Contacts

LOCAL

- The local authority recreation department, sports centre or baths manager and water authorities amenity officers.
- Increasingly members of sports clubs for ablebodied 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

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 OQP Tel: 01-388 1277

East



Mrs L A Logan 79 Stopsley Way Luton, Bedfordshire LU2 7UU Tel: 0582 27962



26-28 Bromham Road Bedford MK40 2QD Tel: 0234 44281

East Midland



Miss V M Allen 30 Dale Road, Keyworth Nottingham NG12 5HS Tel: 0602 863366



26 Musters Road West Bridgford Nottingham NG2 7PL Tel: 0602 821887/822596

Gtr. London & South East



Mrs J Ward (Gtr. London) Waterers Edge, Barrs Lane Knaphill, Woking Surrey GU21 2JN Tel: Brookwood 81871

Mr P Jamieson (South East) Fairholme, Mark Beech Edenbridge, Kent TN8 5NR Tel: Cowden 518



160 Great Portland Street London W1N 5TB Tel: 01-580 9092

Northern



Mrs C M Bradley 24 Lazenby Crescent Mowden Park Darlington, Co Durham DL3 9QB Tel: 0325 68604



County Court Buildings Hallgarth Street Durham DH1 3PB Tel: 0385 64278/9

British Sports Association for North West



Miss B H Wood 7 St Michaels Road Blundellsands Liverpool L23 8SB Tel: 051 924 2370



Byrom House Quay Street, Manchester M3 5FJ Tel: 061 834 0338

Southern



Miss M Vaughan 2 Bell Road, Cosham Portsmouth PO6 3NX Tel: 0705 372086



Watlington House Watlington Street, Reading Berkshire RG1 4RJ Tel: 0734 52342

South Western



Mr N L Piper 50 Whittington Road Cheltenham, Glos GL51 6BS Tel: 0242 513840



Ashlands House Ashlands, Crewkerne Somerset TA18 7LQ Tel: 0460 73491

West Midlands



Miss G Middleton 81 Peckham Road Kingstanding Birmingham B44 OLJ Tel: 021 354 3580



Metropolitan House 1 Hagley Road, Five Ways Birmingham B16 8TT Tel: 021 454 3808/9

Yorkshire & Humberside



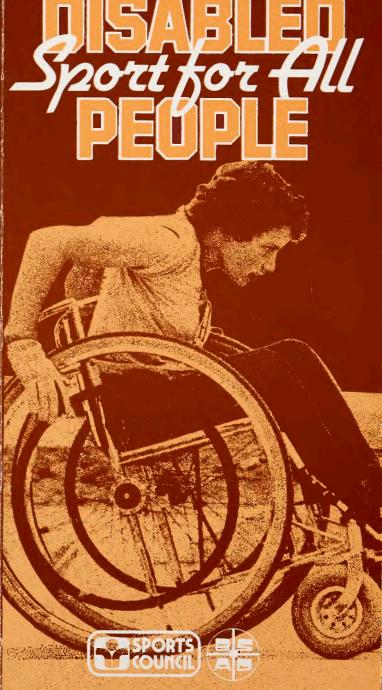
Mrs D A Burt (Yorkshire) Elmwood Cottage 52 Almshouse Lane Newmillerdam, Wakefield West Yorkshire WF1 1SU Tel: 0924 375217

Mr A E Rainsforth (Humberside) 7 Franklin Crescent Scunthorpe South Humberside DN16 1RT Tel: 0724 842474



Coronet House Queen Street, Leeds LS1 4PW Tel: 0532 436443

FOR DISABILITY ORGANISATIONS ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆





Why Sport?

help from those who

disabled people: voluntary welfare workers, the medical and paramedical professions, social services personnel

etc.

come into contact with

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

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.



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