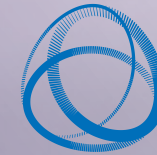


The Centre for Sport, Physical Education & Activity Research



Canterbury
Christ Church
University



Community Case Study

Nottingham 2025

Our Active Community is an initiative across England dedicated to enhancing opportunities for people with a learning disability to be active, happy and healthy.

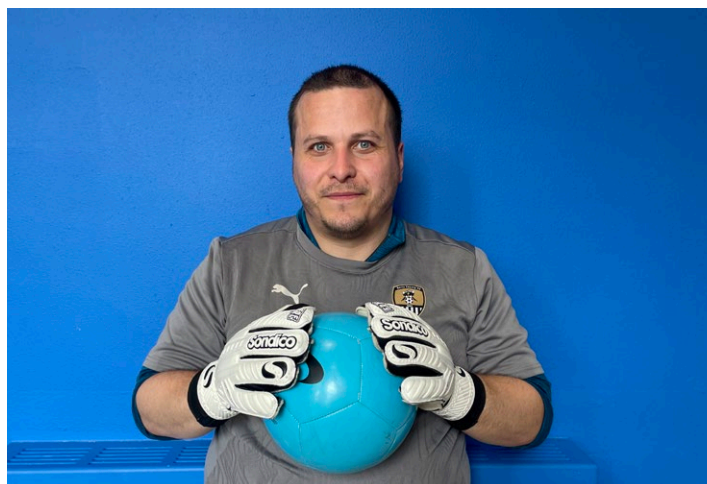
Created as a way for people with a learning disability, stakeholders and organisations to connect, network, seek training and provision, and access resources and funding.

By fostering collaboration, harnessing a community-led approach, building networks and capturing the voice of people with a learning disability, Our Active Community promotes inclusion, encourages participation, and empowers people with a learning disability to access opportunities to be physically active in their community.

Data sources

This case study was developed based on 4 focus groups and 28 interviews or conversations with 17 stakeholders and 27 people with a learning disability from remote consultations and a research visit.

The data informing this case study was collected between November 2023 – May 2025.





Community Overview

Community Background

Nottingham, a vibrant city in the East Midlands, has a population of around 330,000, with a diverse demographic mix.

The city's landscape combines urban areas with green spaces like Wollaton Park and the Victoria Embankment, providing opportunities for outdoor activities.

In Nottingham, approximately 3.2% of the population is estimated to have a learning disability, which would equate to roughly 10,000 individuals. This highlights the need for inclusive services and opportunities for people with a learning disability in the city.

Socioeconomic challenges, however, persist, with areas of deprivation, unemployment, and health inequalities affecting physical activity levels.

St Ann's, for example, is among the top 5% of the most deprived areas in the country.

Some communities face barriers such as cost, safety concerns, and limited local facilities, with a stakeholder noting, "we're in the most deprived area of Nottingham. We want to be accessible, so we don't charge."

In Nottingham, transport links are generally strong, however, accessibility remains a concern for people with a learning disability and particularly those who use mobility aids.

Despite these challenges, Nottingham's sporting heritage and investment in active travel provide opportunities to support community participation in physical activity.

Stakeholders

Our Active Community in Nottingham is engaging with a range of stakeholders, including community services, day centres and service providers who offer inclusive opportunities for people with a learning disability.

The Community Partner has built these relationships and developed rapport through regular and effective communication, informative newsletters, and visits to several community organisations, ensuring continued engagement.

The Community Partner is currently only engaging with schools and colleges through the services and provision accessed by other stakeholders and organisations. This is because capacity has been a challenge for school staff, but the Community Partner is now looking to build direct relationships with schools, gather feedback, and improve the relevance and impact of their involvement.

In Nottingham, a key challenge is helping stakeholders gain a clearer understanding of Our Active Community and the importance of the Community Partner role.

Future engagement plans by the Community Partner include working with the Community Connector to visit stakeholders, raise awareness, and maintain regular communication through newsletters and forums to facilitate networking and connections.

Current engagement spans a diverse range of stakeholders and organisations, including:

- › Day Services, Centres or Supported Living: Mencap Me Time, Nottingham Mencap, Monty Hind Youth Club, Spring Meadow Day Service and Mencap Services
- › Service Providers: Notts County Foundation
- › Community Organisations and Charities: Impac'd CIC, Epic Partners, Active Notts, Inspire and Stonebridge City Farm
- › Health Services: NHS
- › Local Authority: Nottingham City Council

“I hope working with Mat will increase my knowledge of local events and organisations that provide services.”

Perceptions and Expectations

Stakeholders generally view Our Active Community positively, recognising its potential to raise awareness of physical activity for people with a learning disability.

Most stakeholders in Nottingham discuss actively engaging with Our Active Community to strengthen community connections, while many also perceive it as an opportunity to explore existing activities and build capacity.

Other organisations, such as the local authority and a charitable foundation, are strategically engaging with the project, whereas others are engaging to learn more about local evening provision for their service users.

While some stakeholders note the project took time to develop, with one saying, “it’s taken a long time to get off the ground,” this reflects the considered, community-led approach necessary for this place-based working involving those with lived experience.

Stakeholders recall how early on there was a lack of “clarity” of the project, but stakeholders state this has improved as the project has evolved.

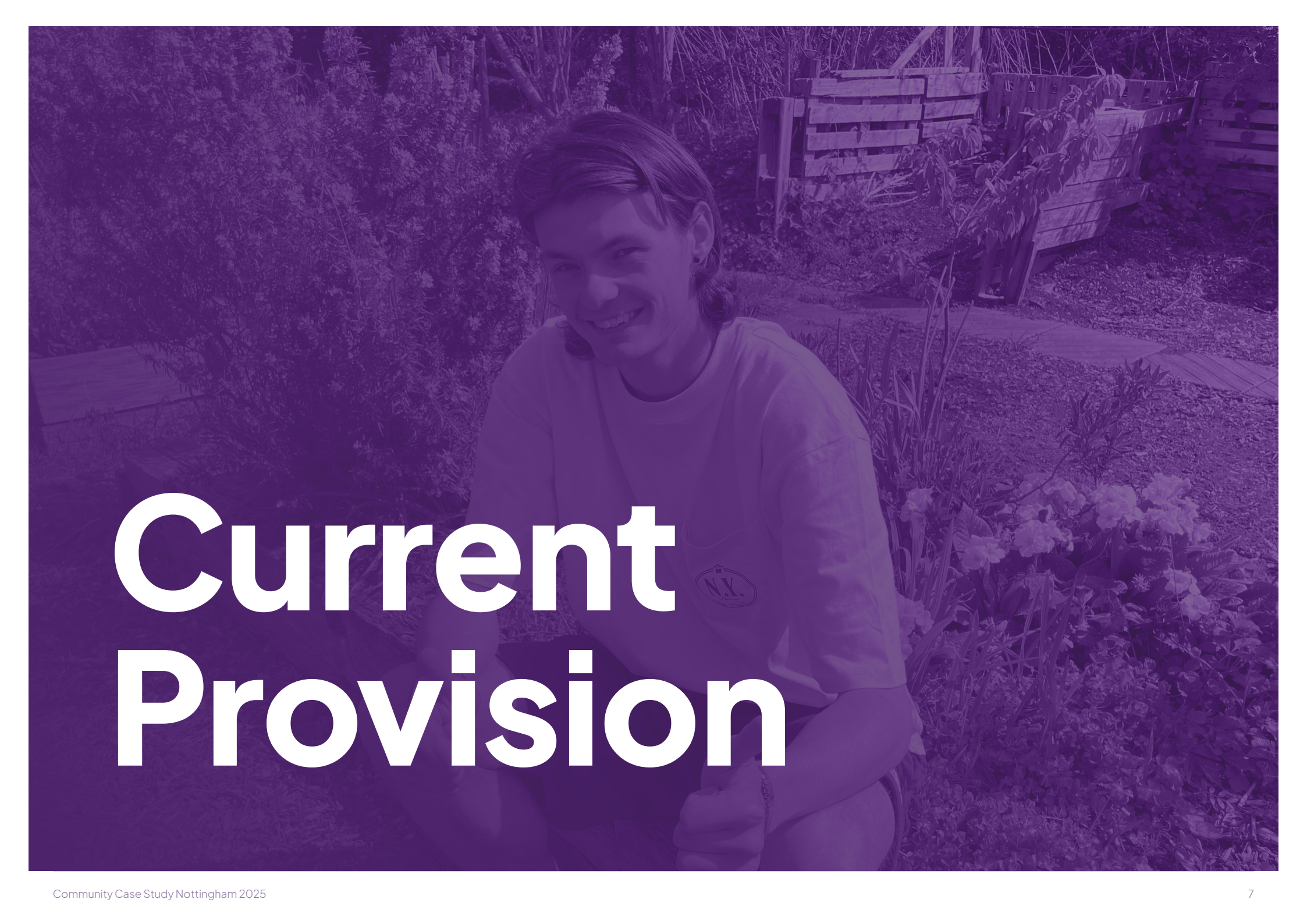
Expectations of those involved in Our Active Community focus on making it easier for people with a learning disability to find and access local sessions, as one stakeholder shares, “people need to be able to find out about opportunities more easily.”

There is also an expectation the project will improve the overall accessibility of existing sports and physical activity opportunities, ensuring anyone can participate.

Stakeholders additionally anticipate Our Active Community will create more opportunities for co-production and collaboration with people with a learning disability to enhance activity provision.

Stakeholders also hope the project will identify where more provision is needed, such as evening opportunities, with one stakeholder expressing, “I hope Our Active Community will enable more inclusive spaces to be developed.”

“I hope the Community Partner role can support the community to identify and understand some of the barriers to taking part in exercise.”

A photograph of a young man with light brown hair, smiling and looking towards the camera. He is wearing a light-colored long-sleeved shirt with a small circular logo on the left chest. He is crouching in a garden with various plants, including a large bush on the left and a wooden pallet fence in the background. The entire image is covered with a semi-transparent purple overlay.

Current Provision

Existing Offer

Opportunities for people with a learning disability to be active include:

- ✓ Football
- ✓ Inclusive dance sessions
- ✓ Rebound therapy
- ✓ Gardening

Day service opportunities include:

- ✓ Swimming
- ✓ Tennis
- ✓ Cycling
- ✓ Gymnastics
- ✓ Dancing
- ✓ Gardening
- ✓ Gym
- ✓ Walking

Weekly sports activities at a local day service include:

- ✓ Rounders
- ✓ Cricket
- ✓ Football
- ✓ Basketball
- ✓ Badminton

“Swimming makes me feel calm.”

A local community arts organisation delivers inclusive dance sessions three times a week, including a popular salsa class specifically for people with a learning disability.

These sessions are open to people of all ages and abilities.

One non-verbal participant expressed through eye movement how dancing makes them feel free and is something they look forward to each week.

Support workers comment on the value of these classes in offering people with a learning disability access to dance styles like contemporary, tap, and salsa, which they might not otherwise experience.

Swimming is also a popular activity offered weekly through two local day services. Many of the people with a learning disability who attend these services enjoy swimming, with one individual saying, “I like swimming because it’s good for my mental health.”

Challenges

This section highlights the challenges in delivering inclusive and accessible physical activity opportunities for people with a learning disability in Nottingham.

While some provision exists, some issues limit participation, including raising awareness and financial constraints.

A common challenge mentioned is the need to raise awareness of available opportunities. Although platforms like the Our Active Community forums and the Community Partner's newsletter are helping, some gaps remain, particularly in reaching individuals who do not attend day services.

People with a learning disability often rely on informal channels, such as support workers, day services, or word of mouth. This then makes it challenging to ensure that everyone who could benefit is aware of the opportunities available to them, which reduces the reach of the provision.

Cost is also viewed as a challenge.

Physical activity sessions tailored to people with a learning disability often come with higher costs due to the need for smaller group sizes, adapted equipment, and additional support staff.

One stakeholder notes, "to attend activities, some people need extra support or adapted equipment, and that makes it harder to offer the activities." These financial and logistical challenges can make it difficult for organisations to offer regular and varied physical activities, and this can impact opportunities for engagement in physical activity.

Top Challenges:

- ✗ Raising awareness
- ✗ Constraints to providing activities

“When I am able to have volunteers, it allows for more one-to-one interaction and a greater variety of engaging activities, especially in shared spaces like the garden.”

Opportunities

As highlighted in recent discussions with stakeholders, improving physical activity opportunities for people with a learning disability in Nottingham could be further supported through staff training and strengthened community collaboration.

One organisation wants to explore staff training for delivering Kinball, which people with a learning disability accessing their services have expressed an interest in restarting. Even a small amount of funding could create a new opportunity, given the organisation already has the required equipment.

There are also opportunities to use alternative community spaces to support people with a learning disability to be active. Some examples are local, easy to access, and allow for activity without the need to rely on formal exercise venues.

Additionally, community-based collaborations have proven effective, such as a basketball tournament where multiple organisations came together.

This event allowed people with a learning disability to play matches with others, creating opportunities for social interaction and physical engagement that would not have been possible otherwise.

Stakeholders involved express interest in continuing such partnerships to enhance activity provision. As one stakeholder notes, “we want these sorts of partnerships to continue, with people hosting activities and others attending, increasing opportunities for everyone.”

By pooling resources and working together, these collaborations could expand physical activity access for people with a learning disability in Nottingham.

Areas to improve:

- Training and upskilling more staff
- Strengthening community partnerships
- Sharing resources and joining up initiatives

“Now we have more connections, and they continue to widen, it might be that more people are involved, and we can develop working partnerships.”

A smiling man with short grey hair, wearing a purple crewneck sweater, stands in front of a brick wall. To his left is a large white bulletin board covered with various papers, including a calendar, a 'Nottingham Specialist Transport' contact sheet, and a 'Public 543#' note. A string of round woven ornaments hangs across the board. To his right is a large potted plant with broad, dark leaves. The entire image has a purple tint.

Community Needs

Motivation and Confidence

“I can feel a bit nervous about sport, but having someone like a sports coach encouraging me and showing me how to do the activity helps me keep trying.”

People with a learning disability in Nottingham seem to enjoy being active, finding it both uplifting and calming. Many say it helps them feel “relaxed” and gives them a boost of “energy”.

They describe being motivated to engage in physical activity because it is fun, social, and good for their health and wellbeing.

Many describe it as a chance to play, move freely, and enjoy themselves, one person says how being active is “like play”, where “there is no right or wrong move,” and another shares, “exercise makes me feel good.”

Others value the health and wellbeing benefits, saying activities like walking, swimming, or gardening help them feel relaxed, energised, and calm.

Being active is also noted as an important way for many to socialise and build friendships, with people with a learning disability enjoying the

chance to “be active with their friends” and feel part of a supportive, friendly community that “encourages [them] to come back.”

Most people with a learning disability in Nottingham report feeling confident to take part in physical activity, and many say they believe they are good at it.

People with a learning disability also think their confidence improves when participating alongside others, with support from coaches, and encouragement from those around them. One participant shares, “I’m good at football and I feel confident when I’m playing,” while another highlights how sport “helps build my confidence.”

Top Motives:

- ⬆ Fun and enjoyment
- ⬆ Being with friends
- ⬆ Feeling good and energised
- ⬆ Relaxation
- ⬆ Sense of community

Barriers to Participation

Conversations highlight several barriers limiting the ability of people with a learning disability to engage in physical activity.

One significant challenge is transport. While some areas in Nottingham benefit from good public transport, others lack reliable services.

Many people with a learning disability report difficulties with bus access, including issues with bus passes or the need to change buses multiple times. For example, one individual notes, “the buses can be hard to get, I have to get on and off lots of different buses.”

Additionally, some organisations that previously offered transport support now struggle due to the loss of contracted drivers, impacting group outings in the community.

Opportunities for physical activity outside of day services are reported to be limited, particularly in the evenings and weekends. One stakeholder mentions, “sessions need to be on at the right time.” Furthermore, inclusive and adapted physical activities are hard to find. One support worker points out, “there is a lack of inclusive activities and spaces.”

Many people with a learning disability rely on support workers or personal assistants to engage in physical activity, whether in the community or at day services.

Without adequate staffing, participation can be difficult, further limiting opportunities for people with a learning disability to achieve independence and reducing the ability to engage in opportunities to be active.

Unmet needs

Key needs include access to transport, inclusive and adapted provision, and confidence or knowledge among mainstream providers in supporting people with a learning disability.

One stakeholder comments that many services “need training in the community to do this.” Support from trained staff and coaches is also essential to guide individuals through activities.

People with a learning disability can access physical activity through day services, but many would also like more varied and flexible opportunities. There is also a need for provision during evenings and weekends to allow for participation outside of day services.

Additionally, whilst awareness of opportunities is seen to be improving, particularly through Our Active Community, many people still struggle to find and access information. It is suggested that greater promotion and communication of existing provision could improve engagement.

People with a learning disability want more access to:

- + Basketball
- + Horse riding
- + Hockey
- + Martial arts
- + Boxing
- + Cricket
- + Netball
- + Cycling
- + Climbing
- + Darts
- + Badminton



Developments

Community Partner

“Mat has been so great if we have any questions, giving us answers, pointing us in the right direction and connecting us with people in the community who can help.”

Each Community Partner involved in Our Active Community plays a vital role in identifying community strengths by listening to local individuals, engaging with stakeholders and organisations, and facilitating meaningful connections that support growth.

By increasing awareness, bridging gaps in accessibility, and promoting inclusion, the Community Partner plans to ensure more people with a learning disability can engage in physical activity.

Their role focuses on support, utilising seed funding, capacity building and ensuring sustainability.

In Nottingham, there was initially some uncertainty around the need for a Community Partner. Over time, as Mat, the Community Partner, has embedded himself in the role, stakeholders have come to recognise how he is connecting people, organisations, and services.

Stakeholders describe Mat as “proactive”, “approachable” and “knowledgeable” and praise him for his active role in the community, with his newsletters helping to connect people and raise awareness. One stakeholder shares, “he’s raising his profile in the community and the profile of Our Active Community.” His presence at events, especially for people with a learning disability, is also valued, as one stakeholder states, “he’s great with the guys who attend and has formed strong relationships.”

By working with the Community Partner, stakeholders hope to:

- ✓ Improve provision and access
- ✓ Increase inclusive opportunities
- ✓ Enhance awareness of organisations
- ✓ Identify and reduce barriers
- ✓ Build stronger community networks
- ✓ Facilitate collaboration in the community

The Community Partner initially faced challenges engaging with the Nottingham community due to its limited structure and fewer day centres, making stakeholder mapping essential.

He also encountered difficulties with stakeholder capacity in the education sector and early confusion about his role, which he has addressed through conversations, forums, and ongoing outreach.

Community Connector

Mencap's Our Active Community is recruiting a Community Connector in each community to identify and advocate for the needs of people with a learning disability, share lived experiences and help shape inclusive activities and opportunities.

The host organisation of the Community Connector, Mencap Me Time, found the application process straightforward. Although initially hesitant, they were inspired to apply after seeing the potential impact firsthand, by meeting a person with lived experience who delivered a basketball session for their service.

Stakeholders view the Community Connector role as exciting, inspiring, and full of potential, especially due to the lived experience element. One stakeholder describes it as "really positive" with the ability to "empower and advocate for others", emphasising

the importance of being a paid role that shows value and ensures ongoing representation in the community.

Stakeholders are hopeful the Community Connector role will build connections, promote inclusion, and drive meaningful change, with one noting it will help shape "useful learning" and encourage attendance at local sessions.

There are, however, concerns about sustainability, with one stakeholder emphasising the need for a strong host organisation and the importance of capturing impact to secure long-term funding for the role. Another concern is finding the right person for the role and ensuring they receive the support to develop skills and confidence while maintaining independence.

Initial feedback for the newly recruited Community Connector has been positive, with one stakeholder praising them as a "really good ambassador" whose personal experience has had

a "positive effect" on others. Another notes his lived experience naturally enhances the programme, expanding its reach and increasing engagement.

"I think it's putting value in the people we want to lead this work and be a part of the changes and development in the community."

Community Connector Profile:

Ben

Joined in March 2025

Receives support from:

- + Mat (Community Partner)
- + Me Time Lead Coordinator and Me Time Programme Coordinator in Nottingham

Personal motivation:

- ✓ Passionate about promoting sport and physical activity
- ✓ Believes everyone should have the chance to participate and do what they enjoy

Early achievements:

- 🏆 Sharing information
- 🏆 Connecting with others
- 🏆 Got people joining in with local activities
- 🏆 Encouraged people to start using the bikes at Harvey Hadden Sports Village

Future plans:

- + To share information with students with special educational needs and disabilities using leaflets, websites, and conversations
- + To engage with schools
- + Connect and speak with more people with a learning disability

“I want to give back to the community by giving people the opportunity to take part in sport and physical activity.”



Network Developments

As Our Active Community has grown in Nottingham, it has helped create stronger local networks through newsletters, forums, and shared opportunities.

Stakeholders are now more aware of what already exists and are forming valuable new connections to support physical activity for people with a learning disability.

An example is the basketball tournament organised by a service providing day opportunities, following a successful taster session delivered by Mencap. Whilst turnout was lower than hoped, it is still considered a great success. There is hope others will also take the lead in organising inclusive events in the future.

The community forum in Nottingham is proving to be a powerful space for connection, collaboration, and inclusion. Stakeholders praise the opportunity to network, share ideas,

and hear directly from people with a learning disability, whose voices were central to the event.

Attendees with lived experience discovered new opportunities, such as local community dance sessions and volunteer gardening, through conversations with providers.

Stakeholders highlight how valuable the forum is in raising awareness and inspiring further involvement: “I’ve never been to a meeting like that before it was great to hear what people want, need, and how they want to be included.”

The forum is sparking meaningful outcomes by creating space for new partnerships, increased awareness, and shared action. Stakeholders are expanding their networks and knowledge of local opportunities, leading to further collaborations.

A partnership formed from the forums is resulting in inclusive dance sessions and guided walks around the city, as one stakeholder shares, “these are all connections and partnerships that I wouldn’t have made without Our Active Community.”

Nottingham community forums are:

- ✓ Strengthening local networks
- ✓ Creating new partnerships
- ✓ Encouraging shared action

“Congratulations on such a successful event! I’m looking forward to the next one.”

A photograph of four people standing behind a raised garden bed. From left to right: a man in a grey sweater, a woman in a Minnie Mouse hoodie, a woman in a white 'N.Y.' sweatshirt giving a thumbs up, and a man in a dark jacket and cap. The background shows a greenhouse and trees. The entire image has a purple tint.

Successes

Seed Funding

In Nottingham, the seed funding panel is formed of people with a learning disability, with many members involved through the local community farm.

One stakeholder shares, “a couple of our volunteers I know are part of the seed funding panel, they enjoy being a part of it and getting to have their say about activities that are funded in the community.”

Stakeholders describe the seed funding process in Nottingham as a positive and inclusive experience. They also appreciate the panel’s lived experience, with one stakeholder noting, “I think it is fantastic the applications are seen and judged by people who have the lived experience of a learning disability.”

Three successful applications:

- ✓ **Rebound therapy and multi-sport sessions**
- ✓ **Salsa Dance Classes**
- ✓ **Themed guided walks**

Rebound Therapy and Multi-Sport Sessions

A local charity accessed Mencap’s seed funding to continue delivering vital rebound therapy sessions, currently, these are the only ones available in the area. Working alongside a partner organisation, they will now sustain the existing session while developing a new

offer tailored for adults. The funding also enables investment in staff training and essential equipment.

Additionally, this funding supports the launch of new community-led multisport sessions for people with a learning disability in Nottingham, introducing activities like boccia, basketball, badminton, and football.

While long-term sustainability remains a concern, collaborative planning with the Community Partner is helping to address this.

Salsa Dance Classes

With seed funding, accessible salsa classes have been introduced after interest was expressed from people with a learning disability at the forum.

The instructor has adapted her teaching method, and while the first session in mid-March had low attendance, there is growing interest, with hopes for increased participation in future sessions.

Themed Guided Walks

Another approved application is to support themed educational walks taking place every other week. Designed to be both active and educational, the walks include activities like counting and spelling along nature trails. The sessions are being co-produced with people who have lived experience, to ensure they are accessible and engaging for people with a learning disability.

“Seed funding could be used for venue funding, as that is often a barrier to being able to provide activities.”

Other Partnerships and Activity

Following the Our Active Community forum, a walking group is connecting with a local community farm.

As a result, the group has started recommending the space as a peaceful walking destination, occasionally bringing members there for guided walks on the nature trails. This supports people to explore and enjoy the natural environment in a relaxed, accessible way.

After a different connection was made between two organisations at the community forum, salsa taster sessions were delivered at a local community organisation for volunteers with a learning disability, as their manager was keen to encourage more physical activity.

A new partnership between two local community organisations has also led to the creation of an academy that will offer nationally recognised qualifications. The organisations are collaborating to establish the academy using existing classroom space within the community facilities.

One stakeholder comments, “by using our education facility, they’ll be able to offer qualifications that are nationally recognised, in areas such as hospitality, catering, gardening, and horticulture. And it all stemmed from our involvement in the Our Active Community forum.”

This collaboration emerged from conversations held during the community forum and is fueled by a shared commitment to expanding educational opportunities at a local level. While the initiative is still in its early stages, both partners are enthusiastic about its potential.

Since engaging with Our Active Community, a stakeholder has adapted all their information sheets and website content into Easy Read format. They invited a panel of people with a learning disability to review the materials and provide feedback, helping to ensure the information is clear, accessible, and that everyone can find out about and attend their sessions.

“I think it’ll be a good opportunity to go to the community farm and get people active and in an educational way.”

A man with a beard and mustache, wearing a white football jersey and a dark blue training bib, holds a silver trophy in his right hand and a white Nike football in his left. The background is a solid dark blue.

Challenges

Overview of Challenges

“People need services that are available in the evenings and weekends so that they can take part in activity outside of day services.”

Nottingham community challenges

In Nottingham, as described earlier, people with a learning disability face some challenges in engaging in physical activity.

While interest and motivation are evident, challenges may reduce opportunities for engagement.

A major barrier is the limited visibility of available opportunities. Many individuals rely on support workers, day services, or word of mouth to hear about sessions, meaning those outside of these networks often remain unaware of what is on offer.

Transport is also a significant challenge, particularly where public transport is unreliable or involves multiple changes, making it difficult to reach venues independently.

Financial constraints further limit both participation and provision as tailored sessions often require adapted equipment, smaller group sizes, and

additional staff, placing pressure on providers, and barriers to people with a learning disability.

Existing inclusive activities are largely concentrated within day services, with limited availability in the evenings and on weekends, therefore restricting choice and accessibility for some potential participation.

Our Active Community-specific challenges

Early in the project’s development, stakeholders noted a lack of clarity around the project’s purpose and structure, which slowed initial engagement.

In particular, the role and value of the Community Partner were not well understood, though this improved over time as relationships were built and impact became more visible.

Engaging the Nottingham community also proved challenging for the

Community Partner due to limited infrastructure and few day centres, making effective stakeholder mapping a crucial first step.

Stakeholder capacity, especially in the education sector, has been limited, impacting the extent of involvement and breadth of the stakeholders involved.

Sustainability is another concern, particularly in securing ongoing funding for the Community Connector role and for continuing provision currently supported by the seed funding.

Whilst the project has introduced new sessions and initiatives based on community interest, attendance at some early events has been lower than hoped.

Lastly, although the project’s forums and newsletters are beginning to strengthen local networks, consistent engagement across all stakeholders remains an area for development.

A group of approximately ten men are posed for a group photo in front of a brick wall. Some are wearing football kits, including one with the number 9. They are giving thumbs up and making other hand gestures. The entire image is covered with a semi-transparent purple filter.

Conclusion & Next Steps

Summary of Key Findings

- ✓ Strong engagement from a diverse range of stakeholders, including day services and centres, local authorities, and service providers
- ✓ Stakeholders view Our Active Community as a valuable initiative that promotes inclusion and physical activity
- ✓ Main challenges include raising awareness of opportunities, understanding and mitigating financial constraints, and limited inclusive provision outside day services
- ✓ Transport issues and reliance on support workers limit participation for many people with a learning disability
- ✓ People with a learning disability are motivated by fun, social connection, wellbeing, and a sense of community
- ✓ The Community Partner is well-regarded, proactive, and central to building relationships and sharing information
- ✓ The Community Connector role is positively received, with lived experience seen as key to its success
- ✓ Forums and newsletters have strengthened local networks and created new opportunities for collaboration
- ✓ Community partnerships are beginning to lead to more sustainable and inclusive activities
- ✓ Seed funding, judged by people with a learning disability, has supported meaningful activities like rebound therapy and dance

“I hope through the Community Partner’s role we can all form a strong connection and facilitate collaboration in the community.”

Next Steps

- ✓ Strengthen direct engagement with schools and colleges to gather feedback, enhance involvement, and improve activity relevance and impact
- ✓ Continue to expand awareness through improved communication, newsletters, and promotional tools
- ✓ Invest in capacity building by funding or providing further training and upskilling staff to deliver inclusive activities
- ✓ Continue to foster co-production and collaboration with people with a learning disability to enhance physical activity provision
- ✓ Work with stakeholders to increase inclusive physical activity options during evenings and weekends, beyond day service hours
- ✓ Support the Community Connector with mentorship, connecting with other stakeholders and people with a learning disability, as well as engaging in school outreach
- ✓ Maintain and grow community forums as spaces for co-production and community learning
- ✓ Consider pooling resources and collaborating to expand access to physical activities for people with a learning disability in Nottingham
- ✓ Explore and utilise alternative community spaces to support physical activity, providing accessible options that do not rely on formal exercise venues
- ✓ Gather and share impact stories and examples of best practice to inspire wider involvement

“I hope the Community Partner role will increase access to inclusive spaces for people with a learning disability.”

Report produced by SPEAR

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