



What we have done in the past year

2021 to 2022



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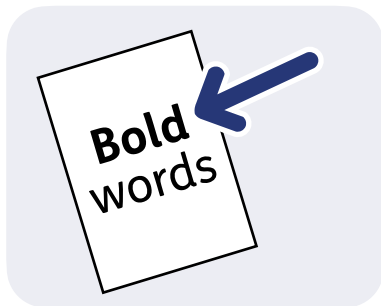
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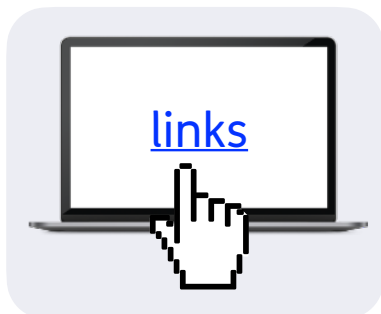
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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are blue and underlined.

These are links that 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.



This Easy Read information will tell you what we did from 2021 to 2022 to support disabled people to take part in sport and physical activity.

What we have done



From 2021 to 2022 we worked to achieve 2 big goals.

This is the work we did to achieve these goals.

1. Changing how people think about disabled people taking part in sport and physical activity



To help change how people think about disabled people taking part in sport and physical activity, we have:

- Delivered the second part of our ‘Who says?’ **campaign**.

A **campaign** is where we try to make a change by giving information and holding events.





- Shared our work and what we do with others so that more people know about Activity Alliance.



- Supported the government's idea to make a sport and physical activity plan for disabled people.



- Taken part in the International Day for Disabled People by sharing stories and videos on lots of different social media.

2. Making sure other organisations are working to include disabled people.



To make sure other organisations are working to include disabled people we have:



- Delivered more than 20 workshops about including disabled people to lots of different organisations.



- Worked with health organisations.



- Made sure disabled people are involved in all of our **research projects**.

Research projects help us to find out new information about a topic.



- Supported sports organisations to hold events that include everyone.



- Continued with our 'Get Out, Get Active' work.



- Given disability training to teachers, volunteers and health professionals.



- Created ways schools can include disabled children in PE lessons.

Looking after our staff



Looking after our staff at Activity Alliance is very important.

They help us to do our work and achieve our goals.

From 2021 to 2022 we:



- Made sure all members of staff felt supported.



- Hired more disabled people as members of staff.

For more information



You can read a full report on what we have done this year on our website here:

www.activityalliance.org.uk/impact-report



You can contact us by:

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For more information go to:

- Our website: www.activityalliance.org.uk
- Our Facebook: www.facebook.com/ActivityAlliance
- Our Twitter: www.twitter.com/AllForActivity



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