

## **De Haamen Sports Estate**

De Haamen Sports Estate in Beek municipality, between the centres of Beek and Neerbeek, has a special function within Limburg Sportzone. It focuses particularly on the elderly, the chronically ill and people with disabilities. In Beek, they are offered a range of facilities which are available nowhere else within the region. Recreational exercise, competitive sport, exercise for old people and sport, including elite sport, for those with disabilities: it is all available here.

Modified facilities and equipment (such as sports wheelchairs), a broad range of exercise and professional coaching are fully integrated into the total offering on the sports estate. All of this is offered through a unique partnership of sports clubs, organisations for the disabled, healthcare providers and others. De Haamen also has a place for talent development for modified sports.

The location of De Haamen is unique, lying as it does at the foot of the breathtaking landscape of the Heuvelland. Moreover, accessibility is excellent, with the A2 and A76 motorways close by and plenty of parking spaces. With its open, park-like layout, De Haamen makes the most of the environment which is already there: it is no surprise that many Nordic Walking, hiking and cycle routes already begin here. De Haamen is also the base for a network of mountain biking routes and bridleways.

### **Physical construction**

The physical construction of De Haamen Sports Estate consisted of two phases. The first phase involved building a second sports hall and making the existing sports hall and swimming pool suitable for the target group of people with disabilities. In this phase, an activity centre for people with disabilities was also built.

The second phase involved the creation of outdoor sports facilities. In September 2012, the municipal executive decided to implement the Final Design.

In order to also make De Haamen Sports Estate suitable for modified sports, it is important that the facilities created are free from barriers and are located directly adjacent to one another. The following facilities are being adapted for the target group:

- An athletics track suitable for people with prosthetic legs/feet, wheelchair users, etc.
- Two tennis courts suitable for wheelchair tennis.
- Recreational facilities suitable for various target groups such as a multifunctional pitch, skating/rollerblading track (also suitable for wheelchair use and hand bikes)
- Footpaths accessible for wheelchairs and scootmobiles.

In addition, a physio/fitness facility will be built by Therapiecentrum Beek. This facility will be central to a number of the sports packages to be created around De Haamen.



## **Sportzone Limburg**

The excellent environment, and in particular the sporting environment, of Sportzone Limburg offers everyone the opportunity to get the best out of themselves. Go for Gold in an inspirational, innovative ambiance where top performers, talented youngsters and recreational sportsmen and women all make use of the premium facilities already offered by Sportzone Limburg or due to be built there in the future. At Sportzone Limburg, playing sports and studying or working are married together perfectly. That means tailored solutions for people who want to combine sporting ambitions with their studies or careers. The excellent sporting environment is the result of sport, teaching, care, business and government coming together. That in turn leads to better sports/elite sports performance, optimum talent development and new knowledge.

### **Training centre**

The focus of Sportzone Limburg is on sports with roots in the region, such as cycling, handball, athletics, triathlon, table tennis, 5-a-side football and outdoor football. The Royal Netherlands Athletics Union, the Netherlands Handball Association and the Netherlands Triathlon Association have chosen Sportzone Limburg as the location for the national pole-vaulting training centre, the men's Handball Academy and the national triathlon training centre, respectively. Talks are being held with other sports associations about basing their national training centres in Sportzone Limburg too. In addition, Sportzone Limburg has various regional training centres.

### **Partners**

Many (sports) organisations, companies, educational and care institutions in four municipalities (Beek, Schinnen, Sittard-Geleen and Stein) and Limburg Province are participating in Sportzone Limburg. They are jointly developing the conditions for the talent centres, sports facilities, support structures and the resulting opportunities for the leisure economy, knowledge-sharing and innovation.

## IKS

IKS (*Iedereen Kan Sporten* - Everyone Can Play Sports) is a regional project which is supported by the municipalities of Beek, Schinnen, Sittard-Geleen and Stein. The objectives of IKS are to increase the number of disabled people playing sports and to enlarge the range of sports available the target group. This project was founded on the understanding that disabled sport can only get off the ground properly with good mutual cooperation, including with partners.

Areas of focus include:

- Putting disabled sport on the agendas of the municipalities
- Aiming to put Social Support Act (Wmo) policy and spatial policy into practice as fully as possible, for example providing the opportunity to purchase seated skis, sports wheelchairs, physical modifications to sports facilities (e.g. showers for wheelchair users), accessibility of buildings, etc.
- Creating a varied sports and exercise offering because the target group is itself diverse and has different needs
- Information to and communication with the target groups and referrers about this range
- Introduction to sports through events and activities
- Jointly recruiting, supporting and training sports club staff, while also making use of the expertise of special educational and care institutions.
- Customised transport to and from sports activities
- Multifunctional use of sports facilities

## Pilot sports care programmes

In September 2012, the pilot sports care programmes was launched. The pilot consists of four parts:

### 1. Development

This involves:

- Developing and configuring sports care programmes together with partners (care providers, rehabilitation institutions, municipalities, sports clubs, knowledge institutes).
- Making agreements about the implementation, further development and funding of the sports care programmes by concluding partnerships and joint venture agreements

### 2. Anchoring

In this part, the sports care concept is anchored within the sports and care infrastructure in organisational terms, so that the sports care concept will have a fixed place after the pilot phase. This means:

- Further development of De Haamen Programme Council and setting up a programme organisation for sports care programmes based at De Haamen Sports Estate.
- Linking up/integration with Sportzone Limburg and *Iedereen Kan Sporten* (IKS).
- Linking up and coordinating with the management organisation of the facilities.
- Developing and organising related policy such as transport and facilitating learning-workplaces
- Bedding in within the Sports and Wmo policy of municipalities in the *Westelijke Mijnstreek* region.

### 3. Transfer

The knowledge and innovations developed at De Haamen Sports Estate in the area of sports care programmes will be made transferrable. This will involve:

- Drawing up knowledge modules which are transferrable to locations and organisations elsewhere in the *Westelijke Mijnstreek* region and the rest of Limburg.
- Further development of De Haamen Sports Estate as an expertise centre in the field of sports care within the framework of Sportzone Limburg.
- Transferring knowledge/experiences through LOA (*Limburgse Olympische Ambitie - Limburg Olympic Ambition*) to the rest of Limburg province.

### 4. Measurements

The goal of the sports care programmes is that, by playing sports and exercising in the most regular possible setting, people have less need of care and support. This part is focused on making the social and financial effects of the sports care programmes measurable.

We do this by:

- Developing measurement instruments
- Measuring and analysing social and financial effects
- Translating results into a social business case.

## **Sports care programmes**

De Haamen Sports Estate offers three clusters of sports care programmes for the different target groups, i.e.:

### **1. Sport for health**

These are support programmes for people with health problems who want to get back to doing exercise and playing sports, e.g. following illness, after a rehabilitation process or due to an unhealthy lifestyle, but for whom the threshold to regular sport is too high. The support consists of physiotherapy, fitness and exercise programmes, etc. in coordination with medical support.

### **2. Sports without limits**

This relates to exercise and sports programmes for people with a physical, mental and psychological disabilities. These involve specifically modified forms of sport or supported and modified sports and exercise, with the target groups being integrated as far as possible. The aim is also to link these activities to the regular club activities. The offering of sport and movement programmes is provided by the healthcare providers in collaboration with the clubs and volunteers.

### **3. Sport together**

This is focused on the regular sports and exercise activities of clubs and recreational sportsmen and women, with the specific target groups taking part as much as possible, either by participating in the regular activities or through specific activities organised by the club (e.g. G-teams) and joint events. But here too, the aim is to be part of the sports community at De Haamen Sports Estate, e.g. as a member of the club or by performing volunteer work.