



# National Sport Snapshot Survey Report

## January 2025 - December 2025

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





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## Introduction

The National Sport Snapshot Survey (previously the Inclusive Club and Session Survey) provides insight into the participation trends of disabled individuals within community sport and physical activity across Wales. Initially launched in March 2022, the survey continues to evolve to gather the most accurate data that represents disabled people's participation in physical activity and sport within Wales. The most recent changes include; having one annual survey launch in January and using a more inclusive survey platform. The January survey collected participation data on the previous 12 months. This survey was launched in January 2026 to collect data from January 2025 to December 2025.

Participation data was collected by Disability Sport Wales (DSW) via an online survey and completed by community club or session representatives. New for this year, the survey data was collected using a platform called Accessible Surveys, where the survey could be provided in Cymraeg, English, BSL, and Easy Read format using one survey with additional inclusive and accessible functionality.

Overall there were 171 representatives from inclusive clubs and sessions from across Wales who completed the National Sport Snapshot Survey. From these responses, it was recorded that 3,278 disabled participants engaged in physical activity and sport within Wales from January 2025 to December 2025. These participants engaged in 48 different types of sport and physical activity.



For the questions, disability was defined using the Equality Act 2010. A copy of this can be found: [click here](#)

In addition to overall participation figures, the survey captured intersectional data including:

- Gender identity
- Age groups (0–17 years, 18–59 years and 60 plus)
- Welsh language proficiency
- Ethnic diversity
- LGBTQ+ identification

Data was also collected on the workforce supporting the inclusive clubs and sessions, and the additional support that might help them become more inclusive.



## Executive Summary

The National Sport Snapshot Survey (previously the Inclusive Club and Session Survey) provides insight into the participation trends of disabled individuals within community sport and physical activity across Wales.

The survey was provided in Cymraeg, English, BSL, and Easy Read and allowed for respondents to respond using English, Cymraeg, BSL, Easy Read, voice recording, or video.

Overall there were 171 representatives from inclusive clubs and sessions from across Wales who completed the National Sport Snapshot Survey. From these responses, it was recorded that 3,278 disabled participants engaged in physical activity and sport within Wales from January 2025 to December 2025. These participants engaged in 48 different types of sport and physical activity.

The National Sport Snapshot data highlighted a clear decline in participation levels for disabled participants over 60 years of age. This decline in participation occurred across all three gender categories (female, male, and other). As such, interventions should be implemented to overcome accessibility, awareness, motivation, and confidence barriers to encourage more older disabled individuals to take part in physical activity.

The intersectionality data showed that male participation was 22% higher than female participation, and it was recommended that initiatives are developed to support more disabled females to become more physically active. These recommendations included changing societal attitudes, providing additional social support, improving accessibility, and educating activity providers.



Further recommendations from the survey data included, promoting the use of Welsh language within clubs and sessions, and further developing activities for specific target groups (ethnically diverse and LGBTQI+ communities). Providing better guidance to clubs and sessions on how to collect impairment data was recommended. In addition, there is a need to encourage more disabled people who identify within the gender category to take part in physical activity, plus create initiatives to encourage more disabled people to join the physical activity and sport workforce either as a volunteer or employee. Finally, there were detailed suggestions on how to improve the workforce development provided to inclusive clubs and sessions.



## Key Findings

### The 2025 National Sport Snapshot Survey Summary

- **Total Responses: 171**
- **Total Participants: 3,278 disabled individuals across 48 sports and activities**
- **Highest number of responses (regional area): Actif North Wales**
- **Highest number of responses (local authority area): Powys**

### Demographics & Representation

- **Male participation was 22% higher than female participation.**
- **Disabled Female participation has increased by 7% compared to the 2024/25 data.**
- **The 18 to 59 years age group had the highest participation rate.**

### Diversity Indicators

- **12% Welsh speakers (an increase by 1.5% from the 2024/25 survey).**
- **5.7% identified as being from an Ethnically Diverse Community (an increase by 1.7%).**
- **2.2% identified as LGBTQI+ (down 0.3%).**

### Impairment Data

- **240 participants who are visually impaired (Blind or partially sighted).**
- **412 participants who have a hearing impairment (D/deaf or Hard of Hearing)**
- **1,222 participants reported a learning impairment.**

### Workforce and Workforce Development

- **Only 27% of the workforce identified as disabled.**
- **Preference for Online Training or In-person training courses.**
- **Increasing the advertising of the training available and reducing or subsidising the cost would be beneficial.**



## Thematic Overview

The survey findings are presented under five themes:

- Theme 1: Overview of Response Rates
- Theme 2: Inclusive Sport & Physical Activity Opportunities
- Theme 3: Participant Profiles and Participation Data
- Theme 4: Sport Partnership Data (including Local Authority data)
- Theme 5: Workforce Delivery & Support

## Theme 1: Overview of Response Rates

This section provides an overview of the response rates to the National Sport Snapshot Survey 2025, covering overall participation as well as response breakdowns by regional sport partnerships and local authorities.

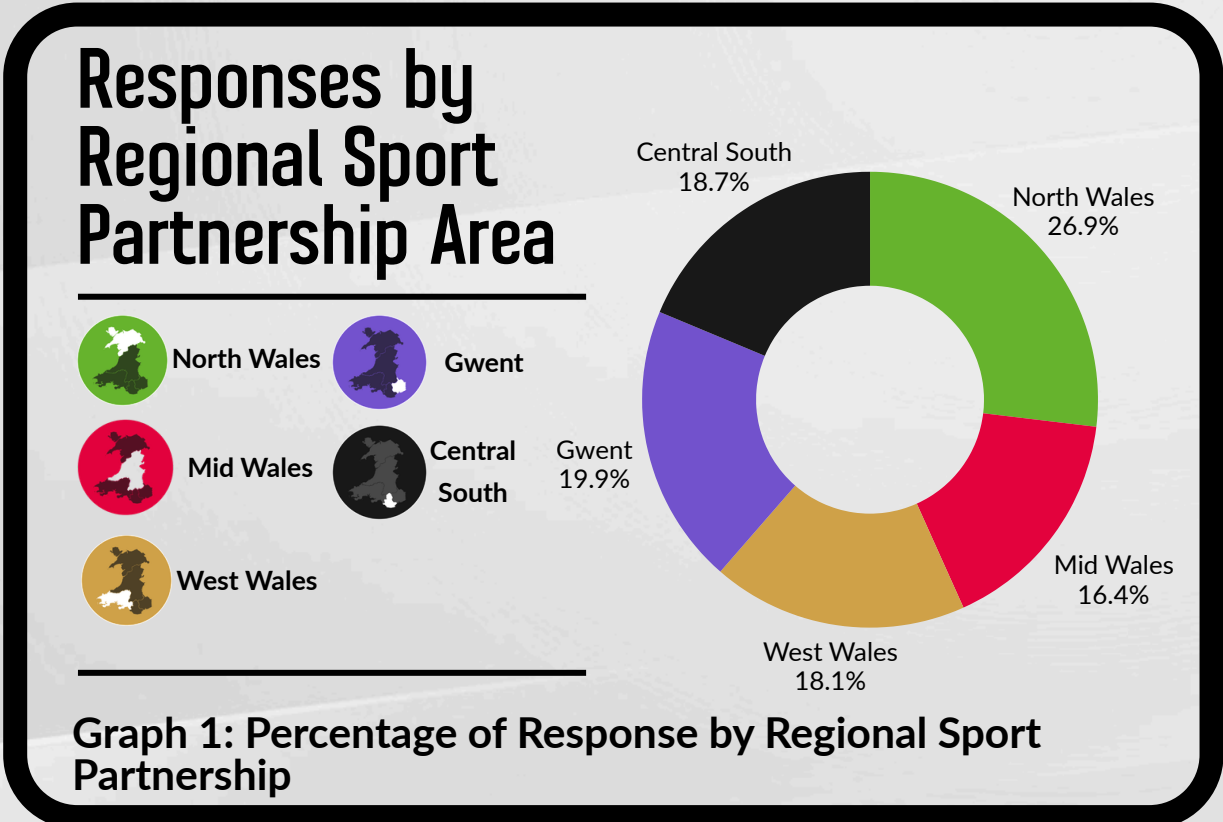
### Overall Response Rates

A total of 171 responses were collected from representatives of community clubs and session providers across Wales in January 2026.



### Sport Partnership Response Rates

Actif North Wales had the highest response rate at 26.9%, while the Mid Wales Sport Partnership had the lowest at 16.4%. Graph 1 shows the percentage of response rates for each of the five regional sport partnerships in Wales.



### Local Authority Response Rates

Powys recorded the highest response rate with 27 responses, whereas Methyr Tydfil and Ceredigion had the lowest, with just 1 response.

The table below presents the total number of responses for each Local Authority in Wales.



Local Authority	Total Responses
Powys	27
Isle of Anglesey	18
Newport	12
Vale of Glamorgan	11
Cardiff	10
Pembrokeshire	9
Flintshire	9
Swansea	8
Caerphilly	8
Neath Port Talbot	7
Carmarthenshire	7
Wrexham	7
Gwynedd	6
Bridgend	5
Torfaen	5
Rhondda Cynon Taff	5
Monmouthshire	5
Blaenau Gwent	4
Conwy	3
Denbighshire	3
Merthyr Tydfil	1
Ceredigion	1
<b>Wales Total</b>	<b>171</b>

Table 1: Response rate for each local authority (ranked 1-22).



## Theme 2: Inclusive Community Sport & Physical Activity

### Opportunities

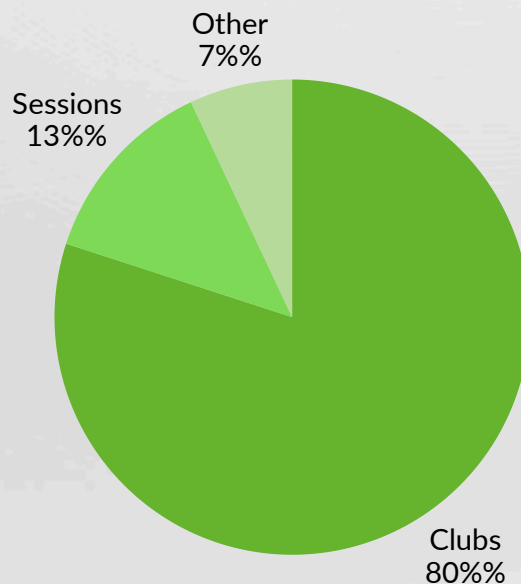
This section provides an overview of the type and variety of activities delivered by providers across Wales to promote participation among disabled individuals.

#### Number of Clubs, Sessions, and Other Activities Offered

Across the year, there were 171 opportunities for disabled individuals to participate in physical activity or sport. Clubs accounted for 80% of these opportunities (136 clubs), while sessions comprised 13% (23 sessions), and the remaining 7% were delivered through other delivery formats (12)

### Opportunities (by type)

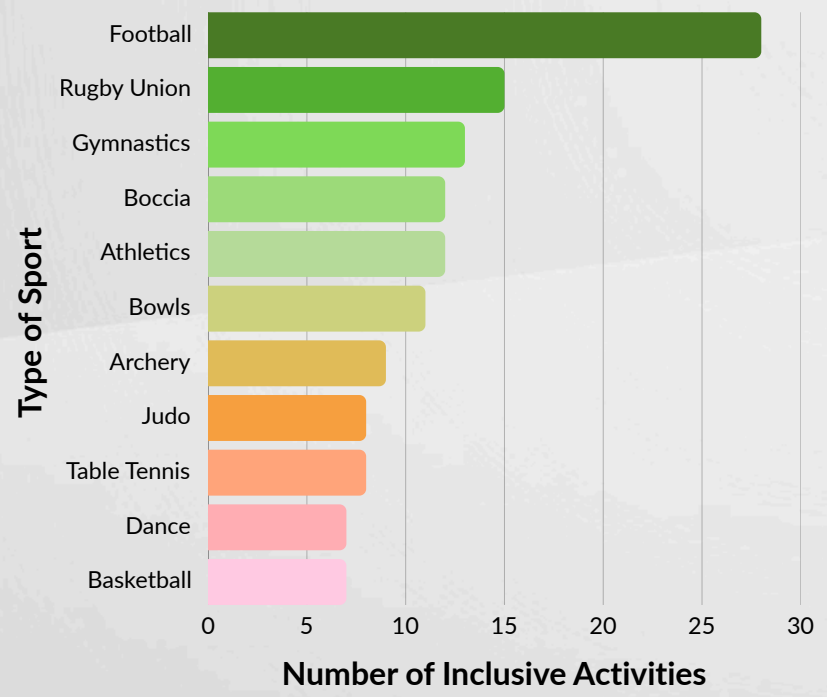
- Clubs
- Sessions
- Other



Graph 2: Type of opportunities offered by responders



Graph 3: Ten Most Commonly Provided Inclusive Activities organised by sport



Through analysis of the number of inclusive sports and activities provided in 2025, football was found to be the most common sport. Football was also found to be the most commonly provided opportunity in the April 2024 to March 2025 data.

### Theme 3: Participation Data and Participant Profiles

This section presents participation data and a demographic overview. Disabled participants were grouped by gender (female, male, and other) and categorised into three age groups: 0-17 years, 18-59 years, and 60+. The survey also captured data on participants who speak Welsh, come from ethnically diverse communities, or identify as LGBTQI+.



Participant Profiles

Across the 22 local authorities, 3,278 disabled individuals participated in sport and physical activity between January 2025 and December 2025. A summary of the participant profiles is provided below:

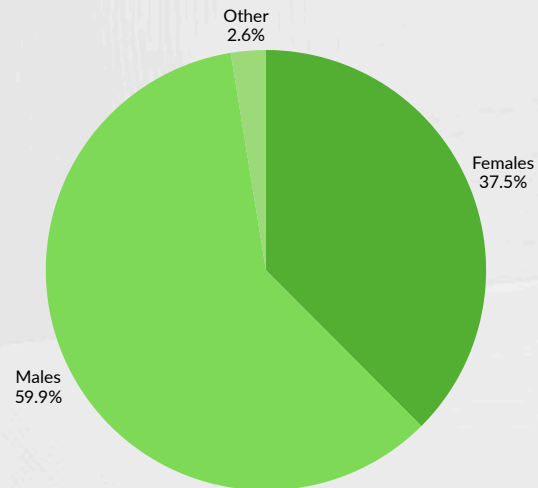
Participant Profiles		Total Participants Jan to Dec 2025
<b>Female Disabled Participants</b>		
0-17 years		588
18-59 years		517
60+ years		125
<b>Total</b>	<b>1,230 Disabled Participants identified as Female</b>	
<b>Male Disabled Participants</b>		
0-17 years		800
18-59 years		995
60+ years		169
<b>Total</b>	<b>1,964 Disabled Participants identified as Male</b>	
<b>Disabled Other Participants</b>		
0-17 years		25
18-59 years		46
60+ years		13
<b>Total</b>	<b>84 Disabled Participants identified as Other</b>	
<b>Overall Total:</b>	<b>3,278 Participants Jan to Dec 2025</b>	

Table 2: Participant Figures and Profiles



## Participant Demographics

- Females
- Males
- Other



Graph 4: Percentages of Individuals who Identify with that Gender

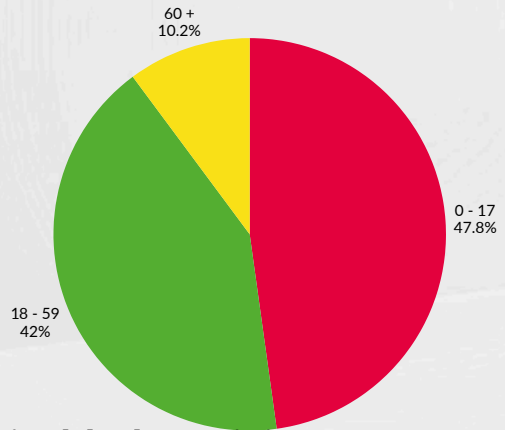
### Disabled Participants Who Identify As Female

Of the 3,278 disabled individuals who participated in sport and physical activity from January 2025 to December 2025, 1,230 identified as female, accounting for 37.5% of the total population. Most of these participants were aged 0-17 (48%). Participation decreased in older age groups, with 42% of disabled females aged 18-59 remaining active. The lowest participation levels were observed among those aged 60 and over at 10.2%.



# Female Disabled Participants

- 0-17 years
- 18 - 59 years
- 60 + years



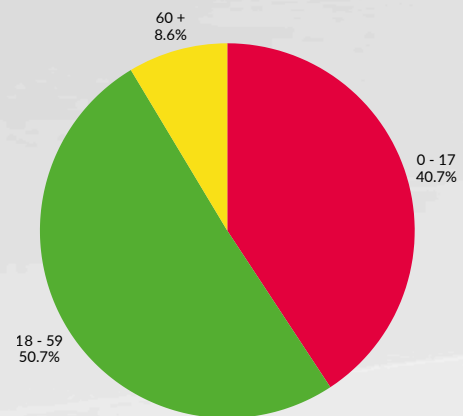
Graph 5: Percentages of Female Disabled Participants

## Disabled Participants Who Identify As Male

Of the 3,278 disabled individuals who participated in sport and physical activity between January 2025 and December 2025, 1,964 identified as male, accounting for 60% of the total population. Most of these participants were aged 18-59 (51%), followed by the 0-17 age group (41%). The lowest participation levels were recorded among those aged 60+ (9%).

# Male Disabled Participants

- 0-17 years
- 18 - 59 years
- 60 + years



Graph 6: Percentages of Male Disabled Participants

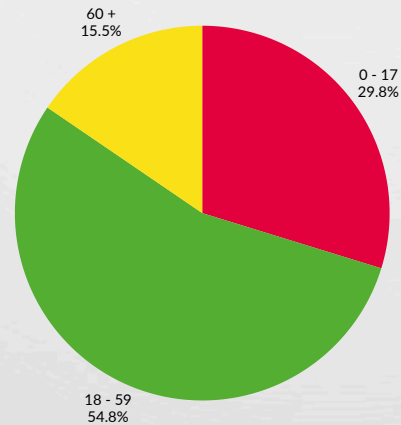


### Disabled Other Participants

Of the 3,278 disabled individuals who engaged in sport and physical activity during 2024/25, 84 belonged to the Disabled Other group, representing just 2.5% of the surveyed population. Most of these participants were aged 18-59 (55%). The lowest participation rate was observed among Disabled Others was in the 60+ group (15.5%).

## Other Disabled Participants

- 0-17 years
- 18 - 59 years
- 60 + years



Graph 7: Percentages of Other Disabled Participants

### Age-Related Trends in Participation

The data showed a decline in participation for disabled females, disabled males, and disabled others for the 60 + years age group, compared to the other age groups. However, for disabled males and disabled others there was an increase in participation numbers from the 0 - 17 years to the 18 to 59 years age groups. The participation data demonstrated that the 18 to 59 years age group overall



	0 - 17 years	18 - 59 years	60 + years
Disabled Female	588	517	157
Disabled Males	800	995	452
Disabled Others	25	46	13
Total	1,413	1,558	622

Table 3: Participation figures split by age

Disabled Participants who are Welsh Speaking

The total number of disabled participants who were Welsh speaking was 396 out of 3,278. This equates to 12% of the survey population. This figure is a 1.5% increase on the number of disabled participants who were Welsh speaking from the 2024/25 survey.

Disabled Participants from an Ethnically Diverse Community

The total number of disabled participants who were from an ethnically diverse community was 188 out of 3,278. This equates to 6% of the survey population. This is a 2% increase on the number of disabled participants who were from an ethnically diverse community.

Disabled Participants who identify as LGBTQI+

The total number of disabled participants who identified as LGBTQI+ was 71 out of 3,278. This equates to 2% of the survey population.



Participants' Specific Impairment Types (optional question)

The table, below, outlines the types of impairments/disabilities among the disabled participants who took part in activities and/or sports at the clubs that responded to the National Sport Snapshot Survey 2025.

Impairment	Participants
Visual Impairment (Blind or Partially Sighted)	240
Hearing Impairment (D/deaf or Hard of Hearing)	412
Number of participants who have a Physical Impairment and Ambulant with a Prosthetic (either Lower Limb or Upper Limb)	72
Number of participants who have a Physical Impairment and Ambulant (No Prosthetic)	477
Number of participants who have a Physical Impairment and a Wheelchair User (Inc., Powerchair, Manual, or Sports)	300
Number of participants who have a Learning Impairment/Disability	1222
Number of participants who are Neurodivergent (e.g., Autism Spectrum, ADHD, etc.)	1094
Number of participants who have a Learning Difficulty (e.g., Movement Co-ordination Difficulty (Dyspraxia), Dyslexia, etc.)	586
Number of participants who have Another Disability or Impairment	160

**Table 4: Participant Figures by Type of Impairments/Disabilities**

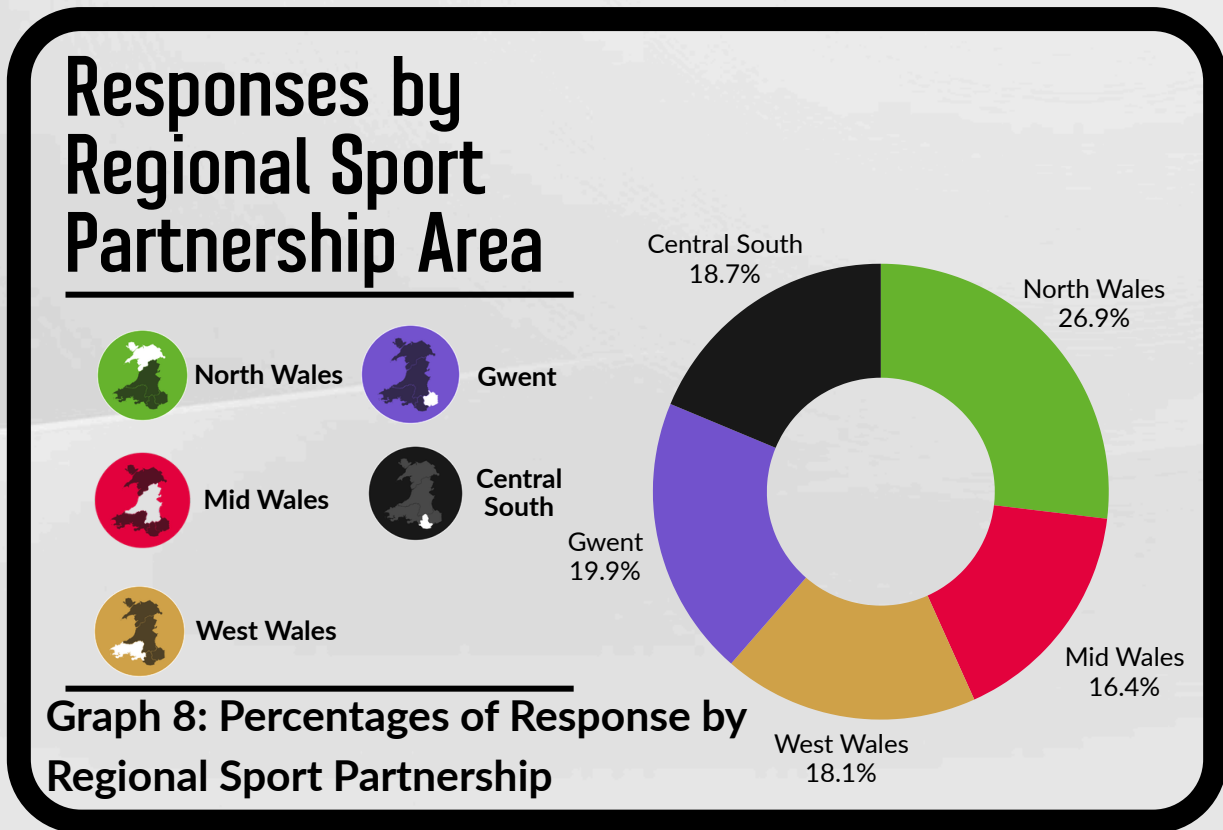


## Theme 4: Sport Partnership Data

This section presents an overview of the findings for each of the five sport partnerships in Wales:

- Central South Active
- Gwent
- Mid Wales
- Actif North Wales
- West Wales

The chart below shows the breakdown of disabled participants for each Sport Partnership.





### Central South Active Sport Partnership

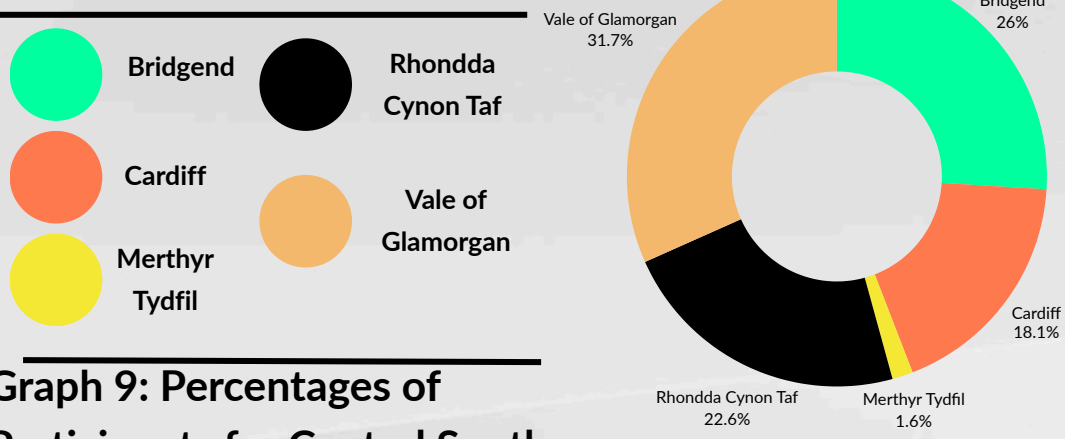
The Central South Active Sport Partnership consists of five local authorities:

- Bridgend
- Cardiff
- Merthyr Tydfil
- Rhondda Cynon Taff
- Vale of Glamorgan

562 participants represented the Central South Active Sport Partnership, accounting for 19% of the overall surveyed population.

The local authority within the Central South Region with the highest participation number was the Vale of Glamorgan with 178 participants.

### Central South Disabled Participants (by local authority)



Graph 9: Percentages of Participants for Central South



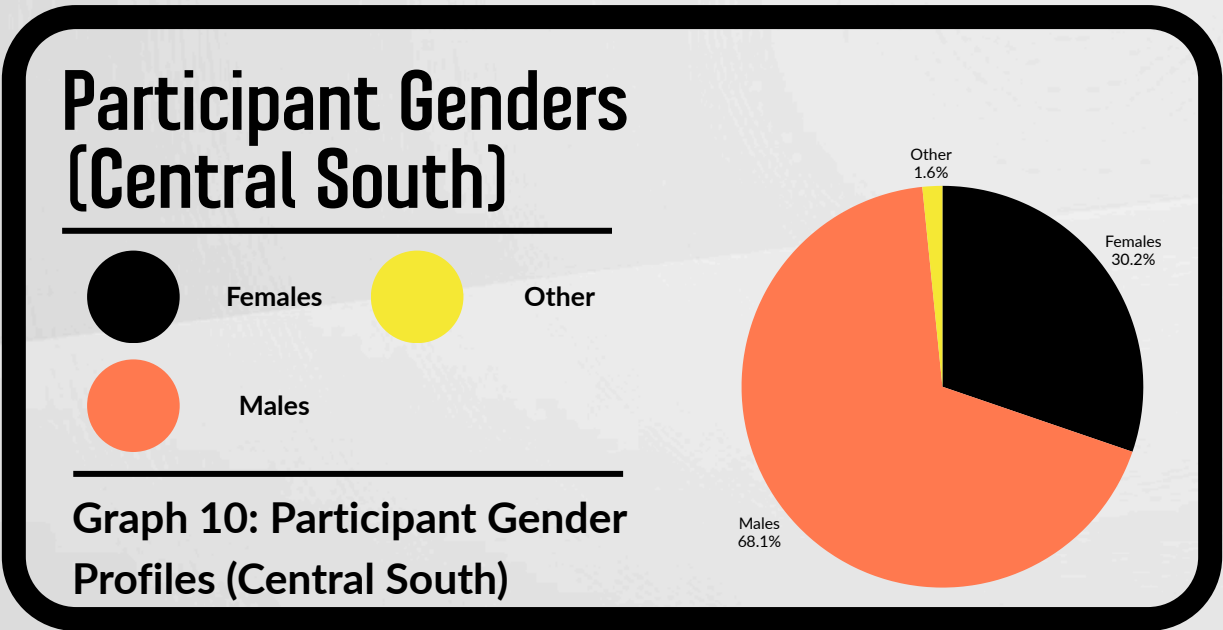
The Table, below, provides an overview of participant profiles and the number of participants for each of the five local authorities in the Central South Active Sport Partnership:

	Bridgend	Cardiff	Merthyr Tydfil	Rhondda Cynon Taf	Vale of Glamorgan	Totals
<b>Females</b>						
0 - 17	21	14	0	15	28	78
18 - 59	14	13	3	16	28	74
60 +	10	0	0	2	6	18
Total Females	45	27	3	33	62	170
<b>Males</b>						
0 - 17	26	27	6	34	39	132
18 - 59	53	38	0	59	72	222
60 +	22	4	0	1	2	29
Total Males	101	69	6	94	113	383
<b>Other</b>						
0 - 17	0	2	0	0	0	2
18 - 59	0	4	0	0	2	6
60 +	0	0	0	0	1	1
Total Other	0	6	0	0	3	9
<b>Total Participants</b>	<b>Bridgend 146</b>	<b>Cardiff 102</b>	<b>Merthyr Tydfil 9</b>	<b>Rhondda Cynon Taf 127</b>	<b>Vale of Glamorgan 178</b>	<b>Central South 562</b>

Table 5: Local Authority Participation Figures Central South



The largest participant group was Disabled Males, making up 68% of the region’s population. In contrast, the smallest group was Disabled Other, accounting for just 1.6% of the survey population.



Overall, 383 Disabled Males engaged in sport and physical activity within the Central South Active Partnership, over double the 170 Disabled Female participants. Among Disabled Males, the 18-59 age group had the highest participation in sport and physical activity, with 222 individuals.

Notably, participation among Disabled Females declines after age 17, dropping from 78 participants in the 0-17 age group, to 74 participants in the 18-59 category, and finally to just 18 participants in the 60+ group.

In the 60+ population group, Disabled Males (29) were more active in sport and physical activity than Disabled Females (18) and Disabled Others (1).

Of the 562 participants in the Cardiff South Active Partnership, 40 were Welsh-speaking, 29 identified as from an ethnically diverse community, and 16 as LGBTQI+.



### Gwent Sport Partnership

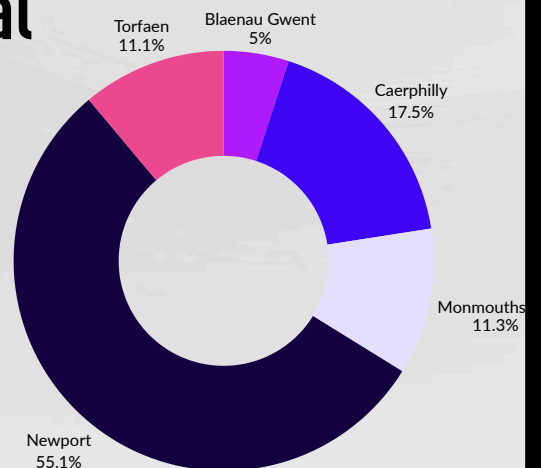
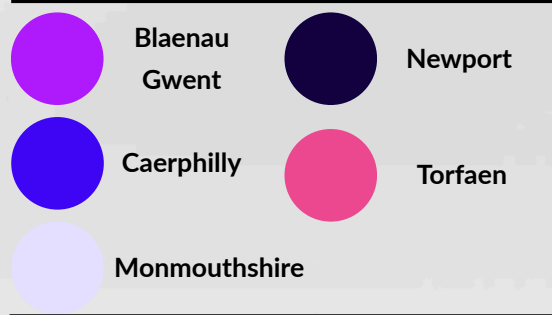
The Gwent Sport Partnership, which is under development, consists of five local authorities:

- Blaenau Gwent
- Caerphilly
- Monmouthshire
- Newport
- Torfaen

A total of 579 participants represented the Gwent Sport Partnership, accounting for 20% of the overall surveyed population.

The local authority with the highest number of disabled participants was Newport, with 328 participants.

### Gwent Disabled Participants (by local authority)



Graph 11: Percentages of Participants from Gwent

The table below, provides a detailed overview of participation profiles and the number of participants for each local authority in Gwent.

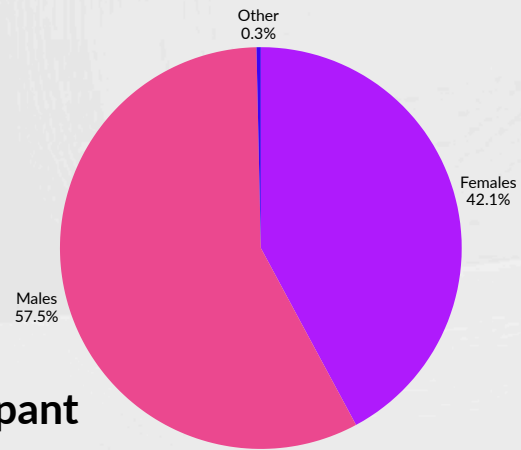
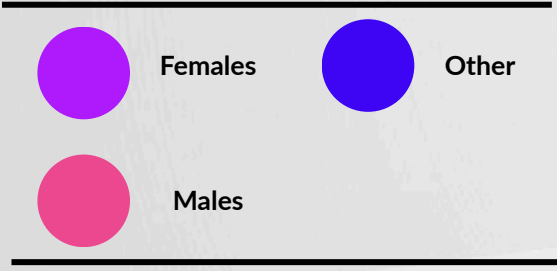
	Blaenau Gwent	Caerphilly	Monmouth shire	Newport	Torfaen	Total
<b>Females</b>						
0-17	9	26	26	67	5	133
18-59	2	23	2	57	5	89
60+	0	1	0	20	1	22
<b>Total Females</b>	<b>11</b>	<b>50</b>	<b>28</b>	<b>144</b>	<b>11</b>	<b>244</b>
<b>Males</b>						
0-17	11	29	34	87	26	187
18-59	5	16	1	85	25	132
60+	1	1	0	12	0	14
<b>Total Males</b>	<b>17</b>	<b>46</b>	<b>35</b>	<b>184</b>	<b>51</b>	<b>333</b>
<b>Other</b>						
0-17	0	1	0	0	0	1
18-59	0	1	0	0	0	1
60+	0	0	0	0	0	0
<b>Total Other</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>
<b>Total Participants</b>	<b>Blaenau Gwent 28</b>	<b>Caerphilly 98</b>	<b>Monmouth shire 63</b>	<b>Newport 328</b>	<b>Torfaen 62</b>	<b>Gwent 579</b>

Table 6: Local Authority Participation Figures - Gwent.

The largest participant group was Disabled Males making up 58% of the population. In contrast, the smallest population group was Disabled Other, accounting for less than 1%.



# Participant Genders (Gwent)



Graph 12: Percentages of Participant Genders for Gwent

## Key Findings

- Among Disabled Males, the 0-17 age group had the highest participation in sport and physical activity, with 187 participants. Participation figures dropped, however, at 18 years to 132 participants in the 18-59 age bracket, and dropped again in the 60+ age group to just 14 participants.
- Notably, participation among Disabled Female declines after aged 17, dropping from 133 participants in the 0-17 age group, to 89 participants in the 18-59 category, and finally to 22 participants in the 60+ group.
- In the 60+ age group, Disabled Females (22) were more active in sport and physical activity than Disabled Males (14) and Disabled Others (2).
- Of the 579 participants in Gwent, 17 were Welsh Speaking, 70 identified as from an ethnically diverse community, and 13 as LGBTQI+.



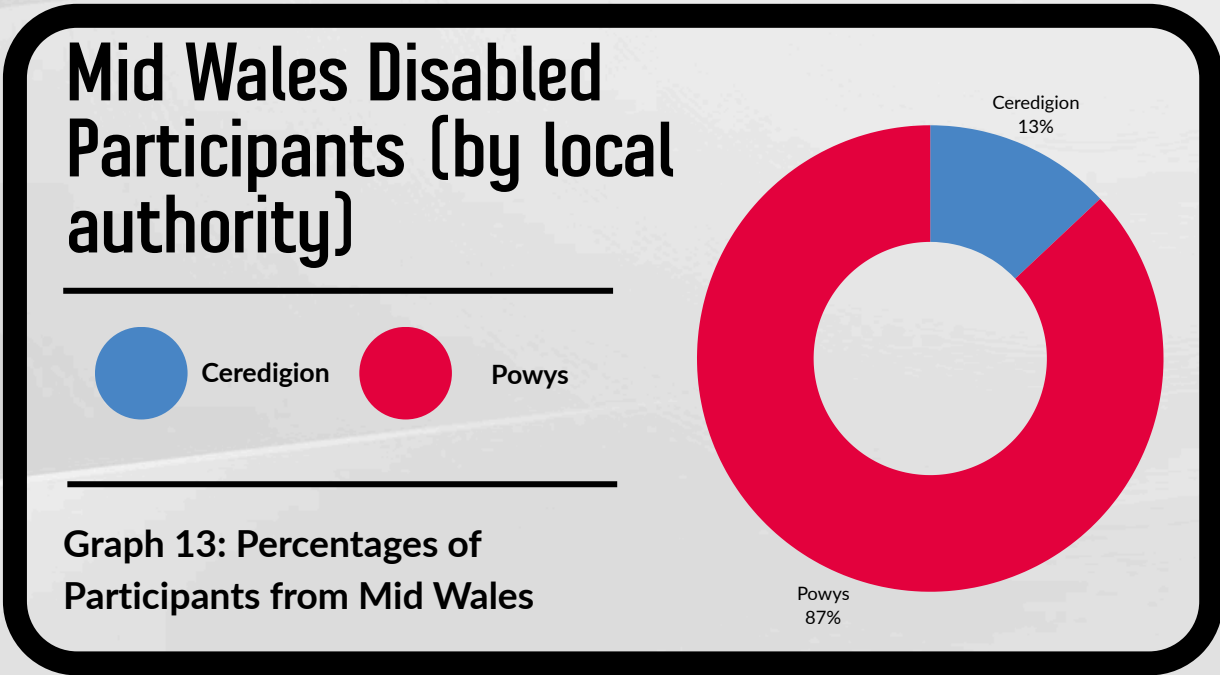
## Mid Wales Sport Partnership

The Mid Wales Sport Partnership consists of two local authorities:

- Ceredigion
- Powys

A total of 177 participants represented the Mid Wales Sports Partnership, accounting for 16% of the survey population.

The local authority with the highest number of disabled participants (52%) was Powys, with 154 participants.



The table, on the next page, provides an overview of the participant profiles and the number of participants for each local authority in the Mid Wales.

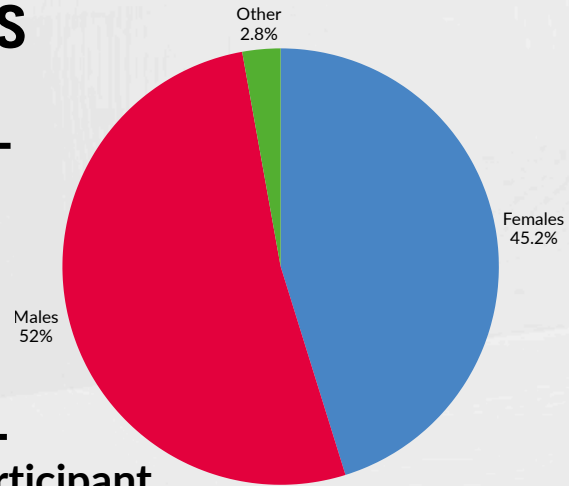
	Ceredigion	Powys	Total
<b>Females</b>			
0-17	0	46	46
18-59	6	16	24
60+	9	1	10
<b>Total Females</b>	<b>15</b>	<b>62</b>	<b>80</b>
<b>Males</b>			
0-17	0	51	51
18-59	6	33	39
60+	2	0	2
<b>Total Males</b>	<b>8</b>	<b>84</b>	<b>92</b>
<b>Others</b>			
0-17	0	2	2
18-59	0	2	2
60+	0	1	1
<b>Total Other</b>	<b>0</b>	<b>5</b>	<b>5</b>
<b>Total Participants</b>	<b>Ceredigion 23</b>	<b>Powys 154</b>	<b>177 Mid Wales</b>

Table 7: Local Authority Participation Figures

The largest participant group was Disabled Males, making up 52% of the region's population. In contrast, the smallest group was Disabled Other, accounting for nearly 3%.



# Participant Genders (Mid Wales)



Graph 14: Percentages of Participant Genders for Mid Wales

## Key Findings

- Among Disabled Males, the 0-17 age group had the highest participation in sport and physical activity, with 51 individuals. In comparison, the 18 - 59 age group had 39 participants.
- Participation among Disabled Females decreased with age with 46 participants in the 0 - 17 age group, reducing to 24 participants in the 18 - 59 years age group, and 10 participants in the 60+ age group. The figure for the other disabled participants group was different as it only had a small number of participants recorded for each age group.
- For the 60+ population, Disabled Females (10) were more active in sport and physical activity than Disabled Males (2) and Disabled Others (1).
- Of the 177 participants in Mid Wales, 6 were Welsh Speaking, 6 identified as from an ethnically diverse community, and 4 as LGBTQI+.



## Actif North Wales Sport Partnership

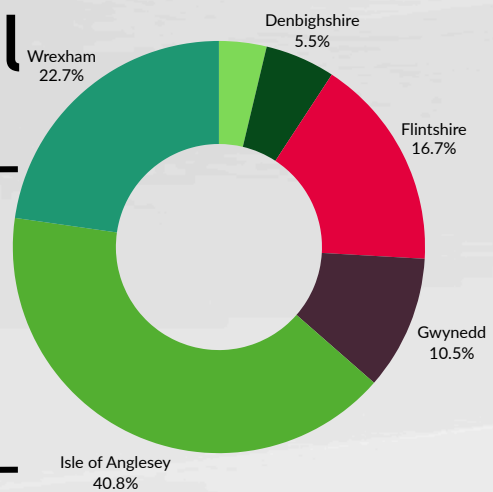
The Actif North Wales Sport Partnership consists of six local authorities:

- Conwy
- Denbighshire
- Flintshire
- Gwynedd
- Isle of Anglesey
- Wrexham

A total of 1,073 participants represented the Actif North Wales Partnership, accounting for 27% of the overall survey population.

The local authority with the highest number of disabled participants was Isle of Anglesey, with 438 participants.

### North Wales Disabled Participants (by local authority)



Graph 15: Percentages of Participants from North Wales

The table below provides a detailed overview of the participant profiles and the number of participants for each of the six local authorities in North Wales.

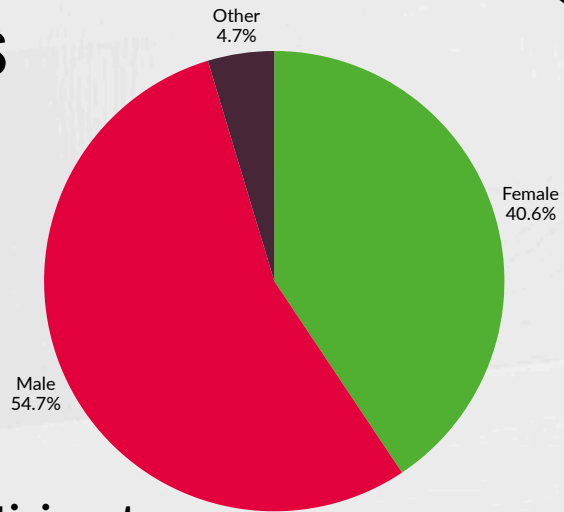
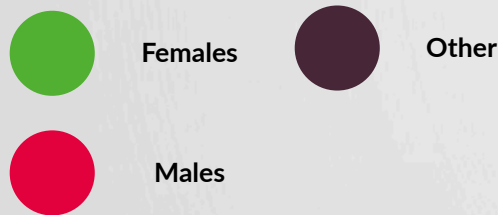
	Conwy	Denbighs hire	Flintshire	Gwynedd	Isle of Anglesey	Wrexham	Total
<b>Females</b>							
0-17	0	12	50	19	66	41	188
18-59	7	6	32	17	97	27	186
60+	7	0	10	1	17	27	62
<b>Total Males</b>	14	18	92	37	180	95	436
<b>Males</b>							
0-17	7	12	45	31	85	46	226
18-59	9	20	34	34	124	54	275
60+	8	0	6	9	32	31	86
<b>Total Females</b>	24	32	85	74	241	131	587
<b>Other</b>							
0-17	0	8	0	0	3	0	11
18-59	0	1	1	2	10	16	30
60+	2	0	1	0	4	2	9
<b>Total Other</b>	2	9	2	2	17	18	50
<b>Total Participants</b>	40	59	179	113	438	608	1073 North Wales

Table 8: Local Authority Participation Figures – North Wales

The largest participant group was Disabled Males, making up 55% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 5%.



# Participant Genders (North Wales)



Graph 16: Percentages of Participant Genders for North Wales

## Key Findings

- Among the Disabled Female group, the 0-17 age group had the highest participation in sport and physical activity, with 188 individuals.
- Participation among Disabled Females declines after age 17, dropping from 188 in 0-17 group to 62 in the 60+ category.
- Overall, 587 Disabled Males engaged in sport and physical activity within the Actif North Wales Partnership, nearly 15% more than the 436 Disabled Female participants.
- Notably, participation amongst Disabled Males has a slight increase from the 0 - 17 age category, 226 to 275 in the 18-59 age category.
- For the 60+ population Disabled Males (86) there were more disabled males active in sport and physical activity than Disabled Females (62) and Disabled Others (9).
- Out of the 1,073 participants in North Wales, 266 were Welsh Speaking, 43 identified as from an ethnically diverse community, and 10 as LGBTQI+.



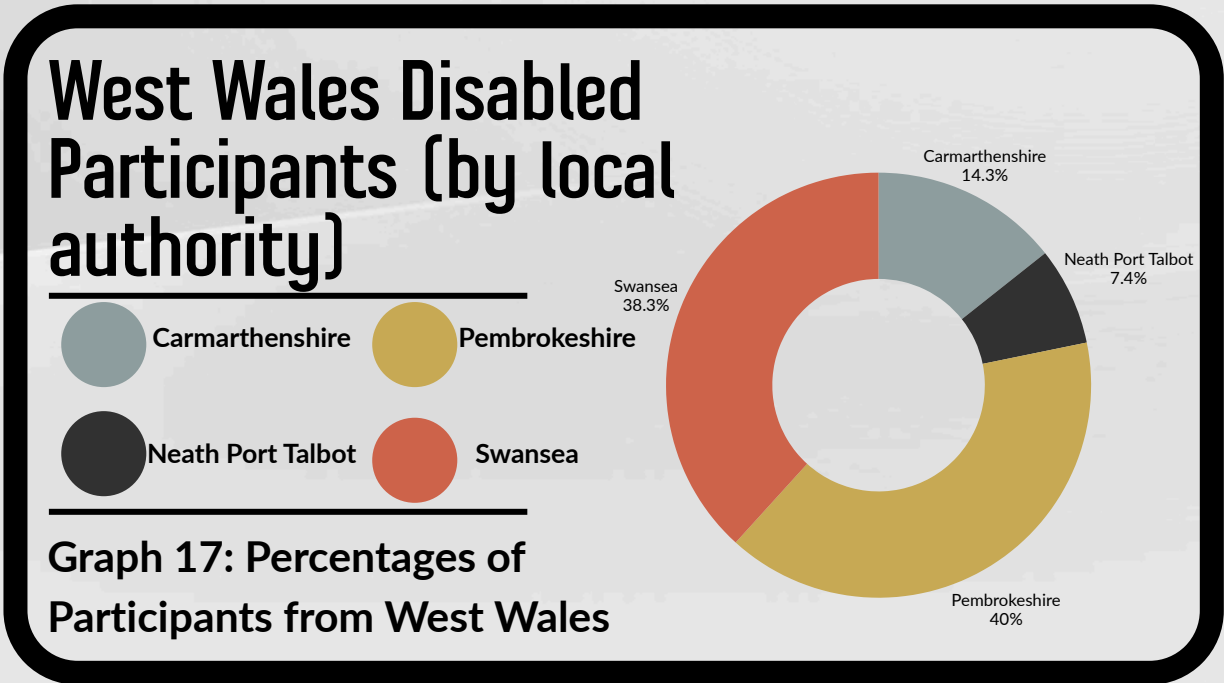
## West Wales Sport Partnership

The West Wales Sport Partnership consists of four local authorities:

- Carmarthenshire
- Neath Port Talbot
- Pembrokeshire
- Swansea

A total of 887 participants represented the West Wales Sport Partnership, accounting for 18% of the overall survey population.

The local authority with the highest number of disabled participants was Pembrokeshire, with 354 participants.



The table overleaf provides a detailed overview of participant profiles and the number of participants for each of the four local authorities in West Wales.

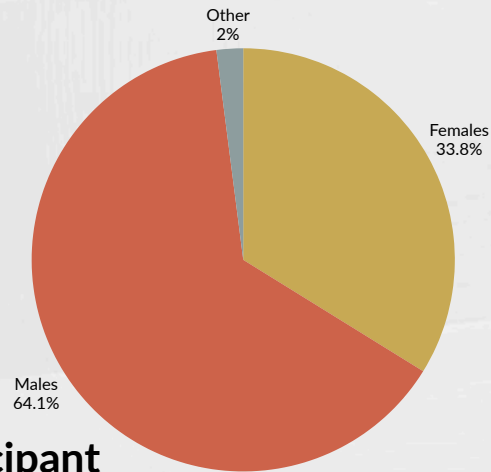
	Carmarthenshire	Neath Port Talbot	Pembrokeshire	Swansea	Total
<b>Females</b>					
0-17	18	4	56	65	143
18-59	33	5	48	58	144
60+	0	0	3	10	13
<b>Total Females</b>	<b>51</b>	<b>9</b>	<b>107</b>	<b>133</b>	<b>300</b>
<b>Males</b>					
0-17	30	36	55	83	204
18-59	45	17	162	103	327
60+	1	4	15	18	38
<b>Total Males</b>	<b>76</b>	<b>57</b>	<b>232</b>	<b>204</b>	<b>569</b>
<b>Others</b>					
0-17	0	1	8	0	9
18-59	0	0	5	2	7
60+	0	0	2	0	2
<b>Total Other</b>	<b>0</b>	<b>1</b>	<b>15</b>	<b>2</b>	<b>18</b>
<b>Total Participants</b>	<b>127</b>	<b>67</b>	<b>354</b>	<b>339</b>	<b>887 West Wales</b>

Table 9: Local Authority Participation Figures – West Wales

The largest participant group was Disabled Males, making up 73% of the region's population. In contrast, the smallest group was Disabled Other, accounting for just 2%.



# Participant Genders (West Wales)



Graph 18: Percentages of Participant Genders for West Wales

## Key Findings

- Among Disabled Females, the 18-59 age group had the highest participants in sport and physical activity, with 144 individuals, which was only slightly more than the 143 participants in the 0-17 age group.
- Overall, 300 Disabled Females engaged in sport and physical activity, compared to 569 Disabled Males.
- Notably, participation among Disabled Males was the highest amongst the 18 - 59 age category, with 327 individual, which is an increase of 123 from the 0 - 17 age category (204).
- For the 60+ population, Disabled Males (38) there were more active individuals in sport and physical activity than Disabled Females (13) and Disabled Others (2).
- West Wales had the second highest number of Disabled Other participants (18) across the five sports partnerships.
- Of the 887 participants in West Wales, 67 were Welsh speakers, 40 identified as being from an ethnically diverse community, and 28 identified as LGBTQI+.



## Theme 5: Workforce Delivery & Support

### Workforce

The National Sport Snapshot Survey also explored who was involved in delivering and supporting inclusive or disability-focused activities within clubs or sessions, including coaches, officials, and other volunteers or support staff who help sustain these opportunities.

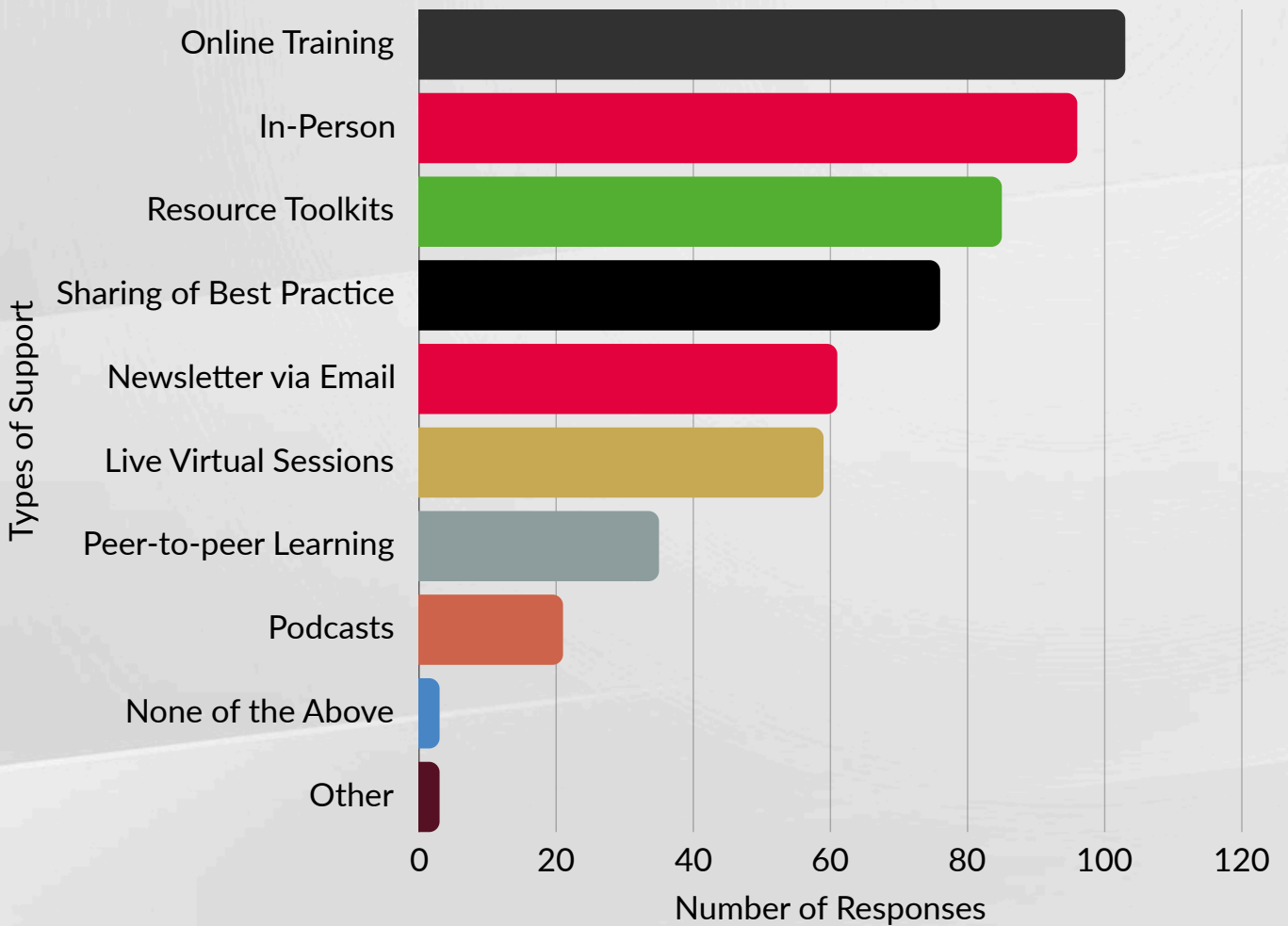
Data from the survey indicates that, of the 1,004 individuals in the workforce, 21% were disabled (210 individuals) and 79% were non-disabled (794 individuals). Additionally, among the disabled workforce, 89 were Welsh-speaking, 24 were from ethnically diverse backgrounds, and 31 identified as LGBTQI+.

### Support

Respondents also shared the type of support their club or session would like to receive. Respondents stated that they would like to receive more support via online training (e.g., courses delivered online through the BrightSpace platform). In-person training was a close second option for respondents. In addition, respondents were asked how Disability Sport Wales could support them to engage more with the training. The respondents stated that more advertising of what was available and reducing or subsidising the cost would help.



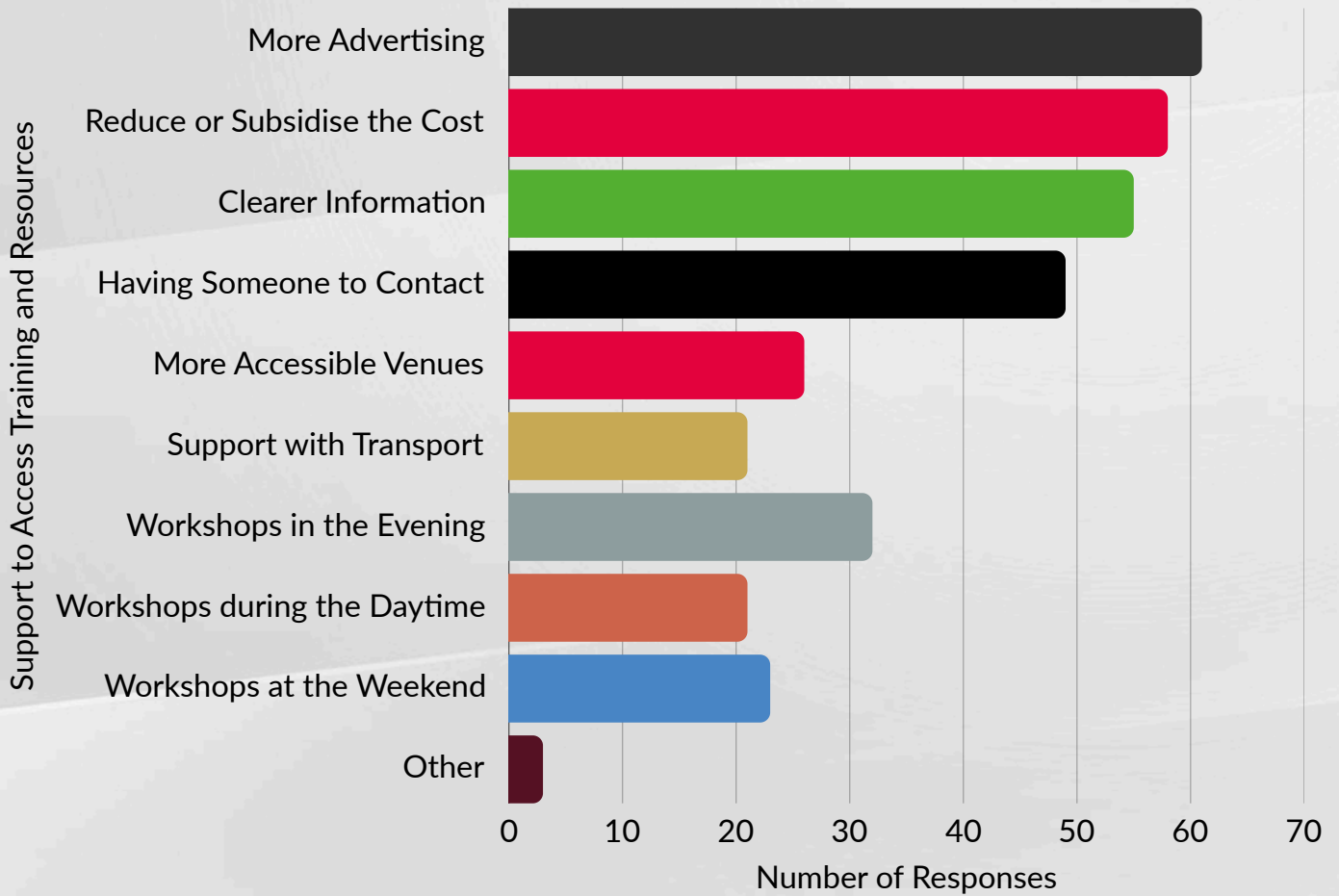
### Number of responses to types of further support



Graph 19: Types of Support Respondents Requested



### Number of responses to the support that would help them to access the training and resources provided by Disability Sport Wales



Graph 20: Types of Support To Access the Disability Sport Wales Training and Resources



## Workforce Development Themes

Respondents provided details of the types of learning opportunities that would help their club or session to be more inclusive of disabled people. A summary of the themes are below:

- D/deaf awareness
- BSL/ Makaton Training
- Disability Inclusion Training
- VI Awareness Training
- ADHD/ Autism/ Dyspraxia Awareness Training
- Sharing the voice of disabled people
- Child-focused training on fundamental movement skills of disabled children
- Practical face-to-face sessions
- Advertising/ social media training
- Funding support to buy equipment or adapt a building
- Training for staff in care homes
- Policy guidance
- Knowledge of terminology
- Adapting Paddlesport for a range of disabilities
- Peer-led networking
- Sport specific training (gymnastics and swimming)
- Business and consulting





## Reflection and Enhancement Areas Moving Forward

This section offers a reflection on the findings and presents recommended actions for improvement.

Explore the Decline in Participation Among Disabled Individuals 60 and Over

The National Sport Snapshot Survey 2025 highlighted a clear decline in sport and physical activity participation among disabled individuals as they reach the age of 60. Whilst the 18 - 59 years age category participation levels were either higher (Disabled Male and Disabled Other) or only a slight decrease (Disabled Females) from the 0 - 17 years age category, there is a clear decline in participation for disabled people within the 60+ category. The aged 60 and over category had the lowest participation rate across the National Sport Snapshot Survey with only 9% of disabled participants aged 60 and over.

This pattern is consistent with findings from the Sport Wales Activity Tracker Survey, which reported that 20% of respondents aged 55 and over had done no physical activity in the past week—compared to 10% of those aged 35–54 and just 6% of those aged 16–34 (Sport Wales, 2025). Therefore, demonstrating that disabled people over 55 were twice as likely to be inactive as non-disabled. The Sport Wales Activity Tracker Survey also revealed that older adults in Wales face multiple challenges when accessing and participating in sport and physical activity. Notably, only 66% of older adults believe they are capable of being physically active, compared to 77% of younger adults (Sport Wales).

There is substantial evidence indicating a decline in participation rates among disabled individuals, particularly as they age (Rosenberg, Bombardier, Hoffman, & Belza, 2011; Sport Wales Activity Tracker Survey, 2025). The findings from the National Sport Snapshot Survey also correlate with data from the National Survey for Wales 2020-2023, which highlights that inactivity increases with age for disabled adults.



These figures highlight the urgent need for targeted interventions and meaningful collaboration with disabled individuals aged 60 and over. Efforts should aim to address key barriers—such as accessibility, awareness, and motivation—to create inclusive, supportive environments that encourage and enable participation in sport and physical activity in later life.

### Address the Gender Gap in Disabled Participation

Data from the 2025 National Sport Snapshot Survey clearly highlights a gender disparity in sport and physical activity participation among disabled individuals. Female participation stands at just 37.5%, significantly lower than the 60% reported for disabled males—a gap of 22.4%.

This trend mirrors findings from both the National Survey for Wales and the School Health Research Network Surveys (2021–2023), which also show consistently lower participation rates among females compared to males.

The 2025 figure for Female Disabled participation (37.5%) does show a 6.5% increase from the previous year's survey (31%). However, this increase is minimal and there needs to be a further increase in disabled female participation in order for it to be at a similar level with disabled male participation levels. In contrast, disabled male participation decreased by 7 percent, falling from 67% in 2024/25 to 60% in 2025.



Existing research (Carr, Atkin, & Milton, 2025; Olasagasti-Ibargoiien et al., 2023) into the barriers faced by disabled females identifies several contributing factors, including:

- Societal attitudes and negative self-perception
- Lack of social support
- Accessibility of facilities
- Knowledge of activity providers

To effectively address this disparity, further region-specific work to overcome these barriers is essential. This should involve meaningful collaboration with disabled females to understand their experiences, listen to their voices, and co-develop targeted strategies. These may include:

- Enhancing female-focused initiatives
- Creating inclusive and supportive environments
- Raising awareness of the physical, social, and mental health benefits of participation
- Upskilling leisure centre staff

Such actions are key to reducing the gender gap and ensuring more equitable access to sport and physical activity for all disabled individuals.



## Promote the Welsh Language

Welsh speakers accounted for 12% of participants in the 2025 National Sport Snapshot Survey—an increase of 1.5 percent from the previous year. However, this figure is notably lower than the 17.8% reported in the 2021 Census and reflects a broader trend identified in the 2024 Annual Population Survey, which recorded the lowest proportion of Welsh speakers in over eight years at 27.8%.

Given this low figure, it would be valuable to investigate how many clubs that responded to the National Sport Snapshot Survey currently offer activities in Welsh and whether they run any initiatives to increase the number of Welsh speakers. This insight could help inform strategies to strengthen Welsh language provision and better support Welsh-speaking participants across the sport and physical activity sector.

## Targeted Engagement Strategies

Participation in sport and physical activity among individuals identifying as LGBTQI+ has slightly decreased to 2% in 2025, compared to 2.5% in the 2024/25 survey. Whilst this fairly consistent figure is encouraging, it remains significantly below the 12.6% of the disabled population who identified as LGBTQI+ in the 2021 Census, highlighting the need for more inclusive and targeted engagement strategies within the disabled LGBTQI+ community.

Participation among individuals from ethnically diverse communities has increased to 6%, compared to 4% in the previous survey in 2024/25. This increased level of participation is a positive, however it is still below the figure seen during the Get Out Get Active (GOGA) project. This highlights the need to reassess and strengthen efforts to engage and support more ethnically diverse communities in sport and physical activity.



### Types of Impairments/Disabilities

Learning impairments or disabilities was the most reported impairment type in the 2025 National Sport Snapshot Survey. However, it is important to note that the section of the survey addressing specific impairment types was optional, and several respondents either did not collect this information or were uncertain about participants' impairment classifications. 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. A suggested way to do this is to provide better guidance to clubs and sessions on how to collect this data.

### Opportunities for Disabled Others

Disabled individuals identifying as 'Other' often face heightened barriers to inclusion. The 2025 National Sport Snapshot Survey revealed that only 2.6% of this group participated in sport and physical activity, although slightly higher than the previous survey in 2024/25.

North Wales had the highest number of disabled participants who identified within the other gender category with a total of 50 participants (4.7%) out of a total of 1073. Further consultation with support networks and advocacy groups in the local community would help to build a more accessible and welcoming environment for all. Ensuring all disabled participants have access to quality sport and physical activity opportunities is essential for equity and inclusion.

### Workforce Delivery & Areas of Support

The results show that most of the workforce (79%) were non-disabled, with only 21% of the workforce identifying as disabled. The representation of disabled individuals within the workforce is even lower among Welsh speakers (9%), those from ethnically diverse communities (2%), and those who identify as LGBTQI+ (3%).

Data from the ONS indicated that during April to June 2024, only 53% of working-age disabled people were employed, compared to 81.6% of non-disabled individuals



(ONS, 2024). This 28.6% gap underscores the need for targeted initiatives to promote the inclusion of disabled individuals in the workforce.

### Workforce Development

It is suggested that Disability Sport Wales review the feedback from respondents and offer further to clubs and sessions via Online Training and Face-to-face learning opportunities. To ensure that the clubs and sessions are aware of the workforce development opportunities available there is more to be done on increasing the advertising that is carried out, reduce or subsidise the cost of the training, and make the information about the training clearer and easier to understand. The suggested training opportunities were; impairment specific courses, BSL/ Makaton, advertising and marketing, getting disabled people to directly deliver the training, and to have child-focused training on the fundamental movement skills of disabled children.