



At a glance 2024-2025

Beyond sport: Our long-term impact

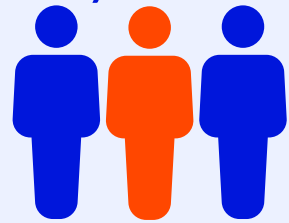
The need for our work

15-year lower life expectancy



if you have a learning disability

61% feel more socially isolated



Just 9%

say they have opportunities to coach or lead, compared with 24% of non-disabled people



46% are less active as mental health has worsened due to the cost-of-living crisis



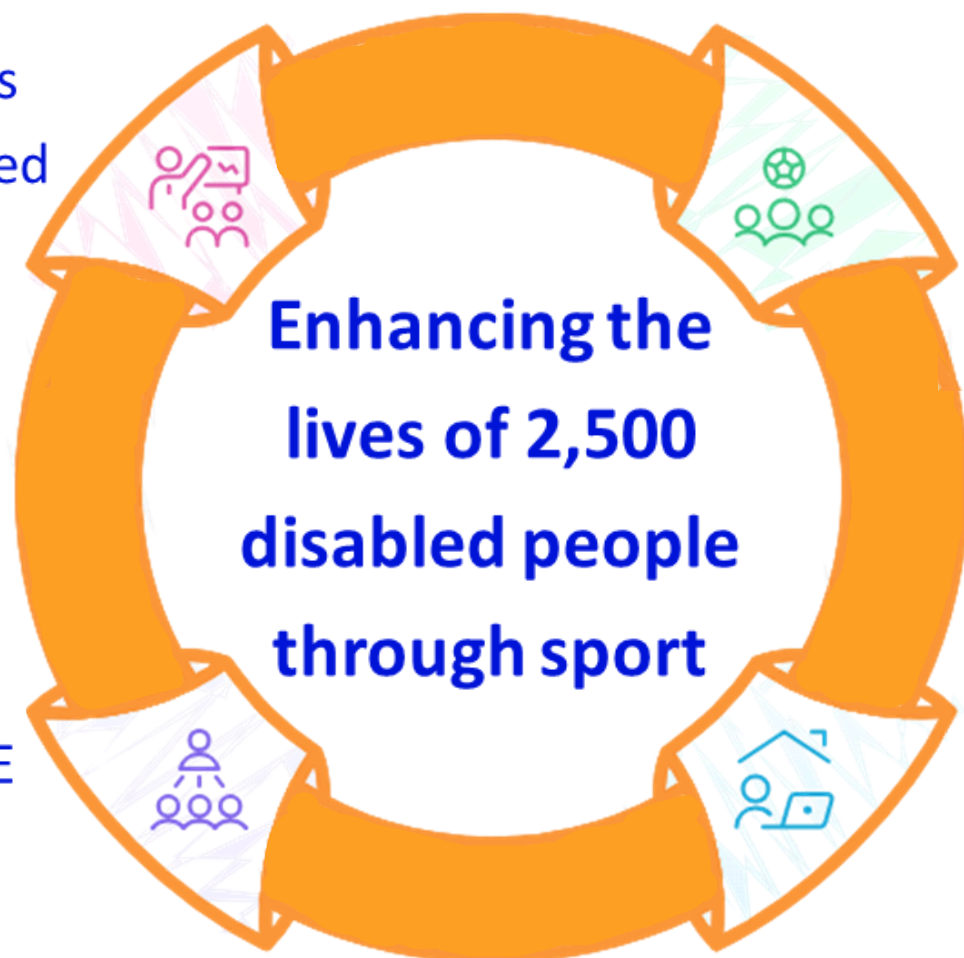
Our model

Training courses

Upskilling teachers and creating disabled sports coaches

Coaching

Specialist coaches deliver inclusive PE sessions



Community Clubs

Bringing disabled people together to play sport in safe spaces

Active at Home

Free online sessions every week

Breaking the cycle of inactivity

80%

doubled their weekly activity levels after joining our clubs, improving overall wellbeing



Building lifelong social connections

7x

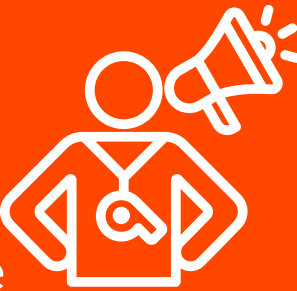
Only 9% of our participants experience frequent loneliness, compared to 61% nationally - nearly 7x better outcomes through inclusive sport



Creating employment pathways

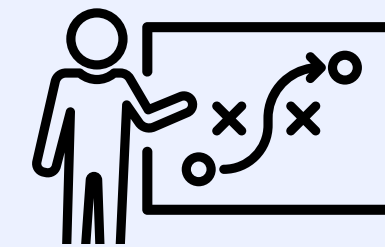
59%

of our workforce are disabled people (vs 6% nationally). We trained 45 disability sports coaches, enhancing the workforce



1,125

children joined school disability sport sessions, building accessibility habits from an early age



175 people

completed our training courses, developing lifelong skills to make sport inclusive for all



16 boroughs

across London and counting, breaking barriers to sport across the city

Case study: Temi's journey

2018: Temi joins his first Community Club and shortly starts volunteering after developing a passion for helping others like him



2021: Wins the Jack Petchey Outstanding Leader Award!

2022: Temi becomes a qualified sports coach through our free Inclusive Activity Leaders training programme in partnership with Nike. He meets Paralympian Richard Whitehead MBE at his graduation!



2023: Temi is now a paid coach at Club Wandsworth - where he first started attending five years ago. He wins Coach/ Volunteer of the Year Award from national charity StreetGames!

2024: Just six years after joining us a shy but enthusiastic participant, Temi shares his journey on a global stage at the 2024 Paris Paralympics!



“ I found it hard to get into sport when I was younger - some people assume that because you have a disability you can't do sport.

It made me feel frustrated being pushed to the sidelines.

Joining Disability Sports Coach was a great breakthrough - and I still want to do more.

I want to be a part of giving everyone with a disability the chance to get into sport.

And I want to be a part of changing attitudes. ”

Ellie Simmonds visits us!



Paralympic legend Ellie Simmonds visited one of our Community Clubs!

Ellie joined us in her role as ambassador for Sure's Breaking Limits programme, supporting young people in breaking down the barriers to movement.

We share their digital training series to upskill our inclusive sports coaches, helping coaches improve employment opportunities.

Ruby's story

“ My daughter is a fun, energetic young adult who loves being part of the action.

She also has a life-limiting condition, epilepsy, autism and learning difficulties.

Disability Sports Coach (DSC) sees her the way we do - as someone who deserves to be included and active in her community.

The face-to-face and online sessions are a key part of her routine. She gets so much joy from being active with friends in a safe, supportive space that encourages her to be her best self.

For me, it's a chance to connect with other parents and share advice. Without DSC, there would be a huge gap.

Too many doors are still closed to young disabled adults - but DSC opens them. ”





Theory of Change and Strategic Objectives 2023 -28

Our vision We want all disabled people to have equal and ample opportunity to enjoy active lives and feel connected to a supportive community

Our mission We will use the unique power of physical activity and sport to enhance lives disabled people

Our audience Disabled people, Parents, carers and support networks, Workforce, Activity providers, Schools and community organisations

Our strategic objectives

- Empower**: We will provide and promote physical and sport opportunities that empower disabled people of all ages to participate and feel part of a supportive community
- Educate**: We will lead the way in educating individuals and organisations with the skills, expertise and confidence to deliver inclusive sport for all
- Enrich**: We will provide specialist inclusive coaching services that enhance the work of our partners and enrich the lives of the lives of the disabled people they support

Our activities Community Clubs, events, online, Training and Developing Leaders, Community coaching

Outcomes for disabled people

- Improve physical health by increasing levels of physical activity
- Improve mental wellbeing by increasing social interaction and reducing feelings of isolation
- Improve feelings of being connected to a supportive community
- Increase numbers of disabled and non disabled people delivering inclusive and adapted activities

Thank you to our partners

We rely on partners and supporters to break down barriers to sport for 5,000 disabled people and their families each year. We simply could not deliver our impact without you.

Whether you donate, fundraise or volunteer, you can get involved today. Together, we can break barriers to sport - and enhance the lives of many more disabled people.

Get in touch



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