



# Impact Report **2022**

**Seashell** CADS





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# Introduction

This report aims to understand how the support provided to families and participants by Seashell can positively impact a young person's overall experience of activity, not only whilst attending the CADS programme but more broadly while they are not attending.

For example, by providing participants with the CADS opportunity does it increase a theirs and their family's confidence and therefore propensity to be more active together in day-to-day life?

The report also endeavours to establish the views of the deliverers (coaches/educators) and wider stakeholders/partners involved in the CADS programme and how it has impacted on the work they carry out.



# History of CADS

CADS formally known as, Children's Able and Disabled Sport is a series of unique inclusive sport, health and leisure activities organised by Seashell. The programme which first started in 2003, began as a one-off week of summer holiday activities, to bring children and young people to Seashell and take part in activities with students and residents. The event quickly grew in popularity as there seemed to be nothing of its kind being delivered locally.

The CADS programme has grown and developed over the years and currently delivers multisport CADS events during the school holidays and sport specific CADS Clubs, such as a weekly CADS football club and a CADS Saturday club delivered 50 weeks of the year. CADS prides itself on being fully inclusive, making it possible for people with a disability to join in and enjoy the same experience as their non-disabled peers. CADS role models include disabled volunteers and CADS Crew members who support the event.

CADS has been successful in gaining short break funding from Stockport MBC and the support of a private donor to provide vital one-to-one support for children and young people with more complex needs, making the events accessible to all.

CADS has adapted and changed to meet the needs of the children and young people who attend and will continue to evolve to be as inclusive and diverse as possible in its delivery and support of children and young people with complex needs.



2010 National Lottery Award for the best UK Sports Project



## Parent/Carer Survey

The parent/carers survey was circulated to over 200 CADS participants, past and present. In total 76 responses were received which provides a well-balanced response rate.

### The survey included 4 key areas of focus:

- Participant satisfaction
- Parent/Carer satisfaction
- Organisation
- Impact of Covid

## Participant Satisfaction

### Do you feel your child enjoys their time at CADS sessions?

Over 80% of respondents answered that they either strongly or very strongly agreed that their children enjoys CADS.

This would suggest CADS broadly speaking is well received by the majority of participants who attend.

“Because of his complex needs and challenging behaviours it is almost impossible for Tom to attend any inclusive social/play sessions. CADS gives him the chance to do things other children do in an environment where he feels secure and happy. He has developed friendships and that’s just so important to him.”

### Is the range of activities suitable for your child?

Broadly speaking the majority of respondents (over 80%) feel that the range of activities is suitable; only a small minority of respondents would disagree with this.

“I think the activities are fantastic and varied and allow all children to participate in despite their needs.”

“Great variety. Lots of activities my child would otherwise not experience.”

### Did you and your child feel welcome at CADS?

An overwhelming majority of over 90% of respondents stated that both them and their child felt welcome at CADS and by the CADS team. This is an important factor in creating a ‘Best first time experience’ and thus creating opportunities for repeat visits to the programme.

“Everyone at CADS is so supportive & helpful. We always feel very welcome.”

“Loves every aspect of CADS, staff so enthusiastic and engaging with her all activities suit her.”

### What is your child's most enjoyable aspect of attending CADS?

The results show a clear pattern that most participants enjoy the range of activities; the comments would suggest that the majority of respondents value all of these aspects equally as important.

“Also the staff onsite facilities (we think) spending time with other children, as would otherwise not be mixing with other children.”

### Does CADS have a positive impact on your child's life?

Over 90% of respondents felt very strongly, strongly and agreed that CADS has a positive impact on their child's life; a significant message that CADS provides a much needed outlet for these participants and if more of this type of programme exists or was expanded then the demand would be filled.

“Boost self-esteem, gets him to build on social skills, meet new people and hopefully make friends.”

“It has been life changing for us as a family - thank you.”



## Parent/Carer Satisfaction

The following six questions are aimed more at the needs of the parent/carers to understand what their perceptions of CADS are.

### Does the timing of CADS sessions fit in with your home life?

85% of respondents said that the timing of CADS suits their schedules. Broadly speaking most people are happy with the timings or make it work; however, some of the comments received would suggest that this isn't the whole picture.

"The CADS fit in very well with home life, it enables other home/life duties to be carried out."

### Does CADS have a positive impact on your family life?

The results show a clear need for the CADS programme; ranging from providing more confidence and higher self esteem of the children to much needed respite for family members and carers.

"Finding a place where our child feels secure, happy and well looked after makes a huge difference to our stress levels, and the two days he attended summer CADS were the best week of the summer in terms of his behaviour."

"Having respite for Tom on Saturday afternoons means that we can spend quality family time with my daughter who is 11 years old. It works so well for us, thank you!"

### Does attending CADS give you as a family confidence to go out and be more active as a family together away from CADS?

On the whole most respondents agree that CADS provides more confidence for them as a family to be active but generally there are some significant barriers that still exist, ie appropriate facilities and staff training, which demonstrates how important a programme CADS can be.

"Tom tries new things at CADS then we try them at home - it's great."

"We have taken up tennis as a result of CADS."

### As a parent/carers, what is your most enjoyable aspect of CADS?

Whilst it is clear that the level of one-to-one care is a high priority for parents/carers the respite that CADS provides resonates highly among this group. This would suggest that there are not enough opportunities for the children with these levels of complex needs across the region.

"CADS offers a service that no other holiday club in the area can offer - there is a gap in the market for childcare for children with SEND!"

### What impact does the level of one to one care have on your family life?

This question was designed as a free text question rather than providing choices. The comments provided by respondents gives a resounding support for the one-to-one care provided at CADS. Often people associate the one to one care with confidence knowing that their child will be provided and cared for in the correct manner and that it relieves a lot of anxiety. Other responses indicate that it allows them to spend time with other siblings when they would not usually get the chance to do so thus enhancing family life. It is clear from the responses that the one-to-one care offered at CADS is a critical element to the programme's success.

"It has a very positive benefit. It doesn't just provide childcare on a comparable timetable to a holiday club for non-SEND children, it also provides the type of stimulation and engagement that it would be difficult for us to maintain at home day-to-day."

### As a parent/carers how do you spend your time while your child is in attendance at the CADS sessions?

As with Question 10 this was designed to be a free text question for parents/carers to express in words how they spend the time whilst their child is in attendance at CADS. Most respondents commented that they spent time doing anything from spending time with their other children doing activities that they would not normally be able to do, to catching up on house work or shopping and sometimes fitting in some exercise for themselves. It is apparent that CADS can provide an outlet for families to function, catch up on other areas of life and sometimes just to provide a bit of rest. The value CADS provides is so highly valued on many different levels for people.

"We have another daughter, will spend time with her, catch up with household work, shopping etc."

"I went to the gallery and had a haircut, which were both treats for me."

## Organisation

### Do you feel CADS is good value for money?

Over 80% of respondents either very strongly, strongly agreed or agreed that CADS is good value for money. This is a strong indicator that not only is CADS a much-needed service but in terms of budget it is affordable by most people. Although some respondents expressed concerns around the rising costs compared with other holiday clubs.

“Given that you provide 1:1 support for the children who require it, CADS is extremely good value for money.”

“I feel it is although we don’t actually pay as it is funded by the local authority who recognise the importance of this session on the wellbeing of the boys and us.”

### If the CADS programme was unavailable what would you do instead?

Most respondents expressed real anxiety at the thought of there being no CADS programme. It is perceived as a real life line by many families. The comments expressed that they would struggle as nothing else exists; others said they would try and find a similar service elsewhere but acknowledged this would be a real challenge.

“Without CADS I would struggle - it allows me some quality time with my other children whilst at the same time give my son a positive enjoyable experience where he can go and have time enjoying activities without me being present unlike most clubs that expect the parent to stay if the child has additional needs.”

### Are you aware that the one-to-one places are funded by a private donor?

Almost 75% of respondents were unaware that the one to one care was privately funded. The general feeling from the participants of this survey was that genuinely thankful that this opportunity is available as they would not be in a position to fund this themselves. Without the intervention of the funded one-to-one care the feeling is that this would be unaffordable and therefore potentially unsustainable to run.

“No I wasn’t, I’d love to meet them & thank them enormously for their generosity. Their kind donation enables our family to maintain a happy, well-balanced family life for us all & gives our son access to activities & friends he wouldn’t other have. Whoever you are thank you so VERY much :)”

### Do you feel the staff members involved in CADS sessions are well trained?

Over 80% of respondents feel either very strongly, strongly or agree that the staff members are well trained. This provides reassurance that participants will be cared for correctly in the right setting. In a few instances the experiences appear to have been mixed but on the whole positive messages about the staff experience.

“They show great insight into autism, difficult behaviour and learning difficulties.”

### Do you feel your child is safe during CADS session?

95% of respondents agreed that their child was safe during CADS sessions. These sessions cater for children with highly complex needs therefore for response of greater than 90% demonstrates that CADS sessions are well structured and resourced as well as possible.

“Could not have been more relaxed leaving him with the CADS staff.”



## Impact of Covid

### What have you been up to during lockdown instead of attending CADS?

A free text question allowing parents/carers to provide details of what they have been doing during the COVID pandemic, when they were not attending CADS. Some were able to keep physically active by taking children out for walks and cycle rides. Many; however, remained shielding throughout and relied on online resources, zoom sessions to provide the stimulation required. Many expressed that they simply couldn't provide the same level of interaction that their child gets when attending CADS sessions.

"We did the best we could to get out and about as a family or i took my son out where possible."

"Not much- I can't offer her the fun, activities that CADS does."

"I found zoom sessions my child could do. But after about a year he has had enough of online sessions."

### How do you feel about your child returning to CADS in a post COVID world?

Almost 90% of respondents (89% in total) felt either very comfortable or comfortable about their child returning to CADS after COVID. Many trust the measures put in place by the CADS team and some mention that the children are fully vaccinated so have confidence that their child will be safe.





## Partner and Stakeholder Survey

Key partners and stakeholders included coaches who deliver the sessions at CADS, local authorities who refer individuals to participate in CADS and other, similar referral groups.

### The survey included 2 key areas of focus:

- How partners and stakeholders view themselves in the context of CADS
- How partners and stakeholders view Seashell in the context of CADS

## How partners and stakeholders view themselves in the context of CADS

### As a partner, stakeholder or deliverer of the CADS programme how do you see your role or involvement within the running and organisation of CADS?

A free text response question which delivered several varying answers from, some seeing themselves as having no input and there to provide a service for CADS to others stating they are providing an engaging and expressive service for the participants. Deliverers of CADS sessions will possibly have a different view of their role depending on what activity they are delivering.

“I also feel it is my responsibility to arrive in plenty of time to check in and set up, to clean and set up between groups and clean and tidy at the end of the day. If I am advised that a CADS event has a particular theme, I will tailor the craft activity to the theme, and I let CADS organiser know what activity I will be running beforehand.”

### If further ‘in-depth’ training was available to deliverers around ‘how to deal with vulnerable groups’, would you be interested in attending this?

The general feeling among respondents is that an appetite to gain a better understanding or training in dealing with vulnerable groups. This is a positive sign that people are keen to progress and enhance the service they offer the CADS programme

### If Seashell were to offer a ‘young leaders’ style programme linked to future employment would you be interested in supporting this in some form?

A marginally positive response with a little over half of respondents answering positively to supporting a ‘young leaders’ programme. This divided response may well be down to not knowing what might be involved, cost, level of involvement. General support exists for this type of programme.

### As a deliverer or partner of the CADS programme would you be willing to enter into a more formal arrangement with Seashell for CADS?

A free text question offering people the opportunity to provide comments on the subject. Generally speaking most deliverers are keen to support by entering into some kind of arrangement. This was largely dependent on:

- Varying capacity at different times of year
- What an agreement would involve?



## How partners and stakeholders view Seashell in the context of CADS

### Would you say that the information provided about CADS and the CADS sessions themselves are well planned by the Seashell team?

Almost 90% of respondents felt strongly or agreed that the information provided by the CADS team was well planned and communicated. In most cases people feel well equipped to deliver sessions.

“All information sent is very clear and sent 1 week before the event.”

### Do you feel the support provided by Seashell for deliverers/coaches etc is sufficient for the type of environment they are working in?

88% of respondents are satisfied with the support that the CADS staff provide; the comments would suggest that CADS staff are on hand to deal with queries or any situations that are out of the norm.

“We feel strongly supported by Seashell which enables us to deliver and fulfil our service.”

### As a deliverer or coach working with CADS, has this experience had a positive impact on the way you approach your coaching or delivering with other groups?

Over 80% of respondents feel either very strongly, strongly or agree that working with the CADS programme has had a positive impact on how they deliver activities more broadly. The understanding and appreciation having worked with CADS has had a profound effect on deliverers for the better.

“We have a better understanding of people and children with complex needs and disabilities. We have gained new skills and improved skills and knowledge through our experiences with Seashell and CADS. This helps us to work better with our own gymnasts with disabilities too.”



# Summary and Conclusion

## Parent/Carer Survey

From the responses received for the Parent/Carer survey it is clear that the CADS programme is a significantly important part of the lives of not only the participants who attend but also the family members and carers. Often respondents have explained that CADS provides a lifeline for them - when their child attends CADS it allows them the time to catch up on other things such as housework, shopping, work, spending time with a sibling of a participant or simply having some time to themselves.

A resonating trend from the comments is that the CADS programme provided at Seashell is unique in that not many - if any - other programmes of a similar quality exist within the local area or across Greater Manchester. There are none that offer the level of one-to-one support provided by Seashell.

A small number of comments were received about the range of activities which could be better. In some instances respondents expressed dissatisfaction at the removal of certain activities, for example swimming, which was mentioned several times.

During the COVID pandemic the majority of parents/carers struggled to occupy and entertain their children and expressed feelings of anxiety at not being able to attend CADS due to shielding. Of the activities that individuals did pursue during lockdown the most commonly mentioned were cycling and walking. As Seashell is in the process of developing a new purpose-built cycling facility one would assume that this will only fuel the enthusiasm for cycling further and perhaps provide an opportunity for the whole family to come down and enjoy cycling at Seashell.

This report aims to understand how the support provided to families and participants by Seashell can positively impact a person's overall experience of activity, not only whilst attending the CADS programme but more broadly while they are not attending.

By providing participants with the CADS opportunity does it increase a participant and their family's confidence and therefore propensity to be more active together in day to day life?

In most cases CADS provides an outlet for parents/carers to allow their child the ability to have fun, interact with other likeminded children with similar needs. In some cases CADS has provided families with the confidence to be more physically active away from the CADS programme.

However respondents cited that often the barrier to doing this is generally due to other venues, providers and facilities not having suitable provision for their needs. This would suggest that the facilities and services provided by Seashell and the CADS programme are valuable to all and without this service people would simply struggle with no respite or outlet, which would result in high levels of anxiety.



## Partner and Stakeholder Survey

Responses from the partners and stakeholders survey were generally a little mixed. Some viewed themselves as purely deliverers of activities, turning up to deliver an activity as contracted. Others cited that working the CADS programme has helped them enormously to develop themselves and the way they approach delivering activities to other groups.

The impact of this is that these deliverers will be able to pass experience on to others through their work. Research carried out by Sport England suggests that one volunteer enables eight participants into activity; volunteering supports increased self-efficacy, self-esteem, emotional well-being and resilience. This will positively impact on wider groups among communities and empower volunteers to deliver more activities to more groups in the future.



# Recommendations

The conclusions drawn from this report would suggest a clear need for the CADS programme to exist within the provision at Seashell. Whilst extremely important to people currently engaged with CADS and Seashell it is also apparent that there is minimal similar provision locally or within Greater Manchester. Therefore the opportunity exists to expand CADS provision at Seashell and to grow the provision beyond the Seashell site.

## Parent/Carers

### Consistent staff/carer training

Whilst most were happy with the level of one-to-one care provided it was noted that sometimes the level of training or experience varied among staff and carers. It was clear that greater continuity and consistency among carers would be well received. Staff/volunteers may well benefit from a CADS specific training programme which would provide greater continuity across all staff

### Variation of Activities

From the responses received people would like to see a wider range of activities. They also expressed that they would like to see the return of swimming as an option. This was a popular activity among most respondents. There is value in consulting with attendees around what additional activities they would like to see.

It may be worth considering dividing activities up into sections for people to choose from:

1. Sports/physical activities
2. Creative/more sensory activities.

This could give attendees greater decision making regarding activities.

### Expansion of CADS

To grow/expand CADS beyond the boundaries of Seashell it would be worth engaging with children and young people services across the borough and beyond who currently refer people to CADS to understand how this would be best scaled up. Undoubtedly to scale this programme up it would require further funding which could be obtained via sources through the Local Authorities involved but also organisations such as Sport England. In order to obtain funding from a source such as Sport England CADS would possibly need to demonstrate how it is a sustainable programme for the long term. It may be that some other locations need investment to be able to provide the level of facilities that Seashell are able to provide. In which case some kind of CADS accreditation scheme could be worth considering to ensure that new locations or venues have a minimum set of requirements to adhere to.



## Partners/Stakeholders

### Coach/Deliverer agreements

CADS may well benefit from an agreement scheme for partners/deliverers. This type of agreement could also act as a way of getting partners/deliverers to sign up to a code of conduct or grade of service. This would allow partner organisations to feel a part of how CADS works rather than an organisation brought in to deliver a service.

### Training

It was noted that most partners would benefit from some specific training on how to deal with vulnerable groups (specific to those groups involved with CADS). This is certainly something that could be built into a CADS accreditation scheme that would provide a greater 'grade of service' across all organisations involved with CADS. This accreditation could look similar to a 'Clubmark' accreditation that is frequently seen among many Sports National Governing Bodies.

## General Recommendations

### Steering Groups

Participants in both the surveys showed a strong appetite to be contacted again to join a steering group that would provide CADS staff continual interactions with parent/carers, stakeholders alike to gather valuable feedback in order to continually review and improve how CADS is being received.





# Actions underway

In addition to the recommendations made above it is worth noting that the CADS programme has started to implement some steps to improve the overall offer and experience for those attending and supporting.

CADS will cater for children between the ages of 8 and 16. Often children wishing to attend CADS under the age of 8 have not had any kind of needs assessment. It is difficult to understand the needs of these children and be able to cater for these groups partly due to the staff not having the relevant training.

CADS will continue to provide a holiday programme, however delivery through summer 2021 and during the COVID pandemic has highlighted a need to review the admissions process and, significantly, to establish a multi-disciplinary team to review referrals to CADS. As well as this review of the admissions process one key item that has been identified is the overwhelming need for a 'multi-disciplinary' team to be established to review referrals to CADS.

The multi-disciplinary team will comprise a number of specialists depending on the complexities of each admission, including an appropriately qualified nurse who will also be available during CADS sessions.

The introduction of a multi-disciplinary team has, in turn, highlighted the need to understand the true cost of the CADS programme. From first point of contact with the CADS team (whether this be a parent/ carer or a referral from a local authority programme), the various specialists that need to be involved to conduct the necessary assessments right through to running the event. This will allow Seashell to consider whether there is a need to address any gaps in revenue funding.



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