

**activity
alliance**

disability
inclusion
sport

Disability and Activity Survey 2023 to 2024

What we found out about people
taking part in sport and activity



**Easy
Read**

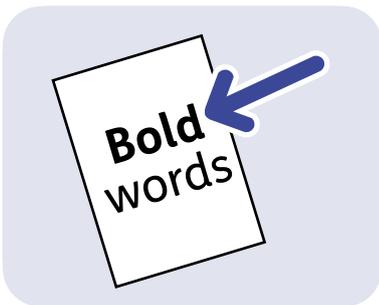
Easy Read



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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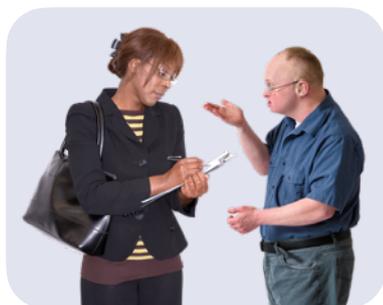
About this booklet



This information is about a survey we did from October to November 2023.



We asked 2320 disabled and non-disabled people about taking part in sports and activities.



This booklet will tell you the main things that people told us.



You can see the full survey report here:

www.activityalliance.org.uk/how-we-help/research/annual-survey



If you have any questions about this information you can contact us by email:

research@activityalliance.org.uk

What people told us about taking part

The main things we found out about people taking part in sport and activity were:



- Disabled people are more likely than non-disabled people to do no sport or activity.



- Only 4 out of 10 disabled people feel they have the chance to be active if they want to be.



- 3 out of 4 disabled people want to be more active.



- The main reason people want to be active is to be healthy.

The other main things we found out about people taking part in sport and activity were:



- Some disabled people feel that other people in the country do not understand what disabled people need.



- Fewer disabled people enjoyed the last time they were active than non-disabled people.



- The main reason disabled people are not active is because of their health condition or disability.

What people told us about COVID-19 and the cost of living



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



The cost of living has gone up a lot recently - this is called the **cost of living crisis**.

The main things we found out about the effects of COVID-19 and the cost of living crisis were:



- People think there are fewer chances to do activities for disabled people.



- The rising cost of living means people are doing fewer activities.

The other main things we found out about the effects of COVID-19 and the cost of living crisis were:



- The cost of living crisis has more of a bad effect on:



- Disabled women.



- Younger disabled people.



- Disabled people from different **ethnic backgrounds** - this is your race and the country that your family comes from.



- Disabled people who have 5 or more disabilities.

The other main things we found out about the effects of COVID-19 and the cost of living crisis were:



- People find it hard to pay for sports or activities when they are paying more for things like electricity and food.



- Nearly half of disabled people said they would spend less on being active when money is tight.



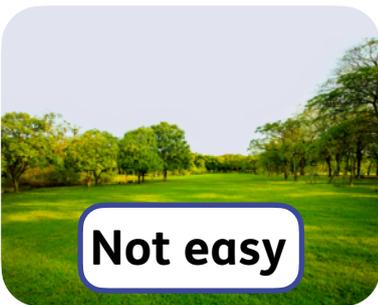
- Nearly 2 out of 5 disabled people are scared that being active will mean they would lose their benefits.

What people told us about outdoor activities

The main things we found out about outdoor activities were:



- Disabled people want to do activities in outdoor spaces like parks or the countryside.



- Less than half of disabled people say it is easy for them to get to outdoor spaces.



- Only 15 out of 100 disabled people say “nothing stops me from being active outdoors”.



- Planning activities outdoors can be difficult as people worry about being able to use outdoor spaces.

The other main things we found out about outdoor activities were:



- Travelling on buses or trains can be worrying or more difficult for disabled people.



- Just under half of disabled people like to **actively travel** - this means travelling by moving your body.



- Travelling to an activity in an active way is a type of exercise itself.

What people told us about mental wellbeing and loneliness



Mental wellbeing means feeling happy and healthy in your mind.



The main things we found out about mental wellbeing and loneliness were:

- Disabled people have a lot poorer mental wellbeing and are more lonely than non-disabled people.



- Disabled people are more likely to say they are often or always lonely.



- Nearly 7 out of 10 disabled people say that being active would help them to feel less lonely.

The other main things we found out about mental wellbeing and loneliness were:



- Disabled people are more likely to feel lonely if they are also:



- From a different ethnic background.



- A woman or **non-binary** - this means someone who does not feel themselves to be either a man or a woman.



- A different **sexual orientation** - this is who you are attracted to, like being lesbian, gay or bisexual.



- Someone who has less money than others.

The other main things we found out about mental wellbeing and loneliness were:



- Disabled people are also more likely to feel lonely if they are also:



- Someone who has more than one disability.



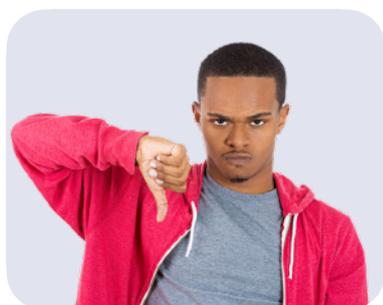
- In a younger age group.

What people told us about feeling included in activities

The main things we found out about disabled people feeling included in activities were:



- Disabled people are much less likely to see other people like them working in sport and activity.



- Disabled people feel ignored in many parts of life, including in sport and activity.



- The Paralympics was a good way to show what disabled people can do but people did not think it helped the public to understand disabled people.

The other main things we found out about disabled people feeling included in activities were:



- Only 1 in 10 disabled people say they have the chance to become a sports coach or work in sports.



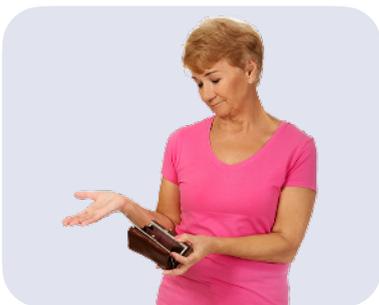
- People who are more likely to want to work in sport or activity are:



- Disabled men.



- Younger disabled people.



- Disabled people who have less money than others.

The other main things we found out about disabled people feeling included in activities were:



- Disabled people feeling that they belong in a sport or activity is just as important as being able to take part.



- There was a small rise in the number of people who felt that their activity leader:



- Included them in the activity session.



- Met their needs to be able to take part in the activity.

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