

British Blind Sport

Website address: **www.britishblindsport.org.uk**

Contact phone number: **01926 424 247**

Contact e-mail address: **info@britishblindsport.org.uk**



A VISIBLE DIFFERENCE THROUGH SPORT



Our purpose

British Blind Sport (BBS) provides visually impaired people with the opportunity to participate in sport.

As a charity we pride ourselves on 'making a visible difference through sport' as we know that taking the first step into participating in a sporting or recreational activity can change lives for the better.

Sport and recreational activities can enhance the lives of people with visual impairments by improving their health, developing confidence and increasing social interaction. We encourage adults and children to participate in activities at all levels from grassroots to the Paralympic Games.

Who we represent

BBS is a membership organisation with a number of volunteer led Specialist Sports Sections. These sections provide a national programme of opportunities for adults over the age of 16 in archery, cricket, football, acoustic shooting and ten-pin-bowling.

Alongside the Sport Sections' league and cup events programme, BBS hosts a number of 'have a go days/come and try sessions' for VI children and adults to try sport for the first time or be re-introduced back into the sport of their choice.

In addition to the adult programme, BBS also hosts national youth events for those under the age of 18 in football and swimming.

 Find us on Facebook: **British Blind Sport**

 Follow us on Twitter: **@BritBlindSport**

Registered Charity No. 271500

Blind and partially sighted people

There are almost two million people in the UK living with sight loss. There are varying types of visual impairments and the levels of sight loss ranges from total blindness to those with an impairment that also affects their everyday life.

This figure includes those that have irreversible uncorrected refractive error or a cataract that may be reversed. It also includes around 360,000 people registered as blind or partially sighted in the UK who have severe and irreversible sight loss.

There are almost 25,000 blind and partially sighted children in Britain. That is equal to 2 in every 1,000 children.

There is a link between sight loss and reduced wellbeing. Over one-third of older people with sight loss are also living with depression. Two-thirds of registered blind and partially sighted people of working age are not in paid employment.

Our support

BBS offers a national events programme for both children and adults with visual impairments and a number of 'have a go' days in a range of sports. In addition to this we also offer the following support:

- A series of 'VI friendly' sport specific educational resources to assist mainstream sports coaches and leisure providers to support people with a visual impairment within their chosen sport
- A 'First Steps' programme for VI children aged 7-12 years to encourage their first steps into sport and recreation
- Advice to clubs and coaches to enable more people with visual impairments to participate in sport
- A nationally recognised sight classification service that enables those participating in grass roots sport to compete on an equal level
- An insight and information service available to National Governing Bodies of sport and key stakeholders to develop their understanding of the sporting landscape in relation to visually impaired people across the UK
- BBS undertake research related to VI people and sport, and disseminate findings to key stakeholders to assist their understanding of the VI sporting landscape

Participation pathways for impairment group

BBS provides support to National Governing Bodies of sport (NGBs) to ensure all sports provision is inclusive and accessible to the VI community through structured events and appropriate coach development. We work with archery, acoustic shooting, athletics, boccia, bowls, cricket, cycling, football, goalball, golf, judo, sailing, swimming, tennis and ten-pin bowling.

Working in partnership

BBS works in partnership with a number of Disabled People's Organisations (DPOs) such as Guide Dogs and Action for Blind People on programmes to enhance mobility and well-being, and support new opportunities in sport for blind and partially sighted children and adults.

Cerebral Palsy Sport

Website address: **www.cpsport.org**

Contact phone number: **0115 925 7027**

Contact e-mail address: **info@cpsport.org**



Cerebral Palsy Sport
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Our purpose

Cerebral Palsy Sport is the country's leading disability sports organisation supporting people with cerebral palsy to reach their sporting potential. Our vision is that everyone with a physical disability is able to access a sport of their choice. Our mission is to improve quality of life of people with physical impairments through the provision of appropriate sport and recreational activities.

Who we represent

Cerebral palsy is a condition that affects muscle control and movement. Some people with the condition are lightly affected, whereas others may have associated difficulties which could include speech, spatial awareness, hearing, learning, visual difficulties and epilepsy.

Our aim is to increase participation, raise aspirations and promote inclusion of children and adults with cerebral palsy in sport and physical activity. We offer support and advice to parents, support workers, teachers, coaches, physiotherapists, occupational therapists, sport providers and other professionals on how to adapt sports for people with cerebral palsy.



Find us on Facebook: **Cerebral Palsy Sport**

Follow us on Twitter: **@CP_Sport**

Registered Charity No. 1088600

People with Cerebral Palsy

Cerebral palsy is a condition that affects muscle control and movement. It is usually caused by an injury to the brain before, during or after birth. Children with cerebral palsy have difficulties in controlling muscles and movements as they grow and develop. 1 in 400 children are born with cerebral palsy (estimated 30,250 in UK,) with 1,800 babies being diagnosed with the condition each year. There are 3 main types of cerebral palsy, the most common being spastic cerebral palsy. Present in around 75-88% of people with the condition.

Our support

Cerebral Palsy Sport provide sporting opportunities for children and adults with cerebral palsy in athletics, bowls, football, junior sports, swimming and table cricket. To ensure these opportunities are inclusive for all levels of ability (particularly those with limited or restricted movement) adapted versions of these mainstream sports have been developed. These include polybat, frame/walker football and adapted athletic disciplines.

We run a series of multi-sport activity days around the country, that offer children and young people a chance to try a variety of sports in a fun, safe environment. Whilst the activity days are geared towards participation for young people with cerebral palsy, they also educate teachers, support workers and sport providers offering practical experience of inclusive sport and physical activity opportunities.

Cerebral Palsy Sport organise coaching and training sessions in athletics, bowls, football, junior multi-sports, swimming and table cricket for people wanting to reach their sporting potential. We also offer a referral service for children and adults, signposting them to appropriate sporting competitions, mainstream opportunities and sports clubs.

Participation pathways for impairment group

Cerebral Palsy Sport offer a number of sporting pathways for people with cerebral palsy who want to develop their skills, participate regularly or compete in the following sports:

- **AthleticStart event and Athletics Series:** an introductory programme of athletics including Racerunning, plus a countrywide series of competitive athletics events leading up to a National Athletics Championships.
- **BowlStart:** Cerebral Palsy Sport in partnership with the Bowls Development Alliance have developed a series of introductory sessions throughout the year, alongside National pairs, teams and individual Championships that are run annually.
- **KickStart Football:** we have developed an innovative CP Kickstart Football development programme across the country in partnership with the FA, clubs and county sports partnerships for ambulant cerebral palsy players and those who use frames/sticks.
- **Junior SportStart:** A grass roots junior multi-sport programme delivered into schools and clubs across the country to provide opportunities to participate, play and enjoy sport.
- **SwimStart Swimming Programme:** a series of development swimming sessions introducing young people with cerebral palsy to water and build up to development galas and an annual National Swimming Championships.
- **Table Cricket:** a National Table Cricket Community League running across the country supporting participation and coaching development. Culminating in a Table Cricket National Finals at Trent Bridge.

Dwarf Sports Association UK

Website address: **www.dsauk.org**

Contact phone number: **01246 296 485**

Contact e-mail address: **Email contact form on website**



Our purpose

The Dwarf Sports Association UK (DSAuk) aims to make regular sporting opportunities accessible and enjoyable to anyone with restricted growth in the UK. We promote and develop recreational and competitive sport and physical activity opportunities across the UK.

Who we represent

DSAuk is a membership organisation working at a national and regional level to promote and provide sporting opportunities for people with restricted growth. Through our national office and regional networks, we offer advice and information on physical activity and sports opportunities for people with dwarfism who want to access and participate in sport and recreational activity at a local level. DSAuk also have links with National Governing Bodies of sport (NGBs) and the wider sports sector throughout the country.



 Find us on Facebook: **Dwarf Sports Association UK**

 Follow us on Twitter: **@dwarfsportDSAuk**

Registered Charity No. 1041961

People with restricted growth conditions

There are over 200 types of restricted growth which can be grouped together as dwarf conditions. The main characteristics being shorter than average arm and leg lengths, both being disproportionate to the torso length. Restricted growth is believed to affect between 3,000 and 6,000 people in the UK, with approximately one in 25,000 babies being born with the most common dwarf condition, Achondroplasia.

Our support

The Dwarf Sports Association UK offers a range of services and support for people with restricted growth and people with dwarfism, we welcome all to become members of DSAuk. We offer individual and family memberships for people with dwarfism, and a group or associate membership for those who wish to support DSAuk. Full member benefits for people with dwarfism include: connection and access to your local DSAuk regional association holding regular events throughout the year, eligibility to take part in annual DSAuk events, a copy of 'Reach Out' DSAuk's magazine published four times a year and advice on finding sport and recreational activities in your area.

We host the annual National Dwarf Games, consisting of two events held over separate weekends, usually in May and October. The Games brings together people with restricted growth to take part and compete in a number of activities. The first event weekend in May, sees DSAuk members compete in athletics, powerlifting, swimming, table tennis, new age curling, cycling, target shooting, hockey, basketball and football along with fun events for the under 9's such as soft archery and balance bike races. The second weekend event in October is for members who want to take part and compete in boccia and badminton. In addition, DSAuk hold a recreational day during the summer for sailing, kayaking and zorbing. Details of all event can be found on the events page of the DSAuk website.

DSAuk have several active regional groups covering the UK, each holding regular events throughout the year. The activities can include soft play and learn to swim for the very young members and swimming, skiing, football, tennis, tag rugby, outdoor pursuits, shooting, athletics, badminton, table tennis as well as many others for older members. Sports taster sessions, introducing new activities, are also organised by the regional groups. Both the National Dwarf Games and regional groups are run with the help of volunteers.

Participation pathways for impairment group

Many dwarf athletes enjoy participating regularly in their chosen activity, developing their skills and reaching their sporting potential. The Dwarf Sports Association UK support and provide further training opportunities and promote access to competition at local, club, national and international level. Every four years the World Dwarf Games, open to all people with dwarfism, is held in a country selected by the International Dwarf Athletic Federation (IDAF) following a host country bidding process. There are also several DSAuk members who regularly represent England and Great Britain at international level in their chosen sport and some members have achieved great success at Paralympic Games.

English Federation of Disability Sport

Website address: **www.efds.co.uk**
Contact phone number: **01509 227 750**
Contact e-mail address: **federation@efds.co.uk**



**English Federation
of Disability Sport**

Making **active lives** possible

Our purpose

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.**

One in five of the UK population considers themselves to be a disabled person, but research shows that disabled people are half as likely as non-disabled people to be active. Yet, most disabled people are not as active as they would like to be and that demand is not being met. EFDS's Lifestyle Report, released in 2013, found that seven in 10 disabled people want to increase their physical activity.

Who we represent

In England, there are just over nine million disabled people.

Working with key partners, we want disabled people to have a more positive experience of sport and physical activity. We support many organisations through our advice and resources. EFDS represents a number of sport and disability bodies as part of our governance, including the National Disability Sports Organisations (NDSOs). We also work with the County Sport Partnerships, National Governing Bodies of sport and disability organisations to influence disabled people's participation at all levels.



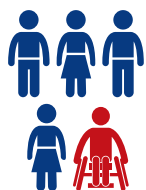
 Find us on Facebook: **English Federation of Disability Sport**

 Follow us on Twitter: **@Eng_Dis_Sport**

Registered Charity No. 1075180

Disabled People

Figures released for Sport England's Active People Survey 8 show there are 121,700 fewer disabled people participating in the period October 2013 and October 2014 than the previous year. This widens the gap between non-disabled and disabled people's participation, which shows less than half the number of disabled people take part in sport or physical activity for 30 minutes once a week compared to non-disabled people.



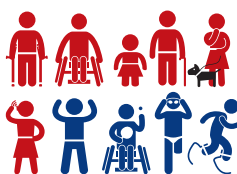
One in five people in England have an impairment - around **9.4 million disabled people**. (Census 2011)



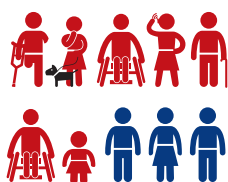
Seven in ten disabled people **want to do more sport**. (EFDS Lifestyle Report)



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)



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)



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)



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)

Our support

Our website www.efds.co.uk provides a vast amount of information for disabled people and organisations:

Resources

In the resources section, you will find a whole range of information and insight on disabled people, disability participation in sport and general demographic statistics.

Participation opportunities

Our website provides a search tool for many activities in all sorts of sports, locations and participation levels. Disability Sport Events is a programme delivered by EFDS, which runs several events throughout the year.

Inclusive Fitness Initiative (IFI)

Managed by EFDS, IFI promotes over 400 IFI accredited gym facilities, which are accessible to disabled people across the country. Disabled people can search for a local facility on our website.

Sainsbury's Active Kids for All Inclusive PE and Community Training

EFDS is working in partnership so more disabled people can enjoy sport and physical activity. Sainsbury's Active Kids for All offers training for schools and community groups to develop inclusive PE and sport for disabled people.

To find out when a training workshop is taking place near you, please email AK4A@efds.co.uk or phone **01509 227 751**.

English Learning Disability Sports Alliance

A partnership between Special Olympics Great Britain and Mencap

Special Olympics GB

Website address: www.specialolympicsgb.org.uk

Contact phone number: **020 7274 8891**

Contact e-mail address: info@sogb.org.uk

Mencap

Website address: www.mencap.org.uk/sport

Contact phone number: **020 7696 5574**

Contact e-mail address: sport@mencap.org.uk



Our purpose

The English Learning Disability Sports Alliance (ELDSA) is a unique partnership between Special Olympics Great Britain (SOGB) and Mencap to promote the inclusion of people with a learning disability in sport and physical activity. The ELDSA work across the sports sector to ensure that people with a learning disability have the best possible opportunity and choice to participate in sport at a recreational and competitive level. While SOGB and Mencap remain as two separate organisations, this partnership provides a single united voice for people with a learning disability in sport.

Who we represent

English Learning Disability Sport Alliance represents people with a learning (intellectual) disability. There are an estimated 1.5 million people living with a learning disability in Great Britain (Papworth Trust, 2014). ELDSA believes people with a learning disability (PWLD) should have the same sporting opportunities as non-disabled people, regardless of their ability level. The ELDSA aims to:

- Raise awareness of learning disability sport
- Work together with a clear common purpose to increase sporting opportunities for PWLD
- Be a single united voice for sport for PWLD
- Engage, enable and support PWLD to regularly take part in activity
- Support the development of inclusive provision
- Establish a single point of contact for National Governing Bodies of sport, County Sports Partnerships and other organisations to develop more sport provision for PWLD



Find us on Facebook:

Follow us on Twitter:

 **Special Olympics Great Britain**

 **@SOGreatBritain**

Registered Charity No. 800329

 **Mencap**

 **@Mencap_Charity**

Registered Charity No. 222377

People with a learning (intellectual) disability

There are an estimated 1.5 million people in the UK with a learning disability. Over 1 million adults over 20 years and above, and over 410,000 children aged up to 19 years old have a learning disability (Papworth Trust, 2014).

Approximately 59% of people with a learning disability do not participate in sport, even as little as once a month. However 2 out of 3 people with a learning disability would like to do more sport and physical activity.

Visit **www.improvinghealthandlives.org.uk** for more information.

Our support

Working together as the ELDSA we are able to offer support and advice on inclusion policies, training opportunities, and campaigning for better provision for people with a learning disability. Both SOGB and Mencap support a range of organisations including NGBs, government, CSPs and charities. We manage a programme of all ability sports delivery. This includes hosting a pathway of local to international competition, and a programme to support the identification of gifted and talented athletes with a learning disability.

As part of Sport England's Inclusive Sport programme, the ELDSA is working to represent and develop both the provision and demand of sport for people with a learning disability.

We run two projects to engage inactive PWLD and support sport providers on delivering inclusive opportunities:

- 1.** The ELDSA's new Round the World Challenge and volunteer Sports Champions aim to engage and motivate 900 people with a learning disability, who are currently inactive to take part in sport and physical activity. This project will promote and help educate PWLD about the benefits of sport and physical activity.
- 2.** The ELDSA will work with sport organisations such as NGBs, CSPs and other leisure providers, supporting them to provide more inclusive opportunities for PWLD. Using targeted engagement and establishing new delivery networks we hope to provide sport and physical activity opportunities to a minimum of 1,800 people with a learning disability.

The ELDSA also offers a 'Let's Get Active' EasyRead guide to sport and physical activity for PWLD. It provides information on the benefits of being active and where you can find local opportunities - available in both electronic and hardcopy formats.

We also offer a 3 hour 'Learning Disability in Sport' workshop, aimed at sports clubs, coaches, teachers and activators to educate and help them feel confident in providing sporting opportunities for PWLD.

LimbPower

Website address: **www.limbpower.com**
Contact phone number: **07503 030 702**
Contact e-mail address: **andy@limbpower.com**



Our purpose

LimbPower is the National Disability Sports Organisation that supports amputees and the limb impaired to reach their sporting potential.

The Charity's mission is to engage amputees and the limb impaired in regular and sustained participation in recreational and competitive sport and the arts, to improve their quality of life and aid physical, social and psychological rehabilitation. LimbPower aim to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability.

Who we represent

LimbPower uses its expertise, experience and partnerships to engage with, influence attitudes and change behaviour towards sporting habits of civilian and military amputees and the limb-impaired (people born with congenital or acquired limb difference).

LimbPower's objectives are to support this population by offering relief to the physically disabled, aiding rehabilitation and improving their quality of life through sport and the arts. They aim to achieve this through the provision of information, education, access to facilities and opportunities to participate in sport and the arts.



People with a limb impairment

There is an estimated population of 450,000 people living with limb loss and limb indifference in the UK and approximately 5,000 - 6,000 amputations take place a year in England.

Our support

LimbPower is committed to creating more engagement opportunities for amputees and the limb impaired in sport as they start rehabilitation. We work with 12 limb centres in England to provide 'Introduction to Sport' workshops as part of the rehabilitation programme.

LimbPower Games

The annual LimbPower Games is a fantastic event that helps introduce amputees and people living with limb loss to sport and physical activity. The focus of the Games is to use sport to aid rehabilitation and is aimed at a beginner, have-a-go level. Participants have the opportunity to take part in sports such as: volleyball, basketball, tennis, badminton, football, swimming, cycling, rowing, fencing, powerlifting, shooting and more.

Primary Games

LimbPower provide a great opportunity for young amputees and ambulant disabled children of all abilities to participate in sport in a safe, friendly and inclusive environment at The LimbPower Primary Games. The event offers children and young people aged 5-11 the opportunity to learn and develop coordination skills, socialise with their peers and discover their potential through sport.

Junior Games

The Junior Games offers older children a similar experience to the LimbPower Games. Each sport offered is supported by the relevant National Governing Body, providing coaching expertise to assist and encourage those taking part.

Advanced Rehabilitation Clinic

LimbPower also run an advanced rehabilitation clinic that supports amputees that want to take their rehabilitation to the next level after leaving their Limb Centre. The focus is on improving fitness, focusing on core stability and proprioception of the artificial limb, exercise, nutrition and goal setting. We provide each participant with an amputee management plan to take away with them.

Participation pathways for impairment group

LimbPower looks to work in partnership with and educate National Governing Bodies of sport, County Sport Partnerships, Disabled People's Organisations and other partners about the different types and level of amputation. In order to help them ensure that sports provision is inclusive and accessible, so that people living with limb loss or limb difference can take part in sport and physical activity at a level that suits them.

UK Deaf Sport

Website address: **www.ukdeafsport.org.uk**
Contact phone number: **07944 467 980**
Contact e-mail address: **participation@ukds.org.uk**



Our purpose

UK Deaf Sport (UKDS) is a National Disability Sports Organisation and the registered strategic lead for deaf sport across the UK. Our mission is to lead on developing more opportunities for deaf people to participate in sport throughout their lives and to support more deaf athletes to perform on the world stage.

We use the term 'deaf' to refer to all levels of hearing loss in children, young people and adults, including partial or total loss of hearing. This includes those who may describe themselves as having a 'hearing impairment', 'hearing loss' or as 'deaf', and includes children and young people who may have glue ear.

Who we represent

As the strategic lead for deaf sport, we represent 11 million people who are deaf in the UK. We believe that deaf people should have the opportunity to take part and enjoy sport throughout their lives. Sport and physical activity can have a profound effect on the lives of deaf people, improving a person's health, confidence and increasing their social interaction.

Most deaf people do not consider themselves to be disabled and believe that their main barriers to taking part in sport and physical activity are:

- Concerns about lack of fitness
- Concerns about communication problems
- Lack of confidence about taking part or making contact with groups

(UKDS Participation Survey, 2015)



Deaf and hard of hearing people

Action on Hearing Loss (RNID) reports that one in six people in the UK (11 million) have some form of hearing loss. This includes around 6.7 million people who could benefit from hearing aids. An estimated 900,000 people in the UK are profoundly deaf. There are 50,000 deaf children and young people in the UK. Around half of them are born with hearing loss, while the other half lose their hearing during childhood.

According to Sport England's Active People Survey 10 (2016), participation in sport and physical activity is lowest among deaf people. Only 9.7 per cent of people with a hearing impairment take part in sport once a week, compared with 39.9 per cent of non-disabled people.

Our support

UK Deaf Sport offers support and guidance to a range of national, regional and local organisations to develop coaching, talent identification and competition pathways within deaf sport. As part of this work, we support programmes that look to enhance deaf people's physical and mental wellbeing through sport and create new participation opportunities for deaf children, young people and adults.

We are committed to improving the ability of sports coaches to communicate with deaf people. We work with partners to provide deaf awareness and British Sign Language training. In partnership with UK Coaching we run 'Effective Communication – Coaching Deaf People in Sport' workshops around the country. We also work with National Governing Bodies of Sport (NGBs) to increase the number of deaf coaches in sport by providing more coaching courses with communication support.

In addition to encouraging participation at a recreational level, we are also committed to developing talent and enabling deaf people to reach their sporting potential. We work with NGBs to ensure that those with sporting talent are not hindered or discriminated against because of their hearing impairment. We support Deaf Sports Organisations and NGBs to develop clear sporting pathways for deaf people to develop their skills and compete at a Regional, National, European, World and Deaflympic level. We also work in partnership with Deaf Sports Organisations to improve their governance and infrastructure, so they can provide better support to deaf athletes.

Participation pathway for impairment group

Deaf sports have a structure of competitive opportunities on a National, European, World and Deaflympic level. UKDS is the recognised body for the registration and authorisation of UK, GB and home nation entries into international competition. We work with a variety of partners to increase the awareness of elite deaf sport and bring more world class competitive events for deaf people to the UK. UKDS is also a member of the International Committee of Sport for the Deaf (ICSD) and the European Deaf Sport Federation (EDSF).

WheelPower - British Wheelchair Sport

Website address: **www.wheelpower.org.uk**

Contact phone number: **01296 395 995**

Contact e-mail address: **info@wheelpower.org.uk**



Our purpose

WheelPower, the national charity for wheelchair sport provides opportunities, facilities, expertise and equipment that enable disabled people to participate in sport and lead healthy active lives.

Who we represent

WheelPower provide, promote and develop opportunities in recreational and competitive sport for individuals with a physical impairment or locomotor impairment who:

- Require a wheelchair for sport
- Are eligible to compete within wheelchair sport at the discretion of the particular sports association

Physical impairments include: spinal cord injury, spina bifida, muscular dystrophy, amputation, cerebral palsy, hemiplegia and other locomotor impairments.



 Find us on Facebook: **WheelPower**

 Follow us on Twitter: **@wheelpower**

Registered Charity No. 265498

Our support

WheelPower supports individuals to find a sport or physical activity that they are passionate about and enjoy. We use our expertise, annual programme of events, member sports associations and partnerships with organisations such as National Governing Bodies of sport, to deliver opportunities in a wide range of sports. Including archery, athletics, fencing, table tennis, tennis, powerlifting, bowls, cue sports, shooting, skiing, sledge hockey, wheelchair basketball and wheelchair rugby.

WheelPower offer a free membership for individuals, family or carers, supporter or donor, volunteers and coaches. Sign up for free on the website and receive the following member benefits:

- Regular e-newsletter
- Access to resources and videos on how to maintain your sports wheelchair
- Regular information on what is happening in wheelchair sport
- Keep up to date on sport and physical activity opportunities nationally and locally
- Support in how to access sport and physical activity opportunities local to you

We run an annual programme of events including primary and junior camps, have a go sessions and National Wheelchair Games all held at Stoke Mandeville Stadium, unless otherwise stated:

- Primary Sports Camps (3 events held annually for 6-11 year olds)
- London Primary Sport Camps (6 events held annually for 6-11 year olds)
- Junior Sports Camps (2 events held annually for 11-18 year olds)
- In2 Sport Camps (two day residential event for 18-30 year olds)
- Time to Shine (three day residential event for 11-18 year olds for six Olympic/Paralympic growth London boroughs, part of the Motivate East programme)
- National Junior Games (three day residential event for 11-18 year olds)
- National Junior Wheelchair Games (two day residential event for 11-18 year olds)
- Inter Spinal Unit Games (three day residential event for newly injured patients at 12 Spinal Units and a military rehabilitation unit)
- Sport specific National Championships

WheelPower also supports individuals, clubs and organisations to obtain sports wheelchairs through its WheelAppeal programme. WheelAppeal provides standard manual sports wheelchairs and grants towards bespoke sports wheelchairs. For more information about this programme and to apply for a wheelchair please visit the website.

Participation pathways for impairment group

Within wheelchair sport there are pathways for athletes from grassroots to competing at the Paralympics Games. In the majority of sports there are opportunities to have a go at an introductory level, participate regularly and compete to the individuals desired level.