



Making active lives possible: A Charter for Change



**English Federation
of Disability Sport**

Making **active lives** possible

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Disabled people should have every opportunity to be as active as non-disabled people. Almost one fifth of the population is disabled. Physical activity can make a fundamental difference to disabled people's quality of life, it can increase independence and benefit our economy and yet disabled people's activity levels remain low.

- Physical inactivity has unsustainable health, economic and social impacts on individuals, families, communities and local services in England including one in six deaths (equal to smoking) and an annual cost to society of £7.4 billion.
- Disabled people are half as likely to be active as non-disabled people.
- Seven in ten disabled people want to be more active representing a huge and 'untapped' market.

The English Federation of Disability Sport champions disabled people's right to participate in physical activity and sport. This Charter for Change sets out what disabled people say they need to make this possible. We are asking you to commit your support to our charter and make active lives possible, for all. EFDS will push hard for a position where:



1 Everyone involved in providing sport or physical activity will support disabled people to participate.

Supporting participation goes beyond physical access. It's about fully embedding a real commitment to include disabled people by having the right staff, service, facilities and marketing.

We ask that:

- Opportunities to be active are developed with the full involvement of disabled people and their advocates
- Everyone working or volunteering in sport and physical activity needs to be trained to ensure they can meet the needs of disabled people
- Marketing engages disabled people
- All indoor and outdoor opportunities should be made accessible to disabled people
- Disabled people have opportunities to join mainstream and impairment specific activities
- Providers act on feedback so that disabled people's experiences remain positive
- Opportunities exist to participate and compete at all levels including to progress to the highest level of competition and performance

2 Disabled people will have the same opportunity as non-disabled people to be active throughout their lives.

Many disabled people cannot access sports or they can only participate if they meet certain criteria such as age or ability. Disabled people face huge physical, logistical and psychological barriers. Negative early experiences in school turn many disabled people off sport altogether. These barriers discriminate, are unjustified and must be removed.

We ask that:

- Funding bodies only support activities which enable disabled people to take part at every level throughout their lives and ensure proper evaluation of impact
- Government policies enable not hinder disabled people to be active
- Teachers and coaches receive training to enable them to include disabled people
- Disabled people are represented at a senior level in all organisations
- Disability support providers enable disabled people to be active through their support plans and staff training
- The Care Quality Commission monitors physical activity as part of its inspections
- Skills for Care includes physical activity as part of the care qualification

3 All communications about sport and physical activity will promote positive public attitudes towards disabled people's participation.

Negative public attitudes can discourage disabled people from taking part in sport or physical activity and impact their confidence and self-esteem. Promoting the participation and achievements of disabled people at every level will increase public awareness, encourage people to take part and boost the health and wellbeing of more disabled people.

We ask that:

- Government sponsor a national campaign which supports disabled people to be active
- Sports bodies and journalists represent disability sporting events and achievements as part of their regular coverage and communication
- Disability support providers promote the benefits of being active as part of their regular communications



English Federation of Disability Sport

The English Federation of Disability Sport (EFDS) exists to make active lives possible and ensure that millions of disabled people can lead active lifestyles. Dedicated to disabled people in sport and physical activity, EFDS supports a wide range of organisations to include disabled people more effectively. The national charity looks to a better future where everyone can enjoy the opportunities available. Established in September 1998, EFDS has a vision that disabled people are active for life.

To find out more about EFDS and our partner organisations, please visit www.efds.co.uk

Please tell us how you plan to support the Charter for Change:

English Federation of Disability Sport,
SportPark, Loughborough University, 3 Oakwood Drive,
Loughborough, Leicestershire LE11 3QF

Tel 01509 227750

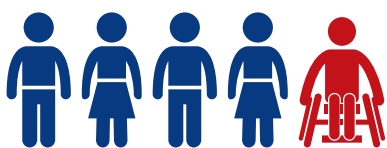
Email federation@efds.co.uk

Web www.efds.co.uk

Twitter @Eng_Dis_Sport

Registered Charity No. 1075180

The facts



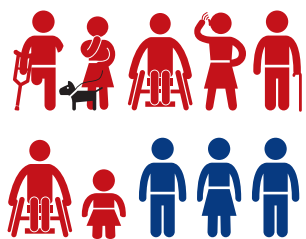
One in five

people in England have an impairment - around **9.4 million disabled people**.
(Census 2011)



One in twenty people

choose **'confident'** as a top three term that described how they feel when they **meet a disabled person**.
(Disability Matters 2015)



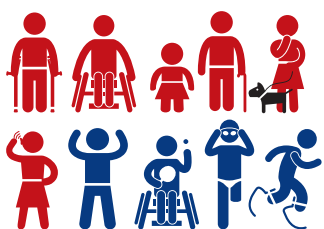
Seven in ten

disabled people have **not taken part in any physical activity in the last month** compared to five in ten (48%) non-disabled people.
(Sport England APS8)



Seven in ten

disabled people **want to do more sport**.
(EFDS Lifestyle Report)



Six in ten

disabled people claim that either **not knowing about opportunities** or a **lack of available activities** is what prevents them from taking part.
(EFDS Lifestyle Report)



Psychological barriers

play the biggest role in preventing disabled people from taking part in sport. Their **perception of their own abilities matters** as well as others' opinions on whether the activity suits them.
(EFDS Barriers to Participation Report)

The 10 principles

The English Federation of Disability Sport has developed these 10 principles to support providers to deliver more appealing opportunities for disabled people. During research published in our 'Talk to me' report, disabled people told us:

1

My channels

Use communication channels that I already trust e.g. social media, local media.

2

My locality

Travelling to get to activities can be a significant barrier for disabled people. I would much prefer opportunities to be closer to home.

3

Me, not my impairment

Many people do not identify with being disabled and are put off by advertising that focuses on disability.

4

My values

Everyone has values. Understanding what my values are and linking an activity to these can make taking part more appealing.

5

My life story

As people grow older our values change. Keep me interested over time through new ideas.

6

Reassure me

Some disabled people fear standing out and need to be reassured that any activity we attend will be welcoming and suitable for our needs.

7

Include me

Some disabled people need to know we are good enough to take part. Providers should make sure that people with varying ability levels feel included in sessions.

8

Listen to me

Disabled people can be limited by our impairment and should be able to discuss our needs in a safe and private environment before starting an activity.

9

Welcome me

An unpleasant first experience can prevent anyone from taking part again. Ensure that my first experience is enjoyable so I'm likely to return.

10

Show me

Engage disabled people who are already involved in your activity to promote it to others.