



Disability Sport Wales

Inclusive Club and Session Survey Report

September 2023 and March 2024

Understanding the number of disabled people who are active within community sport and physical activity in Wales.



Inclusive Club and Session Survey Report – September 2023 and March 2024

Executive Summary

The inclusive club and session survey from September 2023 and March 2024 report has shown that there are fewer disabled females taking part in community sport and physical activity than there are disabled males. There are consistently fewer disabled females nationally across the age groups than there are disabled males taking part in community sport and physical activity. However, there are slight variations in the data when considering the regional data, as it was potentially skewed by one club reporting all their participants within the other gender category. Overall, though there is a need to provide more inclusive sport and physical activity initiatives that are focused on developing the engagement from disabled females across the age groups. In addition, there is a need to increase the number of disabled participants who are Welsh speaking, those from ethnically diverse communities, and those who identify as LGBTQI+ engaging with community sport and physical activity. Throughout the report there are some region-specific areas for further development.

The inclusive club and session survey of September 2023 and March 2024 also considered the disabled workforce within inclusive community sport and physical activity. From the survey, it was found that only 20% of the inclusive community sport and physical activity workforce were disabled, which is lower than the Wales population of disabled people from Census 2021, which recorded a population figure of disabled people as 21%. Consequently, there is a need to increase number of disabled people within the inclusive community sport and physical activity workforce.

Background

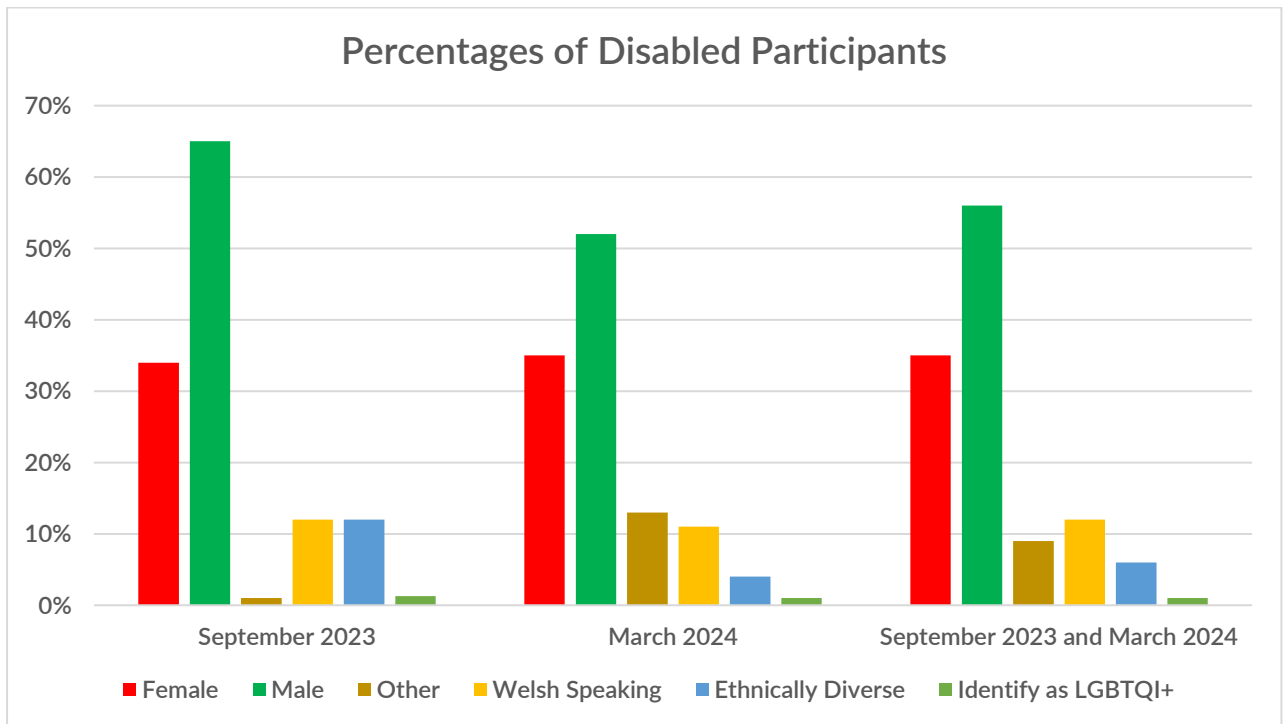
This inclusive club and session survey report has been written to understand the data trends of disabled people within community sport and physical activity. The inclusive club and session survey started in March 2022 and is carried out biannually in March and September. The data is collected using an online survey platform and is completed by a representative of the community club or session. For this report the data has been combined from the September 2023 and March 2024 surveys to be able to create an opportunity to understand the data trends in disabled people's physical activity levels for the 2023 – 2024 financial year.

This inclusive club and session survey report demonstrates the number of disabled people who are active within community clubs and sessions in Wales between April 2023 and March 2024. This data is valuable to demonstrate the impact of the work that Disability Sport Wales, the Regional Partnerships, and the Local Authority sport development teams is having on disabled people. This data collects whether the participants are female, male, or they identify as having an alternative gender. For example, transgender, gender neutral, non-binary, agender, paragender, genderqueer, two-spirit, third gender, or any other gender that they may identify as. This data also considers the intersectionality of the participants by collecting data on the number of disabled people who are Welsh Speaking, from Ethnically Diverse Communities, and Identify as LGBTQ+. This data therefore, provides an insight into the disabled people and the intersectionality of the disabled people who have taken part in inclusive community sport and physical activity opportunities within Wales between April 2023 and March 2024.

Disabled Participant Data

The inclusive club and session surveys combined from September 2023 and March 2024 highlights that the percentage of female disabled participants in Wales is 35% of the overall number of participants, whereas the percentage of male disabled participants is 56%. The percentage of other disabled participants is higher than many previous surveys at 9%, as previously this has been consistently lower than 6%. Considering the intersectionality of the data the percentage of disabled people who are Welsh speaking is 12%, which is between the range of 8% to 29% that has previously been recorded within the surveys. This figure is also close to the Census 2021 data where 13% of disabled people were recorded as Welsh speaking. Looking at the ethnically diverse communities data, the number of disabled people who are from ethnically diverse communities is 6% from the combined surveys. Although, the survey in September 2023 had seen an increase in the number of disabled people from ethnically diverse communities who are taking part in sport and physical activity this figure may now be declining back to previous figures of between 3% and 7%. This may be due to the Get Out Get Active (GOGA) project no longer focusing on supporting disabled people from ethnically diverse communities to engage with sport and physical activity. Therefore, levels of participation are returning to their previous levels prior to the implementation of the GOGA project. The figures for those who identify as LGBTQI+ are consistent and stable since March 2022 at 1%. This is significantly lower than the 12.6% of the disabled population who identify as LGBTQI+ according to the Census (2021).

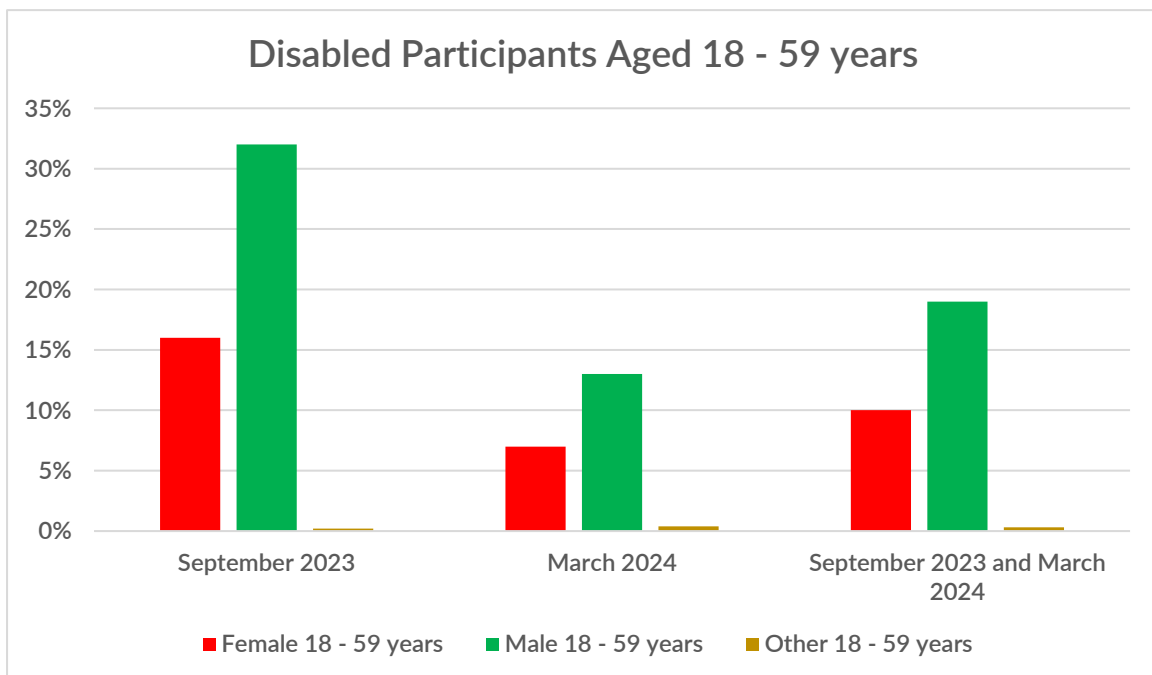
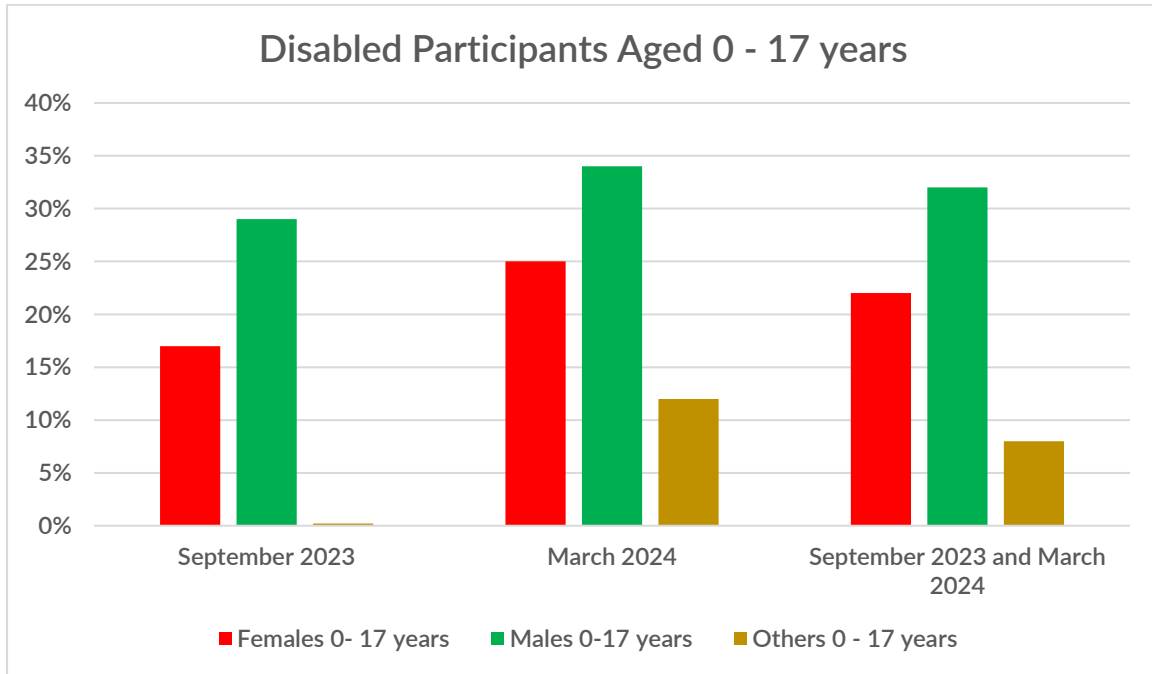
	Total Disabled Participants in Wales	Female Disabled Participants		Male Disabled Participants		Other Disabled Participants		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
September 2023	2613	899	34%	1684	65%	30	1%	325	12%	319	12%	34	1.3%
March 2024	5292	1872	35%	2754	52%	666	13%	565	11%	193	4%	54	1%
Combined September 2023 and March 2024 (after duplicates removed)	7467	2625	35%	4154	56%	688	9%	874	12%	444	6%	72	1%

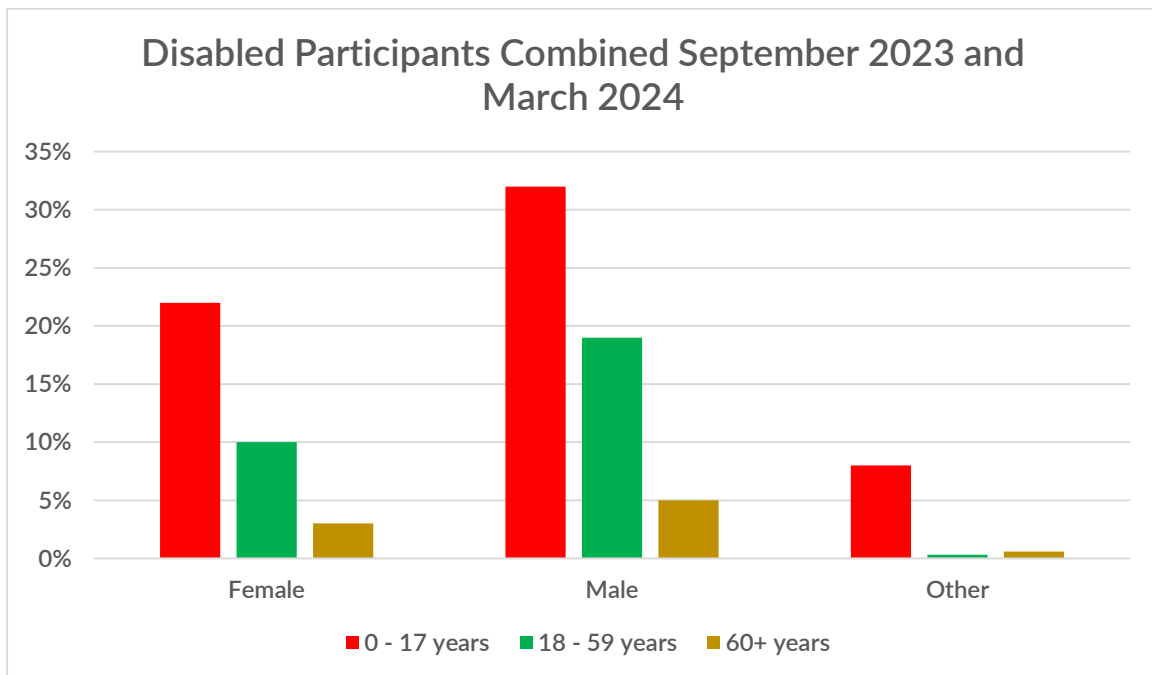
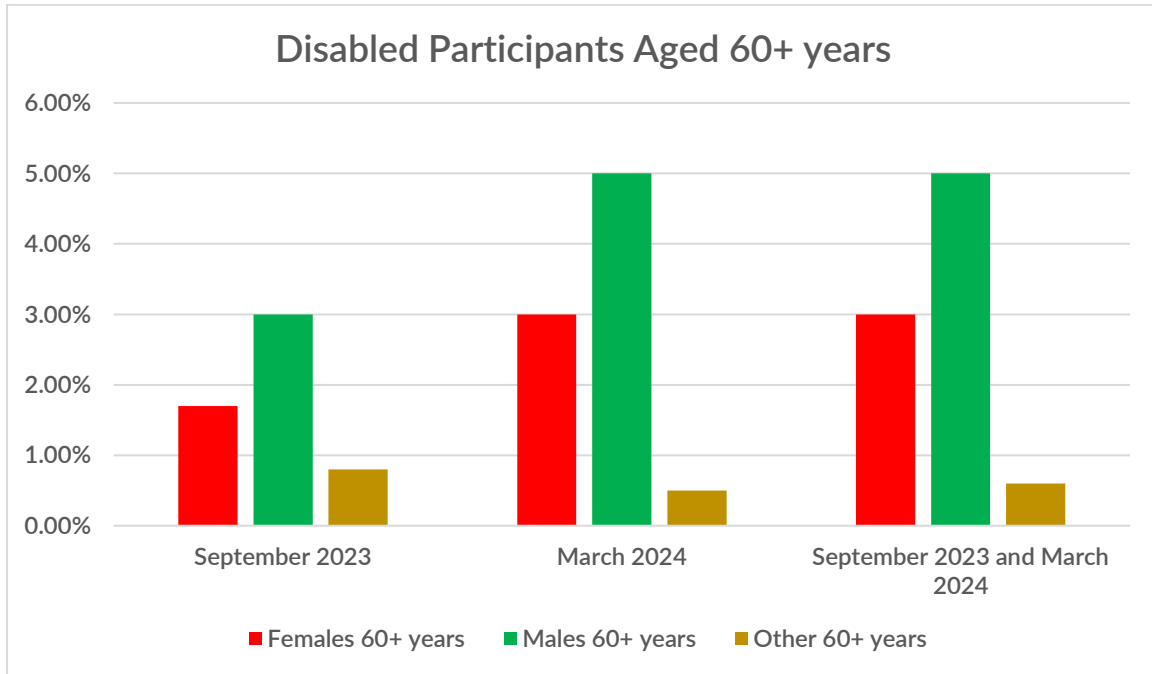


Disabled Participant Data Across the Age Groups

From the inclusive club and session survey insight can be drawn on which age groups amongst the disabled population that are most active and which age groups are the least active. It can be seen from the data that the highest percentage of disabled people who are active are males aged between 0 – 17 years, with the least active age group are other disabled people aged between 18 and 59 years. Disabled female’s aged between 0 to 17 years are the second most active group.

	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
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%)
March 2024	5292	1315 (25%)	375 (7%)	182 (3%)	1804 (34%)	671 (13%)	279 (5%)	617 (12%)	21 (0.4%)	28 (0.5%)
Combined September 2023 and March 2024 (after duplicates removed)	7467	1668 (22%)	743 (10%)	214 (3%)	2401 (32%)	1399 (19%)	354 (5%)	618 (8%)	22 (0.3%)	48 (0.6%)



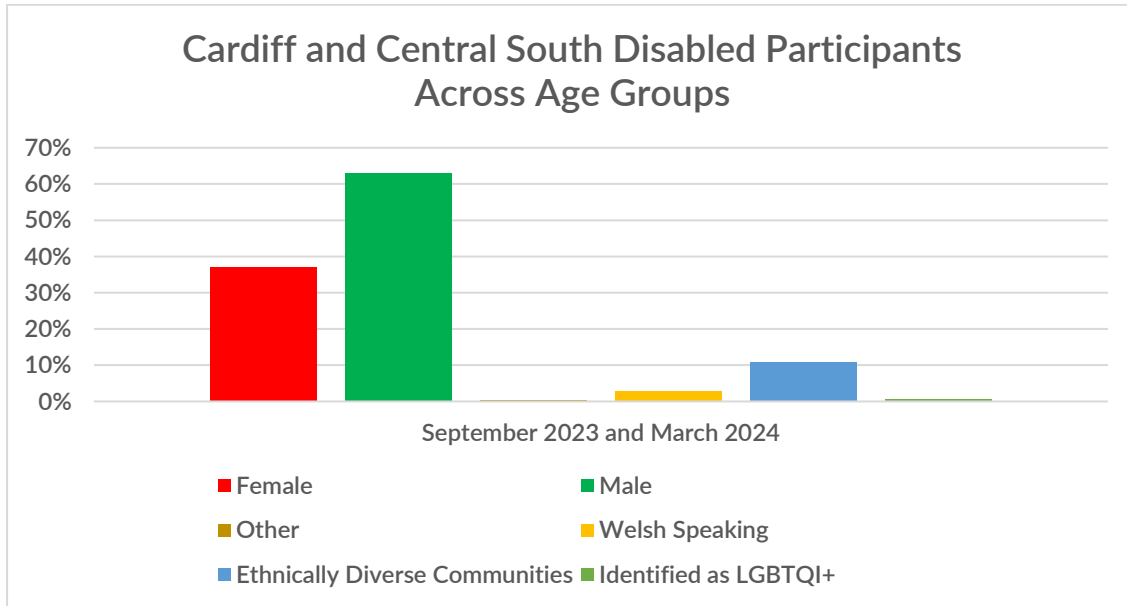


Regional Participant Data

Cardiff and Central South

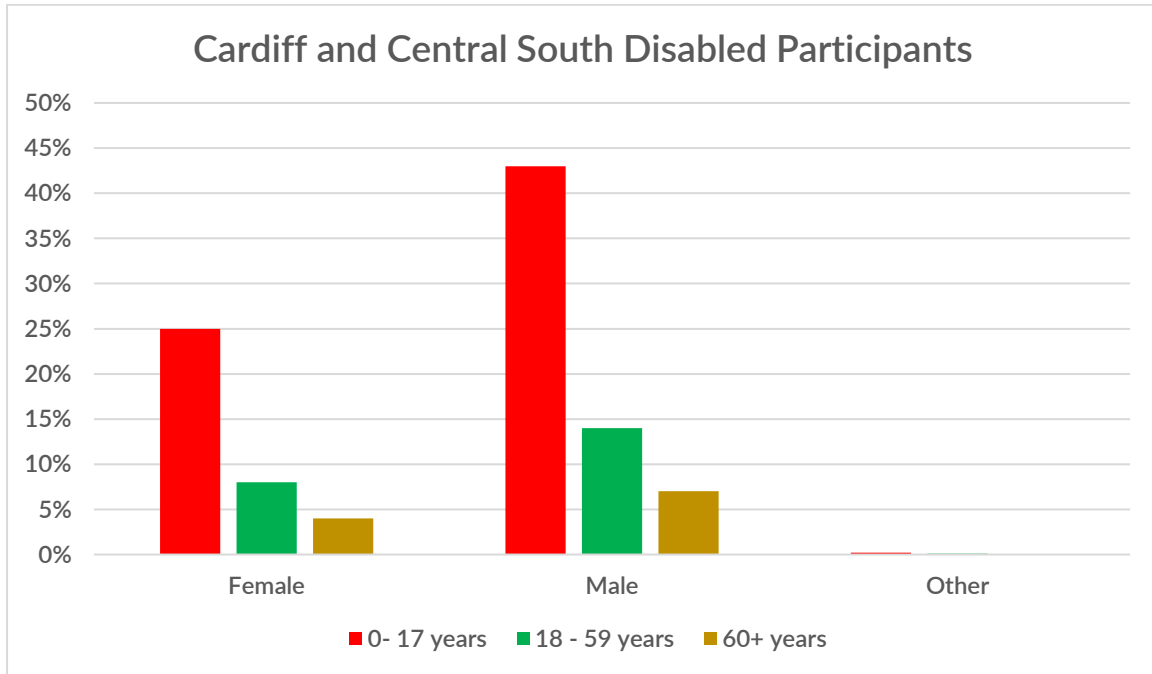
From the inclusive club and session survey, the Cardiff and Central South data demonstrated that the percentage of female disabled participants was slightly higher (37%), than the overall disabled female participation rate in Wales (35%). The percentage of disabled participants from ethnically diverse communities was significantly higher in Cardiff and Central South (11%), than the overall population of disabled participants from ethnically diverse communities (6%) and the other regions of Wales. However, the percentages of disabled participants who are Welsh speaking (3%) and identify as LGBTQI+ (0.6%) are lower than the overall population of Wales (12% and 1%). Therefore, there is a need to further enhance the numbers of disabled people who are Welsh speaking and who identify as LGTQI+.

	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
September 2023 and March 2024	3083	1125	37%	1948	63%	10	0.3%	90	3%	323	11%	17	0.6%



When considering the Cardiff and Central South data, the most active age group was disabled males aged between 0 - 17 years (43%), with disabled females aged 0 - 17 years (25%) as the second most active group. In contrast the least active age group was the disabled others aged 60+ years (0.03%).

	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
September 2023 and March 2024	3083	761 (25%)	253 (8%)	111 (4%)	1310 (43%)	428 (14%)	210 (7%)	6 (0.2%)	3 (0.1%)	1 (0.03%)

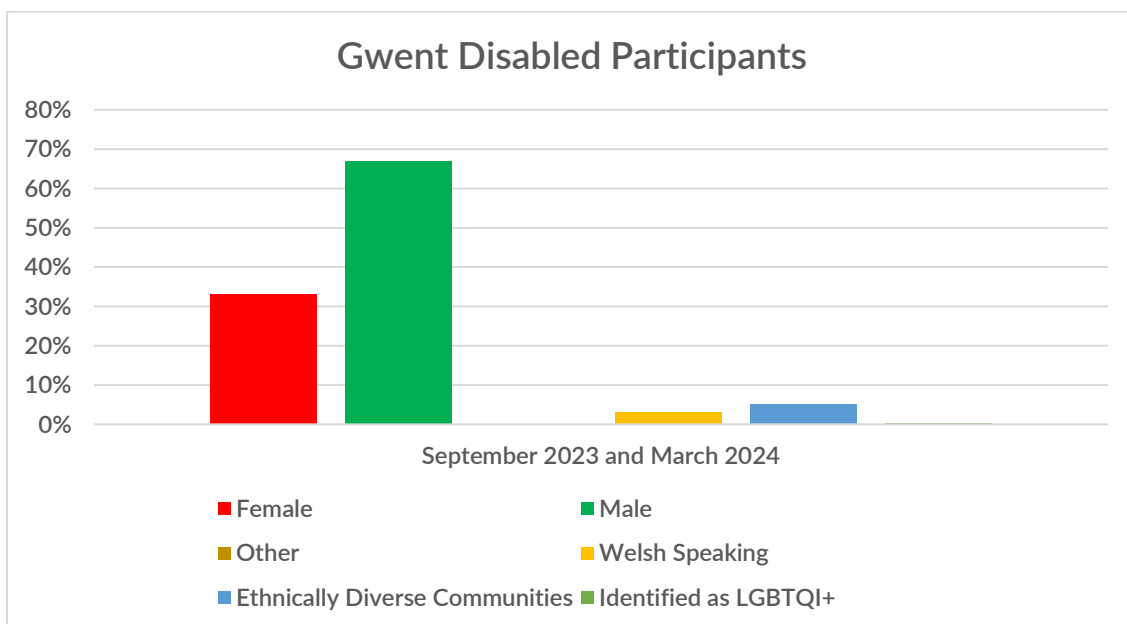




Gwent

The regional data for Gwent demonstrated that the percentage of disabled female participants was slightly lower (33%), than the national data (35%). The percentage of disabled male participants was higher (67%), than the national data (56%). The percentage of disabled Welsh speaking participants was lower (3%), than the national figure (12%). The percentage of disabled participants who identify as LGBTQI+ was also lower (0.2%) than the national figure (1%), whereas the percentage of disabled people from ethnically diverse communities (5%) was only slightly lower than the national figure (6%). Therefore, there is a need to further support disabled individuals who are Welsh speaking, from ethnically diverse communities, and identify as LGBTQI+ to participate in community sport and physical activity.

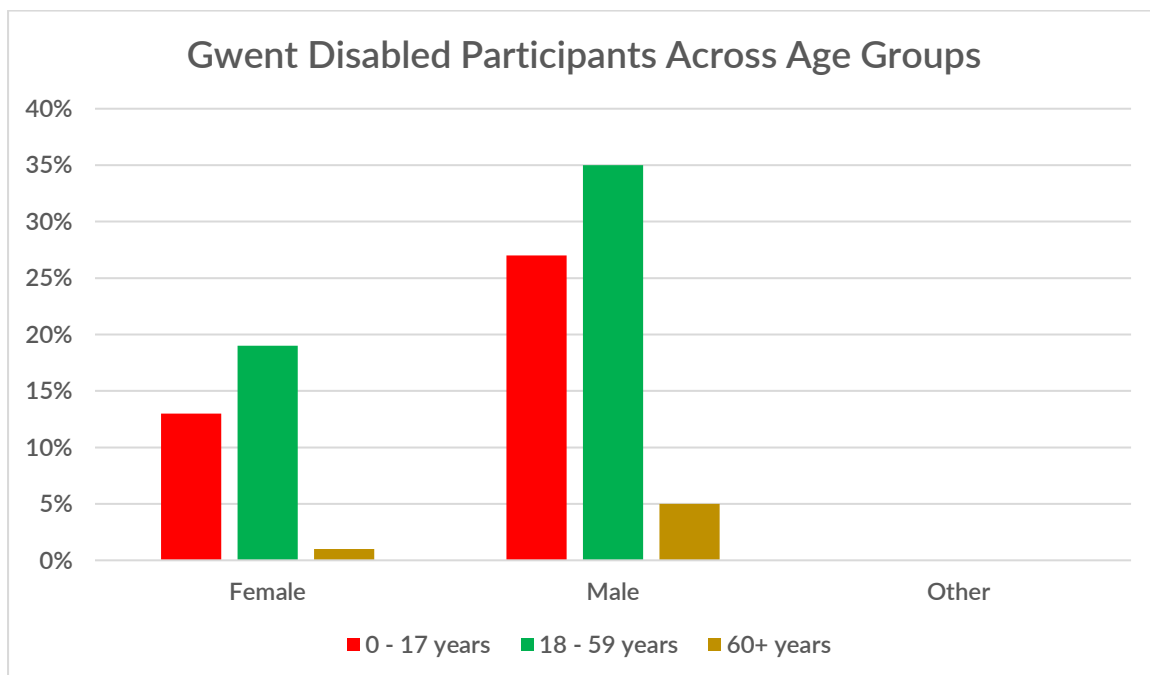
	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
September 2023 and March 2024	453	151	33%	302	67%	0	-	13	3%	22	5%	1	0.2%





The most active age group within the Gwent region was disabled males aged between 18 - 59 years (35%), with disabled males aged between 0 - 17 years (27%) as the second most active age group. Highlighting that within the Gwent region disabled males are significantly more likely to be active than disabled females. Within the Gwent region, there was not recorded disabled participants who identified as having an alternative gender other than female or male.

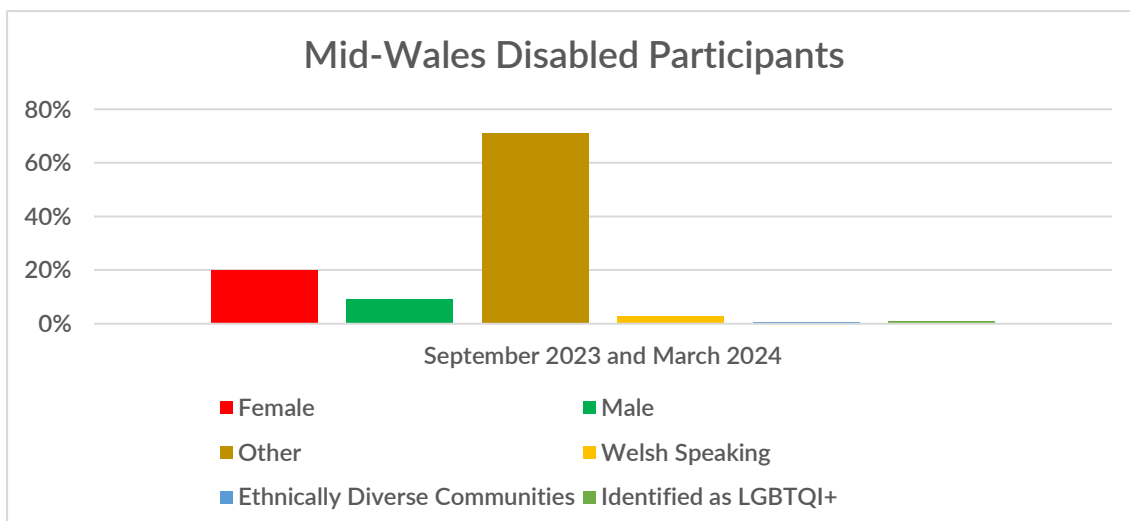
	Total	Female			Male			Other		
		0 - 17 years	18 - 59 years	60 + years	0 - 17 years	18 - 59 years	60+ years	0 - 17 years	18 - 59 years	60 + years
September 2023 and March 2024	453	60 (13%)	87 (19%)	4 (1%)	121 (27%)	160 (35%)	21 (5%)	0	0	0



Mid-Wales

The Mid-Wales regional data demonstrated that only 20% of the disabled participants were female and only 9% of the disabled participants were male, with 71% of the disabled participants being recorded as Other. This figure has potentially been skewed by the completion of one mid-Wales club that inputted all their 610 participants into the other gender and making the number of participants who would select other as their gender much higher than it otherwise would have been. The percentage number of participants who are Welsh speaking was only 3% and is much lower than the national average. The percentage number of participants from ethnically diverse communities was only 0.7%, which is incredibly low compared to the national average. However, the percentage number of participants who identify as LGBTQI+ (1%) was in line with the national percentage. As such there is a need to support more disabled people and those from ethnically diverse communities to engage with community sport and physical activity.

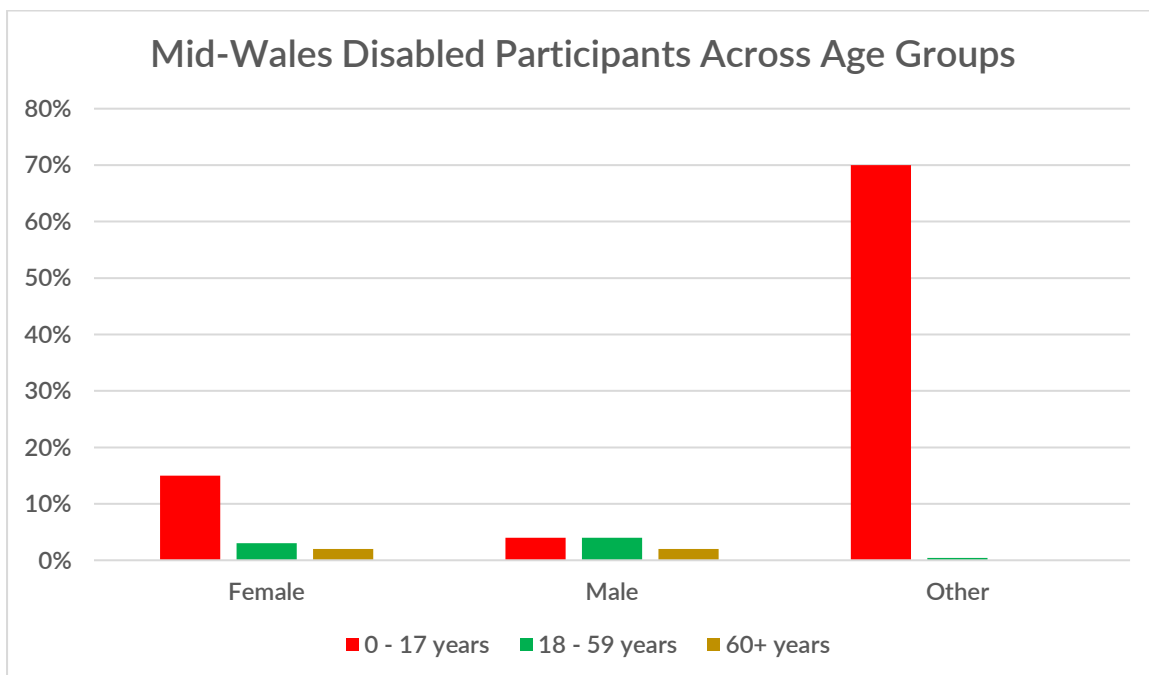
	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage		
September 2023 and March 2024	869	172	20%	82	9%	615	71%	27	3%	6	0.7%	9	1%





When considering the specific age groups amongst the disabled participants, it can be seen within Mid-Wales that the most active age group is 0 – 17 years other group (70%) with disabled females aged between 0 – 17 years as the second most active group (35%). In comparison the least active, age group was the 60+ years other age group (0%). Highlighting the impact of the one sports club who input all their participants into the other category, as this was unlikely to be a true representation of the gender of the participants within Mid-Wales. However, it does highlight though those disabled participants aged between 0 – 17 years are most likely to be active across all genders within Mid-Wales.

	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
September 2023 and March 2024	869	129 (15%)	26 (3%)	17 (2%)	31 (4%)	36 (4%)	15 (2%)	612 (70%)	3 (0.4%)	0

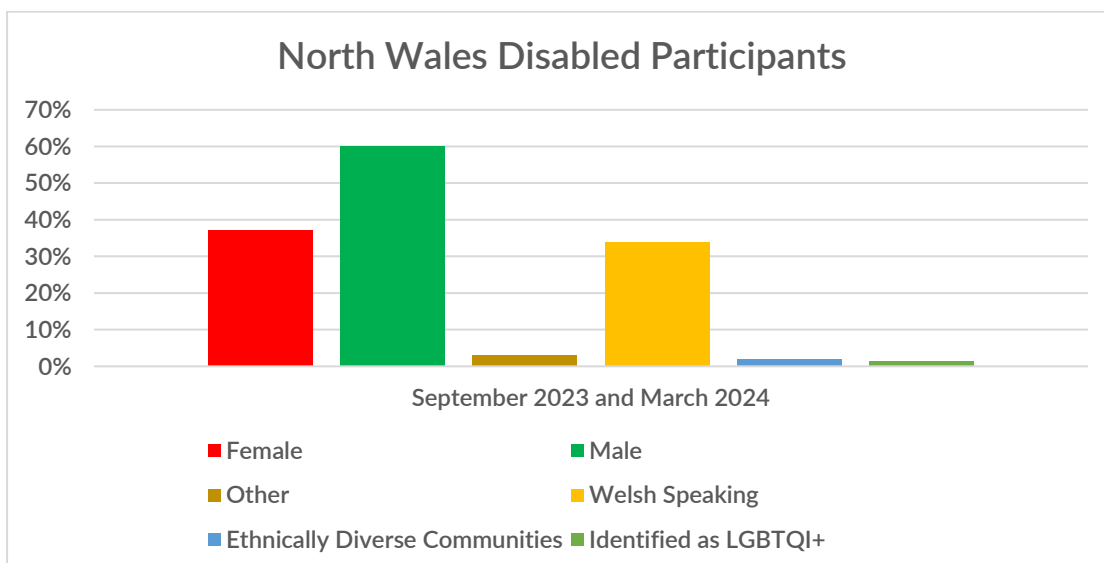




North Wales

The North Wales regional data demonstrated that the percentage of disabled female participants was 37% of the overall disabled participants active within North Wales, which was considerably lower than the percentage of disabled male participants who are active within North Wales (60%). Conversely, the percentage number of Welsh speaking disabled participants within North Wales (34%) was much higher than any other region in Wales and was considerably higher than the national percentage (12%). The percentage of disabled participants from ethnically diverse communities (2%) is lower than the national percentage (6%). The percentage of disabled participants who identified as LGBTQI+ (1.4%) is slightly higher than the national percentage (1%). Consequently, there is a need to further support disabled participants from ethnically diverse communities to engage with community sport and physical activity within North Wales.

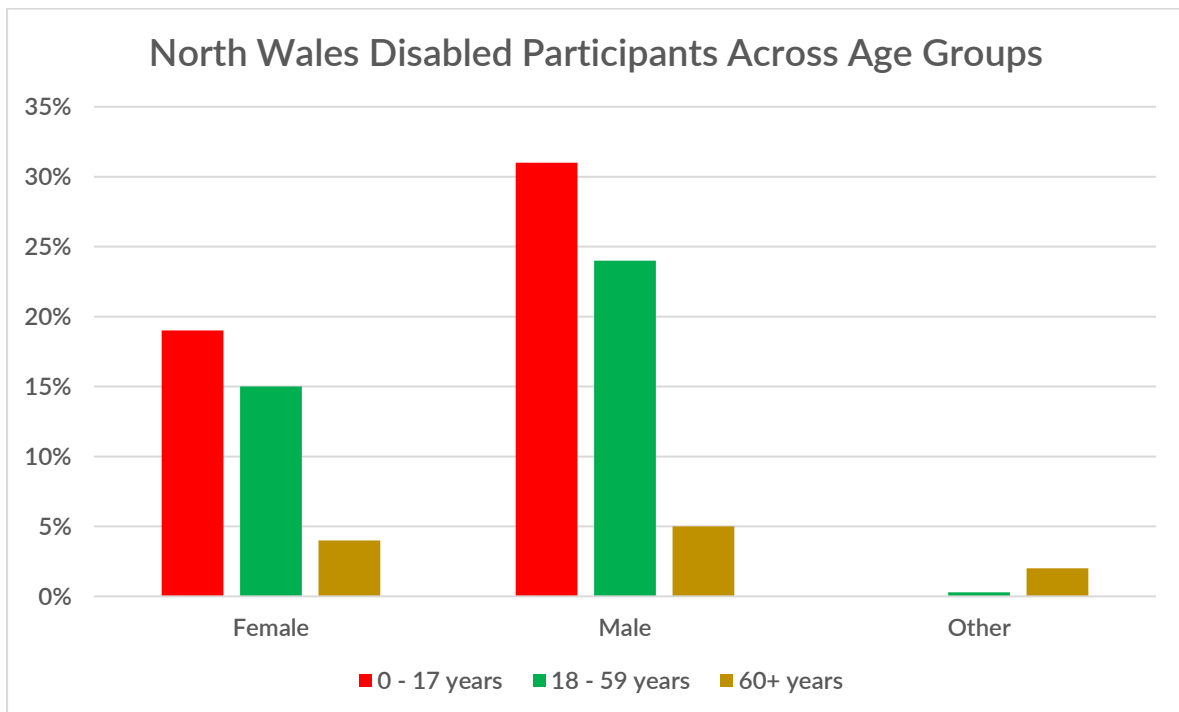
	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
September 2023 and March 2024	2036	760	37%	1224	60%	52	3%	688	34%	49	2%	28	1.4%





The North Wales regional data specific for each age group, demonstrated that the most active age group was disabled male participants aged 0 – 17 years (31%), with the 0 – 17 years age group being the most active overall. The least active group was 0 – 17 years disabled participants from the other gender (0), with the least active age group across the genders was the 60+ years age group (11%).

	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
September 2023 and March 2024	2036	388 (19%)	300 (15%)	72 (4%)	635 (31%)	496 (24%)	93 (5%)	0	5 (0.3%)	47 (2%)

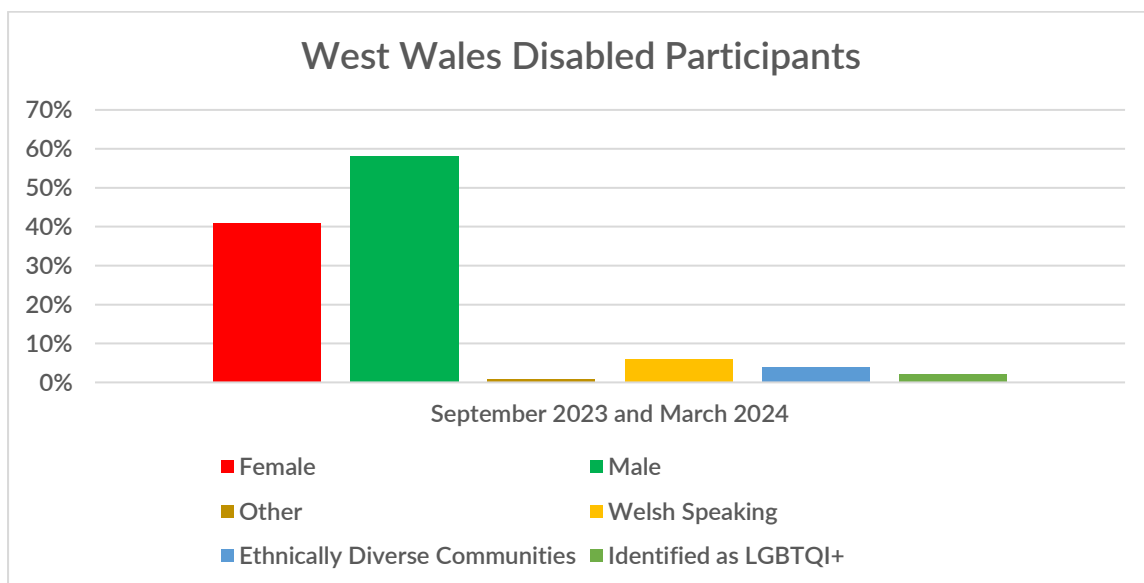




West Wales

The West Wales regional data demonstrated that the percentage of disabled female participants was 41%, which is higher than the national percentage (35%). The percentage of Welsh speaking disabled participants within West Wales who are physically active (6%) was lower than the national percentage (12%). The percentage of disabled participants from ethnically diverse communities within West Wales was only 4%, which is lower than the national percentage of 6%. However, the percentage number of disabled participants who identified as LGBTQI+ (2%) was higher than the national percentage (1%). Therefore, there is a need to further support disabled individuals who are Welsh speaking and from ethnically diverse communities to take part in community sport and physical activity in West Wales.

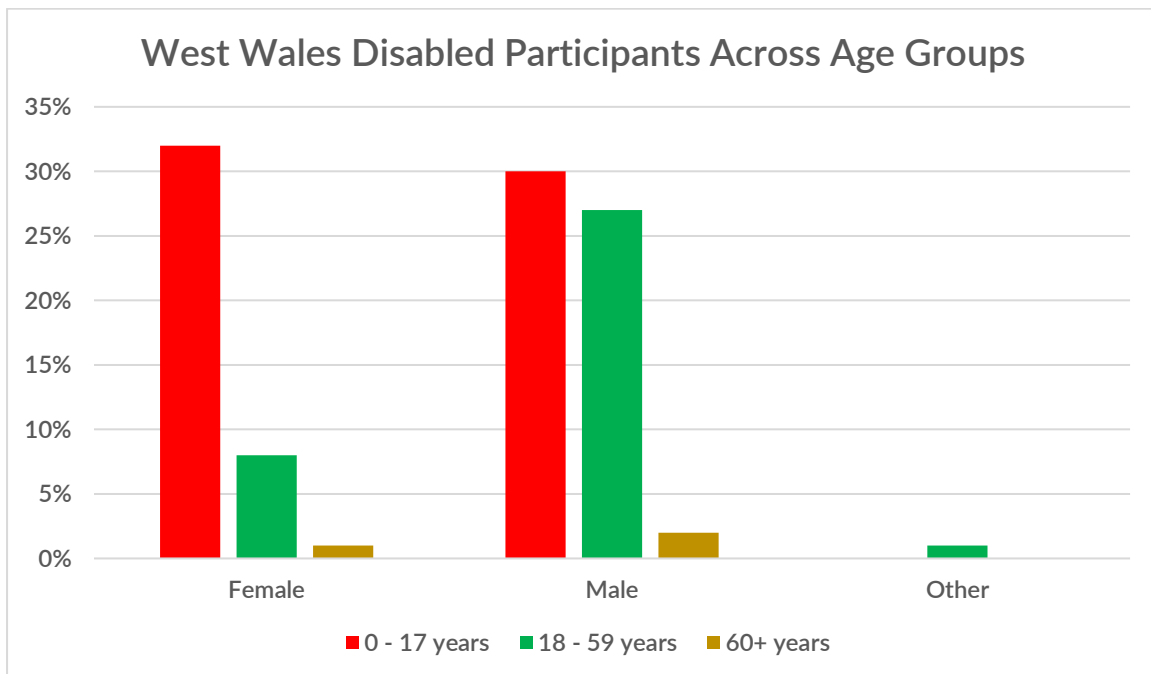
	Total Number of Disabled Participants	Female		Male		Other		Welsh Speaking		Ethnically Diverse Communities		Identified as LGBTQI+	
		Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
September 2023 and March 2024	1026	417	41%	598	58%	11	1%	56	6%	44	4%	17	2%





The West Wales regional data specific for each age group, demonstrated that the most active age group of disabled people in West Wales was disabled females aged 0 – 17 years (32%), with disabled males aged 0 – 17 years as the second most active age group (30%). The least age group was others aged 0 – 17 years and other 60+ years. Both of these age group categories had 0 participants recorded.

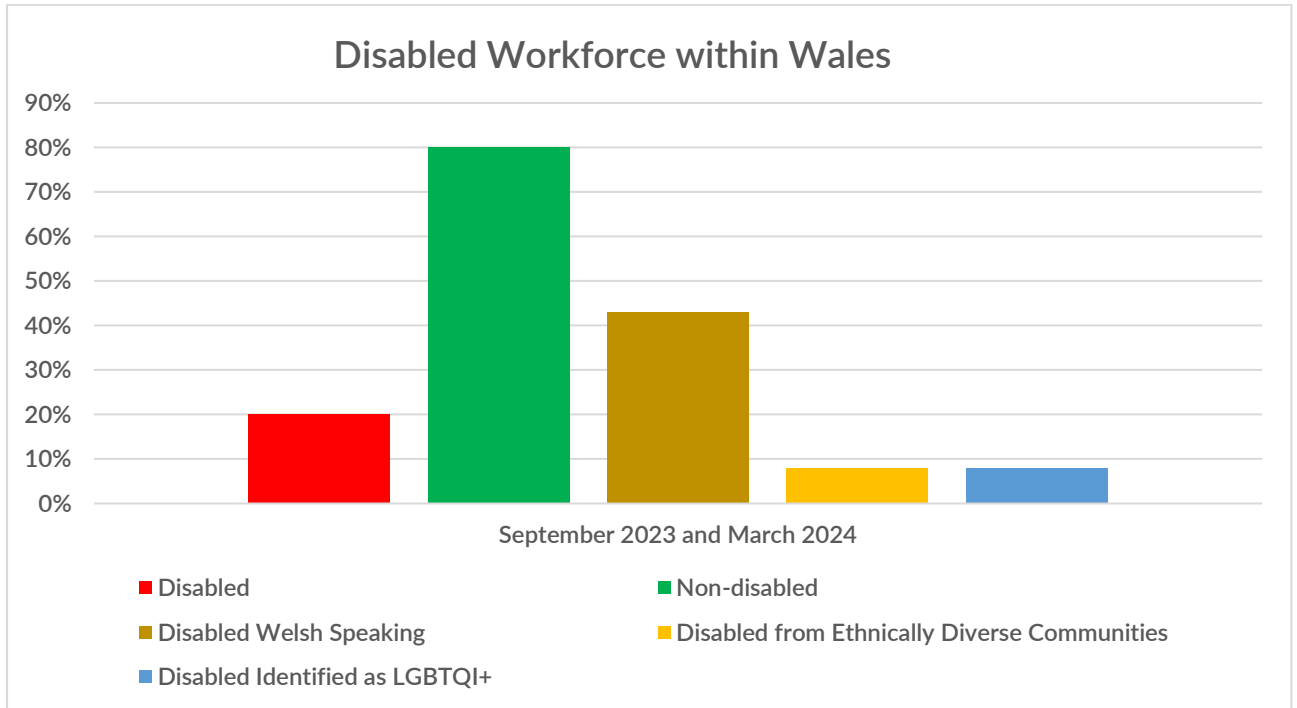
	Total	Female			Male			Other		
		0 – 17 years	18 – 59 years	60 + years	0 – 17 years	18 – 59 years	60+ years	0 – 17 years	18 – 59 years	60 + years
September 2023 and March 2024	1026	330 (32%)	77 (8%)	10 (1%)	304 (30%)	279 (27%)	15 (2%)	0	11 (1%)	0



Disabled Workforce

From the inclusive club and session survey the demographics of the workforce within disability and inclusive sport and physical activity can be better understood. From the survey data, it can be understood that when combining both the September 2023 and March 2024 survey 20% of the workforce within inclusive sport and physical activity are disabled. This is slightly lower than the percentage of the population in Wales who are disabled which is 21% (Census, 2021). Of this disabled workforce, 43% of them are Welsh speaking, only 8% are from ethnically diverse communities, and only 8% identified as LGBTQI+. The percentage of the workforce who are Welsh speaking (43%) is significantly higher than the percentage of disabled people in Wales who speak Welsh (13%, Census, 2021). There is a need however to increase the number of disabled people within the workforce who are from ethnically diverse communities and who identify as LGBTQI+.

Total Workforce of coaches, officials and volunteers	Disabled		Non-disabled		Disabled Welsh Speaking		Disabled Ethnically Diverse Communities		Disabled Identified as LGBTQI+	
	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage	Count	Percentage
September 2023	185	23%	622	77%	46	25%	23	12%	25	14%
March 2024	233	19%	988	81%	119	51%	11	5%	9	4%
Combined September 2023 and March 2024 (after duplicates removed)	381	20%	1558	80%	162	43%	30	8%	30	8%



Recommendations

- With only 35% of the national disabled participants being female, it is recommended that more work is done to tackle the inequality between disabled female and disabled male participation levels. For example, this may include female only insport series events, campaigns to raise awareness of the opportunities for disabled females, more marketing of opportunities for disabled females, and developing case studies on female specific opportunities. This recommendation is the same for Cardiff and Central South, Gwent, North, and West Wales.
- When considering the intersectionality of the data, there is also a need to increase the number of disabled participants who are Welsh speaking as the national figure from this survey (12%) was slightly lower than the Census (2021) data of 13%. In order to enhance the number of disabled participants within community sport and physical activity it is recommended that work could be done with the Urdd to increase the number of Welsh language opportunities available for disabled participants or advertise more Welsh language opportunities through case studies. There is also a need to carry out this recommendation in Cardiff and Central South, Gwent, Mid Wales, and West Wales.
- Although last year's inclusive club and session survey had seen an increase in the number of ethnically diverse disabled people involved with sport and physical activity, this percentage has decreased over the last financial year. Therefore, the potential learning from the GOGA project should be explored and further developed to ensure that disabled people from ethnically diverse communities remain active participants within sport and physical activity. This recommendation is the same across all five regions of Wales.
- Since March 2022, the survey data has been consistent that the number of disabled participants who identify as LGBTQI+ is 1%. However, this is considerably lower than the 12.6% of the disabled population who identify as LGBTQI+ according to the Census (2021). Therefore, there is a need to significantly improve the opportunities that are available for disabled people who identify as LGBTQI+. Although, the percentage of participants from West Wales was higher than the national percentage it is still below the 12.6% according to the Census (2021) data. Therefore, it is suggested that all five regions implement this recommendation.
- In addition to the participant data, it is also recommended that there needs to be more work done to increase the number of disabled people who are



coaches and volunteers within the workforce supporting inclusive clubs and sessions. This could potentially be through highlighting the volunteering opportunities that are available to disabled people through volunteers week, having a case study on a specific disabled person and what they have gained from being part of the workforce, and working with national governing bodies to ensure that their coaching pathways are inclusive and accessible to disabled people.

