



PRESS RELEASE

23rd November 2020

Issued by the Physical Impairment National Disability Sports Organisations
For Immediate Release

Physical Impairment National Disability Sports Organisations release resource to support community members.

The four physical impairment National Disability Sports Organisations (NDSOs), have today released a dedicated resource to inform community members about the impairment specific traditional, online and video resources created to support them in engaging in physical activity during the Covid-19 pandemic and beyond. These resources support our efforts to reach out to inactive disabled people offering engagement, advice and guidance tailored to their needs as a physically impaired disabled person.

Our face-to-face delivery programmes have been postponed or cancelled due to the Covid-19 pandemic. We have individually and collectively looked at delivery methods to reach and support disabled people in their homes through physical activity, sports specific and social resources including online classes, live exercise sessions, pre-recorded exercise sessions, virtual challenges, online chats and Q & A Zoom calls.

We are mindful that many physically disabled people may require more support right now as many of our community members are shielding or self-isolating and have been for a considerable time. It is more important than ever to keep our community fit and healthy so these traditional, online and video resources are a vital lifeline to support our community members who are shielding or self-isolating and still want to exercise safely.

The National Disability Sports Organisations (NDSOs) are a good starting point for many disabled people who want to be more active. NDSOs provide engagement advice, support and opportunities for people of all ages with specific impairments.

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Notes to editors:

The four physical impairment NDSOs have formed a partnership group, which brings in other leading organisations to support one another and the wider sector. It helps to guide their collaborative planning and thinking.

The Physical Impairment Network for Sports and Activity (PINSA) meets to discuss key matters on engaging more physically disabled people in physical activity and sport. PINSA provides a forum for National Governing Bodies of sport and partners to share their work.

The four NDSOs are:

Cerebral Palsy Sport - is the National Disability Sports Charity supporting people with cerebral palsy to reach their sporting potential and putting people with cerebral palsy and their families at the heart of everything we do.

W: www.cpsport.org

T: @CP_Sport

F: <https://www.facebook.com/CerebralPalsySport>

I: @cp_sport18

Dwarf Sports Association UK - are the National Disability Sport Organisation for people with Dwarfism and restricted growth. Our regional and national sports delivery is important to both the families and members of the association.

W: www.dsauk.org

T: @dwarsportDSAuk

F: <https://www.facebook.com/DSAUK?ref=hl>

I: @dwarfsportsdsauk

LimbPower - are the National Disability Sports Organisation supporting amputees and individuals with limb impairments in physical activity, sport and the arts.

W: www.limbpower.com

T: @limbpower

F: <https://www.facebook.com/LimbPowerCharity>

I: @limbpower

YT: <https://tinyurl.com/LimbPowerVideo>

WheelPower - is the national charity for wheelchair sport which provides, promotes and develops opportunities for disabled people to participate in sport and physical activity and lead healthy, active lives.

W: www.wheelpower.org.uk

T: @wheelpower

F: www.facebook.com/wheelchairsport

I: @wheelpower_official

YT: [/WheelPowerVideos](https://tinyurl.com/WheelPowerVideos)