



# National Disability Sport Organisations

## Finding the right sport for you

The English Federation of Disability Sport (EFDS) work with the National Disability Sport Organisations (NDSOs) to ensure all disabled people can be active for life. NDSOs provide opportunities for people with specific impairments to take part in, as well as offer advice and support.

For many disabled people, the NDSOs are the starting point to get involved in sport and if they choose to develop their talent. They also support National Governing Bodies of sport to deliver more inclusive programmes. Each NDSO has an appointed advisor to look after the Inclusive Sport programme, who are supported by EFDS.

You can learn more about the Inclusive Sport programme on the EFDS website.



In partnership with:



**British Blind Sport**



**Mencap Sport**



**Special Olympics Great Britain**



**WheelPower**

British Wheelchair Sport

[www.efds.co.uk](http://www.efds.co.uk)

## If you are interested in learning more, contact one of the organisations below:

### **British Blind Sport (BBS)**

Since its formation in 1976, BBS has become the leading voice for blind and partially sighted people in sport and leisure in the UK. From grassroots to Paralympic representation, BBS encourages participation in sport at all levels

[www.britishblindsport.org.uk](http://www.britishblindsport.org.uk) or telephone 01926 424247

### **Cerebral Palsy Sport (CP Sport)**

CP Sport are the sports organisation for people with Cerebral palsy. They provide advice and guidance as well as delivering sporting opportunities to people of all abilities, from play to performance.

[www.cpsport.org](http://www.cpsport.org) or telephone 0115 9257027

### **Dwarf Sports Association UK**

Launched in 1993, the Dwarf Sports Association UK aims to make opportunities accessible to anyone of restricted growth in the UK.

[www.dsauk.org](http://www.dsauk.org) or telephone 01246 296485

### **Mencap Sport**

Mencap Sport is the national organisation promoting and developing sport for people with a learning disability across England.

[www.mencap.org.uk/sport](http://www.mencap.org.uk/sport) or [sport@mencap.org.uk](mailto:sport@mencap.org.uk)

### **Special Olympics Great Britain (SOGB)**

SOGB is a provider of year-round training and competition opportunities for people with a learning disability across England, Scotland and Wales.

[www.specialolympicsgb.org.uk](http://www.specialolympicsgb.org.uk) Email [info@sogb.org.uk](mailto:info@sogb.org.uk) or telephone 0207 2478891

### **UK Deaf Sport (UKDS)**

UK Deaf Sport encourages people who are deaf or hard of hearing to participate, enjoy and excel at sport. They provide information on sporting events throughout the UK and are linked and affiliated to ICSD (the International Committee of Sports for the Deaf) as well as Deaflympics.

[www.ukdeafsport.org.uk](http://www.ukdeafsport.org.uk) or email [office@ukds.org.uk](mailto:office@ukds.org.uk)

### **WheelPower**

WheelPower, the national charity for wheelchair sport, provides opportunities, facilities and equipment to enable disabled people to participate in sport and lead healthy active lives. Through its annual programme of events, links to its member sports associations and other organisations, WheelPower supports individuals to find sports which they are passionate about.

[www.wheelpower.org.uk](http://www.wheelpower.org.uk) Email [info@wheelpower.org.uk](mailto:info@wheelpower.org.uk) or telephone 01296 395995

**English Federation of Disability Sport (EFDS) are the national sports body for disabled people in England. Our vision is that disabled people are active for life. EFDS champions opportunities for disabled people to enjoy sport, supporting the sport and physical activity sectors to be more inclusive.**

**For more information contact:**

**[federation@efds.co.uk](mailto:federation@efds.co.uk)**

**Tel: 01509 227750**

**[www.efds.co.uk](http://www.efds.co.uk)**