activity
alliance

disability
inclusion
sport

About Activity Alliance

easy
read

About us

Activity Alliance works to support disabled people to take part in **physical activity**.

Physical activity is movement and exercise that keeps your body and mind fit and healthy.

Our history

We started in 1998.

We are a national charity.

We used to be called the English Federation of Disability Sport.

Our vision

We want fairness for disabled people in sport and activity.

We want disabled people to be able to be active:

- where they want, and

- in the way they want.

It's good to be active

Being active:

- improves our physical health

- improves our mental health

- helps us to be more independent

- helps us to work and earn money.

The fairness gap

The fairness gap is the difference between:

- how much physical activity is done by disabled people, and

- how much physical activity is done by non-disabled people.

On average, disabled people are far less active than non-disabled people.

It is not fair that disabled people do not take part as much as non-disabled people.

We want to close the fairness gap.

Our work

Activity Alliance wants to help many more disabled people to be active and take part in sport.

We work with many important people and organisations.

We aim to close the fairness gap by:

- getting sport and activity organisations to include everyone

- changing attitudes towards disabled people in sport and activity.

Our members

We are a membership organisation.

You can join Activity Alliance and become a member.

You can join if you are:

- an organisation

- a group

- an individual person.

Our members want to make things fairer for disabled people in sport and activity.

For more information

For more information, please go to:

Website: **www.activityalliance.org.uk**

Email: **info@activityalliance.org.uk**

Phone: **01509 227750**

Facebook: **ActivityAlliance**

Twitter: **@AllForActivity**

Registered Charity Number: **1075180**

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