

Sport and physical activity sessions for young people with autism



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The Hillingdon Multi Sport Disability Programme is a provision to increase the amount of opportunity for individuals with disabilities to access and participate in activity in the borough to improve their health and wellbeing.

The Parent Champion Group (parents/carers of children with autism) expressed frustration at the limited provision for young people, especially aged 5-12, with autism.

In the autumn of 2019, two autism friendly sessions per week were commissioned; one in the north and one in the south of the borough.



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Primary Sports Development (PSD) administer and deliver these sessions, providing specialist coaches who understand the children and young people's needs with high functioning autism.

They speak to the parents regularly to help the children to take part and welcome siblings.

The two sessions started in October 2019, with 353 attendances over a 20 week period.



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Sessions are very popular and feedback from parents and carers has been extremely positive.

The sessions are being accessed by residents living all over the borough which demonstrates the popularity of the scheme and the willingness of parents to travel to attend.



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