

Activity Alliance's Disability and Activity Survey 2021 to 2022



**easy
read**

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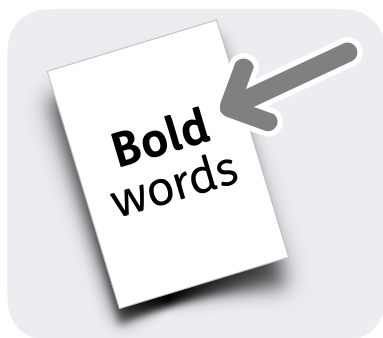
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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



Activity Alliance is working to support disabled people to take part in **sport and physical activity**.



Sport and physical activity is movement and exercise that keeps your body fit and healthy.



In 2021, almost 2000 disabled and non-disabled people took part in our **survey**.

A **survey** is a set of questions used to find things out.



This survey was about taking part in sport and physical activity.



This Easy Read information will tell you what we found out from the survey.

What we found out



In our 2020 to 2021 survey we found out that before COVID-19 more disabled people were doing sport and physical activity.



COVID-19 has made it difficult for disabled people to take part in sport and physical activity.

2021 to 2022 survey



We found out 4 main things from our 2021 to 2022 survey:



1. Since COVID-19, disabled people do not feel they are given the chance to take part in sport and physical activity.



2. Disabled people do not feel that sport and physical activity is for them.



3. Since COVID-19, disabled people have not enjoyed taking part in sport and physical activity.



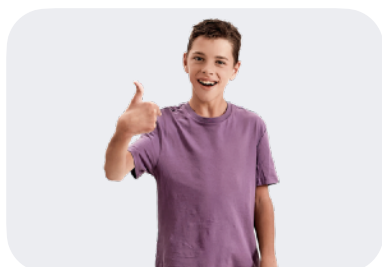
4. Disabled people say their disability or health issue stops them from taking part in sport and physical activity.

What we will do

We will make sure that:



- Disabled people are included in lots of different sports and physical activities.



- Sports and physical activities meet the needs of disabled people.



- Sport organisations look at training their staff on how to include and work with disabled people.



- Sport organisations and health organisations work together to give disabled people advice on how to take part in sport and physical activity.

More information



To look at our survey you can visit:

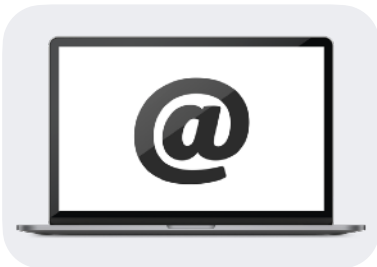
www.activityalliance.org.uk/annual-survey

You can also find more information on our website here:

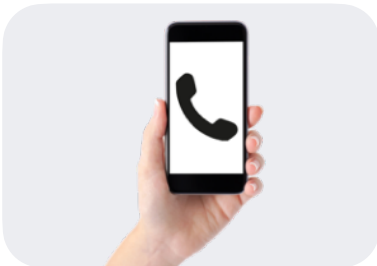
www.activityalliance.org.uk

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