

## Contacts

### LOCAL

- The local authority recreation department, sports centre or baths manager and water authorities' amenity officers.
- Increasingly members of sports clubs for able-bodied people are willing to help. The list of clubs should be available in your local recreation department or library.
- Find out if there is a local sports association for disabled people affiliated to BSAD, PHAB (Physically Handicapped and Able Bodied) club, Gateway (for mentally handicapped people) club, a Riding for the Disabled Association group, a special swimming club, angling club or any sports or fitness clubs that accept disabled people as ordinary members.
- Local education authorities sometimes run courses specially for people with disabilities, eg movement to music, judo for blind people.
- The local club for the deaf or for spastics might already provide some forms of physical activity.

### REGIONAL

- If you cannot find a local contact, the regional secretaries of BSAD (the co-ordinating organisation for sport for disabled people) or the regional offices of the Sports Council will help.



## Addresses



British Sports Association for the Disabled  
Ludwig Guttmann Sports Cntr.  
Stoke Mandeville, Harvey Road  
Aylesbury, Bucks HP21 8PP  
Tel: 0296 27889



The Sports Council  
16 Upper Woburn Place  
London WC1H 0QP  
Tel: 01-388 1277

### East



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### East Midland



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### Gr. London & South East



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### Northern



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### North West



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### Southern



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### South Western



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### West Midlands



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Birmingham B44 0LJ  
Tel: 021 354 3580



Metropolitan House  
1 Hagley Road, Five Ways  
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### Yorkshire & Humberside



Mrs D A Burt (Yorkshire)  
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52 Almshouse Lane  
Newmillerdam, Wakefield  
West Yorkshire WF1 1SU  
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Mr A E Rainsforth (Humberside)  
7 Franklin Crescent  
Scunthorpe  
South Humberside DN16 1RT  
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Coronet House  
Queen Street, Leeds LS1 4PW  
Tel: 0532 436443

FOR DISABILITY ORGANISATIONS



# DISABLED Sport for All PEOPLE



## Why Sport?

SPORT and physical recreation can give pleasure to many people with any degree of handicap. Apart from the value to health, sport can encourage friendships, new and lasting interests and provide an element of risk and challenge so often denied to people who are restricted by their disability. The range of activities enjoyed by people with different degrees of disabilities is enormous. The sports world is eager to help. People promoting physical activities need help from those who come into contact with disabled people: voluntary welfare workers, the medical and paramedical professions, social services personnel etc.

## The Problems

- Sports organisations experience difficulty in finding disabled people
- Many older people need encouragement and help to become involved
- Disabled people don't know whom to contact
- There are problems with transport
- Disabled people are not sure what activities they might enjoy
- 'Able-bodied' sportspeople are sometimes apprehensive about 'doing harm' to people with disabilities due to ignorance of their medical condition.

## How can you help?

- Mention to disabled people the possibility of taking part in a physical activity, not just sport, but 'keep-fit' activities, wheelchair dancing, bird watching or angling, or perhaps they would enjoy scoring, umpiring, helping in a club or just watching.
- Give them the confidence to start. Introduce them to someone who can help. Show a film such as *Not Just a Spectator* which illustrates a wide range of activities. Perhaps a visit to a local club or a talk from a disabled sportsman/woman would help.
- In many towns there are sports clubs for disabled people but transport may not be available; local sports enthusiasts, Rotary, Round Table, etc., may help. Rotary already do a lot for blind people's sport.



## Films:

Lists of useful films are available from:-  
The Disabled Living Foundation, 346 Kensington High Street,  
London W14 8NS, The Sports Council and the BSAD

Films include  GOING WELL OVER SIXTY  RIDING TOWARDS FREEDOM  
 WATER FREE (Swimming)  IT'S ABILITY THAT COUNTS  
 ABLE TO FISH  GIVE US THE CHANCE (mentally  
handicapped people) available from January 1983