possible.

2021 will hopefully bring new opportunities and a chance to build our participant base back to where it was as well as attracting new participants looking to get active after such a long period in isolation. We are currently planning to start back Watersports when we can in March and deliver DanceAbility from January. We have put in place plans to either deliver firstly online via zoom until we are able to get back to face to face or if we can deliver face to face as soon as we can.

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