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=Zd5WTK6Gjl
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

- [Link](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
Touch Trust

• http://www.touchtrust.co.uk/
Adapted Skiing

• https://www.youtube.com/watch?v=Z0ePlIiLUoC8
Adapted sailing

• http://ryasailability.tv/videos/boats/rs-venture-keel/
Horse riding

• [http://www.rdasouthwales.org.uk/](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
Within case analysis: work in progress

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