

Useful contacts



If you would like to access sport and physical activity such as going to the gym, swimming, running or just generally keeping fit there are a number of organisations that can provide advice and support.

LimbPower, the national disability sport organisation for people with limb loss or limb impairment, provides opportunities, advice and guidance to enable disabled people to participate in sport and lead healthy active lives. Through its annual programme of events, links to its members and other organisations, LimbPower supports individuals to find sports, which they are passionate about.

For more information on sport and physical activity visit www.limbpower.com alternatively you can get in contact via 07503 030702 or andy@limbpower.com.

Alongside getting in contact with LimbPower, detailed below are a number of other organisations that can support in providing information on a specific sport or opportunities in your local area.

National Governing Bodies of Sport

National Governing Bodies (NGBs) represent, organise and promote their specific sport within England or UK. They vary greatly in size and scope from British Wheelchair Basketball, to British Water Ski and therefore there are too many to list. If you are looking for information on a specific sport it is recommended that you get in contact with the relevant NGB.

To find out more information on a specific sport visit: National Governing Bodies at www.sportengland.org

County Sports Partnerships

County Sports Partnerships (CSPs) 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, school sport partnerships, local authorities, sport and leisure facilities, primary care trusts and many other sport and non-sporting organisations. County Sports 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 CSP visit: CSP Network at www.cspnetwork.org.

Local Authorities

Local Authorities (LAs) aim to provide opportunities for participation in sport for all sections of the community. They distribute information and organise sport-related projects, classes, programmes, coaching, club development and training for those who want to participate for fun and those who are interested in competition. Within LAs more information on activities can either be found on their website or by getting in contact with the Sports Development team.

To find your Local Authority visit: Local Authorities www.gov.uk/find-your-local-council

The Inclusive Fitness Initiative

The Inclusive Fitness Initiative (IFI) has been established for over 10 years, with a national coverage of 400 IFI Mark accredited gym facilities spread throughout the country, equipped with a range of IFI accredited fitness equipment

(www.efds.co.uk/inclusive_fitness/fitness_equipment) with highly trained gym staff who are experts in providing advice on adapted physical activity. An IFI facility provides a fully inclusive customer journey for all users, from arriving at the facility, through to accessible changing rooms, training advice and equipment choice.

Look for an inclusive gym near you by visiting the facility search at www.efds.co.uk/inclusive_fitness/ifi_gyms.

Parasport

Visit Parasport www.parasport.org.uk, the website of the British Paralympic Association (BPA) for more information. You can even see what Paralympic sports you could compete in using the self-assessment wizard.

EFDS

The English Federation of Disability Sport (EFDS) was established in September 1998. EFDS is a national charity, dedicated to disabled people in sport and physical activity. They support a wide range of organisations to include disabled people more effectively. Find out more at www.efds.co.uk/about.



References

Fit for Life & Sport – A guide for adults with an amputation

www.lboro.ac.uk/media/www/lboroacuk/content/peterharrisoncentre/downloads/brochures/pdfs/Amputee%20guide_Fit_for_Life.pdf

Doing Sport Differently

A guide to exercise and fitness for people living with disability or health conditions (Radar) www.disabilityrightsuk.org/how-we-can-help/publications/doing-life-differently-series/doing-sport-differently

NHS Live Well Fitness

www.nhs.uk/Livewell/fitness/Pages/why-beactive.aspx

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LimbPower exists to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation. To find out more about how we can help you, visit our website. LimbPower is a Limited Company No. 09513024 Charity No 1132829