



United Nations
Educational, Scientific and
Cultural Organization



UNESCO Chair "Transforming the Lives
of People with Disabilities, their Families
and Communities, Through Physical Education,
Sport, Recreation and Fitness"

UNESCO Chair Institute of Technology Tralee, Ireland



Mainstreaming Diversity

A Global Partnership for
Mainstreaming Diversity through
Physical Education, Sport,
Recreation and Fitness

in this issue



United Nations Educational, Scientific and Cultural Organization



UNESCO Chair "Transforming the Lives of People with Disabilities, their Families and Communities, Through Physical Education, Sport, Recreation and Fitness"

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**EUCAPA
IN
WORCESTER**
3-5 July 2018
23 Call for abstracts

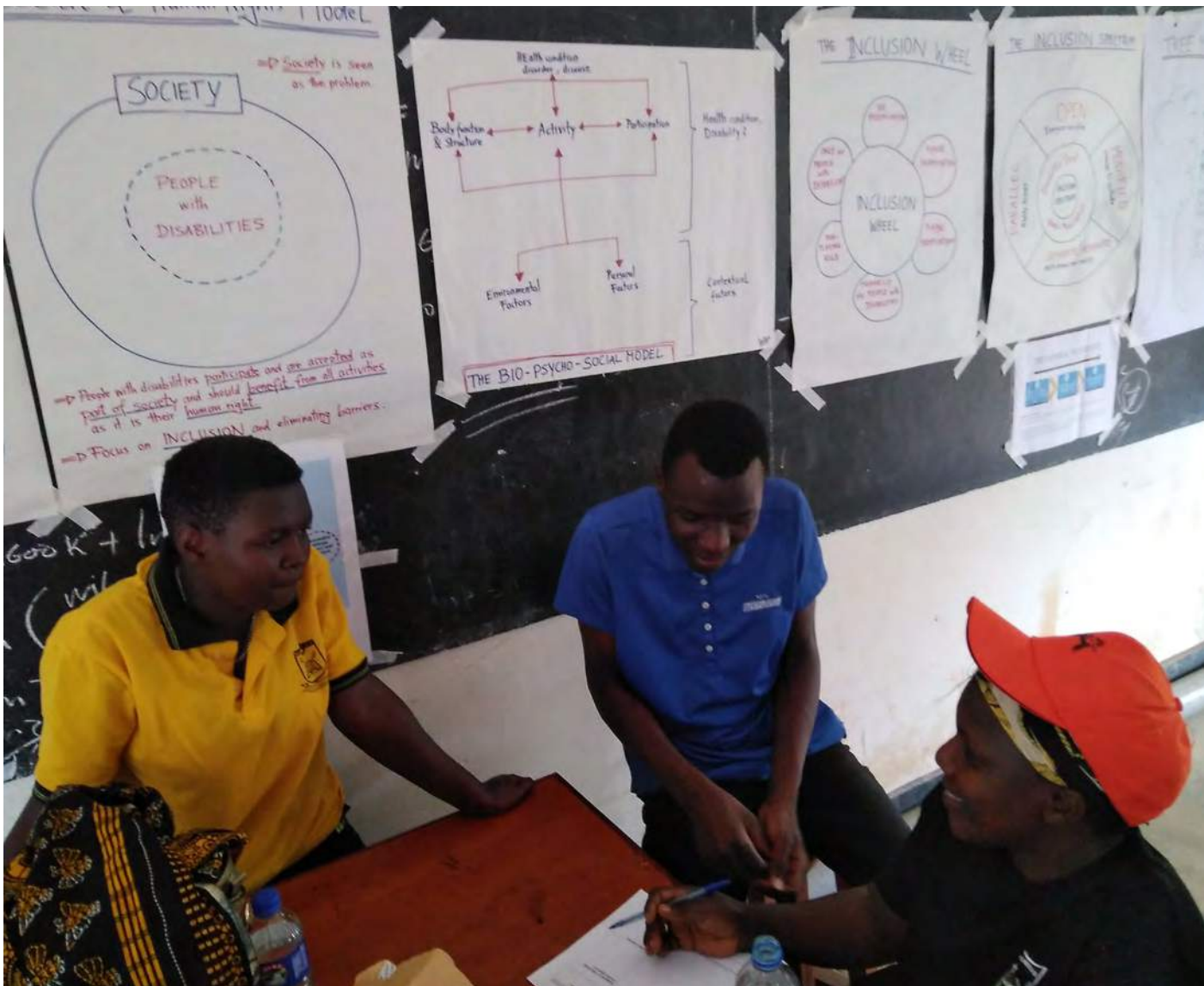


Photo: Participants at a recent P2I training programme in Uganda, developed and led by the UNESCO Chair and Plan International

Welcome to the UNESCO Chair newsletter. This edition is jam packed full of news of relevant international developments and updates on the Chair's work ranging from policy to practice.

You will see that there has been an international shift from declaration to action which is evident in UNESCO's Kazan Action Plan which is the outcome from UNESCO's international conference for senior officials and policy makers with responsibility for physical education and sport(MINEPS VI). Action was also a key theme at the United Nations Conference of State Parties to the Convention on the Rights of Persons with Disabilities (CRPD) which celebrated 10 years of the CRPD and calls for continued action for the coming decade of.

Action is also very important to us at the UNESCO Chair which is why we have coined the term 'inclusivize' which underpins all the willingness, intent, actions, and resources needed to increase accessibility for people with disabilities and other marginalised groups. Let's inclusivize physical education, physical activity and sport!

Follow us on facebook and twitter for continuous updates.

Dr. Timothy Shriver appointed as UNESCO Chairholder at IT Tralee

The UNESCO Chair was proud to announce the appointment of Dr. Timothy Shriver as the UNESCO Chairholder. Dr Shriver has been a part of an amazing team at Special Olympics that has created exciting new programmes in athlete leadership, cross-cultural research, health, education, and family support.

Commenting on his appointment Dr Timothy Shriver, chairman of Special Olympics International, said he was “honoured” to take on the role as UNESCO Chairholder Tralee further saying

“Special Olympics has always had a great relationship with IT Tralee and this appointment gives us the opportunity to join our efforts to build a world that accepts and provides for diversity as a norm”. This year is a very important one for UNESCO. In July they [convened] government ministers from around the world, along with senior officials of sport, in Kazan, Russia to seek commitments for the establishment of a comprehensive vision of inclusive access for all in physical education, physical activity and sport. As Chairholder, I fully support this agenda. Our Chair in Tralee, together with Special Olympics International and all other partners of the Chair, will be at the forefront of supporting inclusive access to health and wellbeing, communities, education, economy and society aligning with the UN Sustainable Development Agenda 2030”.



Left: Dr. Timothy Shriver, UNESCO Chairholder

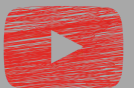
Photo below: Mary Davis, CEO of Special Olympics International and Oliver Murphy, President of IT Tralee, signing the Marseille Declaration



Inaugural Visit

In January 2018 the UNESCO Chair will welcome Dr Shriver to IT Tralee in celebration of his appointment as UNESCO Chairholder. Click the icon for a message from Dr Shriver.

Stay tuned for further details



MINEPSVI

The International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport

Kazan, Tatarstan, Russian Federation, July 13th-15th 2017

At the World Economic Forum in Davos 2017, Pavel Kolobkov Minister of Sport of the Russian Federation and Irina Bukova, Director-General of UNESCO signed a hosting agreement, affirming Kazan as the venue for MINEPSVI under the auspices of UNESCO.

Kazan in the Republic of Tatarstan, 'the place of the Tatars' was an exceptional backdrop for MINEPSVI, the sixth MINEPS gathering since 1976. Widely accepted as Russia's sports capital Kazan has been host to many prestigious national and international sports events, and for these days of MINEPS Irina Bukova, Director General of UNESCO bestowed upon it the title of the 'sports capital of the world'. A title most fitting to this gathering of governments, intergovernmental organisations, the sport movement, academia and specialised NGOs. One hundred and seventeen countries were represented by their Ministries. The welcome extended from the Republic of Tatarstan and the Russian Federation was outstanding.

The MINEPS forum worked towards achieving consensus on the most critical issues facing physical education, physical activity and sport, determining an action plan for addressing these at government levels and affirming commitment for member states with regard to taking policy action.

About 630 delegates, including heads and representatives of sports-related executive authorities from 117 member states of UNESCO, as well as other international bodies and major sports organisations, came together for the event.

UNESCO's International Charter of Physical Education, Physical Activity and Sport, and Declaration of Berlin, adopted by MINEPS V in 2013 set the contextual areas of priority for international sport through MINEPSVI. The Kazan Action Plan has emerged as the MINEPSVI outcome. It is available in the six official UN languages. The english version is available [here](#). This common framework is



expected to serve as a unified, international reference for orienting policy makers, especially, public sport authorities and the sport movement. It is wholly aligned with the sustainable development goals (“SDGs”, Agenda 2030) who have recognised sport as “an important enabler of sustainable development”. The MINEPSVI follow up framework collates a range of Norms, Resources, Monitoring and Evaluation, Promotion /Advocacy and Research that can support ongoing initiatives to bring about change in the priority themes and subthemes outlined below.

MINEPSVI was structured around three themes and related sub-topics:

Theme I: Developing a comprehensive vision of inclusive access for all, including national sport strategies and plans; the cooperation between public authorities, sports organisations and other stakeholders; gender equality; non-discrimination; quality physical education.

Theme II: Maximizing the contributions of sport to sustainable development and peace, including physical activity and health; social inclusion; values and civic education; youth empowerment; national cohesion; urban planning; indigenous & traditional games; sport in post-conflict settings; major sport events; sport & ecology/climate change; sport and economic development.

Theme III: Protecting the integrity of sport, including good governance of sports organisations; fight against the manipulation of sports competitions; fight against doping; protection of participants, spectators and workers; child protection; fight against sexual exploitation and misconduct; prevention education and awareness rising.

The UNESCO Chair was represented by Catherine Carty, Gerard Masdeu Yelamos, Katharina Schlüter and Aisling Sugrue.

The UNESCO Chair represented by, Catherine Carty, participated in the opening panel session on Theme 1 ‘developing a comprehensive vision of inclusive access for all’. The work led in the Chair by Katharina, Aisling and



Photo: UNESCO Chair team at MINEPS VI, from left: Schlüter, K., Sugrue, A., Masdeu Yelamos, G., Carty, C.

Gerard was on display for the duration of the Intergovernmental Event, where ministers and senior officials had the opportunity to discuss the initiatives and research on display with the team. The links between the work of the Chair, the Sustainable Development Agenda, and MINEPSVI themes was explored through the discussions and poster presentations. The Posters from the Chair represented:

Our resource, IPEPAS, which aims to support the delivery of UNESCO's Quality Physical Education initiative. [Click here for poster](#)

A collaborative programme developed and delivered with Plan International entitled Plan2Inclusivize. [Click here for poster.](#)

A framework developed and validated through the Chair to support inclusive policy actions, inclusive organisational change management was also presented. [Click here for poster](#)

The Participation, Recreation and Inclusion through Martial Arts Education (PRIME) Project Coordinated by ICSSPE of which the Chair is a partner was also represented.



MINEPS VI

Kazan Action Plan - from Declaration to Action

Finally the Global Active Cities initiative, an inherently inclusive initiative, which the Chair is collaborating can be seen here:

[Click here for All MINEPS VI Posters](#)

The outcomes and recommendations of MINEPS events to date are continuously strengthening the educational, cultural and social dimensions of physical education and sport while guiding the implementation of effective policies and practices around the world.

MINEPSVI marked a complete change of direction for UNESCO towards an action orientation. The Kazan Action Plan realisation is dependent upon UNESCO and its Intergovernmental Committee (CIGEPS) in partnership with other intergovernmental, government and non-government stakeholders in keeping with SDG17. Secondly, member states are requested to select and act on those areas of the Action Plan which they believe are of national importance. Finally, advocacy for the implementation of the Action Plan by Member states at regional and continental level is also being called for by UNESCO.

In the closing press conference The Russian Sports Minister declared “Any investments in sport pay off through infrastructure development, development of human potential and acquisition of new skills, and the fact that we host the conference demonstrates this perfectly. As early as in 2000, our government chose the strategy of developing sport by means of hosting major international sporting events in Tatarstan. Thanks to this, we now have new sports infrastructure, new job positions, new schools, and the number of people engaged in sports activities has increased. Besides, sports results and the number of athletes has also grown. In the past twelve years, the city has changed dramatically, and it is all due to sport’s impact. Practically all events that we host in Russia are always evaluated in terms of the legacy they can leave afterwards. It is very important,” Pavel Kolobkov stated.

UNESCO News

Audrey Azoulay, from France, was recently elected as UNESCO's Director-General and will commence her four year post on November 15th 2017, taking over from Irina Bokova.



10th Session

Conference of State Parties Convention on the Rights of Persons with Disabilities

13-15 June 2017

United Nations Headquarters, New York

#COSPIO #CRPD #SDGs #GlobalGoals WEBSITE: www.un.org/disabilities



United Nations Department of Economic and Social Affairs
Division for Social Policy and Development



The UNESCO Chair and Global Partnership for Children with Disabilities Physical Activity and Sport Taskforce were very pleased to be represented in NY for the CRPD Council of State Parties event. In addition we were honoured to be speaking during the proceedings on the inclusion of people with disabilities in physical education, physical activity, recreation and fitness.

The event is hugely important most especially as it moves in this second decade from an awareness, signatory and ratification focus to a focus on action and implementation. From the perspective of this UNESCO Chair it was so disappointing not to see Ireland represented, but as we have not yet ratified this convention, we do not have a seat at this table. Hopefully this position will change in 2018, because what is very evident at this event is the importance of ratification

to mobilise and resource actions critical for advancing towards societies that truly are, for all. Chicken and egg arguments have been put forward around the merits of getting our national house in order prior to ratification. The counterargument of ratifying and following through with meaningful actions and resourcing to enable people with disabilities realise their rights as Irish citizens is just as valid. The latter requires more impetus and action though the CRPD monitoring and accountability processes that it will move that reality closer. This is not just relevant in Ireland but any country that has not yet, 11 years on, moved to ratify the convention. As of today 174 countries have ratified the convention, meaning 19 UN Member states have not. States that have not ratified the convention should endeavour to respect it and its optional protocol.

The Millennium Development Goals were frequently cited as being impossible to achieve

without inclusion of people with disabilities becoming a reality. These goals have been superseded by the Sustainable Development Goals outlined in the 2030 Agenda for Sustainable Development. The mantra of leaving no one behind is not intended to reflect lofty altruistic gestures or nice to have not need to have legislation or aspirations, it serves to create better societies for all citizens. Advanced societies and smart cities must showcase their ability to create equality of access to community life for all. If we cannot achieve this goal, perhaps we are not so smart after all.

The theme of this year's CRPD COSP event was "The Second Decade of the CRPD: Inclusion and full participation of persons with disabilities and their representative organizations in the implementation of the Convention". It had three subthemes: i) Addressing the impact of multiple discrimination on persons with disabilities and promoting their participation and multi-stakeholder partnerships for achieving the SDGs in line with the CRPD; ii) Inclusion and full participation of persons with disabilities in humanitarian action; iii) Promoting inclusive urban development and implementation of the New Urban Agenda – Habitat III. In addition to these themes there were multiple side events covering many inclusion topics.

Round table 1 addressed the impact of multiple discrimination on persons with disabilities and promoting their participation and multi-stakeholder partnerships for achieving the Sustainable Development Goals in line with the Convention. During these discussions it was stated that the current situation of persons with disabilities, especially for women and girls with disabilities, was unacceptable. Partnership discussions emphasised non-silo type multi-stakeholder activity, including persons with disabilities and their representative organizations. Legal capacity and individual autonomy was a key issue most especially relating to the capacity of those with intellectual and/or psychosocial disabilities to exercise their individual autonomy. Healthy ageing and home care for older persons with disabilities was seen as an area lacking much needed action. The alignment of laws and policies with appropriate budgetary allocations are necessary for the realisation of the 2030 agenda for Sustainable Development. Civil



society can play a role in this process.

Application to our sector(s): This theme is very much aligned with the Kazan Action Plan in the domain of physical activity and sport. In many respects the full implementation of the Kazan Action Plan at member state levels will address many of the elements raised in this round table discussion to make sport and physical activity an equitable offer for all through the lifespan.

The issues of silo's, gender equity, multiple discriminations and partnerships for progress were all discussed in Kazan also. The matter of decision making capacity, autonomy and ethics in relation to participation in physical activity and sport formed a core part of post graduate research studies in the UNESCO Chair research centre last year. This is something the sport and physical activity sector needs to be mindful of in policy and practice.

Round table 2: inclusion and full participation of persons with disabilities in humanitarian action. This session highlighted the heightened vulnerability of people with disabilities in humanitarian and disaster risk management and the need to involve more people with

disabilities at all stages of such actions. Specific action plans are needed to ensure services and supports are made available and good practices need to be developed. It was recommended that funding be stopped for inaccessible humanitarian actions. The particular case of women and girl, and deaf persons were emphasised. Accessible communication is essential in humanitarian and disaster relief efforts. A human rights approach to humanitarian action is required, guidance and funding needs to support this. People with disabilities need to be involved in shaping the solution. Intersectional human rights approaches were emphasised as a mechanism to address multiple forms of discrimination against women and girls with disabilities in all humanitarian actions.

Application to our sector(s): Required actions to make change on this matter are broad-based. Many systemic changes are required and many assisted technologies will need to be developed and/or deployed to facilitate real change. The UNESCO Chair, Plan International, International Needs are very pleased to have collaborated on and delivered Plan2Inclusivize our Sport and Development Programme in humanitarian and development contexts. The programme was delivered in Kule Refugee Camp in Gambella in Ethiopia. Sport was used as a vehicle to induct new refugees, including those with disabilities into the camp. Furthermore, through the Chairs postgraduate research programme we have developed the first set of occupational standards and an accompanying toolkit for inclusive sports practice in development and disaster settings by NGOs and others. This can be modified to humanitarian settings and our train the trainer programme.

Round table 3: promoting inclusive urban development and implementation of the New Urban Agenda. The notion of combining built environment and ICT actions with actions in social and economic areas were outlined, as was the idea of a coordination office for implementation. Awareness is needed among policymakers and officials with regards understanding inclusion in this guise. Planning laws and policies need to include people with disabilities working alongside others in creating and implementing inclusive actions as envisaged in the New Urban Agenda.



Universal design approaches should be promoted and can be incentivized. Training is needed to ensure it is properly understood and implemented. Political will is essential in the New Urban Agenda, gaps between national and local commitments and capacity need to be addressed. Access to effective implementation guides on how to deliver digital accessibility and inclusion will be necessary. A cross-sectoral methodology addressing the many challenges outlined in the SDGs should be embraced. Inclusive monitoring and evaluation of effective processes and outcomes as well as greater investments and research. Suggestions for action included changing urban planning curricula as well as aligned public procurement and co-construction initiatives involving people with disabilities as part of the core team as opposed to consultants to the team.

Alignment to our Sector: The urban environment is currently home to the majority of the world's citizens (54%, UNDESA 2014). This figure will rise to 66% by 2050 (UNDESA, 2014). Initiatives to support physical activity from transportation to recreation need to be planned and prioritised if health and wellbeing is to intersect with urban development. The UNESCO Chair is working with Global Active Cities to support local governments implement inclusive physical activity and wellbeing initiatives. See the video here: [The cross sectoral approach being advocated reflects the tenants of our Sustainable Health Spectrum.](#) Following the roundtables there was an Interactive dialogue between States parties and the United Nations system on the implementation of the Convention.

The CRPD agenda is very important across many UN agencies and is being taken seriously by member states. We can look forward to a report in 2018 by UNDESA on disability inclusive development aligned with the SDGs. We also hope to see greater uptake of the Washington Group tools across the world to address the data void in relation to PWD in many sectors including ours. Efforts to increase access to employment, health, ICT and decision making processes need to be strengthened and an interagency working groups have been set up address this. UNHCR outlined how in humanitarian actions people with disabilities, continue to be 'left-behind'. The SDG mantra is 'no-one left behind'. Many many topic were discussed and presented during this event. Crucially five summative reflections are:

- People with disabilities need to be involved at all levels.
- If we take inclusion seriously state parties need to first ratify CRPD and join this agenda.
- Physical Education, Sport, Recreation and Fitness has an undeniable roll to play in this agenda extending well beyond Article 30.5, like the SDGs many CRPD articles are interconnected.
- CRPD is a live actionable instrument, its existence has improved the lives of many and instigated many actions and developments that are serving to level the playfield for those with disabilities.
- No State can be complacent - all have more to do. The remaining 13 years in the 2030 Agenda for Sustainable Development need more concentrated and accelerated cross-sectoral developments and investment. This UNESCO Chair advocates an 'Inclusion in All Policies' approach.

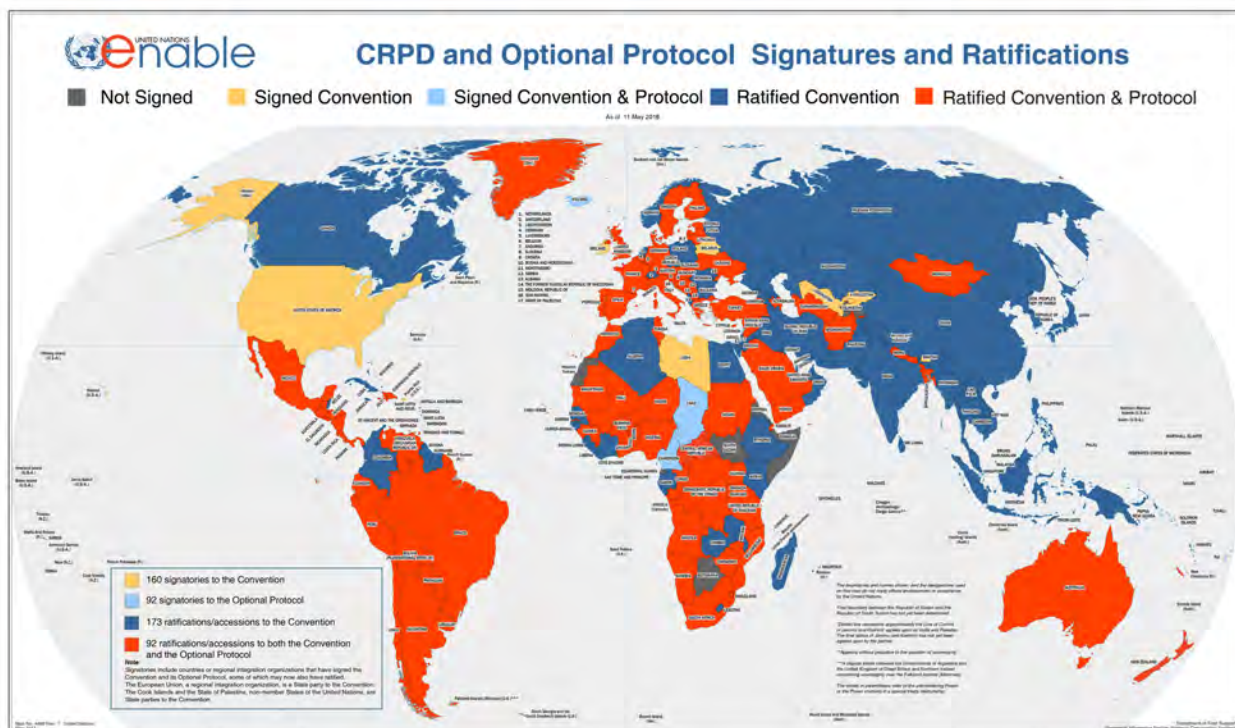


Image: Status of CRPD signing and ratification internationally.

Available at: <http://www.un.org/disabilities/documents/maps/enablemap.jpg>

Mental Health Gap Action Programme (mhGAP) Conference

World Health Organisation, Geneva Switzerland
October 9th-10th, 2017.



Mental health is defined by WHO as 'a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community' (WHO, 2004). This definition compliments the 1948 WHO definition of health that also illustrates the positive concepts so often forgotten in discussions on health; 'health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (WHO, 1948). Within the overall context of health, mental health is sometimes regarded as being of lesser importance, receiving less funding and less policy attention and action despite the fact that mental and substance use disorders are the leading cause of disability worldwide (WHO, 2014).

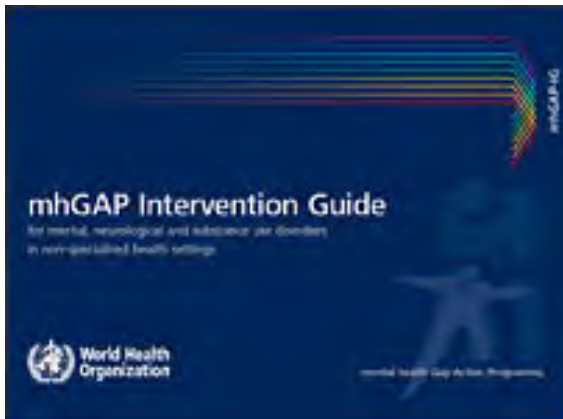
In times of war and disaster the incidence of mental illness effectively doubles, necessitating humanitarian action in this field. As we learned in the DOCTRID conference earlier this year, disability also appears to have a significant relationship with mental illness. The incidence of suicide and suicidal thoughts among those with

Autism and Asperger's syndrome are particularly concerning with suicide being a leading cause of death among people with Autism. More research is needed to better understand this relationship and to advance practices and identify interventions that can mediate this relationship. With suicide is the second leading cause of death among 15-19 year old girls, what can we do to shift the dial? Half of mental health disorders develop before age 14. No population cohort is immune from mental illness. Urgent and considered action is needed in this field, globally. With only one child psychiatrist to every 1 to 4 million people in low and middle income countries we need to look broadly at alternative interventions. Further research is needed, this Chair is most interested in how physical activity and lifestyle interventions can be part of the development and maintenance of mental health and in the treatment and prevention of mental illness.

The two day event discussed many interventions and areas for action some of which have shown very positive results. You can access some case studies by clicking on the following icon.



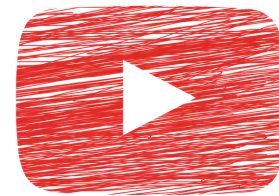
The mhGAP intervention guide was launched and it offers iOS users free non-health specialist guidance for a range of mental, neurological and substance use (MNS) disorders including depression, epilepsy and dementia. It is a very comprehensive resource with each module providing a description and guidance on assessment and management of priority MNS conditions. The intervention guide is available online and can be accessed by clicking on the icon below::



Universities and HE Institutions with programmes on MNS could find this app and associated resources very useful in teaching undergraduates. No doubt, practitioners will find this tool to be most useful in practice settings.

The matters of concern, good practices and

upcoming actions from UN Agencies, State parties, NGOs, WHO Collaborating Centres and others were shared and debated. From the perspective of our Chair intersection with CRPD concern around multiple discriminations and comorbidities was also reflected in discussions. What was notably absent was the role and importance of physical education, physical activity and sport and related lifestyle parameters. Perhaps a theme for another time. The success of the Black Dog media Campaign and other WHO videos was heartening. Click on the icon below to go directly to the videos.



1. Premature mortality in autism spectrum disorder
Tatja Hirvikoski, Ellenor Mittendorfer-Rutz, Marcus Boman, Henrik Larsson, Paul Lichtenstein, SvenBölte
The British Journal of Psychiatry Mar 2016, 208 (3) 232-238; DOI: 10.1192/bjp.bp.114.160192
2. Understanding and prevention of suicide in autism Cassidy, Sarah et al. The Lancet Psychiatry, Volume 4, Issue 6, e11, July 2017





OECD HQ, Paris France October 27th 2017

The Organisation for Economic Co-operation and Development (OECD) aims to 'promote policies that will improve the economic and social well-being of people around the world.' They work with governments and the private sector to advance global policy.

The Business Industry Advisory Committee (BIAC) to the OECD is an international business network with a global membership representing cross-industry diverse group with a common mission who advocate for open markets and private sector-led growth. BIAC are a trusted partner to the OECD and other international institutions. It is officially recognised as the business voice to the OECD with over 50 years of experience conveying business perspectives and expertise to policymakers on a broad range of global economic governance and policy issues. BIAC offers strategic counsel on major policy decisions, peer reviews, and key OECD policy instruments.

International advocacy through the formulation of policy positions and the

engagement with government officials in OECD member and non-member economies. BIAC goals include offering positive influence on OECD policy initiatives through sound knowledge. Addressing business and industry needs at all OECD policy decision levels, and being the hub for all OECD developments that could impact business. (Extracted from <http://biac.org/quick-facts/>)

So why is this of relevance to us in the UNESCO Chair?

As Bernhard Welschke indicated in his opening remarks in the forum, health is a tangible, personal and integral part of our lives we often do not think of it until we do not have it. In addition to health OECD is concerned with well-being, it is a core part of their mantra regarding the success of our societies and economies. Health and wellbeing are core aspect of what can transform the lives of all people including those with disabilities. We see physical education, sport recreation and fitness as integrally connected, and with the

development and maintenance of health and wellbeing and the prevention and treatment of illbeing. We believe access to these activities is essential for positive growth in societies and economies. Most people are not active at levels that promote health, in the case of people with disabilities the situation is more dire and the impact, more significant.

Our involvement in BIAC/OECD events has been facilitated through the physical activity voice to the OECD via our UFIT Global partner IHRSA. Last year we had the pleasure of speaking on a panel on Health and Wellbeing and this year we supported the selection of panel members on physical activity advocating on behalf of the Global Active Cities initiative that we support and have been involved in inclusivizing, among other things! Thanks to IOC and Evaleo for their support and indeed to BIAC for including this topic so prominently.

The afternoon panel sessions heavily emphasised the role of physical activity of Health, Growth and Productivity referring to physical education, physical activity, sport and fitness as important drivers that both public and private sectors have a role to deliver on. As per SDG 19 and the UN Global Compact the private sector has a major role to play in the delivery of the 2030 Agenda for Sustainable development.

Helen Durkin Executive Vice President IHRSA spoke on the panel on 'Investing in a Healthier Future' and Yuhan Tan, Double Olympian, Medical Doctor and Advocate for Global Active Cities spoke on the second



Photo: UNESCO Chair Manager, Catherine Carty

afternoon session on 'Promoting Balanced Choices and Active Lifestyles'. Both panels acknowledged the capacity of health literacy, healthy lifestyles and physical activity to address some of the most pervasive problems causing a crisis in population health across the world. The sessions juxtaposed physical activity with the global non-communicative disease crisis as a significant and viable part of the solution. In global health policy fora, this is highly significant. Too frequently physical activity is resigned in the 'nice to have' not 'need to have' health initiatives pool, while physical education is siloed to the education sector as opposed to being seen as a contributor to lifelong engagement in physical activity and sport. Global Active Cities – can package many offers of physical activity in a city, village or town to work towards a label or endorsement of work of local authorities to enable access for all citizens to opportunities. Click on the icon below to see this introductory clip of GAC:





Photo: from left - Leroy, M., UNESCO; Messner, G., Evaleo; Schischlik, A., UNESCO; Carty C., UNESCO Chair; Fisher, K., IHRSA; Durkin, H., IHRSA

We were very pleased that our colleagues from UNESCO could also join us at the forum and that they also share our excitement around breaking the silos and opening the opportunities.

This is the second year BIAC/ OECD have given physical activity such high priority in a Health forum. The areas of data, digital, integrating care, waste and pharma received a lot of attention in the morning sessions. Nonetheless, while there is more to do, this marks a highly significant landmark in placing physical education, physical activity and sport (PEPAS) definitely in the 'new growth narrative that promotes the well-being of people'



So BIAC/OECD have organised two forums to date. While, it may just be an image of someone running to some, however given the degree of planning, politics, interest groups involved it is significant that this imagery has been chosen to represent Health and Wellbeing and Health Growth and Productivity.

This marks the time for a need for accelerated action and critical research across the PEPAS sectors to increase scope and capacity to meet the potential of these fields to delivery of health and well-being initiatives. We will need more professionals across the field and more government actions to support action in a multi-sectoral lifelong, life-wide contexts. It's an exciting time, progress is not automatic, and we need to keep our fingers on the dial and advocate underpinned by solid evidence about the value of our offers in the context of health, growth and productivity.

What about 'Dis'?

'The Washington Group Questions - and why they are so important for meaningful social inclusion in and through PE, physical activity and sport'

Did you know that here are the UNESCO Chair we are launching a new blog series? It's called, What about 'Dis' 'The Washington Group Questions - and why they are so important for meaningful social inclusion in and through physical activity, PE and sport'. We are really excited about opening up the discussion about the Washington Questions, a new way of gathering information about disability.

Our blog (<http://unescoitralee.com/category/blog/>) will focus on why the Washington Questions matter within the context of physical activity, PE, and sport. We want to strive towards an inclusive world where everyone has their rights adhered to in a meaningful way and opportunities are available to everyone should they want them - a world where no one is left behind. To make progress possible we need data and we need this tool that the Washington Group have developed to make that data stronger, comparable and more fit for purpose.

You can check out our first post by clicking [here](#), in which I share some of my experiences (including some struggles) related to gathering disability information as a postdoctoral researcher. Stay tuned for upcoming posts from Niamh Elizabeth-Reilly, our other postdoc researcher, as well as guest posts from contributors around the world! Want to be involved? Send us an email and let us know how you might be able to contribute!

Like reading blogs about disability, inclusion, and physical activity? You can also check out our UFIT Blog (<http://www.justdoufit.com/blog-2/>) which covers everything from the supporting meaningful participation, to why program evaluation matters, and how to engage with disability service organizations.

If you'd like more information about the Washington Questions, you can check out the official website, <http://www.washingtongroup-disability.com/>



3
Countries

10
Clubs

>120
Professionals

The UFIT Capacity Building Package is an innovative process-oriented learning experience for health and fitness clubs to empower managers, instructors, personal trainers and all staff in health and fitness clubs. This UFIT package includes access to the UFIT Explorer, online learning units, 3 on-site workshops, 1 program - Including alliance with disability service provider and mentor support.

UFIT USA

The six UFIT pilots started in February with tremendous support from IHRSA, the global health club and fitness industry trade association, the IHRSA Foundation, the charitable and educational arm of IHRSA and the American Council on Exercise (ACE), the largest global nonprofit fitness certification, education. The pilots began with an initial visit from our UFIT Master Trainers. All clubs have been guided through a process of transformation as they launched the UFIT program. Staff have learned about what it means to be inclusive and have shattered

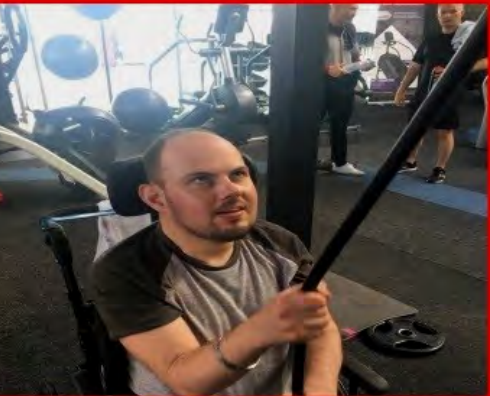
some of the myths about how difficult and scary it is. Click here to watch a news report of how Newtown Athletic Club are implementing UFIT

UFIT IRELAND

Across the pond in Ireland, the two Irish UFIT Clubs are at different stages. Managers and clubs staff have engaged with UFIT resources, workshop and mentor guidance working towards offering a 12-week program aimed at individuals with disabilities.

Westpark Fitness (Tallagh, Dublin) have finished their intervention with great success. They have been collaborating actively with disability service providers in order to strengthen relationships and be closer to their community. Read a testimonial of the UFIT Programme on the following page.

On the other hand, Courtown Adventure & Leisure Centre will start implementing the UFIT program in the following weeks. We can't wait to hear all about it!



UFIT Testimonial

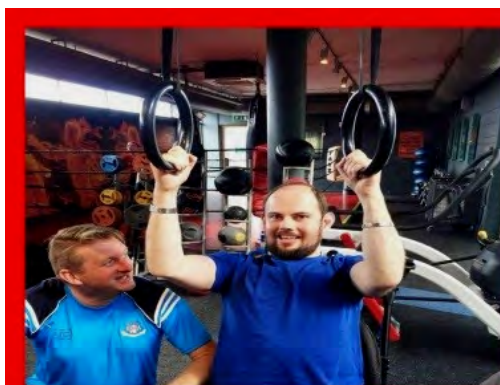
“ Hello my name is John . I attend Cheeverstown Training Centre for the last eight years. A few months back I was asked would I be interested in taking part in a fitness programme called U Fit in conjunction with Westpark Fitness.... By working alongside skilled instructors, support workers, and family the program is designed to build friendships, increase self-esteem, and improve motor skills and levels of fitness. But ultimately having fun.

I am doing this program for the last three months in Westpark Fitness and am really enjoying it. I go every Thursday afternoon for an hour. I do a lot of exercises and my trainer Lizzie is fantastic with me. We have a great laugh doing the program. I just want to say Lizzie is a joy to work with very professional but also funny and friendly. . I have got a lot of things out of the program:

- Fitter/stronger
- Improve motor skills
- Meeting new people
- Feel happy
- Self esteem
- Having fun
- Being independent
- More aware about my fitness
- Meeting up with old friends
- More confidence

”

Photos: UFIT pilot participant John at Westpark Fitness. Ireland



UFIT PERU

Our UFIT Perú Taskforce member, Bodytech, has started the implementation of the UFIT program in two of their venues in Lima: Bodytech Surco & Bodytech Brasil. They are showing a great enthusiasm for being more inclusive! The UFIT program will provide them some resources to enhance their customer service and technical knowledge to upskill their staff.





P2I

Plan to Inclusive

The Plan2Inclusive Sport Inclusion Training (P2I) has been further developed in collaboration with Plan International and will soon be available as an updated training package. P2I equips participants with knowledge and skills to start the journey of including children with disabilities in and through sport & play. It is primarily a 'Train the Trainer'- programme aiming to maximise the impact and sustainability of the programme, reaching more teachers, practitioners, community workers and volunteers.

In September 2017, a pilot training using the reviewed P2I training package was conducted in Buikwe, Uganda in collaboration with International Needs. This was followed by a training in Guinea in collaboration with Plan Guinea and another will follow in November, in partnership with Plan International in Pakistan.

P2I uses the power of inclusive sport as a medium to bring positive change and is fully aligned with UNESCO's International Charter of Physical Education, Physical Activity and Sport. Through a partnership between Plan International and the UNESCO Chair an active approach has been developed to promote social inclusion of children with disabilities through inclusive sports and play. The training has been successfully piloted in both development and humanitarian settings in Togo and Ethiopia. The CARA Centre was involved in the initial development and implementation of P2I as well. The training consists of a 5-day program for educators and community volunteers using a highly participatory methodology throughout the 3 pillars:

- 1) Changing Perceptions,
- 2) Learning for Inclusion
- 3) Taking Action.

"I hope to organize a similar workshop for my fellow people with disabilities leaders to join teachers who have attended this workshop to spread sport amongst children with disabilities in sport."



"Being the head of my school, I am going to pay close support supervision to the physical education classes and give support using the knowledge I have learnt"



Photo: P2I participants in Buikwe, Uganda discussing how to apply the learning in their local context

PRIME

Participation, Recreation and Inclusion through Martial Arts Education



PRIME is a unique venture led by the International Council of Sport Science and Physical Education (ICSSPE) that seeks to develop a high-quality coaching framework to support the promotion of healthy martial arts participation among persons with a disability across Europe. This framework will be the first of its kind that is compatible with the European Qualifications Framework (EQF) and co-funded by the ERASMUS+ Programme of the European Union.

After the kick-off meeting in Berlin and the second one in Dublin, the third project meeting was held at the Balliol College in Oxford, UK. The purpose of which was to align project developments inclusivizing the martial arts coaching framework.

The UNESCO Chair presented a review of global and European policies regarding sports for people with disabilities to support the future steps of the project, and allow the rights of people with disabilities to be actualised.



Photos

Top: Love Diversity models, Dublin, Ireland

Above and right: Project partners at the recent meeting in Oxford representing ICSSPE, the Disability Karate Federation, the International Taekwondo Federation, the International Council for Coaching Excellence, TAFISA, the Lydia Zijdel Foundation, the University of Worcester and the UNESCO Chair.





Festival des Pratiques Partagées, France

On May 17th, the UNESCO Chair was represented at the Festival des Pratiques Partagées in the French city of Bobigny. The Chair is the patron of the festival of inclusive physical activity which was attended by 800 people. Yvan Wouandji, a member of the French blind football team was one of the ambassadors of the event.

This year the festival was in support of the Paris 2024 bid for the Olympic and Paralympic Games.



Photos: Local community members at the Festival des Pratiques Partagées, Bobigny, France



The Development and validation of a resource kit for use by NGOs Pertaining to the Inclusion of People with Disabilities in sport-based Programmes in Developing Countries.

FIATI, K.A, GAUGHRAN, D. AND GALLAGHER, G. (2017)

The current study is undertaken in relation to the recommendations of both Article 30 of the United Nations Convention on the Rights of People with Disabilities (UNCRPD, 2006) and the Charter on Physical Education, Physical Activity and Sport (UNESCO, 2015) to serve as a building block in the improvement of the health of people with disabilities.

The study adopted a three-phase sequential mixed method approach with a participatory action research orientation. There was a document analysis, a survey, and interviews. The first phase comprised an analysis of four documents labelled as inclusive sport and physical activities resource kits. The second phase consisted of a survey directed to 45 Non-governmental Organisations (NGOs) running sport programmes in Developing Countries. The aim of the two first phases was to find what could be the requirements of efficient sport-based programmes in the context of Developing Countries. On the other hand, the inquiry searched for what could be the content of an inclusive sport-based resource kit.

The third phase entailed interviews of respondents who received a draft of a newly developed resource kit with the aim of getting in-depth inputs from these respondents to refine the resource kit and thus validate it.

The findings of the two first phases revealed that, for an inclusive sport-based programme to be run efficiently, there is a need of trained human resources in terms of programmes coordinators, teachers, coaches and facilitators on inclusion issues relating to sport and physical activities. These findings uncovered also four main thematic areas to consider in the development of the kit. The findings of the third phase helped to refine and thus validate the content of the kit taking into account the context of Developing Countries.

The resource kit thus developed at the end of this research process is expected to equip sport programme leaders and enhance their competence for the inclusion of people with disabilities.



“Golf Access for All?” An analysis of golf, towards the development of exemplary case studies and a functional guide for best policy and practice.

WEHRKAMP, D., RANDLES, E. AND GALLAGHER, J. (2017)

The Irish golf industry has lost approximately 80,000 of its members throughout the wake of the economic crisis in 2008 (CGI, 2014), and the membership numbers continue to decline. Golf's aging membership, low youth and female participation levels, have caused the industry to face significant economic challenges. The extent of low sports participation for people with disabilities (PWD) has been highlighted by Watson and Nolan (2011), showing that 38% of PWD partake in sport in comparison to 67% of people without disabilities.

Transforming golf facilities into a disability friendly environment can be an alternative way to boost membership numbers while also promoting the human right of equal access to sport participation opportunities. People with a disability represent 10% of once a week participants in English golf (Sport England Active People Survey, 2014).

Golf has the image of being an “elitist/aristocratic” sport (Bourdieu, 1986) and therefore, has been traditionally selective of its members. This study sets out to investigate current golf provision for PWD in order to develop inclusive guidelines that aid clubs to become more inclusive. The study aims at identifying and highlighting golf clubs that are currently engaged in inclusive policies and practices. To do so, a questionnaire was distributed via survey-monkey to golf clubs around Ireland in October 2016. The survey elicits golf club's preparedness to make changes, identifies supports needed, and probes what attitudes and beliefs golf clubs hold towards PWD. Mixed methods semi-structured interviews with 7 purposefully selected golf clubs will comprise the second stage of data collection.

CONFERENCES

DOCTRID CONFERENCE

Daughters of Charity Technology and Research into Disability (DOCTRID) held their biennial conference at the University of Limerick in April 2017. The conference highlighted high quality research and it provided a great opportunity to connect with other researchers who are committed to improving the lives of people with disabilities. The UNESCO Chair was well represented by Catherine Carty, Project Manager as she presented on Inclusive Physical Education, Physical Activity and Sport in the Sustainable Development Agenda- A Goal for Everyone during a panel discussion on Lifestyle and Connected Health. Catherine's comments about the tremendous opportunities to use inclusive physical activity as a way to achieve health and well-being, within the context of the UN's Sustainable Development Goals (SDGs), were very well received! Additionally, Dr. Jennifer Leo, Postdoctoral Researcher, presented a poster titled, Enhancing Social Wellbeing of Youth



with and without Disabilities: Pilot Study of an Inclusive Social Media Program. The findings from this study led to discussion about the role of social media tools to improve social inclusion for youth with disabilities and how we can improve access to these tools by offering programs that teach the related skills through hands-on learning experiences. We look forward to staying connected with DOCTRID as they are committed to supporting high quality research that improves the lives of people with disabilities.



REDISCOVERING EMPATHY

The UNESCO Chair was delighted to present at the recent 'Rediscovering Empathy' conference at the National University of Ireland, Galway. The conference drew on national and international expertise to explore the concepts of empathy and relationship based working as they relate to policy and practice with children, youth and families. "For practitioners, empathy in direct relationship-based working is increasingly recognised as a cornerstone of good practice in work with children, young people and their families, while for society, there is an urgent need for empathy informed policy and action to address structural inequalities and disparities." The UNESCO

Chair presented iPEPAS, inclusivizing Physical Education, Physical Activity and Sport, a train-the-trainer resource currently being developed by the Chair that aims to increase the capacity of physical education, physical activity and sport (PEPAS) practitioners to inclusivize their practice for all. iPEPAS takes a transformational learning approach founded on Carl Rogers core conditions of person-centred practice which include: empathy, respect and realness, and learners will be guided to reflexively and reflectively explore their personal and professional beliefs, behaviour and practice, building their capacity to be inclusive rather than simply know about inclusion.

[Click here for a video of the conference highlights](#)

Annual Conference of the Engagement Scholarship Consortium

The UNESCO chair was represented at the 18th Annual Conference of the Engagement Scholarship Consortium in Birmingham, Alabama, 24th-27th September 2017. The consortium focused on Best Practices in Community-Engaged Scholarship. Ms. Edel Randles (ITT), Dr. Jackie Gallagher (ITT) and Christine Honsberger (Els Foundation, Florida) representing the UNESCO chair presented the outcomes of the #GameONTM Autism Golf Program – Ireland.

The #GameON Autism™ Golf Program-Ireland which is based in Castelgregory Golf Course, Co. Kerry, has approximately fourteen children, nine volunteers and a PGA coach engaged with the programme. The #GameON Autism™ Golf Program consists of group lessons with specially designed golf instruction incorporating key autism learning concepts: communication skills, regulatory skills, motor skills and social skills thus incorporating therapeutic elements to address behaviours specific to autism spectrum disorder (Wong, C. et al., 2013).

The presentation was titled 'Golf – Widening the Lens on Autism and Creating a Community' and it explored how engagement with the #GameON Program not only enabled our participants (the children, volunteers and the

coach) to flourish, as evidenced through the development of 'communities'. This programme provided the first opportunity for these young people to meet outside of school for any type of sport/recreational activity. Their parents/guardians built up a social network, enabling them to share information on common issues and supports, thus building social capital through shared solidarity. A community of advocates was also evidenced through student volunteer involvement with the program; their lens on golf, autism, golf club environments and inclusive possibilities has been widened expansively, thus generating strong advocates for therapeutic recreational opportunities for people with autism. Further Information: edel.randles@staff.ittralee.ie; jackie.gallagher@staff.ittralee.ie

Whilst in Birmingham, Jackie and Edel had the opportunity to tour the Lakeshore Foundation, home of the US Olympic & Paralympic Team Training and USA Wheelchair Rugby. Karin Korb provided a comprehensive overview of the programmes, both recreational and elite, available for people with disabilities at this very impressive venue.



Photos: left:: Dr. Jackie Gallagher, Christine Honsberger and Edel Randles
Top right:: Edel Randles, Dr. Jackie Gallagher and Karin Korb
right: Photo: researcher and volunteer Dominique Wehrkamp and a golfer

FIEP European Congress Inclusive Symposium

The UNESCO Chair hosted a symposium at the FIEP's European Congress in Luxembourg. The FIEP, Fédération Internationale d'Éducation Physique, is an international, non-governmental federation that aims to promote the development of physical education, sport education, sport for all, fitness and health, recreation, and the use and protection of the outdoors, and to foster and contribute to international cooperation in these fields. The symposium, 'let's inclusivize physical education, physical activity and sport' (PEPAS) took an intersectional approach to inclusion while highlighting the potential of PEPAS to move all members of society towards optimal wellbeing, shifting beyond the traditional treatment paradigm as outlined in the Sustainable Health Spectrum (see below).



The UNESCO Chair presented 'Inclusivizing Physical Education, Physical Activity and Sport, addressing the international policy-practice gap and the data gap in relation to participation rates of people with disabilities in physical activity and sport. The presentation highlighted the Washington Questions as a valid solution to the data gap and presented iPEPAS, an online learning, transformational learning module currently under development at the UNESCO Chair which aims to bridge the policy-practice gap by increasing the capacity of PEPAS practitioners to inclusivize their practice..

Ken Hardman, Emeritus Professor at University of Worcester; expert advisor to UNESCO, WHO, IOC, and international researcher, presented 'Putting the Quality in Physical Education Policy' on behalf of UNESCO. Prof Hardman shared how UNESCO's Quality Physical Education (QPE) policy package aims to drive inclusion globally and reporting on the progress of the policy revision pilots that are occurring in five countries around the world. For further information on UNESCO's QPE click on the video.



Elizabeth Myers, Snior Lecturer at Liverpool John Moores University; managing director at Scholarly Ltd.; and co-founder of the International Physical Literacy Association (IPLA) presented 'Physical Literacy and Inclusive Physical Education'. Ms. Myers highlighted the holistic nature of physical literacy which aims to promote lifelong participation in physical activity in a person-centred, community-based manner.

Dr. Richard Baley, writer in residence at the International Council of Sport Science and Physical Education (ICSSPE); and expert advisor to UNESCO, WHO and the EU, presented 'Girls, Women and Physical Activity: The Limits of Choice and Opportunity'. Dr. Bailey pointed out that the strategy to provide more choice, opportunity and 'girl-friendly sport' is often unsuccessful, especially for girls and women who are least active, as this strategy doesn't address the underlying socialisation, or habitus, that is widely reinforced by the media which undermines and devalues the role of women in sport. This socialisation in turn becomes embodied by girls and women, impacting their choices and participation in sport and unconsciously perpetuating the status quo.



Dr Richard Bailey presenting at the 'Inclusive Symposium' led by the UNESCO Chair at the FIEP European Congress in Luxembourg

IT Tralee Contribution to the Carnegie Community Engagement Classification Pilot in Ireland

Institute of Technology Tralee was recently recognised by the Carnegie Foundation for the Advancement of Teaching, at the International Association for Research on Service Learning and Community Engagement (IARSLCE) Conference in NUIG, for its contribution to a two year project which piloted the Carnegie Community Engagement Classification in Ireland.

Community engagement describes the collaboration between institutions of higher education and their larger communities (local, regional/state, national, global) for the mutually beneficial exchange of knowledge and resources in a context of partnership and reciprocity. The purpose of community engagement is the partnership of college and university knowledge and resources with those of the public and private sectors to enrich scholarship, research, and creative activity; enhance curriculum, teaching and learning; prepare educated, engaged citizens; strengthen democratic values and civic responsibility; address critical societal issues; and contribute to the public good.

This project was the first pilot study of the Elective Community Engagement Classification outside of the United States higher education sector. The pilot was part of a continued national process to find appropriate tools to build an evidence-base of Irish higher education institution's contribution to civic and community engagement, that aligns with the national higher education policy context. Campus Engage is now progressing this work through its Metrics and Evaluation Working Group.



The UNESCO Chair's Civic Engagement Strand Leader Edel Randles collated ITT's submission material and community engagement evidence for the pilot, and feedback from the panel was very complementary. It acknowledged the depth and breadth of community engaged work ongoing across the Institute. It also acknowledged the significant presence of the UNESCO Chair and the CARA centre in the Institute and the strong links existing between both organisations with the Dept. of Health & Leisure Studies curricular programmes, civic society groups and symbiotic community based research initiatives.



Photo: International Association for Research in Service Learning & Community Engagement (IARSLCE) in Galway, Brown University

The UNESCO Chair was delighted to present at the 21st International Symposium for Adapted Physical Activity (ISAPA) in Daegu, South Korea in June. The presentation 'Rights Versus Reality' highlighted the huge policy-practice gaps, in particular considering UNESCO's International Charter for Physical Education, Physical Activity and Sport (Sport Charter, 2015) Article 1 of which states that the practice of physical education, physical activity and sport is a fundamental right for all. Data was presented from a Canadian study (Leo et al., 2016) which was supported by data gathered from a review of the literature from

English speaking countries around the world. The presentation also highlighted the need for internationally comparable population based measures of disability, pointing to the Washington Questions. Capturing this data can make a stronger case when advocating for a more holistic approach to creating healthy societies, increasing the role of physical education, physical activity and sport.

Reference: Jennifer Leo, Kelly P. Arbour-Nicitopoulos, Ritu Sharma, Rebecca Bassett-Gunter, Catherine Carty, Kathleen Martin Ginis, & Amy Latimer (2017, June). Rights vs Reality: Examining the participation of youth with physical disabilities in physical education, physical activity and sport.

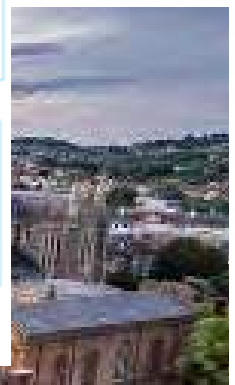


**European Conference of Adapted Physical Activity (EUCAPA),
University of Worcester, UK
3-5 July 2018**

Call for Abstracts

<https://www.worc.ac.uk/discover/european-congress-of-adapted-physical-activity>

Path 1	Path 2	Path 3
Papers will be invited on:		
ADAPTED PHYSICAL ACTIVITY & SPORT <i>including</i> <ul style="list-style-type: none"> • latest research • practical application • community settings • APA across the age range • sport & technology 	EDUCATION <i>including</i> <ul style="list-style-type: none"> • creating more opportunities in mainstream schools • unique provision in specialised settings • transition points 	HEALTH & REHABILITATION <i>including</i> <ul style="list-style-type: none"> • Reminiscence therapy – a community programme • sport therapy • community health & fitness programmes • adapted aquatics
Related supporting symposia (to include)		
GRASSROOTS INITIATIVES	INCLUSIVE DESIGN FOR SPORT	WORKFORCE DEVELOPMENT
		SPORT & DEMENTIA
International keynote speakers and dedicated symposia will support each pathway.		



Call for examples of inclusive practice



iPEPAS is a resource that is currently in development at the UNESCO Chair. iPEPAS aims to bridge the policy-practice gap by increasing the capacity of physical educators, physical activity and sport(PEPAS) practitioners to inclusivize their practice.

We would like to gather and include examples of good practice from various contexts around the world with view to inspiring others to inclusivize their practice. Contexts may span the lifecycle and can include but are not limited to:

- sport for development
- community development/volunteers/humanitarian
- post conflict
- emergency contexts

If you already inclusivize your PEPAS practice we would love to hear from you. Contact UNESCO Chair researcher Aisling Sugrue for further information at aisling.sugrue@staff.ittralee.ie

we support the



Let's Inclusivize



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UNESCO Chair "Transforming the Lives
of People with Disabilities, their Families
and Communities, Through Physical Education,
Sport, Recreation and Fitness"

