

# Including disabled people in sport

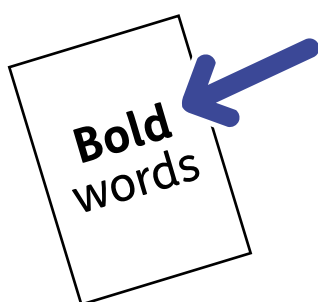
Inclusive recovery research report



**Easy  
Read**

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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#).

These are links that will go to another website which has more information.

# Introduction



**activity  
alliance**  
disability  
inclusion  
sport

Activity Alliance is a charity that works to support disabled people to take part in sport and activity.



**Britainthinks**  
Insight & Strategy

BritainThinks is an organisation that does research. This means they look into different things to find out more information about them.



We asked BritainThinks to find out how active disabled people have been since the COVID-19 rules ended.



This is a report about the information that BritainThinks found out.

# What we wanted to find out

We wanted to find out the answers to 4 main questions:



1. Has the COVID-19 pandemic changed how disabled people take part in sport and activity?



2. What support might disabled people need to take part in sport and activity?



3. What kinds of sports and activities can disabled people take part in?



4. What help do **activity providers** need to include more disabled people?

**Activity providers** are organisations that run sports and activities.

# Who we spoke to

We found out information in different ways, including:



- Listening to 36 disabled people talk about their lives.



- Asking 41 activity providers to fill in a survey.



- A group discussion with 19 disabled people and 8 activity providers.



Lots of people with different types of disabilities spoke to us.

# What we found out

The main things that we found out from disabled people were that:



- Most people still wanted to be active after the COVID-19 pandemic.



- The COVID-19 rules meant people could not meet each other, so they lost the confidence and support to take part.

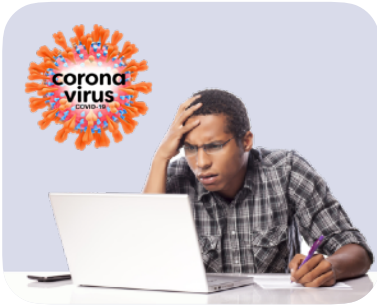


- The COVID-19 pandemic made the challenges they face when taking part in sport and activity worse.



- The COVID-19 pandemic led to disabled people not taking part in activities regularly.

The main things we found out from activity providers were that:



- The COVID-19 pandemic made their work more difficult because of things like:



- People not taking part regularly.



- Not having enough experienced staff.



- Not getting as much money as before.



- Having to close their services.



- They want to use what they learnt during the COVID-19 pandemic to improve their services.



- They want to have more activities that include disabled people and support them to take part.



# What we think should happen next



Disabled people and activity providers talked about how to make it easier for disabled people to take part in sport and activity.



They came up with 3 main ways that activity providers can support disabled people who want to be active:



1. Make it easier to find out how to take part in activities.



2. Make sure that activities are safe and welcoming places for disabled people to take part.



3. Make sure that disabled people have the chance to do activities that meet their needs.

# For more information



To look at this report in more detail you can visit:

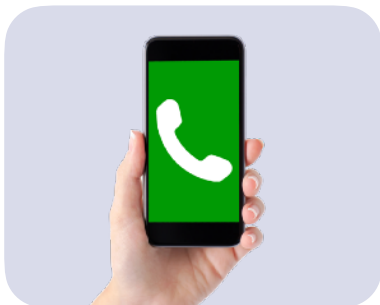
[www.activityalliance.org.uk/research](http://www.activityalliance.org.uk/research)



You can also find more information on our website here:

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

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