

Get Yourself Active Local Shropshire, Telford & Wrekin

Did you know?

- 1** Locally, 17% of Shropshire residents and 20.5% of Telford & Wrekin residents identify as Disabled. (Census, 2021)
- 2** Nationally, 40.8% (estimated 6.5 million) Disabled people were inactive, compared to 20.7% of non-Disabled people. (Active Lives data, 2024)
- 3** Nationally, 43% of Disabled people feel they have the chance to be as active as they desire, compared to 69% of non-Disabled people. (Activity Alliance, 2024)

What is the programme?

Disability Rights UK and Energize are working together to support Disabled people and those living with a long-term health condition in Shropshire, Telford & Wrekin to be more physically active.

Aim

To increase the number of people with lived experience of disability, mental health and long-term health conditions to be active and move more.

Outcome

Disabled people and those living with a long-term health condition are more active in a way that suits them.

How

Working together, using a holistic approach, to provide physical activity to Disabled people and those living with a long-term health condition.

We know that movement supports wellbeing, and wellbeing is for everyone!



Through collaboration with Shropshire Council, Telford & Wrekin Council, voluntary and community sector organisations, and people with lived experience, we aim to focus on these three areas...

Moving Social Work

The Moving Social Work programme aims to create resources and co-produce strategies for the education of the social workers of today and tomorrow. This project aims to educate and provide social workers and social care practitioners with the tools to promote physical activity to, and for, Disabled people and those living with a long-term health condition.

Health and Social Care

The workforce (paid and unpaid carers) are essential to the people they support. When they understand the importance of physical activity and what's on offer, they can better support Disabled people and those with a long-term health condition to lead a more active life. We will aim to support the sector to feel more confident and knowledgeable around supporting Disabled people and those with a long-term health condition to be more active.

Co-production

This will focus on influencing and supporting the physical activity sector to introduce co-production and its importance in practice. If the physical activity sector is working in partnership with Disabled people and those living with a long-term health condition in the design, delivery and evaluation of physical activity, there will be fewer barriers. This is because people's lived experiences will shape and influence the programme.



If you'd like to hear more, email Michelle, Empowering Communities Manager at Energize: michelle.pullen@energizestw.org.uk

The partners involved in this programme:

