

Activity Alliance

Impact Report 2020-2021



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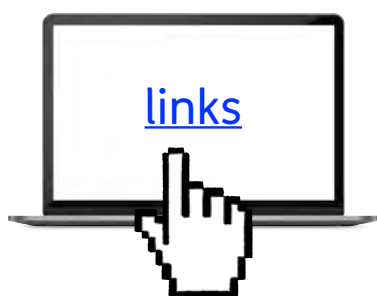
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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to another website which has more information.

Introduction



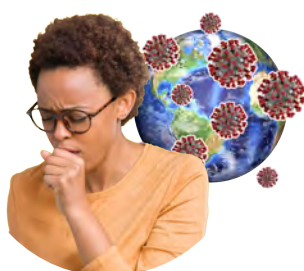
Activity Alliance works to support disabled people to take part in **physical activity**.



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



It has been a difficult year for everyone because of **COVID-19**.



COVID-19 is an illness that is spreading around the world. It can affect your lungs and breathing.



This information explains what we have done and achieved over the last year 2020 to 2021. It is called an 'impact report'.

Our goals for the year 2020 to 2021



Despite COVID-19 we kept working to help disabled people to be active and take part in sport.

We had 2 main goals for the year 2020 to 2021:



1. Making sure organisations include disabled people.



2. Changing how people think about disabled people in sport and activity.



This impact report will tell you what we have done towards achieving these goals.

Making organisations more inclusive



We wanted organisations to do more to include disabled people in sport and activity.

To do this we:



- helped disabled people to stay active in their homes
- helped sport buildings become more accessible for disabled people
- carried out research on how COVID-19 has affected disabled people taking part in sport
- gave helpful information to organisations
- helped organisations to be more inclusive online



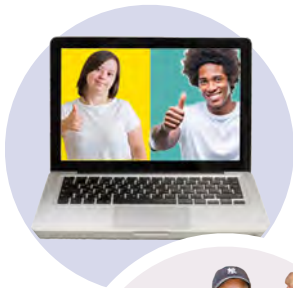
- made training courses about including disabled people
- thought of new ways to get disabled people interested in sport.

Changing how people think



We wanted to use sport and activity to change how people think about disabled people.

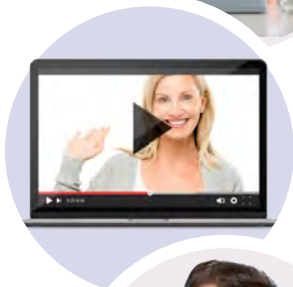
To do this we:



- held an online event where disabled people spoke about being included in sport



- created blogs with disabled people



- made videos and posted them on social media



- worked to raise awareness about what we do.

Other achievements



New membership programme

We know there are many other organisations that help disabled people.



This year we created a new way for organisations, groups and individual people to become a member of Activity Alliance.



Our members help us reach our goals.



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



Strengthening our team

We made some changes to our key staff to make us stronger.



We have 2 new people in important **director** positions.

Directors are in charge of certain activities within Activity Alliance.



Thank you

We want to say thank you to everyone who has worked hard with us over the last year.

Further information



You can read our full impact report here:

www.activityalliance.org.uk/impact-report



You can contact us by:

- phone: 01509 227750
- email: info@activityalliance.org.uk

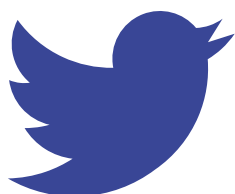


For more information go to:

- our website:
www.activityalliance.org.uk



- Facebook:
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