National Sport Snapshot

Ciplun Cenedlaethol o Chwaraeon

Headline Briefing Paper

National Sport Snapshot Survey

April 2024 - March 2025

Inclusion in Action: Disabled Participation in Welsh Sport and Physical Activity

CHWARAEON ANABLEDD CYMRU DISABILITY SPORT WALES

THE NATIONAL LOTTERY

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Purpose:

To present an overview of disabled participation in community sport and physical activity across Wales, drawing on responses to The National Sport Snapshot Survey.24/25.

Key Findings

- Total Responses = 278.
- Total Participants = 5,878 disabled individuals.
- Sports/Activities delivered = 40.
- Highest number of responses (region) = Actif North Wales.
- Highest number of responses (local authority) = Cardiff.

Demographics & Representation

- Male participation is 37% higher than female.
- Female participation has declined (↓4%).
- Highest engagement group was 0–17 age group.
- Significant drop in participation at 60+.

Diversity Indicators

- Welsh Speaking Participants = 10.5% (↓ 1.5%).
- Ethnically Diverse Participants= 4% (↓ 2%).
- LGBTQI+ Participants = 2.5% (↑ 1.5% but still below national figures).

Impairment Data

- 2,010 participants reported a learning impairment.

Workforce:

- Only 16% of the workforce identified as disabled.
- Need for support in retaining participants, coaches, and volunteers.
- Preference for workshop-based training and resources.

Reflection and Enhancement Areas Moving Forward

Address the Decline in Participation Among Disabled Individuals with Age.

Action: Explore targeted interventions and meaningful collaboration with disabled individuals aged 60+ to address key barriers.

Address the Gender Gap in Disabled Participation

Action: Further understand experiences and co-develop targeted strategies, including:

- Female-focused initiatives
- Inclusive environments
- Raising awareness of the benefits of participation

Promote the Welsh Language

Action: Investigate how many clubs offer activities in Welsh, as well as the number of Welsh-speaking staff within the workforce.

Targeted Engagement Strategies

Action: Explore more inclusive and targeted engagement strategies within LGBTQI+ and ethnically diverse communities.

Types of Impairments/Disabilities

Action: To improve future reporting and inform strategic planning, greater efforts are needed to enhance the consistency, reliability, and accuracy of data collection in this area.

Increase Opportunities for Disabled Others

Action: Further consultation with support networks and advocacy groups in the local community.

Workforce Delivery & Areas of Support

Action: Targeted initiatives to promote the inclusion of disabled individuals in the workforce.

A copy of the full report can be found on the Disability Sport Wales website on the Insight and Resources page National Sport Snapshot Survey Report 24/25