

# Useful Contacts



## LimbPower

LimbPower is a charity and the national disability sports organisation for amputees and individuals with limb difference. We provide participation opportunities, advice, signposting and resources to enable physically disabled people to participate in movement, physical activity and sport to lead healthy and active lives.

LimbPower supports individuals to find accessible activities and sports they enjoy and are passionate about. For support and advice contact our physical activity and sports development officer, David Hill.

Tel: 07502 276858

Email [david@limbpower.com](mailto:david@limbpower.com)

[www.limbpower.com](http://www.limbpower.com)

## Active Partnerships

The Active Partnerships are networks of local agencies committed to working together to increase participation in sport and physical activity. Partners include National Governing Bodies of Sport and their clubs, National Disability Sports Organisations, school sport partnerships, local authorities, sport and leisure facilities, primary care trusts and many other sport and non-sporting organisations. Active Partnerships provide strategic support to develop sport and physical activity within their respective county and will have a good overall knowledge of opportunities available within your county. To find your local Active Partnership visit:

<https://activepartnerships.org/the-network/>

## Local Authorities

The local authorities are responsible for providing a range of services in the local area. Most local authorities have a health and wellbeing team or a healthy and active community team. They can provide information on free and low-cost activities

in your area, including walking groups and support programmes for those with long term health conditions. You can find your local authority on the internet by visiting [www.gov.uk/find-local-council](http://www.gov.uk/find-local-council) and entering your postcode to search for your local council.

## Activity Alliance

Activity Alliance supports organisations to include more disabled people and provide accessible, welcoming experiences. Their team can help you to embed better practice, whatever sector you work in. They work with others to allow us to have the best possible insight and expertise. Their support includes a wide range of insight, training, programmes and resources. The Activity Alliance works within many sectors, including those who work in leisure, education, or those who are delivering strategies for local and national organisations.

Contact: [www.activityalliance.org.uk/](http://www.activityalliance.org.uk/)

## Inclusive Fitness Initiative from Activity Alliance

The IFI assists leisure providers and fitness equipment purchasers with an endorsement scheme for commercial fitness equipment. They recognise products designed with accessibility in mind. The IFI works proactively alongside the fitness equipment industry Research and Development Associates. The group influences and supports the development of accessible fitness equipment.

Contact: [www.activityalliance.org.uk/how-we-help/programmes/ifi-fitness-equipment](http://www.activityalliance.org.uk/how-we-help/programmes/ifi-fitness-equipment)

## Every Body Moves

*(previously Parasport)*

Every Body Moves has been developed by ParalympicsGB in partnership with Toyota to make access to movement opportunities

better for disabled people and people with long-term conditions.

They offer home workouts for people with a disability or long-term health condition. Look out for the free amputee videos! As well as providing a search facility to find a wide range of accessible activities near you visit

[www.everybodymoves.org.uk/find-an-opportunity](http://www.everybodymoves.org.uk/find-an-opportunity) to find groups near you.

## Resources specifically for children and young people

### Youth Sport Trust

The Inclusive Sport Programme from the Youth Sport Trust delivers a suite of resources inspired by international disability and Para Sport events, including the Special Olympics World Games, the Winter and Summer Paralympic Games and the Commonwealth Games.

Visit their website for free printout, programmes, and videos to support children with disabilities, both in school and out <https://tinyurl.com/55x3jsra>

### Schools Sports Partnerships

The School Sports Partnership is a family of secondary, primary and special schools working together to increase the quality and quantity of Physical Education (PE) and sports opportunities for young people. You can access your School Sport Partnership through your local Activity Partnership. [www.activepartnerships.org/the-network/](http://www.activepartnerships.org/the-network/)

Whatever activity you want to participate in LimbPower is there to offer support and advice, or signpost you to the right resources, as well as offering free exercise videos and online workout sessions throughout the year.