

National Disability Sports Organisations (NDSOs)

Resource Guide for Sports Partners



CP SPORT
cerebral palsy sport



Empowering Inclusion: A Resource for Sports System Partners, National Governing Bodies of Sport, Disability Sports Partners, and Active Partnerships.

As Sports Partners, you play a crucial role in fostering inclusivity and accessibility within the sports community. To better serve disabled people and provide them with the necessary support and opportunities to engage in physical activity and sport, it's essential to collaborate with us, the seven National Disability Sports Organisations (NDSOs), the impairment specific experts. We offer invaluable insight, resources, guidance, and programmes tailored to the needs of disabled people with specific impairments.

What we offer:

- **Impairment-specific advice, guidance, and resources** to help System Partners including National Governing Bodies (NGBs) and Active Partnerships (APs) and Disability Partners understand the needs, preferences, and barriers of different groups of disabled people
- **Insight, training, and education** to NGBs and APs staff, coaches, and volunteers to improve their skills, knowledge, and confidence in delivering inclusive and accessible sport and physical activity.
- **Collaborate and partner** with NGBs and APs to develop and deliver joint programmes, events and initiatives that increase the opportunities and pathways for disabled people to participate and progress in sport and physical activity.
- **Share good practice and learning** from our experience and research to inform and inspire NGBs and APs to adopt more inclusive and innovative approaches to engaging disabled people in sport and physical activity.
- **Advocate and raise awareness** of the benefits and impact of sport and physical activity for disabled people, and challenge the stereotypes and misconceptions that

may prevent NGBs and APs from reaching out and supporting this population.

Conclusion:

Incorporating the expertise and resources offered by National Disability Sports Organisations (NDSOs) into your initiatives can significantly enhance inclusivity and accessibility within the sports community. By collaborating with us and utilising our expertise, programmes and guidance, Sports Partners can create welcoming environments where individuals with disabilities can thrive and enjoy the numerous benefits of physical activity. We encourage you to explore the services and opportunities provided by the NDSOs and integrate them into your efforts to promote inclusive sport participation. Together, we can build a more inclusive and diverse sporting landscape for all.



National Disability Sports Organisations (NDSOs)

British Blind Sport



Mission: British Blind Sport is the national leading charity for children and adults with sight loss in the UK. BBS uses the power of sport to change the lives of people with sight loss and support them to lead more active, healthy, and independent lives.

How They Can Help:

As the lead organisation representing people with sight loss in sport across the UK, BBS provides a variety of services. These include:

- Delivering in-person and virtual events to introduce people with sight loss of all ages and abilities to VI-inclusive sports.
- Providing a sight classification that allows people who have lost their sight to participate in recreation sports and domestic competitions.
- Assisting NGBs, local clubs and sight loss organisations to provide and adapt programmes to be accessible for people with a visual impairment.
- Providing training and resources to help clubs and coaches learn more about how to support people who are blind or partially sighted.
- Conducting research to understand the needs, barriers, and opportunities of people who are blind or partially sighted in sport.



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LinkedIn: www.linkedin.com/company/british-blind-sport



National Disability Sports Organisations (NDSOs)

Cerebral Palsy Sport



Mission: To influence the sector and wider society so that every person with cerebral palsy has the opportunity and choice to enjoy being physically active.

How They Can Help:

We encourage people with cerebral palsy to live more active lives by promoting the opportunity, capability and motivation involved in taking part in sport and physical activities. We provide sport and activity opportunities for people with cerebral palsy, a range of support services and also use our voice to influence change for the benefit of disabled people.

- Collaborate with local, regional and national partners to provide physical activity that is accessible and enjoyable.
- Provide expert specialist support for parents, families and professionals to enable sport and sessions to be adapted to suit individual needs.

- We have a friendly and welcoming community.
- We help break down barriers that prevent disabled people from enjoying active lives.
- Signpost to local opportunities and advertise regional opportunities through our Regional Hubs.
- Campaign with our members, fundraisers and partners to raise awareness of cerebral palsy and the benefits of being active.
- Provide resources and training material to upskill professionals in sport and physical activity.
- Support people with cerebral palsy to lead an independent and active life.

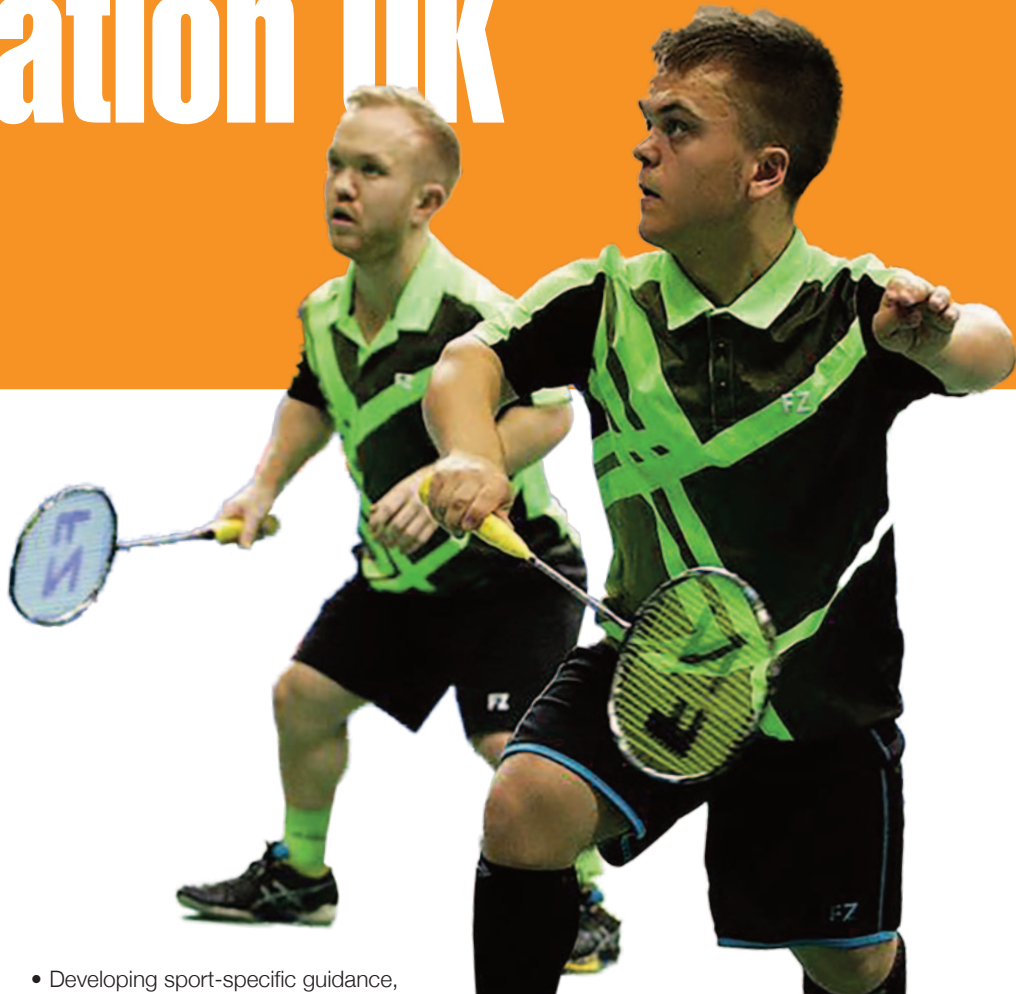
Website: www.cpsport.org
Email: info@cpsport.org
Instagram: www.instagram.com/cp_sport18
X: x.com/CP_Sport
Facebook: www.facebook.com/CerebralPalsySport
LinkedIn: www.linkedin.com/company/cp-sport





National Disability Sports Organisations (NDSOs)

Dwarf Sports Association UK



Mission: Dwarf Sports Association UK promotes and provides regular sporting opportunities for individuals with dwarfism and restricted growth.

How They Can Help:

By fostering a supportive community and organising accessible sports programmes, Dwarf Sports Association UK enables individuals with dwarfism to participate and excel in various sporting activities. Delivering impairment-specific in-person and virtual events and classes aimed at introducing children, young people with dwarfism to adapted sports.

- Collaborating with NGBs, local clubs, and other organizations to adapt and provide programmes for individuals with
- Offering connections to accredited clubs and competitive opportunities in various sports for individuals with dwarfism.
- Providing support and guidance on engaging individuals with dwarfism in sports.
- Developing sport-specific guidance, rules, and regulations with appropriate adaptations for individuals with dwarfism.
- Conducting research to understand the specific needs and barriers faced by individuals with dwarfism in sports, providing relevant infographics and resources for coaches and instructors.



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Facebook: www.facebook.com/DSAUK



National Disability Sports Organisations (NDSOs)

LimbPower



Mission: LimbPower supports amputees and individuals with limb impairments to find suitable sports or leisure activities based on their needs and abilities.

How They Can Help:

LimbPower offers guidance, training, and access to adaptive sports equipment, empowering individuals with limb differences to engage in physical activities that promote well-being and confidence.

- LimbPower champions inclusion and access through awareness campaigns designed to enhance engagement services and equipment accessibility for amputees and individuals with limb differences.
- Deliver impairment specific in-person and virtual events and classes to introduce children, young people and adults with an amputation/s and individuals with limb difference of all ages and abilities to adapted sports.

- Programmes and initiatives that can be introduced into a variety of settings – Fundamental Skills Workshops, Beyond Boundaries, Prepare to Move, Prepare to Run, reVAMP, Sports Specific Clinics/ Activities.

- We provide an extensive video library of exercise and paper educational resources on YouTube and on our website to support community members.

- LimbPower run dedicated programmes including the Physical Activity Adviser

Programme, Nordic Walking Programme, reVAMP, and online classes to engage amputees and people with limb difference in physical activity.

- Working in partnership with NGBs, local clubs and other DPOs to provide and adapt programmes for children, young people, and adults with an amputation/s or with limb difference.

- Conducting research to understand the needs, barriers, and opportunities of children, young people, and adults with an amputation/s or with limb difference and delivering infographics and paper resources to support coaches and instructors.



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National Disability Sports Organisations (NDSOs)

Special Olympics Great Britain



Mission: Special Olympics Great Britain (GB) uses the power of sport to transform the lives of children and adults with an intellectual disability. As a non-profit organisation, it is the UK's largest provider of year-round sports training and competition people of all abilities with intellectual disabilities; also known as learning disabilities.

How They Can Help:

- Connection into our Special Olympics GB accredited club network
- Local to international competitive opportunities in 27 different sports.
- Support and guidance on engaging people with an ID in sport.
- Sport specific guidance, rules and regulations which have appropriate adaptations for people with ID.

- Programmes and initiatives that can be introduced into a variety of settings – Unified Sport, Motor Activities Training Programme (MATP).
- Athlete Leadership Team and network – providing a platform for people with an ID to share their voice and influence development.
- Online training through Special Olympics International e-learning platform
- Face to face introductory training for working with people with an ID delivered in partnership with Mencap.

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LinkedIn: [Special Olympics Great Britain](https://www.linkedin.com/company/special-olympics-great-britain)
TikTok: [@SpecialOlympicsGB](https://www.tiktok.com/@SpecialOlympicsGB)





UK Deaf Sport

National Disability Sports Organisations (NDSOs)

UK Deaf Sport



Vision: Every deaf person active and inspired by sport and physical activity.

Mission: More deaf people participating in sport and physical activity throughout their lives and more deaf athletes performing on the world stage.

How They Can Help:

- **Inspire:** we motivate the deaf community to get active by promoting positive role models and opportunities to get involved as a volunteer via our Volunteer Platform on our website.
- **Educate:** through providing training such as our “Deaf People’s Inclusion in Sport” online course, we equip individuals and organisations with the tools and knowledge to provide inclusive opportunities for the deaf community.

- **Signpost:** we raise awareness of inclusive sport and physical activity opportunities across the UK via our Activity Finder.
- **Campaign:** we advocate for fairness and equal opportunities for deaf children, young people and adults to participate and excel in sport and physical activity from grassroots to elite level. Our recent Fair Play for Deaf Athletes Campaign is asking Government to support and fund elite deaf athletes as they do Olympic and Paralympic athletes.
- **Collaborate:** we work with decision makers and sports professionals, such as National Governing Bodies, to

remove the challenges preventing deaf people from engaging in sport and physical activity.

- **Support:** we support deaf sport organisations to succeed and meet Tier 1 of the Code of Sport Governance so they can apply for their own funding.
- **Govern:** we administer entries for Home Nation and GB deaf sport teams competing in European and World Deaf Sport Championships and the Deaflympics.
- **DeaflympicsGB:** we select and manage the DeaflympicsGB Team that represents Great Britain at the Summer and Winter Deaflympics.

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National Disability Sports Organisations (NDSOs)

WheelPower



WheelPower is the national charity for wheelchair sport based at the home of disability sport, Stoke Mandeville Stadium in Buckinghamshire.

Mission: WheelPower supports people with physical disabilities of all ages to lead a healthier and more active life through movement, activity and sport. The charity aims to increase participation at all levels, tackling inequalities in sport, improving accessibility and overcoming barriers to engagement.

How They Can Help:

- Working in partnership with NGBs, Active Partnerships and local sports clubs to provide and adapt programmes for children, young people, and adults with a physical disability.
- Deliver a range of sport events to enable individuals with mobility impairments to

engage in physical activities, fostering independence and improving well-being.

- Provide inclusive online training aimed to educate candidates on supporting wheelchair users within sport sessions.
- Opportunity to exercise at home through online exercise classes and exercise videos.

- Provide free fitness equipment to encourage physically disabled individuals to exercise from home.
- WheelPower Physical Activity Advisors support recently paralysed people at spinal injury centres throughout the UK.
- Provide advice on how to get and keep active.

Website: www.wheelpower.org.uk
Email: sport@wheelpower.org.uk
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X: x.com/wheelpower
Facebook: www.facebook.com/wheelchairsport
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