

# Opportunities for Recreational Activities for Disabled People

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# Aim of talk

- To share what recreational opportunities there are for disabled people based upon my PhD where I have explored this with 9-16 year old disabled children, young people and their families.
- To explore how you might adapt activities you are involved in.

# What do you enjoy doing in your leisure time?



- Sports
- Music
- Arts
- Drama

# PhD study – ‘VOCAL’

- Voices of children and young people with cerebral palsy about their participation in recreational activities- walking and talking difficulties.



# Adapted cycling



<https://www.youtube.com/watch?v=Zd5WTK6Gjil>

# Pedal Power, Cardiff



# Recumbent bike

- <http://www.londonrecumbents.co.uk/>



# Swimming

- <https://www.disabilitysportwales.com/cardiff/>





# Adapted Surfing



- <https://www.youtube.com/watch?v=il9wB7siD-Y>

# Adapted Trampolining



- <https://community-fund.aviva.co.uk/voting/project/view/17-6226>

# RaceRunning: a cerebral palsy sport



- <http://www.racerunning.org/FrontPage/?id=15>

# Race Running – volunteers needed



**RD**  
RACERUNNING DRAGONS  
a sport in movement

IN ASSOCIATION WITH  
**CARDIFF UNIVERSITY**  
**PRIFYSGOL CAERDYDD**

## About our Club

Cardiff Race-Running Dragons – the first club of its kind to be set up in Wales – is about having fun and experiencing the joys of sport, whatever your ability. Members are encouraged to achieve their potential and we offer those interested the chance to attend the Race-Running Camp and Cup in Copenhagen in the summer. We also hope to liaise with other Race-Running clubs in the UK and join up with them for sporting and social events.

With physiotherapists and volunteers on board to offer help and support – and friends and family partaking in the team spirit too – it's a great, all inclusive, all-year round activity. We plan to put on a variety of social events throughout the year, including a Christmas party.

Our small committee of 5-7 people includes parents and therapists and we are lucky to have help on club night from Cardiff University's occupational and physiotherapy students as well as the support of Cardiff's Athletic Stadium. We are happy to offer try-out events to interested groups and to give talks to anyone who would like to know more about us and perhaps even sponsor us too.

**active cardiff caerdydd**  
The Foundation

**WHAT'S COMING UP**  
Opportunities to join in with local, fun, run and tri events, national events and the annual international Race-Running Camp and Cup in Copenhagen

**For years I've sat on the side-lines watching others take off. Now I can take off too.**  
Race-runner Joe

**What is it?**  
Training to walk, run and race with the support of a three-wheeled frame

**Who is it for?**  
Anyone who has difficulties with movement, balance and walking but is allowed to bear weight

**When?**  
**Friday night is Race-Running night - We meet 5-7pm** (term-time only)

**Where?**  
**Cardiff International Sports Stadium**  
Leckwith Road, Cardiff CF11 8AZ

**How much?**  
**Under 16s £1.90 - Over 16s £3.80**  
(includes track fee from 01 May 2016)

**How to support us?**  
Each race-runner costs £1,600 – Can you help fundraise or make a donation?  
We need volunteers to help out at our club each Friday and athletes to help train our members.  
Can you help with transport to events?

**Team Spirit: Cardiff Dragons with some of their supporters on club night**

**Raining Champion: Imogen beats the weather in style**

**Lights, camera and Anthony's ready for the action**

**Nitty all set up and ready to go**

**Nitty takes off**

**FINISH LINE**  
1 2 3 4 5 6 7 8

# Race-Running

## Sport in Movement

Join us at Wales' first Race-Running Club

Activity that's new, fun, friendly and has amazing benefits

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**"The world of race-running is a limitless prairie. It takes away disability, replacing it with ability. It made my dream a reality."**  
Race-runner Hannah

**RD**  
RACERUNNING DRAGONS  
a sport in movement

**Our Phone: 07803 770 962**  
**Our Email: gabriela.todd@yahoo.co.uk**

# Touch Trust



- <http://www.touchtrust.co.uk/>

# Adapted Skiing



- <https://www.youtube.com/watch?v=Z0ePliLUoC8>

# Adapted sailing



- <http://ryasailability.tv/videos/boats/rs-venture-keel/>

# Horse riding



- <http://www.rdasouthwales.org.uk/>



# Arts and culture

- Relaxed orchestral performance
- Accessible cinema showings
- ? Support to do activities e.g. pottery, drawing, gluing.....
- Playgrounds

# Accessible playgrounds



# Play schemes

- <https://www.cardiff.gov.uk/ENG/resident/Leisure-parks-and-culture/Childrens-Play/Play-projects/Disability-play-project/Pages/Disability-play-project.aspx>



# Changing places toilets



# Mobile hoist



# Transport – Jumbulance



# Accessible playgrounds



# Beach Access





# VOCAL



# Within case analysis: work in progress

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