

# On the road to supporting more disabled people to be active

## Activity Alliance works to make active lives possible.

This roadmap provides more information for those who support, work and live with disabled people.

When supporting disabled people to be active, we understand there is a lot for you to learn and find out. Also, knowing where to start can be tricky because there are many organisations, opportunities and resources out there.

Our roadmap helps you to access some of the right people, places and resources.

“I first tried power lifting in 2014, going to Gateshead International Stadium for a taster day. I enjoyed it so much that I asked if it was possible for me to join somewhere I could regularly train.

My support worker contacted Ashington Hirst Welfare Centre in Northumberland and arranged for myself and several others to go on a Wednesday afternoon for training with recognised coaches.”

**Jemma**



“She just feels better - it improves her mood. When she does some exercise you can tell that she feels better in herself.”

**Supporter for a person with a learning disability**

## 1. Know why being active is important

Having fun



Improved confidence



Being active has so many benefits. As well as being good for your body and mind, there are social benefits too:

We regularly speak to disabled people, supporters, carers and family members. They say being active supports personal development, social interaction and increased energy levels.

The below resources provide disabled people with information on how to start being active:

- Me, Being Active Guide on **Activity Alliance website**
- Me, Being Active films on **Activity Alliance YouTube channel**

Weight management



Feeling connected/  
making friends



## 2. Know what types of activities are out there

There are lots of different activities and sports out there.

The activity does not have to be competitive and can take place in lots of different places! Talk to the person involved. You may want to remind them about activities you have spoken about before.

Your questions may include:

- What activities might you enjoy doing?
- What do you want to get out of it?
- Who do you want to take part with?
- What do your friends and family members like doing?
- What do you know is available in your local area?

Why not try:

Sports that need no or limited adaption like **tennis, football** and **swimming**.

Dedicated activities and sports like **boccia, wheelchair basketball** and **table cricket**.

Recreational activities like going to the **gym, cycling, running in the park, health walks, Zumba**.

FINISH



GO

## 3. Know who can help you to find out more

Physical activity links to local and national personalisation, health and wellbeing agenda:

- Disability Rights UK - Get Yourself Active website

Impairment specific information about sport and physical activity:

- National Disability Sports Organisations
- Activity Alliance



Activity taking place locally:

- County Sports Partnerships
- Local Authorities
- Leisure centres
- Community spaces
- Schools
- Word of mouth from other disabled people, friends and family
- Online searches

Information about a specific sport or physical activity:

- National Governing Bodies of sport
- County Sports Partnerships

# Find out more

## **County Sports Partnership (CSP):**

These local agencies support physical activity and sport opportunities in the county. They will be able to tell you about local clubs, events and programmes. Find your CSP on the CSPN website [www.cspnetwork.org/your-csp](http://www.cspnetwork.org/your-csp)

## **National Governing Bodies of sport (NGBs):**

NGBs have the responsibility for managing their specific sport. This can include local activities, programmes and pathways. Sport England lists the recognised National Governing Bodies on their website [www.sportengland.org](http://www.sportengland.org)

**Activity Alliance:** Activity Alliance enables organisations to support disabled individuals to be and stay active. As well as resources and programmes, Activity Alliance offers information on events and links to local contacts. Find out more on the Activity Alliance website

[www.activityalliance.org.uk](http://www.activityalliance.org.uk)

## **National Disability Sports Organisations**

**(NDSOs):** There are eight NDSOs, who support people with specific impairments. They offer advice and resources and some provide activities and competitions. Find out more about NDSOs on the Activity Alliance website

[www.activityalliance.org.uk/ndsos](http://www.activityalliance.org.uk/ndsos)

## **Disability Rights UK - Get Yourself Active:**

Get Yourself Active is a partnership led by Disability Rights UK, funded by Sport England and delivered by seven Disabled People's User Led Organisations.

They aim to work with the health, social care and sports sectors to develop better opportunities for disabled people to get active. Find out more on the Get Yourself Active website

[www.getyourselfactive.org](http://www.getyourselfactive.org)

**Local Authority:** Your local authority supports local sport and physical activity and leisure opportunities. Find out more on the Government's website

[www.gov.uk/find-local-council](http://www.gov.uk/find-local-council)

**Leisure centres:** Leisure centres provide a range of activities within their facility. You should also look out for an Inclusive Fitness Initiative Mark facility. These are listed on the Activity Alliance website [www.activityalliance.org.uk/get-active/inclusive-gyms](http://www.activityalliance.org.uk/get-active/inclusive-gyms)

**Community spaces (inside and out):** Check out local notice boards and newsletters for activity on your doorstep. These could be youth centres, faith centres, village halls and many more.

**Schools:** Some schools host activities on their site that disabled people may be interested in.

**Searching online:** Use the popular search engines to find local information.

Other useful search websites for finding activities:

[www.bbc.co.uk/sport/get-inspired](http://www.bbc.co.uk/sport/get-inspired)

[www.parasport.org.uk](http://www.parasport.org.uk)



**01509 227750**



**info@activityalliance.org.uk**



**activityalliance.org.uk**



**ActivityAlliance**



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Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity No. 1075180