

Activity Alliance Disability and Activity Survey

2022 to 2023



**Easy
Read**

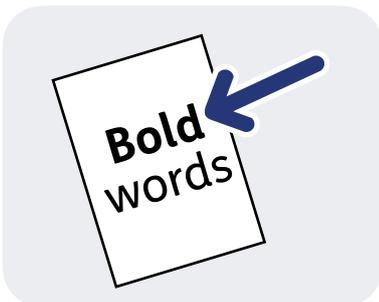
Easy Read



This is an Easy Read version of some hard information. It may not include all of the information but will tell you about the important parts.



This Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



Activity Alliance works to support disabled people to take part in **sports and activities**.



Sports and activities are movements and exercises that keep your body fit and healthy.



From October to December 2022, we did a **survey** to find out more about how disabled people can take part in sports and activities.

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



Nearly 2000 disabled and non-disabled people took part in the survey.



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

What we found out



After doing the survey and speaking to disabled people, we found there were 7 different topics that people told us about.

We will tell you what we found out for each of these 7 topics.

1. Taking part and enjoying an activity



Too many disabled people are not active.

Disabled people are less likely than non-disabled people to:



- Have enjoyed the last activity they did.



- Feel that they have the chance to be as active as they want to be.



- Say that the person in charge of their activity supported their needs.



But we also found out that:

- Disabled people want to be more active.



- More disabled people think sports and physical activities are for them now than in 2019.

2. Health and healthcare professionals



Healthcare professionals like doctors and nurses can do a lot to support disabled people to have better health.



Disabled people think doctors and nurses are the best people to give them advice about being active.



Having better health is the most important reason to be active for disabled people.



3 quarters of disabled people feel less able to be active than they used to.



This is because of changes in their health during COVID-19.

3. The rising cost of living



The **cost of living** means how much it costs to pay for the things we need to live, like electricity and heating.



Disabled people are finding it harder because the cost of living is going up.



Almost 2 in every 5 disabled people said that the cost of living has affected how active they are.



Only 1 in every 5 disabled people said the cost of living made no difference to how active they are.



Disabled people said things that would help them to be active are:

- Ways to be active that do not cost very much.



- Help to pay for transport and support.

4. Mental health and wellbeing



Wellbeing means feeling happy and healthy in your body and mind.



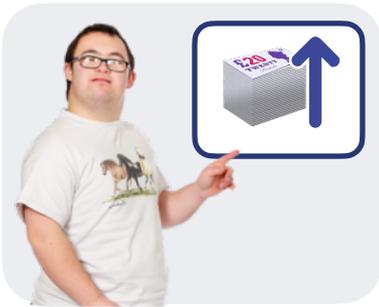
For many disabled people, their wellbeing is worse than ever.



Disabled people were 3 times more likely than non-disabled people to feel lonely.



2 in every 3 disabled people who felt lonely said being active would help them to feel less lonely.



Disabled people were more likely to say the rising cost of living has meant they spend less time with other people.



Most people who do group activities like to take part with a mix of other disabled and non-disabled people.

5. Seeing other disabled people take part in sport



Only 1 in 3 disabled people say they see **‘people like me’** playing sport and being active.



‘People like me’ can mean other disabled people, or people with the same disability as them.



Only 1 in 5 disabled people say they see 'people like me' working in sport and activity.



Some disabled people who take part in activities would like to become a **coach** or help others to do the activity.



A **coach** is someone who runs activities for others to take part in.

6. Having a say



Disabled people want to have more say in the decisions that affect them and the activities they take part in.



Only 1 in 10 disabled people have been given the chance to help plan the activity they take part in.



Almost half of disabled people want to have a say in the types of activities they take part in.

7. Outdoor spaces and active travel



Active travel means things like walking and cycling.



Disabled people are less likely to be active outside of their homes than non-disabled people.



Disabled people were most likely to say they liked being active:

- In outdoor spaces.



- Indoors at leisure centres.



- At home without online support.



Disabled people want to see outdoor spaces like parks made into better spaces to be active.

Find out more



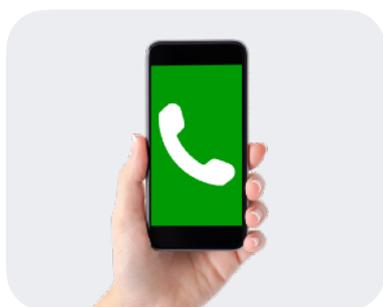
You can look at our full survey by going to this website:

www.activityalliance.org.uk/annual-survey



You can ask us about our survey by:

- Email: research@activityalliance.org.uk



- Telephone: 01509 227750



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