



Disability Sheffield
The Centre for Independent Living

Disability Sheffield Information Service Leisure Factsheet



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Disability Sheffield Centre for Independent Living Limited is a company limited by guarantee, registered in Cardiff No. 4639160 and is a registered Charity No. 1112712

Disability Sheffield is one of four Disabled People's User Led Organisations (DPULOs), working together to develop better opportunities for disabled people to be more physically active in the 'Get Yourself Active' project.



What is Get Yourself Active?

The [Get Yourself Active Project](#) is about disabled people having better opportunities to take part in physical activity and sport.

Get Yourself Active (GYA) is a national project led by Disability Rights UK and funded by Sport England, which works to demonstrate that improved access to physical activity and sport for disabled people can improve quality of life.

GYA works to make the conversation happen between disabled people, the sports sector, and the health and social sectors. Everyone involved in the Get yourself Active project wants you to have the choice, control and independence to get active in a way that's right for you. For some people this might be going rock climbing or joining a local football team, for others it might be joining a local gardening club!

The project is about improving your wellbeing and growing opportunities for people with lived experience of physical and sensory impairments, mental health issues, learning disabilities and health conditions to participate in physical activity and sport including by using personal budgets. Many disabled people want to be more independent and confident, to be part of the community or a team, to meet new people or to see their friends. You can achieve all of these outcomes and more through taking part in physical activity and sport.

This factsheet is one way we can highlight and provide you with access to information about leisure activities that already exist in the city and keep you informed of new opportunities. You can also keep up to date by looking at news and events on [our website](#) and by signing up to receive our free latest news bulletins.

If you need support to find activities call our Disability Information Service on **(0114) 253 6750** or email info@disabilitysheffield.org.uk

Our Sheffield Cycling 4 All project in Hillsborough Park, is a popular initiative which has received national recognition, including a spot on TV, and shows the added value of improving wellbeing through taking up exercise. You can find all the information you'll need about Cycling 4 All, and many other projects throughout this factsheet.

Sheffield hosted the [Special Olympics](#) from 7-12 August in 2017 so it is more important than ever that the legacy of the games will help to make Sheffield a more accessible city where everyone can take part in physical activity and sport, whatever their ability.

Get Yourself Active Survey

If as a result of contacting us or using our information you have accessed and started taking part in physical activity we would love to hear from you to find out if it has made a difference to your life. If you wish to take part, The Get Active project is inviting people to complete their survey and we can send you the forms on request.

Improving Your Health

The following advice on changing your lifestyle to improve your health is taken from the NHS Your Health, Your Choices website.

Keeping fit and healthy can be a challenge if you have a long-term condition, but it will make a big difference to your wellbeing. If you've been thinking about making changes to your lifestyle, such as stopping smoking, losing weight, eating healthily or doing more exercise, there's plenty of help and support available.

Talking to your GP and other healthcare workers, including pharmacists, is the first step. They'll be able to help you to look at your lifestyle and can suggest changes that are suitable for your condition and any treatment you're having. Your health or care worker can also let you know about local services that can help you. It's important not to overdo exercise. Start slowly by doing a little at a time and build up at a steady pace that feels right for you. Tell the 'teacher' about your condition and make sure they know how to work safely if there are any particular risks. You don't need to take up running or aerobics to get fit and active. Find the right activity for you. It could be a more gentle exercise class such as yoga, T'ai Chi or Pilates. Regular exercise can help ease your pain and make you feel happier. It can help you lose weight, and could help reduce the symptoms and flare-ups of many long-term conditions, including arthritis, asthma and heart disease. Ask your GP about vaccinations that could help you stay healthy. People with long-term health conditions can sometimes be more vulnerable to infections such as flu and pneumonia.

For more details on a healthier lifestyle visit the NHS [Live Well](#) website or the new NHS [Change 4 Life](#) website.

Yorkshire Smoke Free – Sheffield

[Yorkshire Smoke Free: Sheffield](#) is a specialist NHS support service designed to help you quit smoking. They can help in lots of different ways depending on your preference and what's available in your area. They offer [telephone support](#), [face to face sessions](#), [live chat](#) and their unique [online quit program](#).

Their services are FREE, friendly and flexible and you will always have access to their specialist advisors who have helped 1000s of people to go smoke-free. Support is available at a large number of locations across Sheffield, and you can [find your nearest clinic here](#).

Tel: **0800 612 0011** (Free from landlines)

Tel: **0330 660 1166** (Free from most mobiles)

Move More Sheffield

The Move More initiative is designed to encourage more physical activity in all age groups and abilities, in all parts of the city. It is supported by all major City partners including the voluntary sector, universities, NHS and Sheffield City Council, and the message is simple: move more and you'll feel better, look better, work better and play better. More information about the aims of Move More can be found [here](#), including a video and the Move More Plan. The best way to get involved, and get active is to simply go to the [Move More website](#) where you can get started straight away. The [Move More Sheffield App](#) (available from the App Store for Apple devices and from the Google Play Store for Android devices) is designed to support people in adopting a healthier lifestyle.

[Find activities to Move More](#)

This Girl Can – Sheffield

[This Girl Can Sheffield](#) is a Move More partner for women and girls who want to know how, when and where they can get moving. It's happening in Sheffield because of the national This Girl Can Sport England campaign which is encouraging more women to take up exercise and celebrates women who are doing their thing no matter how they do it. With two million fewer women than men and boys aged 14-40 regularly doing sport, research shows that women are more likely to only become active because of body image and competency fears. You can find an activity for you on the [This Girl Can Activities Page](#). (scroll down to the bottom of this link).

SPARS – Sheffield Physical Activity Referral Scheme

[SPARS](#) is another Move More partner, and is a scheme for people with long term health conditions who want to Move More. Here they can get professional advice about how to get started, and professionals can find details of organisations providing activities

This is a specific programme which you can be referred to by your GP or other health care practitioner. The Sheffield International Venues (SIV) offer a 12 week Physical Activity referral scheme with discounted sessions to access the facilities, and the comfort of having your own qualified referral instructor, to help you become a little more active if you suffer from a long term medical condition, or if you are simply inactive and at risk of a condition and require an extra helping hand and motivation to be more physically active.

SIV Physical Activity referral Schemes are found at

- Concord Sports Centre
- Ponds Forge International Sports Centre
- Hillsborough Leisure Centre
- Graves Tennis and Leisure Centre
- Springs Leisure Centre

GPs and other health professionals can refer you the scheme, if they can give details of any conditions and medications, by downloading [this referral form](#) from the SPARS

website. The scheme costs £3.30 per day pass - access to gym, swim and classes throughout the day, or £54 upfront for 12 weeks unlimited use. You can then access the discounted membership schemes. Click [here](#) to download a flyer which provides more information. Smaller schemes are also available at Heeley Swimming Pool and Westfield Sports Centre. Click [here](#) to download the short referral form for Heeley scheme Swim only sessions there at £2 per day pass.

Special Olympics GB

[Special Olympics GB](#) is the largest registered charity providing year-round sports training and competition opportunities for people with learning disabilities. Throughout the year and every year Special Olympics GB athletes have the opportunity to take part in single-sport and multi-sport competitions locally and regionally all across Great Britain. Also, every four years our athletes also have the chance to compete in our National Games as well as in European and World Summer and Winter Games.



Sheffield Cycling 4 All

Our inclusive cycling project [Sheffield Cycling 4 All](#) is at Hillsborough Park from March through to October . Open cycling sessions take place every Tuesday (term time only) and every Thursday (including school holidays) at 10-12.30 pm and 1 - 3pm and cost £3 per participant per session. Closed sessions are available for group bookings. In the winter months the Tuesday and Thursday sessions are from 10-1pm only. There are a wide range of bikes available to suit a wide range of abilities. The cycling takes place on the basketball pitches at the bottom of the park near the entrance to Sheffield Wednesday football ground. For further details contact Disability Sheffield on **0114 253 6750** or email

info@disabilitysheffield.org.uk . Please keep looking at [Disability Sheffield's website](#) as the project extends into the Winter months as cycling sessions may be cancelled depending on the weather though regular participants will receive a notification.

Sheffield International Venues (SIV)

[Sheffield International Venues \(SIV\)](#) is the organisation which runs a huge number of sports [venues](#) throughout Sheffield, including IceSheffield, Ponds Forge, Hillsborough Leisure Centre and more. Their website has information on the activities available across all of these venues, as well as events and news.

Concessions at SIV

[Sheffield LifeCARD](#) gives you significant savings on sport and leisure activities across Sheffield International Venues Centres as well as access to offers throughout the year.

[Sheffield LifeCARD Plus](#) was introduced at Sheffield International Venues (SIV) in 2016 to replace the Slice Card at a cost of £5.00 per card for 1 year. The LifeCARD Plus offers the holder up to 30% off the LifeCARD Price. Please see eligibility criteria and proof needed in the above link.

The Plus+ One scheme provides free access for a carer, family member, support worker or friend for anyone requiring support to part in leisure opportunities. SIV has told us that over 100 people have benefited from the scheme over the past year, with over 6,000 attendances and are keen to make sure that people know about and use the scheme. The Plus+ One can be used for gym and fitness classes, casual swimming and swimming lessons, casual ice skating and ice skating lessons at venues across the city – Concord Sports Centre, Hillsborough Leisure Centre, English Institute of Sport Sheffield, iceSheffield, Ponds Forge International Sports Centre, Springs Leisure Centre and Heeley Swimming Pool. [View](#) .

To take advantage of the Plus+ One scheme all you have to is purchase a membership card (Sheffield Lifecard or Sheffield Lifecard Plus) from any of the above venues and then select 'YES' to the question: 'Do you require additional support to access our venues?'. When attending any of the venues, all you have to do is present your membership card when paying for your activity and your Plus+ One supporter will be given complimentary access.

Visit www.siv.org.uk for more information on membership, venues, activities and timetables

Places for People Leisure , part of [Places for People](#) offer a similar card called Sheffield Saver Plus .

A Sheffield Saver Plus card can be used at Graves Health and Sports Centre, Thorncliffe Health and Leisure Centre, Wisewood Sports Centre plus any SIV venue..

The Sheffield Saver Plus card is available to anyone who wants to become more active but struggles to afford leisure activities. If you are eligible for the scheme you can access swimming at a 30% reduced rate and can join the scheme for free. Just bring along your proof of eligibility. [How to Apply](#)

Sheffield IAPT (Improving Access to Psychological Therapies)

As an organisation [Sheffield IAPT](#) are interested in how physical activity could help you to manage your mood and feel better. Taking part in physical activity on a regular basis can have a positive effect on our mental health. Studies show that regular physical activity can help people to recover from depression, lifting their mood, reducing anxiety, improving self-esteem and concentration. As such Sheffield IAPT has a dedicated page on their website detailing general [Exercise Resources in Sheffield](#)

The [Getting Active and Feeling Better booklet](#) is a self help guide to using physical activity to manage your mood which can help you to think about your own physical activity and how you can use it to improve your health and wellbeing. It gives practical guidance about how to include more activity in your life and how to overcome the barriers that may make it difficult for you to be more active. Extra copies of the worksheets are available [here](#). You can work through this workbook on your own, with a friend or with an IAPT worker. There are a wide range of organisations such as gyms and leisure centres which are open to the general

public and can help you become more active, many of which can be found in the Getting Active and Feeling Better booklet.

Improving Access to Psychological Therapies Sheffield (IAPT)
Sheffield Health and Social Care NHS Foundation Trust
St George's Community Health Centre
Winter Street
Sheffield
S3 7ND
Tel : **0114 22 64380**

Inclusive Fitness Accredited Sites

The IFI (Inclusive Fitness Initiative) is a Sport England Lottery Funded project which works with fitness facilities to support them in becoming accessible to disabled and non-disabled people. [Go to the Inclusive Fitness Initiative website](#)

Concord Sports Centre on Shiregreen Lane, Sheffield S5 6AE is an accredited Inclusive Fitness Initiative site where facilities include disabled parking bays, low reception bays, induction loop hearing systems, various formats of print, lift access to every floor and disabled toilets on every floor.

Tel: **0114 257 0053**

www.concordsportscentre.co.uk

[Thorncliffe Health and Leisure Centre](#) is also an accredited site

Sport Hallam on City Campus, Howard Street, Sheffield S1 1WB

Sport Hallam is the joint name of the University's Sport and Recreation Service and the Sports Union. Sport Hallam is not only open to students of the University, but also their alumni, associates and members of the local community. Information and advice for disabled students is available from the Disabled Student Support Team at <http://www.shu.ac.uk/sporthallam/>

Tel: **0114 225 2150**

Email: srs@shu.ac.uk

Sheffield Directory

[The Sheffield Directory](#) is an online directory of voluntary, community, faith, health and social care organisations in Sheffield. There are over 5000 entries covering a wide range of subjects including sport and exercise. The directory has dedicated [Things to Do](#) and [Keep Fit and Healthy](#) pages which can help you find activities near you.

The Sheffield Directory has 20 entries listed in this [search](#) for sport and physical activity for disabled people. Just click on each entry to bring up full details.

Sheffield Community Wellbeing Programme

The [Community Wellbeing Programme](#) (CWP) works to make Sheffield a healthier place. There are 16 Community Wellbeing Programmes across the city covering the neighbourhoods with the worst health. There are many activities to support people to improve their health, including advocacy work, social prescribing, healthy walks,

eating on a budget, community allotments, Diabetes support workers, cook and eat and more. For more information ring 0114 293 0681/2.

A full list of services can be found in the Sheffield Directory on [this link](#) and include:-

Zest

[Zest](#) is an award winning community enterprise which manages a flagship community building, The Zest Centre, and deliver health, employment, training, social and physical activities to adults and children from across Sheffield, with a particular focus on the neighbourhoods of Netherthorpe, Upperthorpe and Langsett. [The Zest Centre](#) houses a public swimming pool, two gyms, a library and café. The facilities for disabled people at the Zest Centre are described as being “second to none.” More information on the Zest Centre Disabled Facilities can be found [here](#). A comprehensive calendar detailing the numerous daily sports and activities available to attend at the Zest Centre can be found at their [What's On page](#).

SOAR

[SOAR](#) is a community regeneration charity that provides a range of services designed to improve a person’s health, well-being and employability. SOAR have a dedicated Health Team, and the [Health](#) page on their website details the various ways they can help improve your health and wellbeing; including [Health Trainers](#) and [Health Activities](#).

ShipShape Health and Wellbeing Centre

Shipshape is a community health organisation who offer a range of one to one and group activities to help you to lead a healthy life. They are based at Sharrow Lane, Sheffield, S8 8QA

Tel: **0114 250 0222**

Email: sbrewer.shipshape@gmail.com

Twitter: @shipshapesheff

Facebook: www.facebook.com/ShipshapeSheffield

Darnall Wellbeing

[Darnall Well Being](#) is a community health organisation working to help the people of Darnall, Tinsley and neighbouring areas in Sheffield stay healthy. DWB delivers a combination of group activities, 1to1 support for healthy lifestyles and long term conditions management, peer mentoring and volunteering as well as deliver local health campaigns, training and talks.

Tel : **0114 249 6315**

Email: enquiries@darnallwellbeing.org.uk

Sheffield Health Trainers

Health Trainers can offer one to one support around changing or leading a healthy lifestyle. Health Trainers also support people with long term conditions, for example type 2 diabetes, or persistent pain. A Health Trainer will not tell you what to do, but will ask you what you want to do and how you want to do it.

Health Trainers can:

- Support, encourage and motivate you to change or lead a healthy lifestyle

- Support you to self-manage your long term conditions
- Offer advice and information on healthy eating and increasing physical activity
- Offer advice on losing weight and referral to stop smoking support
- Help you to work out exactly what you want to change and how to go about it
- Accompany you to first appointments (with other services)
- Identify groups or activities in your area
- Support you in setting your own health goals
- Signpost you to other services.

Health Trainers are understanding and supportive. They will help and encourage individuals to achieve and maintain a healthier lifestyle. The service is available in all Community Wellbeing Programme areas.

For more information please contact Aziz Muthana:

Email: healthtrainers@sheffield.gcsx.gov.uk

Telephone: 0114 2930682

Within Reach

The Within Reach charity was founded in 1989 and has enabled people of all ages with all types of disabilities to take part in sport, recreation and art opportunities.

The remit of Within Reach has recently changed but we understand that a new website is under construction so you may wish to visit it at a later date. In time the website will include all accessible/inclusive/specialist activities in the city.

<http://withinreach.org.uk/>

Until this is available here are some groups and activities we are aware of :-

Sports Clubs

Accessible Gyms

Fit4All inclusive Gym - Burton St

The Gym provides sports facilities that enable people of all ages and abilities to take part in regular exercise and physical activity and promotes integration and inclusiveness by creating a non-threatening, friendly and supportive environment to access exercise. The gym is based at the [Burton Street Foundation](#) in Hillsborough, a not-for-profit organisation serving the community, with facilities including the

[Fit4AllSports Hall](#)

Tel: **0114 233 2908** ext 254

Email: fit4all@hotmail.co.uk

Disability Awareness With Sport (DAWS) is a non-profit organisation based in south-east Sheffield which aims to make exercise accessible to everyone, especially those who may experience isolation within their community. As well as providing fitness training, provided by a fully-qualified instructor and tailored to individuals' needs, DAWS also organises social get-togethers.

Local Authority premises are utilised wherever possible in the belief that some people will be less inhibited to attend sessions at locations they are familiar with and possibly where their friends go. Fitness classes ranging from stretching to chairbics and games such as boccia and curling are arranged.

In addition the new premises at Westfield (The Elizabeth Bowler Centre – known as St George's Park) are used for many DAWS activities. It is a wheelchair-friendly location, where all the equipment is specially designed and arranged for disabled use. DAWS also possesses the only Invictus wheelchair treadmills in the area, which can be taken to various venues. DAWS is also a provider of G.P. referral exercise courses. Email:

daws.sheffield@gmail.com

Phone: Stephen 07527118968 or Tracey 07414225161

Website: www.dawssheffield.co.uk

Access Fitness is the UK's first specialist disability and mental health focused gym located at the Wellness Centre at the Concord Sports Centre in Sheffield. **Access Fitness** is a unique partnership between Autism Plus, Sheffield United Community Foundation and Concord Sports Centre. The gym offers structured training programmes lead by a qualified Fitness Instructor who has a background in disability and mental health support.

As part of the gym each member will have their own personalised plans to encourage a healthier lifestyle. Members also have the option of either one-to-one support or to attend small exercise groups. Family members are also welcome to attend sessions.

More information can be found on the [Access Fitness webpage](#) or by contacting Access Fitness

Tel: 0114 384 0300

Email: accessfitness@autismplus.co.uk

Bowling / Boccia

Sheffield Blind Bowling Club

Meets at the Concord Sports Centre, S5 (Wednesday, winter season) and at the Hillsborough Park Pavilion, S6, (Wednesday, summer season).

Contact Graham Draycott (Secretary) on **0114 286 4121**.

Cycling

Pedal Ready

Please note that Pedal Ready do not provide accessible bikes and will refer people requiring them to our own Sheffield Cycling 4 All project in Hillsborough Park.

Book a timeslot by contacting Pedal Ready on **(0114) 2412775** or

admin@pedalready.co.uk

[Learn to Ride sessions in Sheffield](#) and [Cycle with confidence](#)

[Pedal Ready website](#)

Sheffield CycleBoost offers Sheffield workers and residents the chance to try cycling for four weeks for free. It's a great way to give it a go without having to lay out lots of cash. You can choose to loan a regular bike or an electric bike. Sheffield CycleBoost is delivered on behalf of Sheffield City Council, who is promoting sustainable travel and is particularly keen to encourage more people to replace shorter car journeys by travelling by bike.

www.sheffieldcycleboost.org

Football

Sheffield and Hallamshire FA

Disability specific football clubs, leagues and recreational football. Activities include female football, League, Mental Health Football UK, Coach Education, Sheffield & District Junior, Walking Football, power chair football

Contact Sam Firth , Disability Football Development Officer

Sam would be pleased to hear from any disabled person interested in football , whatever your impairment and can also refer to **Ability Counts F.C.** - Premier, Championship and League levels plus under fourteen and under seventeen boys and developing girls and women's football.

Sheffield & Hallamshire County Football Association

Tel: 0114 2615507

204 Meadowhall Road

Sheffield S9 1BN

samuel.firth@sheffieldfa.com

www.sheffieldfa.com

Gardening & Conservation

British Conservation Trust Volunteers

[The Conservation Volunteers website](#)

Bessemer House

59, Carlisle St. S4 7QN

Email: South-Yorkshire@btcv.org.uk

All general conservation volunteering sessions and training activities aim to be inclusive and in accessible locations for disabled people but not all green spaces in Sheffield are level/wheelchair friendly. [Enter your postcode](#) to find an activity near you , for example:

[Dinnington Green Gym](#)

Riding

Sheffield Riding for the Disabled Association

A registered charity which aims to teach disabled people (aged over 7 years) to ride to the best of their ability for therapeutic value and for leisure. There is a waiting list. Classes are held at two riding schools:-

Cowley Riding School, Cowley Lane North East Derbyshire.

Contact Michael Gregory on **0845 450 6807** or on **01246 413211**

Email: mgregory88@btinternet.com

Smeltings Farm Riding Stables, Ringinglow Road, Sheffield S11 7TD

Contact Mrs Vikki Stenton on **0114 230 7661**

Sport and Leisure Activities (General)

Sheffield Mencap and Gateway

Offer a number of [leisure activities](#) on different days of the week for people with a learning disability including Fitness Fanatics, Snooker, Cricket and Ladies and Men's Football and various [social activities](#) including ' Out and About' and Gateway Clubs

You can contact Sheffield Mencap and Gateway on 0114 276 7757 or email mencapoffice@sheffieldmencap.org.uk

[Special Needs Inclusion Playcare Service \(SNIPS\)](#)

The Special Needs Inclusion Playcare Service (SNIPS) provides opportunities for parent/carers of children and young people with special needs and disabilities to take short respite breaks from caring, knowing that their child/children will be in a safe, and supportive play environment.

Level 6, North Wing, Moorfoot Building, Sheffield, S1 4PL

Tel (0114) 273 4017

Email: SNIPSBusinessSupport@sheffield.gov.uk

Walking

Walking for Health: Step Out Sheffield

[Walking for Health](#) is a national organisation working to support people in to getting active, and staying active through walking. Their Sheffield branch is called Step Out Sheffield.

[Step Out Sheffield](#) started in 1999 as a pilot scheme between the Ranger Service and the Medical Centre. People with various medical conditions were given 'prescriptions' for a weekly led walk. The scheme now has links with Sheffield hospitals' Cardiac Rehab and Smoking Cessation programmes. We are about short led walks in your local community. Socializing is as important as the exercise. Come along and meet new friends. Sheffield is one of the greenest cities in Europe so we use our great parks, woodlands & open spaces for our 30 city wide weekly led walks. They are free and open to all.

The walks range in length from 10 minutes, 30 minutes to just over an hour, so are mainly aimed at those starting from a low level of physical activity. 150 dedicated volunteers leaders make this possible helping out on all the walks. Some of the groups apply for funding to do other activities such as exercise to music, indoor bowls and visits to other areas.

Contact details, dates and times for all the numerous Step Out Sheffield Walks can be found on their [Step out Sheffield Calendar](#) and the [Walking for Health](#) website.

Alternatively you can download the [Step Out Sheffield: Health Walks leaflet](#)

'Easy Going Trails' Booklet

A selection of short walks with wheelchair and baby buggy access on good paths where you are not likely to meet any barriers (styles, steps etc) in and around Sheffield. Each route begins with a description of the type of landscape and follows with details on surface, gradient, length, public transport (if available), parking and refreshment stops. A user friendly sketch map is also included showing where slopes occur and their approximate gradient as well as the position of seats along the route. Public toilets suitable for wheelchair users are marked on the maps and refreshments

stops have been checked for wheelchair accessibility. Disabled parking facilities are also highlighted.

You can download the trails or the booklet is available for free / just postage on the [Sheffield City Council Walking in Sheffield](#) webpage.

Yoga and Pilates

A list of Yoga and Pilates classes is available in the [Sheffield Directory](#)

National Websites and Resources for Physical Activity and Sports

Access for all: Opening Doors: A guide to support sports clubs to improve physical access for disabled people

“Access for all: Opening Doors” is a guide produced by the English federation of Disability Sport (EFDS) which aims to break down one of the main barriers for people with a range of impairments- venue accessibility. The English Federation of Disability Sport and access experts Jean Hewitt Consulting Ltd have worked together to produce this user-friendly guide to ensure more disabled people can enjoy being active in more places.

The guide is aimed at anybody involved in running or working in a sports club. After speaking to numerous National Governing Bodies of sport about club development, EFDS identified the need for a user-friendly guide to facility accessibility. It is not a detailed technical guide, but intended as a starting point. The main areas of physical access are identified and readers are signposted to further information and support. As well as it making good business sense to be welcoming to a huge section of our population, there is also a legal duty to ensure sports clubs are accessible for disabled people to use. The Equality Act 2010 requires sports clubs and other providers to make reasonable adjustments to services so everyone has access, with no exemption for private clubs any more.

A plain text Word version is available upon request.

[You can download Access for All: Opening Doors by clicking here](#)

The EFDS have produced 25 other guides similar to Access for All which focus on the sports available to specific disabilities and the charities which support them, all of which can be found on the [EFDS Resources Page](#)

Accessible Countryside for Everyone

[Accessible Countryside for Everyone \(ACE\)](#) is an independent voluntary project which promotes disabled access to the countryside, sport and leisure. Their website contains information on all areas of the United Kingdom, however you may find their [Accessible Yorkshire](#) page to be the most useful.

BBC Sport: Get Inspired

The [Get Inspired](#) website provides a great deal of information about a wide range of sport activities available across the country, including a useful activity finder for anyone to search through a range of opportunities available near you.

Being Active: An everyday guide for people living with an impairment or health condition

The English Federation of Disability Sport, in partnership with Disability Rights UK and Sport England have also produced [Being Active: An every day guide for people living with an impairment or health condition](#) This comprehensive guide aims to answer four main questions; why should I get more active? How do I get more active? What should I do? And Where do I find out more?

British Blind Sport

www.britishblindsport.org.uk

British Paralympic Association

www.paralympics.org.uk

Cerebral Palsy Sport

www.cpsport.org

Disability Action Alliance – Physical Activity and Sports

[Disability Action Alliance](#) have produced a [Physical Activity and Sport Resources Page](#) which provides links to information for disabled people who want to take part in physical activity, as well as information for physical activity and sport providers to better enable them to work with disabled people.

The Disability Football Directory

www.disabilityfootball.co.uk

Disabled Go: Access Information for Sport Facilities

[AccessAble](#) is a website and directory which provides detailed access information to thousands of venues across the UK and the Republic of Ireland including shops, venues and sports facilities.

Disability Sport Events

www.disabilitysport.org.uk

Dwarf Sports Association UK

www.dsauk.org

Activity Alliance

<http://www.activityalliance.org.uk>

Get Yourself Active

www.getyourselfactive.org

LimbPower

www.limbpower.com

Special Olympics Great Britain

www.specialolympicsgb.org.uk

Sport England

www.sportengland.org

What do you think of this factsheet?

If you would like to comment on this factsheet or provide additional information from your own experience please let us know and we would be happy to consider adding to or amending the factsheet. We welcome any comments to help us improve our service. Our contact details are:-

Disability Sheffield Information Service

The Circle

33 Rockingham Lane

Sheffield S1 4FW

Tel: **0114 253 6750**

E-mail info@disabilitysheffield.org.uk

www.disabilitysheffield.org.uk

Disclaimer

No recommendation is given or implied by providing these details. Whilst every effort is made to ensure accuracy we cannot accept responsibility for any errors or omissions. Please note that the inclusion of groups or individuals on the factsheet does not mean that they have been vetted or are recommended by Pacesetters Information and Signposting Service or Disability Sheffield. Details may change so it is important you check the information provided to make sure they are accurate and suitable for your own requirements

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