



**English Federation
of Disability Sport**

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The English Federation of Disability Sport (EFDS) works to help disabled people to be more active.

We help organisations to support disabled people to stay active for life.



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Disabled people want to be more active



Seven out of every 10 disabled people want to be more active.

But most can not find the right activity or know what is available.



The number of disabled people who actually are active is roughly the same as the last year.



The Government wants to change this.

The EFDS is already doing more and more by working with other organisations.



But we want to make bigger changes over the next 4 years.

We want many more disabled people to have the chance to be active.

Some of our work in 2015 - 2016



- We held a big conference called “Making Active Lives Possible”.

We worked with Disability Rights UK and the Minister for Disabled People, Justin Tomlinson.



People from 70 organisations came.

The conference focussed on our “Charter for change”.



- We have spoken to lots of organisations that run different sports about how they can involve more disabled people.



- We are working closely with different UK Disability Sports Organisations to look at how to involve more disabled people in sport.



- Schools are now using the **Sainsbury's School Inclusive Health Check** to involve more disabled young people in School Games



The Youth Sport Trust and EFDS created the **Sainsbury's School Inclusive Health Check**.

It is a way for schools to check whether they are making their activities accessible or not.



- Our regional team has been working to bring more organisations together in local areas.



- More people are learning how to run sports for disabled people by coming to our **Sainsbury's Inclusive Community Training Workshops**.

Last year nearly 2500 people came to these **workshops**.



A **workshop** is a meeting or training session where people get together to discuss or learn about something.



- More people are reading or watching what we say:
 - ▶ Over 17,000 people follow us on Twitter
 - ▶ Over 2000 people 'like' us on Facebook
 - ▶ We had over half a million visits to our web pages
 - ▶ We published 48 blog articles



- ▶ There were over 500 news stories about sport and exercise for disabled people



- ▶ Our inclusive Communications Guide has been made into a great film:

★ www.youtube.com/watch?v=XGcoCZa-a50



- ▶ We have made five films called **Me, Being Active**. These are short films which show the power of keeping active.

★ www.youtube.com/watch?v=VCR-NTW-Wz8



- This year we are leading a group of UK organisations to run the **“Get Out and Get Active”** programme. This aims to get more people active in lots of places around the country.

What we have done this year



- We have helped the **County Sports Partnerships** to involve more disabled people.



There are 45 **County Sports Partnerships** (CSPs) in England.

They are organisations who work in local areas to increase the number of people being active.



- We ran 22 inclusive communication workshops. These helped nearly 300 people to understand more about communicating better with disabled people.



- We ran 21 workshops about our research into disabled people and sport.



- Over 250 sports clubs have used our **Inclusion Club Hub** to work out how inclusive they are.



The **Inclusion Club Hub** is a website for sports clubs.

It asks questions and uses the answers to show how good the sports club is for disabled people.



- We send a newsletter to over 1000 people each month.



- We ran a day called LEAD for 6 County Sports Partnerships.

These days help them to understand how to improve their organisation and their work for disabled people.



- We gave our **Inclusive Fitness Initiative Mark** award to 13 leisure centres across the country



- We can check to see whether gym equipment is accessible to everyone



- We run a training scheme for staff who work in sport and exercise called **Delivering an Excellent Service for Disabled Customers.**



- Nearly 600 people have completed this training online.



- Since it started over 1000 schools have completed the Sainsbury's School Games Inclusive Health Check.



- Over 1500 young disabled athletes took part in seven regional and national championships.



- In January this year **Spirit of 2012** gave £4.5million to a group of local and UK organisations led by EFDS.



Spirit of 2012 was set up to continue to get people involved in sport after the London Olympics and Paralympics in 2012.