

## **PROJECT DECSRIPTION**

### **PROMOTING INCLUSION AND COMMUNITY INTEGRATION THROUGH SWIMMING FOR DEAF AND NON-DEAF CHILDREN.**

#### **1. Introduction**

Agoro Ne ObraPA (ANOPA) Project is a sport for development project that uses sport particularly swimming as an instrument for individual development, promotion of gender equality, peace building, education and inclusion etc. for deaf and blind children and the youth within the society.





## **2. Problem**

There is extreme isolation and stigma among deaf and blind people in Ghana, particularly Cape Coast due to their condition. They do not only face physical barriers, but stigma and misunderstanding about their abilities. These young people have limited access to education and sport, and fewer prospects for self-development through social activities in the community. This situation creates a vicious cycle: deaf youth and blind youth miss out on opportunities to discover and develop their strength and are unable to interact with their peers. This places them even further away from their communities and deepens their social exclusion. Those who are privileged to receive education are bundled up in special institutions particularly owned by the Government with only limited support.

Our approach is based on the concept of sport for development, in that sport is not just an end in itself, but also an effective tool to help improve the lives of children particularly deaf and blind, families and communities. Sport is also seen as a useful tool to help break stigma among deaf and blind children, promote inclusive communities, develop confidence and promote quality education. Swimming has there been used by ANOPA as a tool to help promote social inclusion, integration and education among these youth and others within the community.

Our focus area is the United Nations Sustainable Development Goal (SDG) 10 which focuses on the theme reduced inequality, SDG 4 with emphasis on quality education, and SDG 3 on Good Health and Well-being among others which ANOPA seeks to achieve through the use of swimming.



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### **3. Impact Goal**

- Foster inclusion.
- Reducing inequality through inclusive swimming
- Beneficiaries would acquire new skills in swimming. A skill that could sustain their livelihood through gaining a career in lifeguarding.
- Opportunity to belong to a group providing a sense of belongingness. Beneficiaries may qualify to join the Central Regional Swimming team.
- Reduce stigmatization and improve confidence as they engage with their peers who are non-deaf and non-blind.
- Demonstrate a change in discriminatory attitudes and improve respect and understanding.
- Enhance interest in Education



#### **4. Swimming activity**

Currently we offer swimming lessons for an inclusive group of 40 deaf and non-deaf children and youth twice a week. A bus takes us to a public swimming pool for the training. Our coaches are volunteers who first learned swimming through ANOPA in their childhood. Foreign volunteers also support the swimming coach team.

#### **5. Support**

We want to take up the mantle with an aim of developing swimming hugely in the Central Region and making Cape Coast the home of the finest swimmers in Ghana including differently-able swimmers. We also hope to use Cape Coast as a model that diffuses a new acceptance of swimming into our culture and bring inclusive communities devoid of stigma and discrimination. This we believe can have positive and measurable effects on health, economic as well as social issues of development.

In the future we want to rise our professionalism and effectiveness of our swimming training by using teaching materials like boards and pool noodles as well as training our coaches to become experts. With your help ANOPA can take it up to help make swimming a part of our life!





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