activity alliance
disability inclusion sport

Building belonging

Our impact in 2025-2026

About us

Activity Alliance is the national charity and leading voice for disabled people in sports and activities.

This year we continued to work with disabled people, partners, policymakers and supporters to remove barriers, influence change and create more opportunities for disabled people to be active in ways that work for them.

Our strategy, We All Belong, continued to guide our work. This year we strengthened our national movement for change, expanded our influence, grew our learning offer and supported inclusive practice across communities, schools, workplaces, events and policy spaces.

This past year has been a testament to what determination and collaboration can deliver. From community-led projects that open doors in neighbourhoods, to strategic responses that reshape policy and public attitudes, our work has created meaningful, measurable change. We have forged powerful partnerships across local and national landscapes, whether that is with councils, governing bodies, funders or networks.

With that same energy, we will keep pushing until sports and activities are genuinely a place where everyone feels they belong.

Adam Paker, Activity Alliance Chair

Our year in numbers

400+
people signed up to the new supporter scheme.

11
webinars hosted, attended by 700 people.

7
policy consultations submitted and 47 policy meetings attended.

18
network sessions delivered, attended by 250+ organisations.

1,550+
learners enrolled on Learning Hub courses.

207
young para-swimmers and athletes supported through our Junior Championships.

62
workshops delivered, reaching 900 people.

300+
organisations worked with us.

Growing the movement

We launched a supporter scheme, bringing together individuals and organisations who share our commitment to making sports and activities inclusive for every disabled person.

More than 100 people signed up on the first day, and by the end of March 2026, our supporter community had grown to over 400. Alongside this, our Belonging in Action campaign across social media helped partners celebrate inclusive practice, with more than 50 organisations and individuals creating or sharing campaign content.

Our new supporter scheme gives people and organisations a simple way to stand with us and show their commitment to inclusion. By working together, we can help create a future where every disabled person feels they belong in sports and activities.

Adam Blaze, Activity Alliance CEO

Join the movement

Want to be part of a united voice for inclusion?

Sign up as a supporter for free here:

www.activityalliance.org.uk/supporter

Insight that drives action

Our research continued to expose inequalities and shape better solutions.

We worked with partners on major insight projects including A Game of Inequality with Women in Sport, highlighting the sporting dream gap for young disabled people.

We also released our Play, Move, Belong report exploring young disabled and non-disabled people's experiences and perceptions of sport and physical activity. The findings highlighted a widening gap in participation.

Only a quarter (26%)

of disabled children say they take part in sport and activity 'all of the time' at school, compared to 38% of non-disabled children.

Influencing policy

One year on from publishing our manifesto, we continued to push for change across health, education, transport, employment, outdoor access and social security.

We gave evidence to national inquiries making the case for continued investment in inclusive sports and physical activity. We called for the social value of disabled people being active to be recognised, highlighting the 'activity gap' costing society £10.9 billion - the additional value if activity levels of disabled people were the same as non-disabled people.

Everyday inclusion

Our programmes and partnerships help organisations move from intention to action. This year we worked with over 300 organisations across local communities, national networks, education, health, leisure and sport to build confidence, share learning and create more inclusive opportunities.

Through Include to Improve, delivered with Sport for Confidence and funded by Sport England, we supported organisations to strengthen their commitment to inclusion. The programme launched a Strategic Partner Network and a Lived Experience Network, ensuring disabled people's views shaped resources, support offers and programme delivery.

> There was a time when I would sit in meetings and not say anything, even when I had something to contribute. Now, I feel confident sharing my views. I feel listened to, I feel included.
>
> **Paul, Include to Improve Lived Experience Network member**

Get Out Get Active continued to bring disabled and non-disabled people together through fun, inclusive activity.

Across nine years, the programme has reached **62,000** people, with more than **38,000** participants taking part in **37,000** activities and interventions, supported by over **4,700** volunteers.

Inclusion starts with learning

Our Learning Hub celebrated its first birthday and continued to grow as a high-quality training platform. Over the year we launched five new courses and workshops and enrolled more than 1,500 learners.

We also launched a new CIMSPA-accredited Inclusive Activity Programme workshop for school staff, supporting more children with special educational needs and disabilities (SEND) to be included in PE and school sport.

> I now realise that inclusion is not just about adapting physical tasks but also about creating safe, supportive, and socially inclusive environments where every pupil can succeed.
>
> **A learner who completed the Inclusive PE eLearning module**

Events that build belonging

We were delighted to hold our British Junior Para Swimming Championships and National Junior Para Athletics Championships again this year, providing inclusive environments for over 200 young para-athletes to compete and thrive.

We hosted a range of webinars, sharing our insight with 700 people. And our event's expertise supported the London and Manchester marathons.

> Being on the blocks next to people my age, who understood the same challenges and worked just as hard, made me feel like I truly belonged.
>
> **Young para-swimmer Rose at the British Junior Para Swimming Championships**

National Junior Para Swimming

Our people

Activity Alliance's people are central to our success. A major milestone this year was achieving Disability Confident Leader status, showing our ongoing commitment to creating inclusive workplaces where disabled people and people with long-term health conditions can thrive.

Staff say they feel fulfilled by purposeful work that creates meaningful change for disabled people, citing impact, shared values and the authenticity with which those values are lived day to day as central sources of pride. This deep connection to mission, rather than just role or reward, is a hallmark of Activity Alliance's culture.

What's next for us?

The need for change remains urgent. Disabled children and adults continue to face barriers to being active, from inaccessible places and limited opportunities, to attitudes, funding and representation.

In the year ahead, Activity Alliance will continue to:

- Grow our supporter community and a movement for change.
- Champion disabled people's voices in every space where decisions are made.
- Provide high-quality training, resources and support to embed inclusivity.
- Lead the way in gathering insight on disabled people in sports and activities.
- Better understand and act on inequalities within the workforce.
- Use our expertise and insight to strengthen inclusive practice across the sports sector and beyond.

Together with disabled people, partners and supporters, we will keep working towards a future where every disabled person feels they belong in sports and activities.

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ActivityAlliance

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