

Disability Sports Additional Contacts

English Federation of Disability Sport (EFDS)

The English Federation of Disability Sport (EFDS) exists to make active lives possible. To do this they enable organisations to support disabled individuals to be and stay active.

For more information please visit www.efds.co.uk or get in touch with the local engagement advisor:

Contact: Mark Fosbrook – West Midlands Engagement Advisor
Contact Number: 07764291670
Email Address: MFosbrook@efds.co.uk

National Disability Sport Organisations (NDSOs)

NDSOs are a good starting point for many disabled people who want to be more active. They provide advice, support and opportunities for people of all ages with specific impairments.

British Blind Sport

British Blind Sport provides blind and partially sighted people with opportunities to participate in sport and physical activity.

For more information visit www.britishblindsport.org.uk or email info@britishblindsport.org.uk
Contact Number: 01926424247

Cerebral Palsy Sport

Cerebral Palsy Sport supports people with cerebral palsy to reach their full potential through sport and active recreation.

For more information visit www.cpsport.org or email info@cpsport.org
Contact Number: 01159257027

Dwarf Sports Association UK

Dwarf Sport Association UK promotes and provides regular sporting opportunities for people with dwarfism and restricted growth.

For more information visit www.dsauk.org
Contact Number: 01246296485

LimbPower

LimbPower supports amputees and people with limb impairments to find the right sport or leisure activity for their needs and ability.

For more information visit www.limbpower.com or contact their Sports Develop Officer:
Contact Name: Andy Brittles – Sports Development Officer
Contact Number: 07503030702
Email: andy@limbpower.com

Mencap Sport

Mencap Sport works with key stakeholders in sport and physical activity so people with a learning disability have the same opportunities to take part in sport and physical activity as everyone else.

For more information visit www.mencap.org.uk/sport or email: sport@mencap.org.uk
Contact number: 0207 6965574

Special Olympics Great Britain

Special Olympics GB provides a year-round sports coaching and competition programme for children and adults with learning disabilities regardless of age or ability.

For more information visit www.specialolympicsgb.org.uk or email: info@sogb.org.uk

UK Deaf Sport

UK Deaf Sport encourages people who are deaf and hard of hearing to participate, enjoy and excel at sport.

For more information visit www.ukdeafsport.org.uk or email: participation@ukds.org.uk

WheelPower

WheelPower provides opportunities, facilities and equipment to support disabled people to participate in sport and lead healthy active lives.

For more information visit www.wheelpower.org.uk or email: info@wheelpower.org.uk
Contact Number: 01296 395995

Country Sports Partnerships (CSP)

There are 6 CSPs across the West Midlands; for further information on disability sport within any of these areas please see the details below for the 5 other County Sports Partnerships

Coventry, Solihull & Warwickshire Sport

Disability Lead: Abi Dixon
Email Address: abi.dixon@coventry.gov.uk
Website: <http://www.cswsport.org.uk/Getactive/disability-sport>

Sport Across Staffordshire & Stoke on Trent

Disability Lead: David Richards
Email Address: drichards@staffordbc.gov.uk
Website: <http://sportacrossstaffordshire.co.uk/developing-sport/ability-sport/>

Sport Birmingham

Disability Lead: Amy Bird
Email Lead: Amy.Bird@Sportbirmingham.org
Website: <http://www.sportbirmingham.org/disability-sport>

Energize Shropshire, Telford and Wrekin

Disability Lead: Jessica Lightwood

Email Lead: Jessica.Lightwood@energizestw.org.uk

Website: <http://energizestw.org.uk/develop/equality-in-sport/inclusive-sport/inclusively-fit-project>

Sports Partnership Herefordshire and Worcestershire

Disability Lead: Andy Wheeler

Email Lead: a.wheeler@worc.ac.uk

Website: <http://www.disabilitysportworcester.org.uk>

Useful Resources

The following includes a range of resources designed to help people with a disability get physically active.

[BBC Sport Get Inspired: How to get into Disability Sport](#)

Active Black Country [Activity Finder](#) to find local sports club and activities happening across the Black Country.

Find your nearest [Inclusive Fitness Initiative \(IFI\) gym](#). The Inclusive Fitness Initiative supports leisure centres to become more welcoming and accessible.

[Parasport](#) is a web based signposting tool run by the British Paralympic Association to provide information to disabled people who want to play sport, whether recreationally or competitively.

Disability Rights UK [Get Yourself Active](#) resource is a guide for people with a disability on how to get yourself active.

[Find a Guide](#) has been created by British Blind Sport & England Athletics to support people with visual impairment start, get back to or continue running. All guide runners have all attended a Sight Loss Awareness & Guide Running workshop and are DBS checked.