



## Disability Sports Coach launch second phase of their #DSCAtHome Activity Programme

Award-winning charity [Disability Sports Coach](#) have this week launched the second phase of #DSCAtHome, sending packs of sports equipment so disabled people across London can enjoy physical activity throughout lockdown. Since the start of April, the **charity has sent over 300 packs of equipment.**

Disability Sports Coach is the leading disability sport charity in London. A key pillar of their work is their [Community Clubs](#) for disabled people to get active, socialise and have fun. The charity **has reached more than 19,000 disabled people through its 14 clubs across London.** The charity has also trained 6,000 coaches and 300 organizations, including schools and colleges, to offer adapted and inclusive activities.

The lockdown has had a devastating impact. As most community facilities closed, it has been harder than ever for disabled people to stay active – particularly as many do not use the internet. Many disabled people were at an additional risk of becoming isolated during lockdown, and whilst the country is now phasing out of lockdown, a large number of disabled people will remain shielding over the coming months. Without the support the weekly clubs provided, many of the charity's members said that they were feeling lonelier than ever.

With this in mind, Disability Sports Coach launched their [#DSCAtHome programme](#), aiming to empower and motivate as many disabled people as possible to stay active and socialise from the safety of their own homes!

The programme consists of sports packs featuring skipping ropes, footballs and beanbags, with free downloadable activity cards outlining fun ways to use the equipment. In addition, the charity runs weekly live Zoom workouts and Social Saturday catchups for its members – along with new faces from as far afield as Morocco and Israel.

Across the equipment packs, downloadable cards and online sessions, **#DSCAtHome has reached over 500 disabled people.** With more activities and packs planned, the project is going from strength to strength.

A parent of one Community Club member said of the programme: "The options for our child to have access to meaningful and fun activities are very small. The equipment pack and online sessions from Disability Sports Coach are a lifeline. They bring her much joy and makes her and our world a little bigger and brighter."

CEO Peter Ackred says: "At the start of lockdown, there was a real risk that members of the disabled community could become even more isolated and lonely. Here at Disability Sports Coach, we know just how powerful community sport can be for improving disabled individuals' mental and physical health, so we were determined to keep disabled people engaged, connected and active during the COVID-19 pandemic.

We have been delighted to see the impact of our #DSCAtHome programme so far and have seen every day just how much joy it brings to our members. But with thousands of disabled people lacking access to sport and feeling anxious about returning to activities when lockdown eases, our work isn't done yet. We are determined to reach even more disabled people across London and the UK in the next few months."

### Key statistics

Prior to lockdown, only 17% of disabled people reported engaging in sport once a week – half as many as non-disabled people – with the majority of those who were not engaged citing a lack of accessibility as a significant barrier.

There are 1.4 million disabled people in London. Many of these individuals face challenges that combine to result in reduced physical health, feelings of isolation and a lack of social integration. So, for many members, the Community Club sessions were a vital support system and a highlight of the week. But when the UK went into lockdown, all this changed.



Zain Club Wandsworth



Hamish Club Wandsworth



Eve



Alexandra Club Wandsworth