

Year of Disability Sport & Physical Activity 2026



Breaking Barriers, Moving Together

****Working titles***

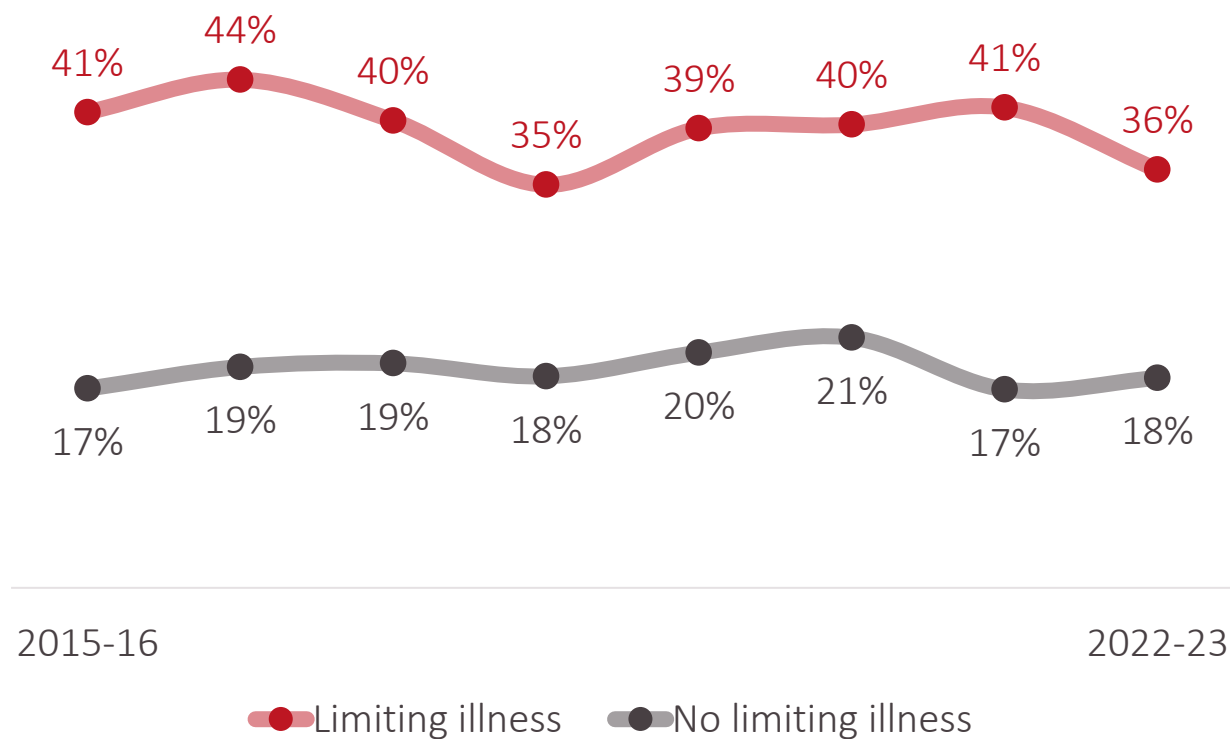


Herts Disability
Sports Foundation



Adults with a **limiting illness or disability** are **twice as likely to be inactive**

The inequality gap persists



Initial Findings from HSP Partner Survey

Barriers to being active (most to least)

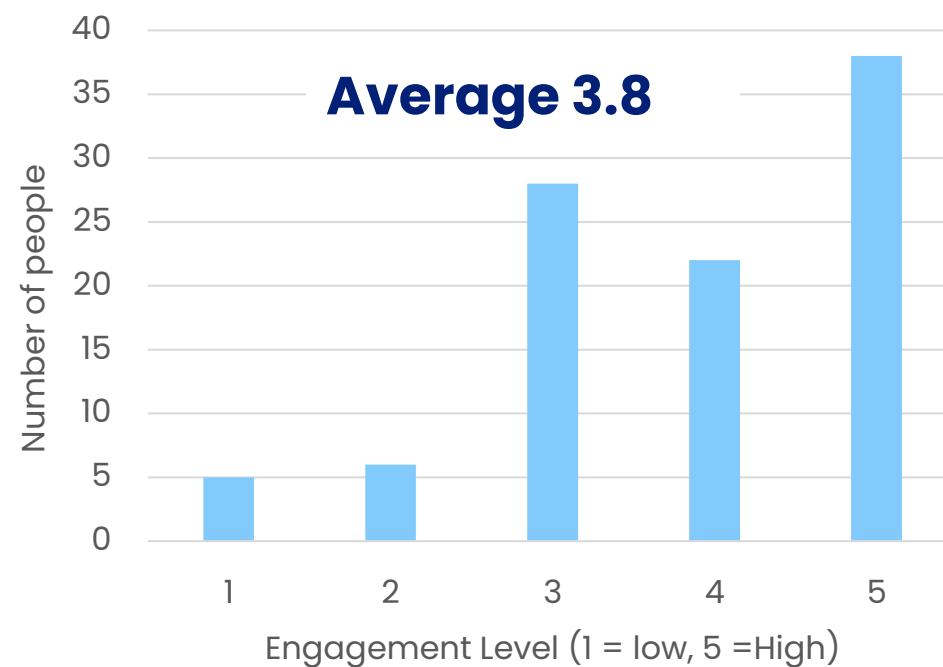
1. Lack of awareness of opportunities (61)
2. Transport to facilities or outdoor spaces (59)
3. Lack of confidence (58)
4. The cost of accessing facilities (51)
5. The accessibility of facilities or outdoor spaces (38)
6. Poor health (34)

Main areas of support required

1. Funding (78)
2. Extra staff / coaches etc. (53)
3. Access to training (50)
4. Access to appropriate equipment (45)
5. Marketing support (34)
6. Access to appropriate facilities (34)

99 Responses

How engaged are you with people with disabilities and long-term health conditions?



Aim

To inspire and enable people with a disability, of all ages, backgrounds, and abilities, to be more active, by increasing access to sport and physical activity in Hertfordshire.



Objectives

- To **strengthen existing opportunities and develop new community-based sport and physical activity initiatives** for disabled people.
- To **attract and secure external investment** to support disability sport and physical activity across the county.
- To **increase sector awareness** of disability sport opportunities and what **makes sessions and venues truly welcoming** – not just physically accessible.
- To **develop the workforce** so they have the skills and confidence to work effectively with disabled people
- To **highlight lived experience** by establishing a Disability Ambassadors programme to highlight what matters most to disabled individuals when accessing sport and physical activity.
- To showcase a range of opportunities and pathways for **sustained participation** in sport and physical activity for disabled people.



Scope & Principles

- All ages
- Pan-disability
- Informed by insight and disability led i.e. some targeting
- Embed long-term sustainability
- Ambitious and realistic



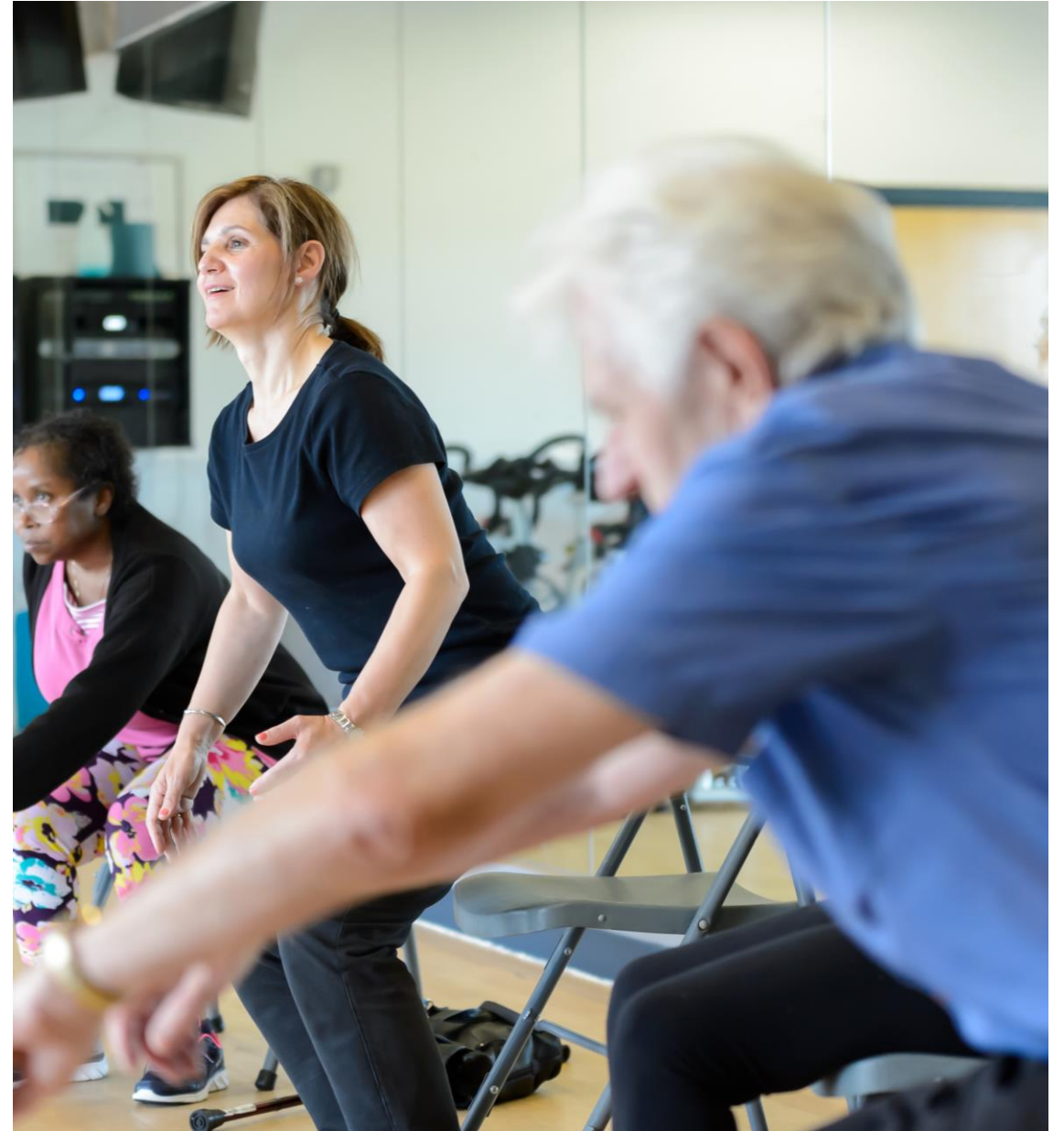
Impairment Types

- People with **mobility** impairments
- People with **learning** impairments
- People with **long-term health conditions**
- People with **social and behavioural** impairments
- People with **mental health conditions** or impairments
- People with **hearing** impairments (D / deaf people)
- People with **visual** impairments

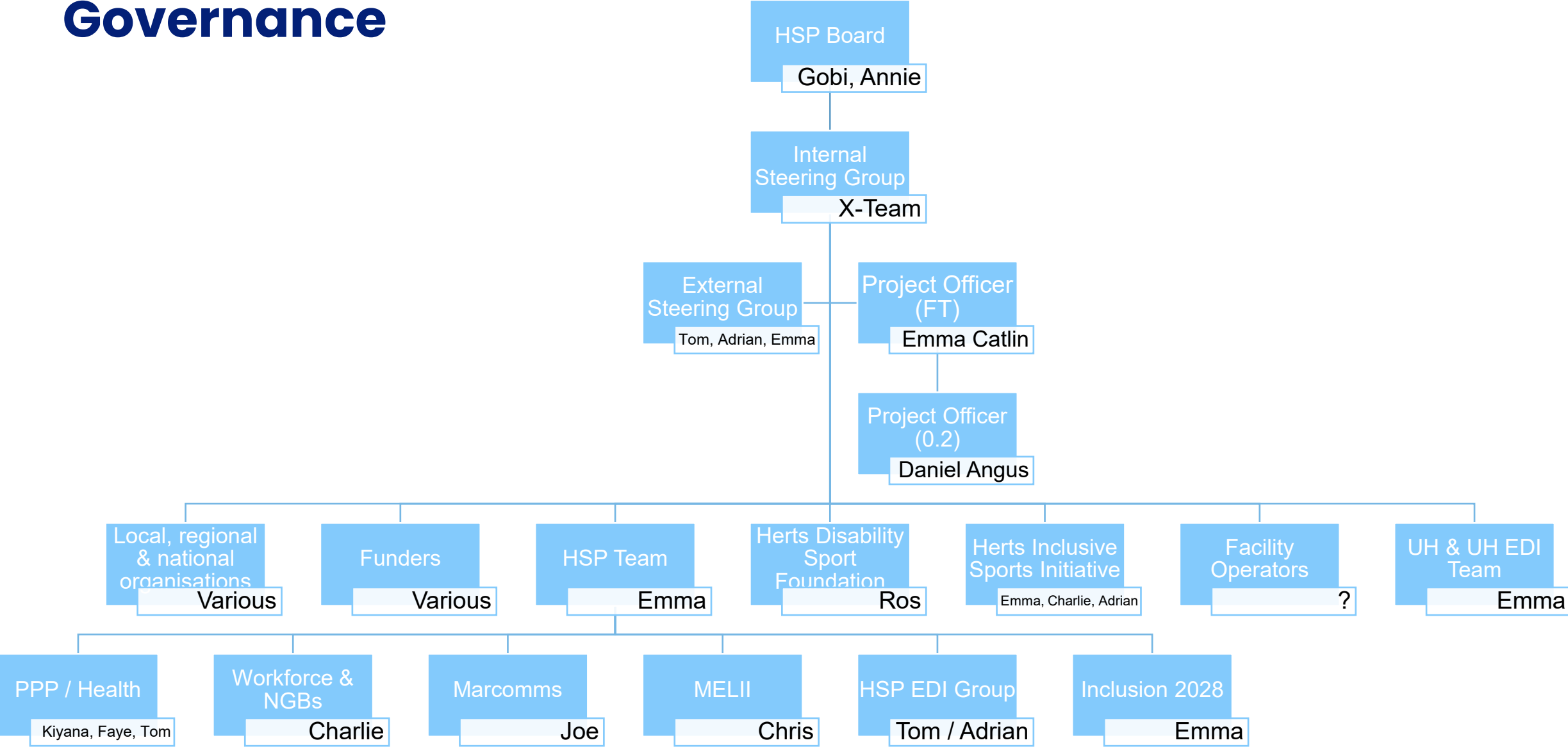


Staffing & Funding

- 1 FTE appointed Sept25 – Emma Catlin
- £50K budget for delivery
- Seeking other funding options
- Adrian Ledbury & Tom Horey = strategic leadership
- Internal Steering Group from across HSP
- All HSP staff to embed it into their work programmes
- External Steering Group
- Gobi & Annie – Board Champions / Patron



Governance

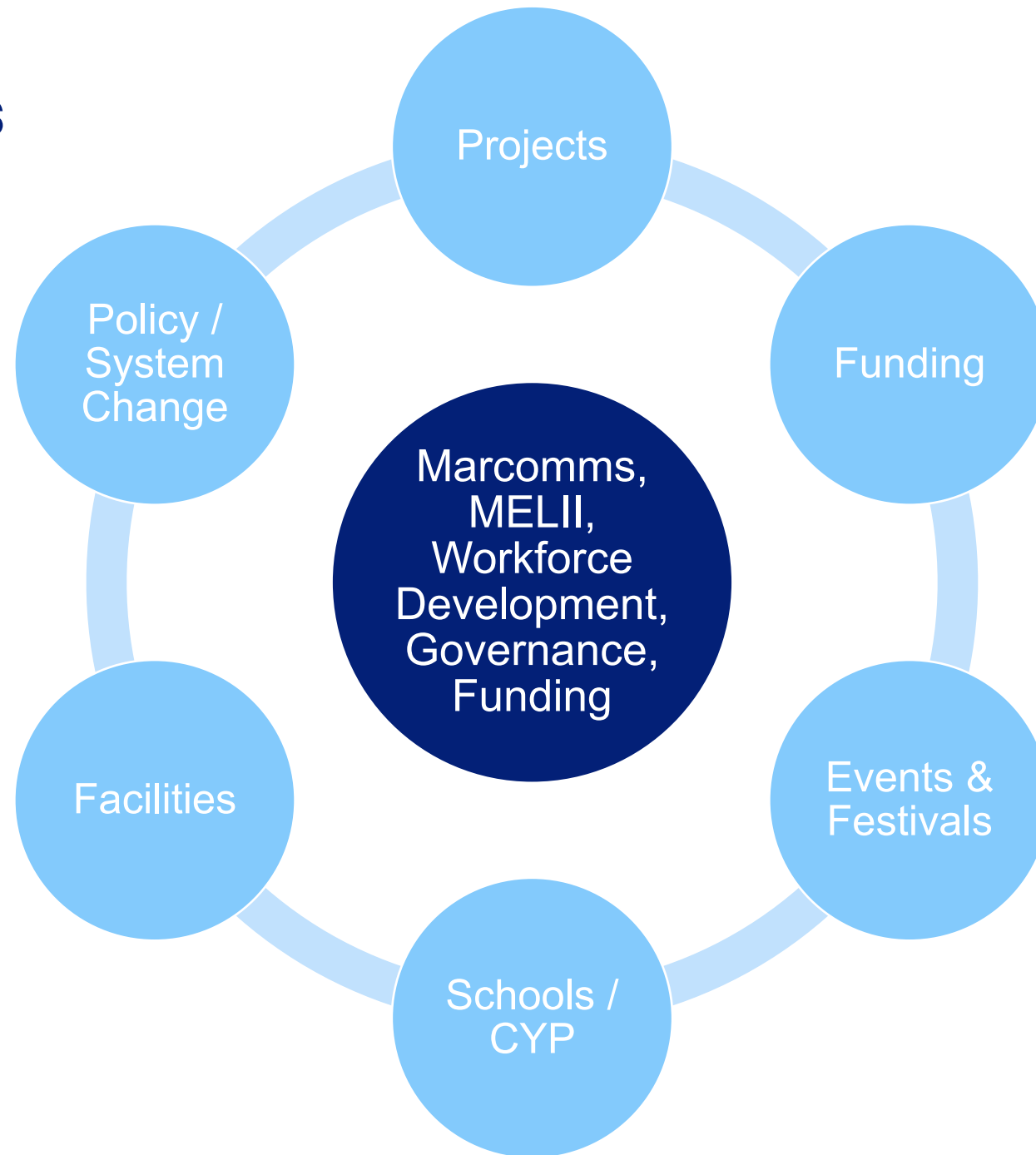


Updates / Next Steps

- Planning / research (July – Dec 25)
- Soft launch / Partner Survey conducted (August)
- Project lead appointed (Sept)
- Detailed design / work up projects (from July – Dec)
- First External steering group (Sept)
- Branding & website (Oct)
- Launch event (Nov)
- Monitoring & Evaluation Framework (Dec 25)
- Delivery (Dec 25 – Dec 26)



Work Strands



Emerging Projects

Funding

- Bid writing support in partnership with F4S
- Small Grants
- Talent pathway bursary

Events & Festivals

- Symposium / Launch (Nov 25)
- Annual Partners Event (Jun 26)
- Celebration Event (Nov 26)
- NGB events TBC
- School Festivals
- Football Festivals (Herts FA & HDSF)

Workforce Development

- Clubs Conference (Oct 25 & 26)
- Inclusion Online Learning Series
- PE Conference SEND focus (Jan 26)
- Coach Education Week (Feb 26)
- Sported - inclusion support for local clubs

Projects

- Disability Bowls – inclusive clubs
- Moving More Activity Finder development

Marcomms

- Website
- Newsletters
- Campaign video
- Partner Toolkit
- Ambassadors
- Mascot
- HYoDSPA Awards
- Campaigns
- Pledges

Ask:

- How can you adapt your current work areas to support disabled people to become more active?
- New initiatives?
- Useful contacts?
- Access to funding?
- Policy changes?



Contacts to follow up with:

Emma Catlin – Project Officer HYODSPA26
e.catlin@herts.ac.uk

Adrian Ledbury – Strategic Lead HYODSPA26
a.ledbury@herts.ac.uk



Thank you & Questions