

# About disabled people and sport in England

What we found out from our survey



**Easy  
Read**

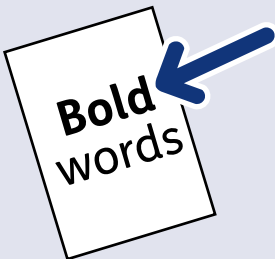
# Easy Read



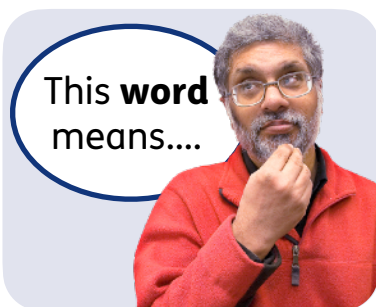
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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



Sometimes if a bold word is hard to understand, we will explain what it means.



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**  
disability  
inclusion  
sport

This booklet is from **Activity Alliance**.

**Activity Alliance** is a charity that helps disabled people take part in sports and activities.



We want to give disabled people more chances to do sport and be active, in the way they want to.



We also do **research** to help other people and to make changes in sport.

**Research** means collecting information about something to find out more about it.



Each year, we do a survey to find out more about what is important to disabled people about sport and activity.



This booklet will tell you more about what we found out in the last 5 years from 2019 to 2024.

# About the survey



10,411 people took part in the survey over the last 5 years.



5,113 of these people had a disability.



5,298 of these people did not have a disability.



We wanted to understand more about disabled people's experiences with sport and activities.



We wanted to know if things like where they live or their age made a difference.

# What we found out

## About being active



Across England, only about half of disabled people agree that they have the chance to be active.



Disabled people who have problems with their **mental health** are less likely to be active than other disabled people.

**Mental health** is the way you think, feel and behave.



7 out of 10 disabled people said they enjoyed the last time they did sport or were active.



Disabled people in Yorkshire and Humber are most likely to enjoy being active.



Disabled men are more likely than disabled women to have enjoyed the last time they did sport.



8 out of 10 disabled people said they would like to be more active.



People with mental health problems or who have difficulty moving because of their disability are more likely to want to do more activities.

# Information about being active



Most disabled people get information and advice about doing sport and being active from healthcare staff.



They also get information from friends and family, or from organisations that run activities.



Disabled people who have difficulty moving are less likely to ask healthcare staff about being active.



People with a mental health condition are more likely to ask healthcare staff about being active.



Disabled people mostly find information about sports and activities online.



They also get information from sports organisations.



People who enjoy sports and activities are more likely to look online for information than people who do not enjoy them.

## **Getting different people involved in sport**



Some disabled people might think they cannot take part in sports and activities.

Disabled people might think they cannot take part in sports because they:



- Do not have a lot of money.



- Are a woman.



- Are over 65.



Disabled people who are **LGBT+** also might think they cannot take part.

**LGBT+** means lesbian, gay, bisexual, transgender + others.

Some disabled people might not think they can work in sports and activities, like:



- People over 65.



- Women.



- People who are LGBT+.



People from different **ethnic backgrounds** are more likely to think they can work in sports and activities.

Your **ethnic background** is your race and the country that your family comes from.



Some disabled people might think they cannot **volunteer** in sports and activities.

A **volunteer** is someone who gives their time to help without getting paid for it.

This might be:



- People who are over 65.



- People who are LGBT+.



People who are 16 to 34 are most likely to think they can volunteer in sports and activities.

# What should happen next



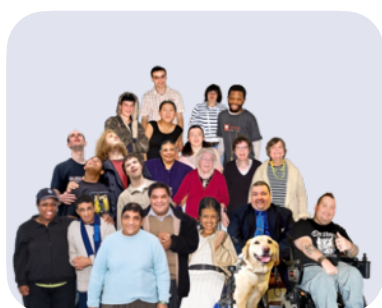
We want to learn more about disabled people and sport in different parts of England.



We want to work with other organisations to help disabled people be more active.



We will keep doing our surveys and telling people about what we find out.



We will work to make sure that everyone can take part in sport and activities.



We will help health and social care staff work with sport and activity organisations so they can give more information to disabled people.



Online information about how and where disabled people can be active should be kept up to date.



Sport and activity organisations should make it easier for all disabled people to work or volunteer for them.



The government should support disabled people to work in sport and activity organisations.

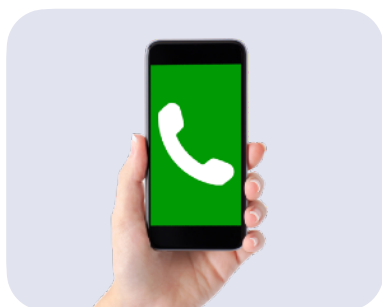
# Find out more



You can read more about what we found out from our survey on the Activity Alliance website:

[www.activityalliance.org.uk/research](http://www.activityalliance.org.uk/research)

You can contact us by:



- Phone: 0808 175 6991

It is free to phone this number.



- Email:

[research@activityalliance.org.uk](mailto:research@activityalliance.org.uk)

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