



Disability Sport Wales

Community Sport and Physical Activity 10-year Data Trends Report

March 2013 to September 2023



Community Sport and Physical Activity 10-year Data Trends Report: March 2013 to September 2023

Executive Summary

This community sport and physical activity 10-year data trends report has shown that there are fewer disabled female participants taking part in community sport and physical activity, than disabled male participants. When comparing the percentage of disabled participants across the age groups, it was also found that disabled female participants are much less likely to engage in sport and physical activity. As such more work needs to be done to increase the support that is provided to disabled females to access sport and physical activity. This could be in the form of initiatives, campaigns, specific programmes or clubs for disabled females. The community sport and physical activity 10-year data trends report also showed that only 10% of the disabled participants who engage in sport and physical activity at their local club or session are Welsh speaking, which is a lower figure than the number of disabled people who are Welsh speaking within the general population (Census, 2021). Therefore, there needs to be a focus on increasing the number of disabled participants within community sport and physical activity that are Welsh speaking. There is also a need to increase the number of disabled participants within community sport and physical activity opportunities who identify as LGBTQ+ as this over the last 2 years has been around 1% of the number of disabled participants, whereas this figure is 6.1% within the general disabled population (Census, 2021). Conversely, the number of disabled participants from ethnically diverse communities has increased to 13%. In particular, the Cardiff and Central South and Gwent regions where the Get Out Get Active project has actively created more opportunities for disabled people from ethnically diverse communities to get involved in sport and physical activity has seen an increase in the number of disabled participants from ethnically diverse communities. Therefore, highlighting that these projects are effective in increasing the number of participants into community sport and physical activity. Finally, the workforce within inclusive community sport and physical activity has shown an increase in the number of disabled people within it. The number of disabled people who are part of the workforce who are Welsh speaking, from ethnically diverse communities, and identify as LGBTQ+ in September 2023 was also high.

Background

This community sport and physical activity 10-year data trend report came from the desire to understand how the data relating to disabled people has changed over the last 10-years, where there may be similarities in the data that has been recorded over the last 10 years, where consistencies and trends within the data exist from the last 10 years, and what could be learnt from this data in order to enhance the experience of disabled people taking part in community sport and physical activity.

The community sport and physical activity 10-year data trends report has considered data that has been collected using the community sport and physical activity survey that is completed on a biannual basis by a representative from community sport and physical activity clubs and sessions, combined with the data that was completed by the disability development officer from each local authority within Wales on an annual basis.

This community sport and physical activity 10-year data trends report demonstrates the number of disabled people in Wales who are actively participating in sport and physical activity in Wales within that given year. This data is incredibly important to understand the impact of the work that Disability Sport Wales do to influence and support the development of sport and physical activity opportunities for disabled people within Wales. In most recent years, the participant data that has been collected has been expanded to include the collection of data on participants who identify as a gender other than female or male. This may include any gender that is not female or male, such as transgender, gender neutral, non-binary, agender, paragender, genderqueer, two-spirit, third gender, and any other gender that a participant may identify as. These genders have been represented within the gender other column. In a similar way, the data has recently been expanded to include the collection of data on the number of disabled participants who identify as LGBTQ+.

In addition, this community sport and physical activity data provides an understanding and insight into the current diversity of the coach, volunteer, and official workforce within Wales. It provides an insight into how many coaches, volunteers, and officials within Wales are disabled and where there may be opportunity to enhance the diversity of this workforce. For example, working to expand the number of disabled people within the coach, volunteer, and official workforce who are Welsh speaking, identify as LGBTQ+, or from an ethnically diverse community.



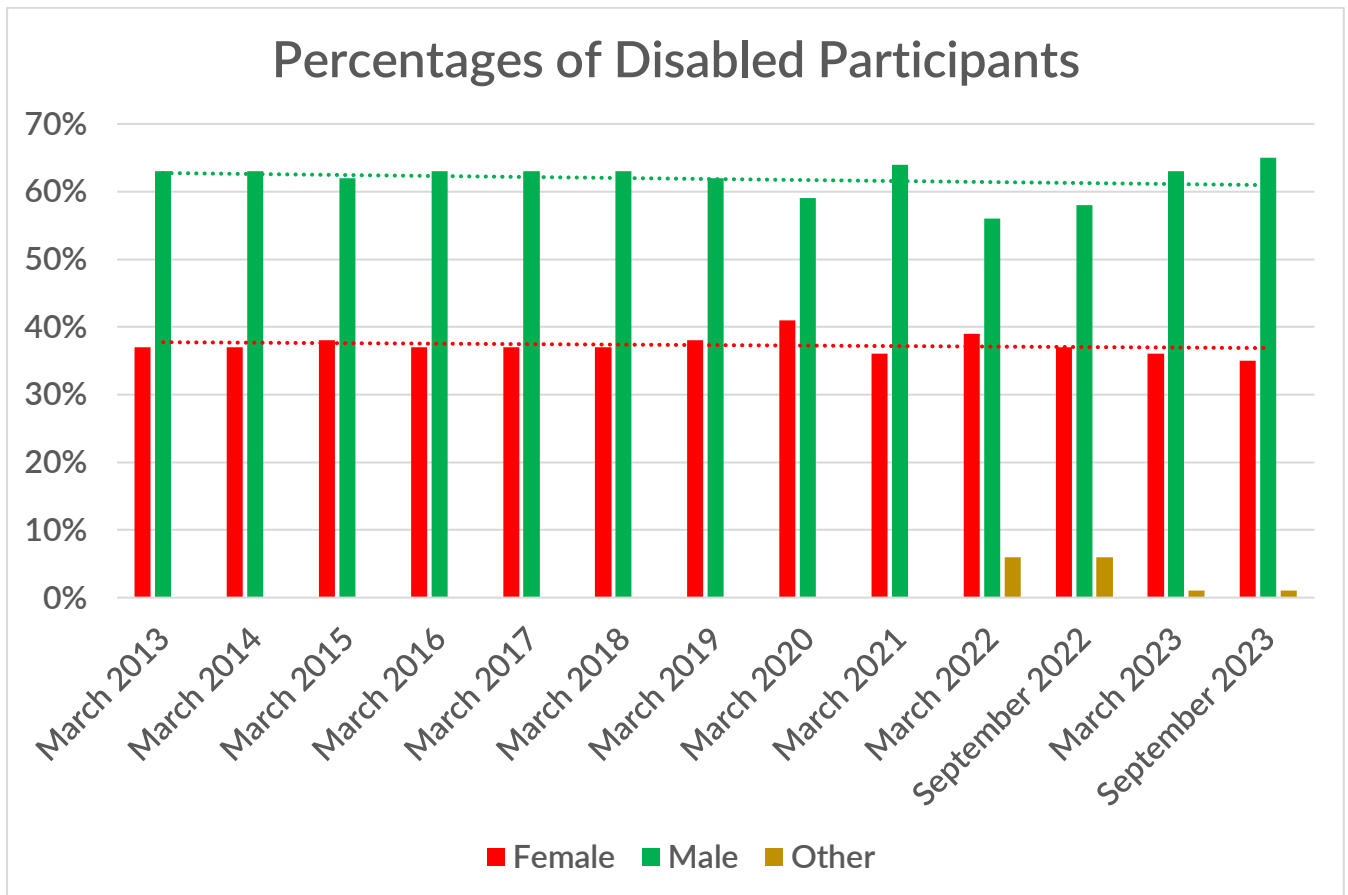
Disabled Participant Data

The community sport and physical activity participant data demonstrates that there is a consistent trend within the percentage of female and male disabled participants that take part in community sport and physical activity over the 10-year period. However, as detailed earlier the method in which this data has been collected has changed during the 10-year period and this should be taken into consideration when looking to gain insight from the community sport and physical activity data.



The Number of Disabled Participants Over the Last 10 years

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
March 2013	1505	559	37%	946	63%	-	-	561	37%	67	4.5%	-	-
March 2014	16579	6071	37%	10508	63%	-	-	839	5%	218	1.3%	-	-
March 2015	17047	6514	38%	10533	62%	-	-	959	5.6%	116	<1%	-	-
March 2016	22685	8370	37%	14315	63%	-	-	977	4%	290	1.3%	-	-
March 2017	8523	3158	37%	5365	63%	-	-	679	8%	30	<0.5%	-	-
March 2018	28500	10502	37%	17998	63%	-	-	1830	6.4%	291	1%	-	-
March 2019	29239	11068	38%	18171	62%	-	-	2373	8%	370	1.3%	-	-
March 2020	11520	4708	41%	6812	59%	-	-	1186	10%	267	2.3%	-	-
March 2021	5062	1832	36%	3230	64%	-	-	432	8.5%	190	3.8%	-	-
March 2022	8144	3135	39%	4559	56%	450	6%	2369	29%	534	7%	70	1%
September 2022	11106	4102	37%	6395	58%	609	6%	1785	16%	426	4%	88	<1%
March 2023	3015	1071	36%	1903	63%	41	1%	254	8%	103	3%	43	1%
September 2023	2613	899	34%	1684	65%	30	1%	325	12%	319	12%	34	1.3%



Disabled Female Participants

From the data, it is evident that there is a significantly higher number of disabled male participants who take part in sport and physical activity compared to disabled female participants. This trend of more disabled male participants taking part in sport and physical activity is consistent over the 10-year period that has been explored within this report.

It can be seen that the highest number of disabled female participants was recorded in March 2020, recording a figure of 41% of the disabled participants being recorded as active being female. Whereas the lowest number of disabled female participants was recorded in the most recent community survey, with 35% of participants being female. Therefore, this finding suggests that the number of disabled female participants within community sport and physical activity is decreasing, and more work needs to be done to increase the number of opportunities and remove the potential barriers for disabled females taking part in sport and physical activity.

Disabled Welsh Speaking Participants



The number of Welsh speaking disabled participants within community sport and physical activity clubs is slightly inconsistent over the 10-year period. However, one of the reasons for the inconsistency was due to the wording of the question used in 2022. The wording has subsequently been changed to enhance clarity on the number of disabled Welsh speakers within the club or session. Removing these inconsistencies within the figures demonstrates that the number of disabled Welsh speakers is between 4% and 10% of disabled participants who are active within community settings. According to the Census 2021, the percentage of disabled people who are Welsh speakers within the general population is 13%. Therefore, the number of disabled people who are Welsh speakers and are active participants within community settings is lower than the general population. As such, there is a need to work on developing the number of disabled Welsh speakers within community club settings.

Disabled Participants from Ethnically Diverse Communities

The number of disabled participants from ethnically diverse communities who participate in community clubs has increased over the last 10 years with the highest percentage of disabled participants from ethnically diverse communities being recorded in the September 2023 survey (13%). Therefore, suggesting that initiatives being implemented, such as the Get Out Get Active (GOGA) project in collaboration with Street Games to get more disabled people from ethnically diverse communities active, has had a positive impact on the number of disabled participants from ethnically diverse communities taking part in sport and physical activity regularly. This is particularly true for Cardiff and the Central South and the Gwent region where the GOGA project was focused. In the Cardiff and Central South region, 30% of the disabled participants taking part in community sport and physical activity were from ethnically diverse communities reinforcing the positive impact that the GOGA project has had on disabled people from ethnically diverse communities.

Disabled Participants who identify as LGBTQ+

The recording of whether a participant identifies as LGBTQ+ only started in March 2022 and these figures remain relatively low at 1% or less than 1%. Although the collection of this data has only just started, 6.1% of the general disabled population identify as LGBTQ+ in Wales and therefore, there is a need to provide more support to disabled people ethnically diverse communities to become active within their local community clubs.

The Number of Disabled Participants Split by Age

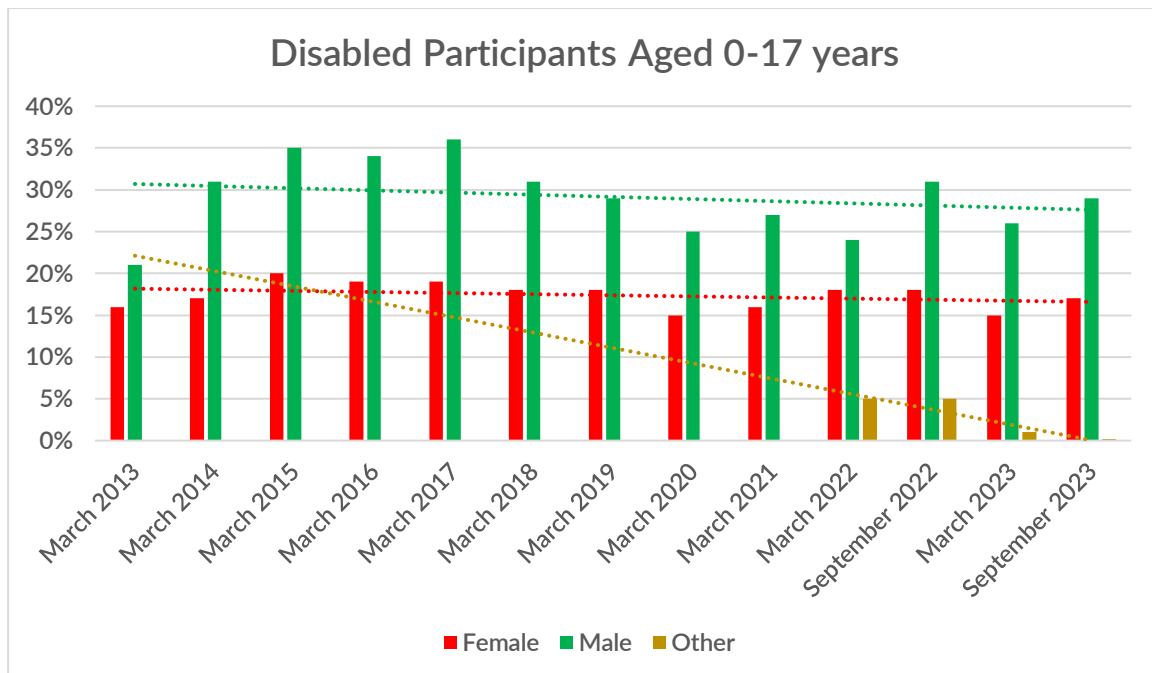
	Total	Female			Male			Other		
		0 - 17 years	18 - 59 years	60 + years	0 - 17 years	18 - 59 years	60+ years	0 - 17 years	18 - 59 years	60 + years
March 2013	1505	247 (16%)	270 (18%)	42 (3%)	312 (21%)	578 (38%)	56 (4%)	-	-	-
March 2014	16579	2759 (17%)	2720 (16%)	592 (4%)	5204 (31%)	4070 (25%)	1234 (7%)	-	-	-
March 2015	17047	3411 (20%)	2656 (16%)	447 (3%)	5879 (35%)	4106 (24%)	548 (3%)	-	-	-
March 2016	22685	4322 (19%)	5478 (24%)	520 (2%)	7662 (34%)	5478 (24%)	1175 (5%)	-	-	-
March 2017	8523	1574 (19%)	1386 (16%)	198 (2%)	3046 (36%)	2051 (24%)	268 (3%)	-	-	-
March 2018	28500	5224 (18%)	4363 (15%)	915 (3%)	8954 (31%)	6884 (24%)	2160 (8%)	-	-	-
March 2019	29239	5142 (18%)	4699 (16%)	1227 (4%)	8349 (29%)	7444 (26%)	2378 (8%)	-	-	-
March 2020	11520	1775 (15%)	2260 (20%)	673 (6%)	2881 (25%)	3311 (29%)	620 (5%)	-	-	-
March 2021	5062	815 (16%)	861 (17%)	156 (3%)	1363 (27%)	1596 (32%)	271 (5%)	-	-	-
March 2022	8144	1496 (18%)	1125 (14%)	514 (6%)	1948 (24%)	2046 (25%)	565 (7%)	378 (5%)	66 (0.8%)	6 (0.07%)
September 2022	11106	1957 (18%)	1699 (15%)	446 (4%)	3394 (31%)	2491 (22%)	510 (5%)	581 (5%)	24 (0.2%)	4 (0.04%)
March 2023	3015	445 (15%)	385 (13%)	241 (8%)	782 (26%)	727 (24%)	394 (13%)	28 (1%)	13 (0.4%)	-
September 2023	2613	451 (17%)	405 (16%)	43 (1.7%)	764 (29%)	830 (32%)	90 (3%)	5 (0.2%)	5 (0.2%)	20 (0.8%)

The percentage number of disabled female participants is consistently lower than the percentage of disabled male participants across the age groups.

Disabled Participants aged between 0 - 17 years

The percentage number of disabled female participants aged between 0- 17 years is consistently between 15% to 20% over the 10-year span. Whereas in comparison, the percentage number of disabled male participants aged between 0 – 17 years is consistently between 21% to 35% over the 10 years, which is much higher.

Therefore, suggesting that disabled females are between 6% to 15% less likely to take part sport and physical activity when aged between 0 – 17 years of age. The figures for those who identify as a gender other than female or male are currently really low, but as more data is collected over the coming years the reliability and accuracy of this data should improve.

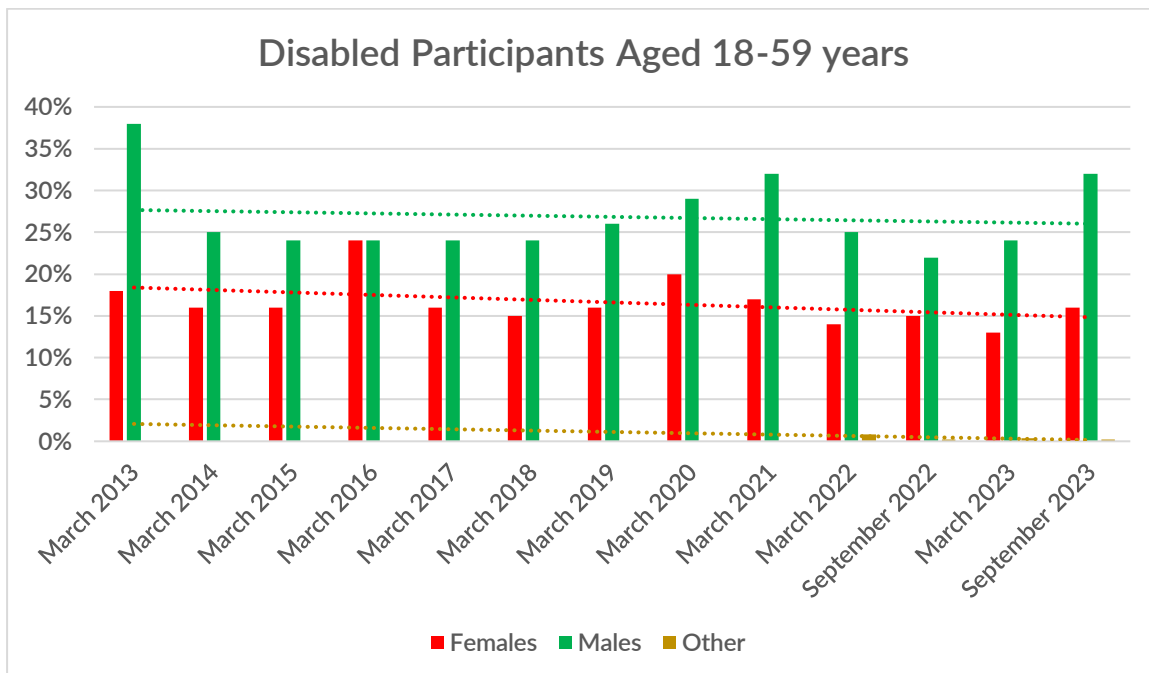


Disabled Participants aged between 18 – 59 years

The percentage number of disabled female participants is consistently lower than percentage of disabled male participants with the 18 to 59 years category. The percentage of disabled female participants aged between 18 - 59 years is



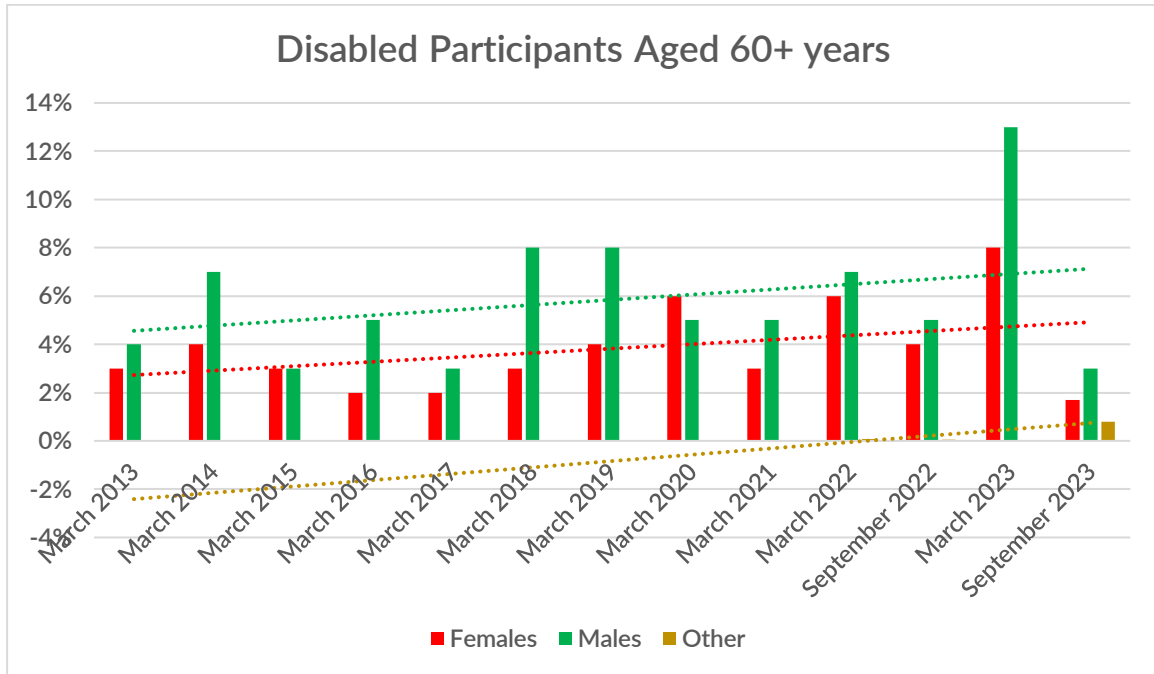
consistently between 14% and 20%. Whereas, in comparison the percentage number of disabled male participants is consistently between 24% and 38%. Therefore, suggesting that disabled females are 10% to 18% less likely to engage with sport and physical activity when aged between 18 and 59 years.



Disabled Participants aged 60+ years

The percentage number of disabled female participants aged 60+ years taking part in sport and physical activity is lower than that of disabled male participants aged 60+ years. The percentage number of disabled female participants aged 60+ years was consistently between 1.7% and 8%. In comparison, the percentage number of disabled male participants was consistently between 3% and 13%. The gap between the percentage female and male participants aged 60+ years is not as high as the other groups, however it still shows that disabled female participants aged 60+ years are 1.3% to 5% less likely to engage in sport and physical activity than disabled male participants aged 60+ years.





Regional participant data

Cardiff and Central South

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
March 2022	534	214	40%	320	60%	0	-	264	49%	91	17%	11	2%
September 2022	1828	600	33%	1041	57%	187	10%	94	5%	9	0.5%	1	<1%
March 2023	714	271	38%	411	58%	32	5%	13	2%	44	6%	5	<1%
September 2023	865	318	37%	540	62%	7	<1%	23	3%	258	30%	9	1%

The Cardiff and Central South data demonstrated that the percentage of disabled female community sport and physical activity participants is in line with the overall Wales data and similarly the disabled participants who identify as LGBTQI+ is also in line with the national data. The percentage of disabled Welsh speaking participants is lower than the national percentage at only 3%. However, the percentage of disabled participants from ethnically diverse communities is significantly higher in the Cardiff and Central South region compared to the national data and other regions within Wales. Therefore, one of the suggested projects for developing community participation of disabled people in Cardiff and Central South is to increase the number of female disabled participants, disabled Welsh speaking participants, and disabled participants who identify as LGBTQI+.

Gwent

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
March 2022	1097	319	29%	608	55%	170	16%	333	30%	36	3%	5	0.5%
September 2022	770	179	23%	591	77%	0	-	48	6%	40	5%	9	1%
March 2023	380	167	44%	213	56%	0	-	0	-	8	2%	0	-
September 2023	328	114	35%	214	65%	0	-	5	1.5%	32	10%	0	-

The regional data for Gwent has demonstrated that the percentage of disabled female participants who take part in community sport and physical activity is in line with the national data. However, the percentage of disabled participants who are Welsh speakers is 1.5%, which is significantly lower than the national figure and that expected given that 13% of the general disabled population in Wales are Welsh speakers (Census, 2021) and the overall percentage of Welsh speakers in Newport was 7.5% (Census, 2021). As such, there is a need to explore how the number of disabled participants who are Welsh speakers within the Gwent region could be increased. Similarly, the figures for the number of disabled participants who identify as LGBTQ+ in the Gwent region was incredibly low with both sets of data from 2023 being recorded as zero. There is a significant need to increase the number of opportunities and projects that support disabled LGBTQ+ disabled participants within the Gwent region. On the other hand, the percentage of disabled participants from ethnically diverse communities was higher in the Gwent region than the national population. Therefore, suggesting that projects such as GOGA focused on increasing the number of opportunities for disabled people from ethnically diverse communities has had a positive impact on the number of disabled people from ethnically diverse communities within community settings.

Mid-Wales

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
March 2022	961	345	36%	616	64%	0	-	221	23%	67	7%	11	1.1%
September 2022	1611	672	42%	939	58%	0	-	332	21%	147	9%	21	1.3%
March 2023	630	187	30%	443	70%	0	-	17	3%	2	<1%	2	<1%
September 2023	46	15	33%	31	67%	0	-	12	26%	2	4%	2	4%

The regional data for Mid-Wales demonstrated a slightly lower percentage of disabled female participants taking part in community sport and physical activity, compared to the national data. In a similar manner, the percentage of disabled participants from ethnically diverse communities was also lower than the national figures. On the other hand, the number of disabled participants who are Welsh speaking was significantly higher than the national figure and other regions, plus was significantly higher than the 13% figure recorded for the number of Welsh speakers amongst the general disabled population in Wales (Census, 2021). The percentage of disabled participants who identified as LGBTQ+ who were participants in community sport and physical activity was higher than the national figure. However, it should be taken into consideration when examining these figures that the number of participants and community clubs who completed the survey in September 2023 was much lower than expected. Consequently, ways to improve the completion rate within the Mid-Wales region need to be considered.

North Wales

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
March 2022	1536	598	39%	799	52%	139	9%	108	7%	94	6%	12	<1%
September 2022	2022	628	31%	997	49%	397	20%	925	46%	157	8%	24	1.2%
March 2023	654	247	38%	403	62%	4	<1%	186	28%	30	5%	20	3%
September 2023	887	335	38%	549	62%	3	<1%	244	28%	21	2%	12	1.35%

The regional data for the North Wales region demonstrated that the percentage of disabled female participants is 38% which is on trend with the national figures. In a similar way, the number of disabled participants who identify as LGBTQ+ is 1.35% which is also similar to the national data. Whereas, the percentage number of disabled participants who are Welsh speaking was significantly higher in North Wales at 28% compared to the national data and the other regions within Wales (with the exception of Mid-Wales). The percentage of disabled participants from ethnically diverse communities within the North Wales region was 2% which is significantly lower than the national data. Within North Wales of the general population 4.3% are from ethnically diverse communities, considering that the percentage of disabled people from ethnically diverse communities who are participants within sport and physical activity is much lower at 2% there is a need to explore how to increase the number of disabled participants who are from ethnically diverse communities engage in sport and physical activity.

West Wales

	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
March 2022	4790	1930	40%	2720	57%	140	3%	1619	34%	268	6%	25	<1%
September 2022	3590	1472	41%	2115	59%	3	<1%	205	6%	71	2%	31	<1%
March 2023	637	199	31%	433	68%	5	<1%	34	5%	17	3%	10	2%
September 2023	432	109	25%	323	75%	0	-	33	8%	18	4%	11	3%

The regional data for the West Wales region demonstrated that in 2023 the number of disabled female participants was 25% and 31% which was significantly lower than the national data at 35% and 36%. Therefore, suggesting that there is more work that needs to be done to increase the support provided to female disabled participants to access community clubs and physical activity opportunities. The percentage of the West Wales disabled participants who are Welsh speaking was 8% which was slightly lower than the national figure of 10%. Similarly, the percentage of disabled participants from ethnically diverse communities was 4% which is lower than the national figures of 13%. However, the percentage of disabled participants who identify as LGBTQ+ was 3%, which was higher than the national figure of 1.3%. This regional data for the West Wales region therefore highlighted that there is a need to further support disabled female participants to access sport and physical activity opportunities, along with supporting more Welsh speaking disabled participants and participants from ethnically diverse communities to access sport and physical activity.



Diverse and inclusive workforce

March 2021	Disabled Females		Disabled Males	
Coaches	72	9%	98	9%
Officials	54	25%	23	9%
Volunteers	54	6%	64	7%
Total Workforce	180	9%	184	8%

March 2022	Disabled Females		Disabled Males		Disabled Other	
Coaches	50	11%	78	13%	0	
Officials	26	15%	23	16%	0	
Volunteers	42	10%	46	13%	1	<1%
Total Workforce	118	11%	147	13%	1	<1%



September 2022	Disabled		Non-disabled		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
Total Workforce of coaches, officials, and volunteers	271	15%	1536	85%	515	29%	39	2%	41	2%

March 2023	Disabled		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+			
Coaches	128	12%								
Officials	49	15%								
Volunteers	89	11%								
Total Workforce	266	12%	368	17%	38	1.7%	33	1.5%		

September 2023	Disabled		Non-disabled		Disabled Welsh Speaking		Disabled Ethnically Diverse Communities		Disabled Identified as LGBTQI+	
Total Workforce of coaches, officials and volunteers	185	23%	622	77%	46	25%	23	12%	25	14%

Over the past three years the number of disabled people amongst the inclusive sport workforce has been fairly consistent at 17% in March 2021, 24% in March 2022, 15% in September 2022, 12% in March 2023, and 23% in September 2023. These figures are at times slightly lower than the percentage of disabled people within the general population in Wales which is 21.1% (Census, 2021). Therefore, there is potentially some work to do to ensure that the number of disabled people within the sport and physical activity workforce figure is consistently stable around 21%.

The community sport and physical activity survey data identified that 25% of the disabled workforce were Welsh speaking in September 2023. This would suggest that the percentage of disabled people within the community sport and physical activity sector workforce who can speak Welsh is higher than the percentage number of the general disabled population who can speak Welsh as this is 13% (Census, 2021). Similarly, the percentage of the disabled workforce who identified as being LGBTQ+ was higher than the general disabled population in Wales who identify as LGBTQ+ as this is 6.1% (Census, 2021). This figure for disabled people is higher at 6.1% compared to non-disabled people within the general population who identify as LGBTQ+ as this is 2.5% (Census, 2021). However, the percentage of the disabled workforce who identify as LGBTQ+ should be reviewed again after the next community survey, as previously this figure has been much lower and the figure from September 2023 may have been an anomaly. Alternatively, although the GOGA project that has been joint funded by Pride Cymru to increase the number of disabled participants who identify as LGBTQ+ may not have had a positive impact on the numbers of participants, but it may have had a positive impact on the number of disabled people who identify as LGBTQ+ who are part of the workforce.

The percentage of the disabled workforce who are from ethnically diverse communities was 12%, which is a similar figure to the percentage of disabled participants who are from ethnically diverse communities which was 13%. This in a similar way to the percentage of disabled participants from ethnically diverse communities is higher than what has previously been recorded, as such the GOGA project may also be having a beneficial impact on the number of disabled people from ethnically diverse communities who are within the workforce.



Conclusion

In conclusion this community sport and physical activity 10-year data trends report has shown that disabled females are less likely to participate in sport and physical activity and this is consistent over the last 10 years of data collection. As such it has been suggested that more needs to be done to provide support to disabled females to increase the number of disabled female participants within sport and physical activity. This is consistent when splitting the data by the age of the disabled participants. Although there was some slight variation across the ages in the percentage difference between disabled female and male participants, disabled female participants are consistently less likely to engage with sport and physical activity. These figures were similar when comparing the data across the five regions within Wales, with the percentage for West Wales being particularly low.

The percentage of disabled participants who are Welsh speaking although has been increasing, but does have some anomalies within it, still remains lower than the percentage of the general disabled population and would benefit from initiatives to increase the number of disabled participants who are Welsh speaking. This figure is particularly low in Cardiff and Central South, Gwent, and West Wales.

The percentage of disabled participants from ethnically diverse communities has increased, especially within the regions (Cardiff and Central South and Gwent) where the Get Out Get Active project has been focused on provided more opportunities for disabled people from ethnically diverse communities. This highlights the benefits of projects such as the Get Out Get Active (GOGA) project and the benefits that this can have on disabled people and their participation levels. However, despite there being a GOGA project providing opportunities for disabled people who identify as LGBTQ+ to engage in more sport and physical activity opportunities this has not had an impact on the percentage of disabled participants who identify as LGBTQ+, even in North Wales where that particular GOGA project is focused.

The disabled workforce figures have shown improvement over the last three years with a higher percentage of the workforce supporting inclusive community opportunities being disabled. These workforce figures have increased for those who are Welsh speaking, from ethnically diverse communities, and identify as LGBTQ+. This is a positive development for the workforce from inclusive community sport and physical activity opportunities.

In order to progress the community figures, this data trends report has shown that there is a need to further enhance the participation opportunities for disabled





females, for disabled people who are Welsh speaking, and who identify as LGBTQ+. There were also suggested areas for development for each of the five regions.

