

# UL Citizens' Assembly Project Proposal:

*Inclusive Play & Leisure Activities for Youth (i-PLAY): Parent/Community Engagement (iPLAY-PCE)*

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## Project Summary:

*This project is intended to expand the remit, reach, and impact of the i-PLAY program and its current services to the local Limerick community. Specifically, this proposal looks to facilitate information sessions and workshops as well as additional physical activity, health, wellness, and leisure opportunities for children and youth with disabilities as well as any other needs identified by the various stakeholders (e.g., parents, service providers, PE teachers, and the i-PLAY participants themselves).*

### Currently...

- A majority of children with disabilities/special needs (DSNs) receive little to no physical activity (PA).
- There is a critical lack of PA opportunities for children with DSNs in the Limerick area.
- Parents of children with DSNs seek more opportunities to engage with health and wellbeing entities within Limerick.

### We will...

- Consult with parents and participants of i-PLAY program, Enable Ireland, PE teachers, local sport clubs, fitness centres, etc.
- Listen to the stakeholders through focus group interviews.
- Design and deliver increased PA, health/wellness opportunities.
- Redesign of adapted physical education/activity module within the LM090 – BSc in Physical Education course at UL.

### What will happen...

- Development of a community of practice (PESS, Enable Ireland, PE teachers)
- A network for parents of children with DSN with organisations in Limerick promoting PA, health, wellness, and sport.
- Increased access to UL and its community-based programs.
- Contribute to the 'National Policy on Access to Services' for children with DSNs.



Rationale

Activities & Outputs

Outcomes



Learn more about i-PLAY



Department of Physical Education and Sport Sciences

