

# GET YOURSELF ACTIVE – SHROPSHIRE

L A U R A H O R T O N



**Disability Rights UK**

# Energize

Active Partnership  
Shropshire, Telford & Wrekin



## Disability Rights UK

We are a Disabled Peoples Organisation (DPO) and work alongside Disabled people and other DPOs to **lead change** in the social care, health and sport sectors, to **improve health and wellbeing outcomes** for Disabled people and help them to **get active in a way that is right for them.**

## Energize

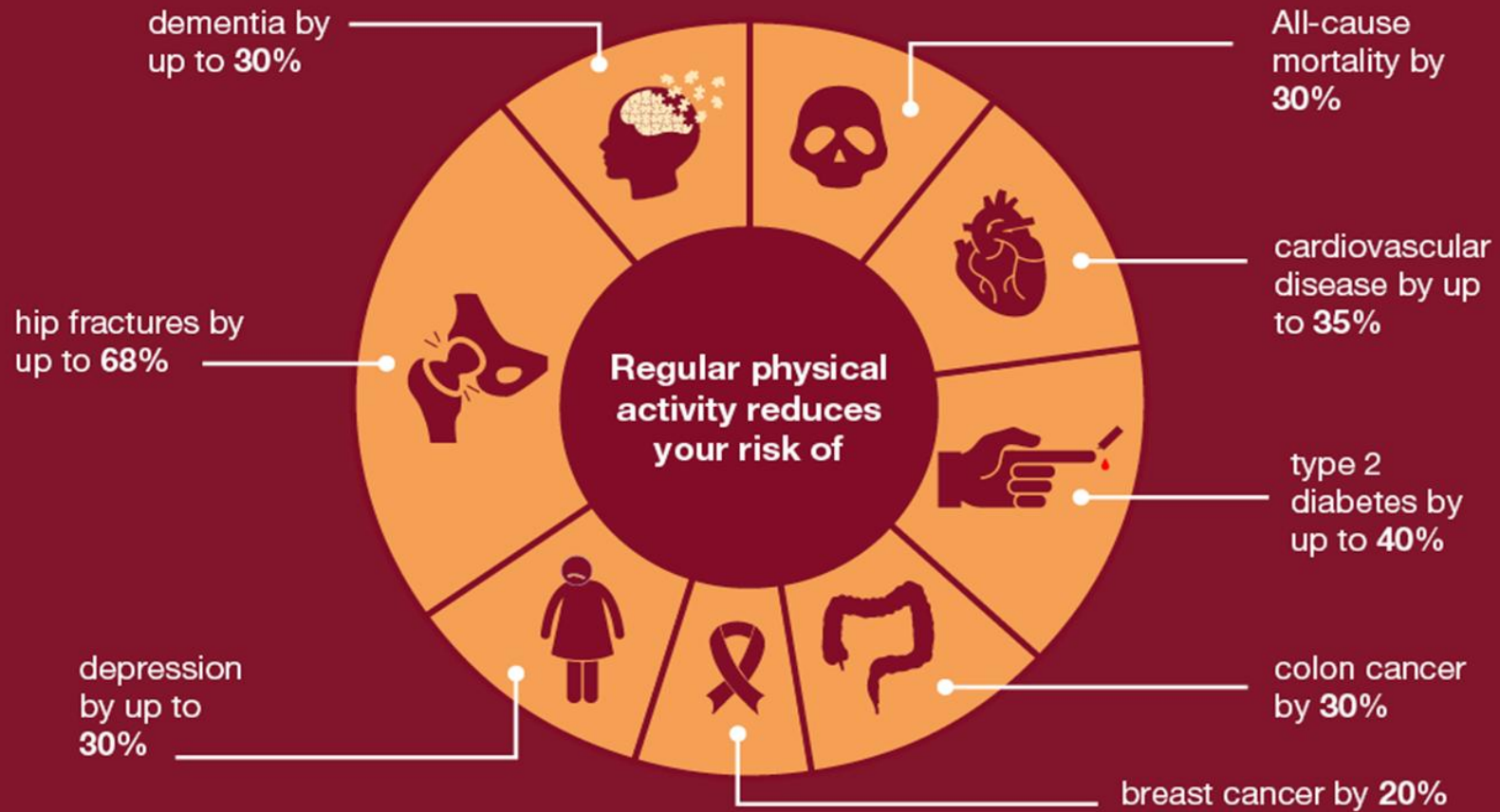
We are a local charity within the Active Partnerships network, working with partners to improve quality of life through physical activity to one day eliminate inactivity in Shropshire, Telford & Wrekin.

**Michelle Pullen Empowering  
Communities Manager**

**Disability Rights UK**

## The Importance of Physical Activity

### What are the health benefits of physical activity?



# WHAT DO WE KNOW?

## NATIONAL

There are 16 million Disabled people in the UK. 11% of children are disabled; 23% of working age adults are disabled; 45% of pension age adults are disabled.

## NATIONAL

Disabled people or those born with a long-term health condition are twice as likely to be physically inactive (43%).

## LOCAL

18.5% of the residents in Shropshire identify as a disabled.

## KEY STATS

43% of Disabled people feel they have the chance to be as active as they desire, compared to 69% of non-disabled people.

Six in ten (59%) say they rely on their benefits or financial assistance to be active. Around two-fifths (38%) of Disabled people say that a fear of their benefits or financial assistance being taken away prevents them from trying to be more active.

Disabled people are less than half as likely to 'see people like them' playing, working, and volunteering in sport and physical activity.





# GET YOURSELF ACTIVE SHROPSHIRE



## AIM

To increase the number of people with lived experience of disability, mental health and long-term health conditions to be active and move more.



## OUTCOME

Disabled people are as active as they want to be in a way that suits them.



## HOW

Collaborative working together in a holistic approach to provide physical activity to Disabled people

# MOVING SOCIAL WORK

## SOCIAL WORKERS

The Moving Social Work programme aims to create resources and co-produce strategies for the education of the social workers of today and tomorrow. This project will make the first resources to educate people on social work, and provide post qualified social workers with the tools to promote physical activity to and for Disabled people.



# HEALTH AND SOCIAL CARE

## WORKFOCE

The workforce are essential and trusted messengers to those who they support. Ultimately, if they understand more about the importance of physical activity and what is on offer, they will be better placed to support Disabled people to lead a more active life. As part of our work on the Get Yourself Active programme, we will aim to support the sector to feel more confident and knowledgeable around supporting Disabled people to be more active.





# CO-PRODUCTION

## SPORTS AND PHYSICAL ACTIVITY SECTOR

This will focus on Influencing and supporting the Physical Activity sector to introduce co-production and its importance in practice. If the physical activity sector are working in partnership with Disabled people in the design and delivery of physical activity, there will be fewer barriers that Disabled people face because their experiences are being taken on board from the very beginning





# Questions?

## EMAIL

[laura.horton@disabilityrightsuk.org](mailto:laura.horton@disabilityrightsuk.org)  
[Michelle.pullen@energizestw.org.uk](mailto:Michelle.pullen@energizestw.org.uk)

## WEBSITE

[www.getyourselfactive.org](http://www.getyourselfactive.org)  
[www.energizestw.org.uk](http://www.energizestw.org.uk)

## PHONE

07787121052  
07572903915