

The Moving Social Work programme in plain English

We know that academic language is not always easy to understand. We didn't want anyone to miss out on the Moving Social Work programme. Please find a summary in plain English below.



Why ?

Disabled people aren't as active as non-disabled people

Being able to exercise can help Disabled people be healthier. We want to encourage exercise to be something more Disabled people do.



Social Workers

Right now, there is no training for Social Workers about how to help Disabled people exercise. Not having training means fewer Disabled people can access exercise.

Who is it for ?

What ?

The resources of the future

We will create the first resources to teach people who are doing a social work degree. We think that social workers should understand why it is good for Disabled people to get active!



Co-production

We have worked together with different people to "co-produce" our work. Co-production means everyone has the same say in what we do. We worked with social workers, social worker lecturers, social work students and Disabled people.

How ?

When ?

When will it be ready?

We started working in November 2020. We have four steps to get through before it will all be ready. We want to finish all our work by December 2023.



Who is involved?

We have worked with Social Work England, Sport England, Disability Rights UK, Disability North, Public Health England, Active Partnerships, and Northumbria Healthcare. Some Universities are also taking part: Durham University, Cumbria University, Northumbria University, Teeside University, and Sunderland University.