

A GUIDE FOR INDIVIDUALS



This guideline sets out the vision for sport and physical activity for all people with disabilities and long-term conditions in Norfolk. It aims to support individuals to become more active and improve the activities in their community.

VISION

“To improve the quality and experience of physical activity for individuals with disabilities and long-term conditions of all ages in Norfolk, and ensure the opportunity to participate by improving access and reducing barriers.”

WHY IS THIS GUIDE IMPORTANT?

Physical activity improves mental health, fitness, and strengthens muscles and bones¹

It helps individuals manage their symptoms and helps them prevent long-term conditions¹

It also creates opportunities to meet new people, feel part of a community, and improve quality of life¹

KEY CONSIDERATIONS

The 4th largest cause of disability and disease is physical inactivity²

People with disabilities are half as likely as people without disabilities to be involved in physical activity³

7 in 10 people with disabilities want to participate more in sport and physical activity⁴

People with disabilities face additional psychological, social, emotional, and physical barriers including inaccessible facilities, lack of inclusive local activities, and stigma^{4,5}



References

1-UK Chief Medical Officer's Guidelines 2011 Start Active, Stay Active: <https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>; 2-Murray et al. (2013). UK health performance: findings of the Global Burden of Disease Study 2010. The Lancet, 381, pp.997-1020; 3-Public Health England (2014). Everybody Active, Every Day: An Evidence-based Approach to Physical Activity. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/374914/Framework_13.pdf; 4-Activity Alliance (2013). Disabled People's Lifestyle Report: September 2013. Available at: www.activityalliance.org.uk/how-we-help/research/1873-disabled-peoples-lifestyle-report-september-2013; 5-Rimmer, J., Riley, B., Wang, E., Raurworth, A. and Jurkowski, J. (2004). Physical activity participation among persons with disabilities: Barriers and facilitators. American Journal of Preventive Medicine, 26(5), pp.419-425

WHAT DO I NEED TO DO?

HOW CAN I BE MORE ACTIVE?

- Incorporate physical activity into your daily routine
- Try activities with friends or family
- Try new activities or non-traditional physical activities like gardening
- Talk to your GP about activities that are best suited for you
- Set specific physical activity goals that are suitable for you
- Aim to participate in strength and balance exercises twice a week
- Aim to participate in 150 minutes of moderate intensity activity or 75 minutes of vigorous activity each week
- Understand what options are available for you when using your personal independent payment (PIP) or personal budgets (PB)
- Ask organisations where you can find their inclusive sport or physical activity information
- Read personal stories or case studies of others with disabilities and long-term conditions for ideas and inspiration

HOW CAN I HELP MY COMMUNITY?

- Consider becoming a volunteer, mentor, coach or board member
- Share your positive physical activity experiences with friends and family
- Offer feedback to local activity providers and organisations on facilities and current or new activities
- Participate in disability and physical activity forums, focus groups, surveys, and case studies
- Feel confident to report accessibility concerns, unwelcoming service, or discrimination to trusted individuals or relevant authorities

WHAT SUPPORT IS AVAILABLE?



ACTIVE NORFOLK

We can offer general disability and physical activity support and guidance. Find inclusive local activities, activity advice, and other resources on our website.

Contact: Ellen.vanlint@activenorfolk.org

www.activenorfolk.org/disability-and-physical-activity

www.activenorfolk.org/your-health

ON THE MOVE

Offers an accessibility map of local day centres, leisure centres and clubs in Norfolk.

www.activenorfolk.org/onthemove

DRAGON

The Disability Real Action Group of Norfolk (DRAGONS) is a group of young people with disabilities in Norfolk that is involved in improving the accessibility and inclusivity of local physical activities.

Contact: Dragons.project@outlook.com

NORFOLK COUNTY COUNCIL

Norfolk County Council offers support, advice, an assistance scheme, and bus passes to those who qualify to travel for free during off-peak hours.

www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme

EQUAL LIVES

Equal Lives is a local organisation that offers every day advice including information on your PIP Personal Independence Payment.

equallives.org.uk/info-and-advice

NHS

NHS offers advice on how much to exercise, exercise tips, and fitness guides to support individuals who are just starting to be active or who have been inactive for a while.

www.nhs.uk/live-well/exercise

www.nhs.uk/live-well/exercise/get-active-with-a-disability