

English Federation of Disability Sport

Website address: www.efds.co.uk
Contact phone number: **01509 227 750**
Contact e-mail address: federation@efds.co.uk



**English Federation
of Disability Sport**

Making **active lives** possible

Our purpose

The English Federation of Disability Sport (EFDS) exists to make active lives possible and ensure that millions of disabled people can lead active lifestyles. Dedicated to disabled people in sport and physical activity, EFDS supports a wide range of organisations to include disabled people more effectively. The national charity looks to a better future where everyone can enjoy the opportunities available. Established in September 1998, EFDS has a vision that **disabled people are active for life.**

One in five of the UK population considers themselves to be a disabled person, but research shows that disabled people are half as likely as non-disabled people to be active. Yet, most disabled people are not as active as they would like to be and that demand is not being met. EFDS's Lifestyle Report, released in 2013, found that seven in 10 disabled people want to increase their physical activity.

Who we represent

In England, there are just over nine million disabled people.

Working with key partners, we want disabled people to have a more positive experience of sport and physical activity. We support many organisations through our advice and resources. EFDS represents a number of sport and disability bodies as part of our governance, including the National Disability Sports Organisations (NDSOs). We also work with the County Sport Partnerships, National Governing Bodies of sport and disability organisations to influence disabled people's participation at all levels.



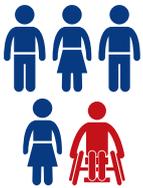
 Find us on Facebook: **English Federation of Disability Sport**

 Follow us on Twitter: **@Eng_Dis_Sport**

Registered Charity No. 1075180

Disabled People

Figures released for Sport England's Active People Survey 8 show there are 121,700 fewer disabled people participating in the period October 2013 and October 2014 than the previous year. This widens the gap between non-disabled and disabled people's participation, which shows less than half the number of disabled people take part in sport or physical activity for 30 minutes once a week compared to non-disabled people.



One in five people in England have an impairment - around **9.4 million disabled people**. (Census 2011)



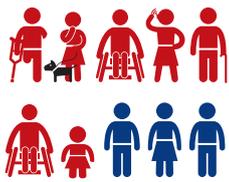
Seven in ten disabled people **want to do more sport**. (EFDS Lifestyle Report)



One in twenty people choose 'confident' as a top three term that described how they feel when they **meet a disabled person**. (Disability Matters 2015)



Six in ten disabled people claim that either **not knowing about opportunities** or a **lack of available activities** is what prevents them from taking part. (EFDS Lifestyle Report)



Seven in ten disabled people have **not taken part in any physical activity in the last month** compared to five in ten (48%) non-disabled people. (Sport England APS8)



Psychological barriers play the biggest role in preventing disabled people from taking part in sport. Their **perception of their own abilities matters** as well as others' opinions on whether the activity suits them. (EFDS Barriers to Participation Report)

Our support

Our website www.efds.co.uk provides a vast amount of information for disabled people and organisations:

Resources

In the resources section, you will find a whole range of information and insight on disabled people, disability participation in sport and general demographic statistics.

Participation opportunities

Our website provides a search tool for many activities in all sorts of sports, locations and participation levels. Disability Sport Events is a programme delivered by EFDS, which runs several events throughout the year.

Inclusive Fitness Initiative (IFI)

Managed by EFDS, IFI promotes over 400 IFI accredited gym facilities, which are accessible to disabled people across the country. Disabled people can search for a local facility on our website.

Sainsbury's Active Kids for All Inclusive PE and Community Training

EFDS is working in partnership so more disabled people can enjoy sport and physical activity. Sainsbury's Active Kids for All offers training for schools and community groups to develop inclusive PE and sport for disabled people.

To find out when a training workshop is taking place near you, please email AK4A@efds.co.uk or phone **01509 227 751**.