Activity Alliance

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activityalliance.org.uk

Activity Alliance is a national charity

We are making active lives possible

With a vision that disabled people are active for life

How?

By enabling organisations to support disabled people to be and stay active for life for more than 20 years, through...
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- Engagement
- Inclusive marketing communications
- Research and insight

By enabling organisations to support disabled people to be and stay active for life for more than 20 years, through...

- Inclusive programmes
- Improvement, leadership and organisational development
- Advocacy and influencing

This diagram shows how our organisational outcomes support individual and society-wide outcomes:

- Activity Alliance Annual Survey

One in five people in England have an impairment.

Disabled people are twice as likely to be physically inactive than non-disabled people.

DWP Family Resources Survey

Sport England, Active Lives
Eight in ten disabled people want to be more active

Activity Alliance Annual Survey

Psychological barriers play the biggest role in preventing disabled people from taking part in sport

Activity Alliance Barriers to Participation Report

Two in three disabled people would prefer to take part in sport with both disabled and non-disabled people

Activity Alliance Lifestyle Report

Three in five disabled people state that either not knowing about opportunities or lack of availability activities prevents them from being active

Activity Alliance Lifestyle Report

Other key facts

- 4 in 5 disabled people want to be more active
- 1 in 3 disabled people agree that ‘sport’ is for someone like them
- 2 in 5 disabled people said a fear of losing benefits prevents them from trying to be more active
- 2 in 3 disabled people said they would listen to GPs, doctors and nurses about taking part in activity
- Almost three quarters (73%) of disabled people have more than one impairment
- Inactivity increases with the number of impairments an individual has. (51% = 3 or more, 31% = 1 or more)
- Disabled people from lower socioeconomic groups are much more likely to be inactive than disabled people from higher socioeconomic groups (43% vs 28%)
- 2 in 5 (41%) disabled people under the age of 40 cited finances as a barrier to being active

Other key facts cont.

- Disabled people had consistently lower levels of wellbeing than non-disabled people across all measures.
- Disabled people were less likely than non-disabled people to agree that:
  - they feel satisfied with their life overall (23% vs 44%). they felt happy yesterday (27% vs 47%).
  - the things they do in their life feel worthwhile (35% vs 48%).
  - they feel like they can achieve their goals (40% vs 70%)
- Disabled people were also more likely to feel frequently lonely (22% vs 10%).
Thank you
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