



**Disability Sheffield**  
Centre for Independent Living

## **Healthy Living and Physical Activity Project Steering Group Recruitment**

### **Role Description**

We are looking for adults with lived experience of autism, learning disabilities and mental health conditions to join a steering group to help guide and shape our project. In addition to this we would also like to recruit people with experience of providing support for people with these disabilities and representatives from community organisations. The goal of the project is to work together with community groups and people with lived experience to help us develop and implement resources to make physical activity and healthy living opportunities / facilities more accessible to people with hidden disabilities.

Disability Sheffield is committed to the social model of disability. This means that we believe that disability is not something that needs to be “cured” or “fixed”, but instead, society needs to change so that the world we live in is more understanding and better suited to the needs of more people. Our vision is for a Sheffield in which disabled people can access the same services and opportunities to maximise their health and wellbeing as non-disabled people, and to ensure that community groups have the support they need to be able to confidently provide accessible services to all.

### **What will the role involve?**

We plan for the steering group to meet either in person or over Zoom/Microsoft Teams on average once every 6 weeks, with small amounts of work in between meetings, depending on members’ capacity and availability.

The project will run for 3 years; the hope is that you would be able to be involved throughout and will endeavor to attend as many meetings as possible. However, if you are unable to make any meetings we would ask that you get in touch with us to let us know.

Whilst we would hope that you will be involved for the full duration of the project, we appreciate that things can change, and would ask you to speak to one of our project coordinators to let us know if you can no longer commit to the group.

The roles of steering group members beyond attendance of the steering group meetings will be decided once we have established the group, to reflect the strengths and desires of the group members. Some possible duties could include:

- Steering the overall project (e.g. Helping us decide which areas to target and what to prioritise, helping to make sure our work represents the desires and requirements of people with lived experience).
- Leading community engagement and research (e.g. Helping to organise and facilitate focus groups, helping to evaluate and summarise data, helping us to assess the current accessibility of facilities).
- Assisting with the creation of resources and materials (e.g. helping to develop information packs, helping us to deliver training).

We plan for the first meeting of the steering group to be a chance for members to get to know each other and to establish some ground rules for the group to help ensure everyone feels safe and supported in their roles.

### **What skills, knowledge and experience do I need?**

- Lived experience of severe mental ill health, autism and/or a learning disability, experience of working in a community organisation that offers services relating to health or physical activity (though this does not need to be disability specific), or experience providing support for someone with one of these conditions.
- An understanding that you will need to help represent the needs of a diverse range of people with lived experience, some of whom may have very different life experiences to yourself.
- Ability to be involved in group discussions and meetings.
- An understanding of the social model of disability.
- Enthusiasm for championing the rights and needs of people with disabilities.

Although this project is focused around helping people access healthy living and physical activity opportunities, we do not require you to already be involved with these things. We are keen to explore the barriers that people face in this regard and would welcome membership from people who are currently unable to access community facilities, as much as people who are already involved with things.

Because we are committed to the social model of disability and understand that seeking a diagnosis and receiving support are both things that are not accessible to everyone, and because we want to treat everyone with respect and dignity, we will not ask you to disclose anything to us that you are not comfortable sharing, and accept self-diagnosis as valid.

### **Expectations of Disability Sheffield**

We will provide full training where it is required for any of the tasks you might wish to be

involved with. We will encourage you to identify responsibilities within the group that you would like to help with, and will offer support and supervision as required.

We will support you with any access needs you may have, and will work to ensure the steering group remains a safe space for all members.

Steering Group members will be reimbursed at a rate of £10 per hour, plus expenses.

### **Next Steps**

If you are interested in being involved, or have any further questions about the roles, please send an email to [emily.hillison@disabilitysheffield.org.uk](mailto:emily.hillison@disabilitysheffield.org.uk) or [sadia.asghar@disabilitysheffield.org.uk](mailto:sadia.asghar@disabilitysheffield.org.uk) to discuss things further.

In the event that we get a large amount of interest, we may contact you to discuss other ways you can be involved with the project further down the line. We will be seeking input throughout the project in various forms and will do our best to ensure that everyone who wishes to be involved will have a chance to help us.