

# Activity Alliance's Annual Disability and Activity Survey 2020 – 2021



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# Introduction



Activity Alliance is working to support disabled people to take part in **sport and physical activity**.



**Sport and physical activity** is movement and exercise that keeps your body fit and healthy.



In 2020, almost 2000 disabled and non-disabled people took part in our **survey** about taking part in sport and physical activity.

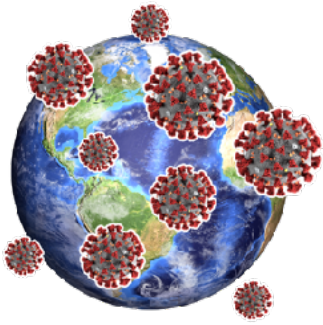


A **survey** is a set of questions used to find things out.



This document will tell you what we found out from the survey.

# What we found out



## Before COVID-19

**COVID-19** is an illness that affects your lungs and breathing. It is spreading all over the world.



Our survey shows that before COVID-19:

- more disabled people were doing physical activity than in 2019



- disabled people felt that they had more chances to do physical activity



- not as many disabled people felt their disability stopped them doing physical activity



- more disabled people felt that physical activity and exercise was for people like them.



This means that the things we were doing to help disabled people to be active were working.



## During COVID-19

COVID-19 is having a big effect on disabled people doing physical activity.



Our survey shows that during COVID-19:

- disabled people feel they have less chance to do physical activity
- staying safe means it is harder for disabled people to do physical activity





- disabled people feel they haven't been told how to carry on with physical activity



- disabled people are worried about things getting back to normal.

# What we will do

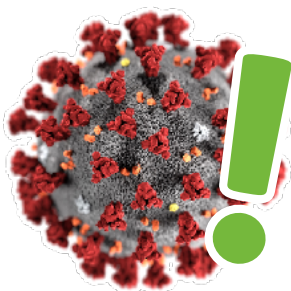
We will make sure that:



- disabled people have clear information about doing physical activity



- disabled people are included in sport and physical activities that start again after COVID-19



- we work with others to solve problems caused by COVID-19



- make sure disabled people have lots of different ways to do physical activity



- we change the way people think about disabled people in sport and physical activity.



## Contact us

Telephone: **01509 227750**



Email: **info@activityalliance.org.uk**



Website: **activityalliance.org.uk**



Facebook: **ActivityAlliance**



Twitter: **@AllForActivity**



Download our Annual Disability and Activity Survey report at:

**[www.activityalliance.org.uk/annual-survey](http://www.activityalliance.org.uk/annual-survey)**