



Breaking Barriers Toolkit – Section Six

Guidance for commissioners, funders and policy makers



In partnership with:

Our research has shown that disabled teenage girls are missing out on the transformational benefits of sport and exercise. Whilst disabled teenage girls are a relatively small community, their inclusion in sport can be highly impactful. Fostering a love of sport and exercise at this age can provide life-long benefits.

Investing in programmes for disabled teenage girls also delivers on:

- The Government's Get Active Strategy – core priority two: making sport and physical activity more inclusive and welcoming for all so that everyone can have confidence that there is a place for them in sport.
- Sport England's Uniting the Movement strategy – Big issue 3: positive experiences for children and young people.
- The Government's National Disability Strategy – Leisure: widening access to arts, culture, sport and the great outdoors.

We are calling on funders, commissioners and policy makers to recognise that teenage girls are not a homogenous group and to promote, through their work, the development of targeted physical activity opportunities for disabled teenage girls. Together they can play a crucial role in promoting inclusivity and creating a generation of disabled teenage girls who are passionate about sport and exercise.



Driving system change

Prioritise partnerships

The government's National Disability Strategy highlights the need to tackle barriers excluding disabled people from society. We recommend that this strategy focuses on cross-sector partnerships between health, education and sport providers to ensure disabled teenage girls are supported to be active across the different touch points in their lives, whether that be at home, school, or in their community.

Focus on disabled teenage girls' voices

Disabled teenage girls should be decision makers in the development and delivery of activity offers that are created for them. It is therefore recommended that activity commissioners and funders include them in decision making panels, youth boards, steering groups etc. We also recommend an increased focus on intersectionality, within these forums. This will ensure that programmes truly address the varied needs and interests of all disabled girls.

Value a diverse workforce

Activity commissioners and funders can play a key role in creating a workforce that reflects and understands the needs of disabled teenage girls. Actions include:

- Encourage activity providers to work with specialist organisations that understand the needs of disabled teenage girls.
- Promote the development of diverse workforces within the organisations you fund.
- Invest in the training and development of the existing sport and exercise workforce so that they better understand the needs of disabled teenage girls and can address these within their areas of work.

Useful resources

You can read more about national agendas by clicking on the links below.

- [DCMS – Get Active: a strategy for the future of sport and physical activity](#)
- [Sport England – Uniting the Movement](#)
- [Department of Work and Pensions – National Disability Strategy](#)

For more information on inclusive workforce practices, please explore the links below.

- [Activity Alliance – Get Out Get Active: inclusive workforce practices](#)
- [Department of Work and Pensions – Disability Confident Employer Scheme](#)
- [Inclusive Futures – The disability-confident employers’ toolkit](#)

Good practice:

Here are some great examples of commissioners, funders and policymakers championing inclusion. Click on the links below to find out more.

- [Spirit of 2012 Trust funder of the Get Out Get Active Programme](#)
- [Sweaty Betty Foundation – Communities projects](#)
- [Nuffield Health – Move Together Programme](#)
- [UK Coaching – Women Who Coach](#)
- [Local Government Association – Case studies on equalities, diversity and inclusion](#)
- [Inclusive Futures – Reaching women and girls with disabilities](#)

