



Disabled Sport

Introduction

Sport can be a great way to keep physically and mentally fit and healthy. It can also be a great way to make new friends and have fun.

This information guide highlights a selection of local and national sports organisations and clubs for people with a disability or living with a long term health condition.

Finding a sport you like

For anyone inspired to try a new sport, there are some great places to start looking at which sport might suit you and what's available locally.

Scottish Disability Sport

If you're looking for a new sport, a great place to start is the Scottish Disability Sport here <http://www.scottishdisabilitysport.com/> website. They are the Scottish governing and co-ordinating body of sports for people of all ages/abilities with a physical, sensory or learning disability. You'll find their website is packed with regional and national sporting events and activities. You can also contact your regional disability sports branch of Scottish Disability Sport here <https://www.scottishdisabilitysport.com/about-sds/branches/> to find out what sports are available in your area. If there is a particular sport that you want to get involved in, you can get in touch with the sports specific contact here <https://www.scottishdisabilitysport.com/sport-specific-contacts/> Contact details: Tel: **0131 317 1130** , contact via their online contact form here <https://www.scottishdisabilitysport.com/contact-sds/> or email admin@scottishdisabilitysport.com

Every Body Moves

Every Body Moves (<https://everybodymoves.org.uk/>) is a website created by the British Paralympic Association (BPA) to provide information to disabled people who want to take up sport. The website has information on different sports, to help you identify which sport is right for you. There is also a search function to help you find local clubs or a leisure centre where you can take part.

Contact details: Tel: **020 3965 4124** Email: info@everybodymoves.org.uk

Sports organisations and clubs

The list below covers a small selection of sports organisations and clubs taken from our **Scottish Disability Directory** here <https://www.disabilityscot.org.uk/information->



help-advice/scottish-disability-directory/ There are many other sports opportunities available. You can search our directory for a more comprehensive list or call our helpline on [0300 323 9961](tel:03003239961).

If you are part of a local sports club or society which is not in our directory, we'd love to know about it so we can spread the word!

Archery

Scottish Archery. (<http://scottisharchery.org.uk/>) Number of local clubs including those for people with a disability are listed on their website.

Basketball

Basketballscotland. (<http://basketballscotland.co.uk/>) National governing body for basketball in Scotland. The website has more information on wheelchair basketball.

or contact Tina Gordon, Wheelchair Basketball Development Officer

Telephone: [0131 317 726](tel:0131317726)

Email: tina.gordon@basketball-scotland.com

Curling & Golf

Disabled Curlers and Golfers Scotland. (<https://www.scottishdgc.org.uk/>)

Organisation of disabled curlers who play all over Scotland. Local clubs are listed on their website.

Cycling

Cycling UK. (<http://www.cyclinguk.org/>) Provide information inclusive cycling such as the Edinburgh ABC (All-ability Bike Centre).

Edinburgh All-ability Bike Centre (<https://www.cyclinguk.org/edinburgh-all-ability-bike-centre>)

Email: abc-info@cyclinguk.org

Facebook: <https://www.facebook.com/EdinburghABC/>

Football

Para-Football (<https://www.scottishfa.co.uk/football-development/participation/para-football/>) Football for those with disabilities supported by the Scottish Football Association. See the website here <https://www.scottishfa.co.uk/football-development/participation/para-football/> for more details or

email: David.McArdle@scottishfa.co.uk

Amputee Football Scotland (<https://www.amputeefootballscotland.co.uk/>) Football for amputees and those with congenital limb differences. Currently available in Glasgow and Dundee but looking to expand across Scotland.

You can sign up for training sessions on the website here



<https://www.amputeefootballscotland.co.uk/training> or contact by:

Telephone: [07885 262341](tel:07885262341)

Email: ashley@amputeefootballscotland.co.uk

Frame Football Scotland. (<https://www.facebook.com/FrameFootballGlasgow/>)

Football for children who use a Rollator or similar orthopaedic walking frame.

Sessions currently available in Glasgow & East Ayrshire. Contact Frame Football by using the online webform here <https://thespfa.org/>

Powerchair Football (<https://thespfa.org/>) There are a number of Powerchair football clubs in Scotland mainly in the West and Glasgow area.

Horse Riding

Riding for the Disabled Association. (<http://www.rda.org.uk/>) Network of 500 volunteer groups organise activities such as riding, carriage driving, vaulting and show jumping. The website has a **list of local riding groups** here

<http://www.rda.org.uk/rda-groups/>

Rambling

Highland Disabled Ramblers. (<http://www.highland-disabled-ramblers.org/>)

Rambling association for disabled people and their friends in Highland.

Telephone: [07895 066 965](tel:07895066965)

Email: admin@highland-disabled-ramblers.org

Forth & Tay Disabled Ramblers. (<https://www.ftdr.uk/>) Rambling association for disabled people and friends in Forth & Tay. Most rambles take place in Fife, although rambles have taken place in Perth and Kinross, Dundee, Angus, Edinburgh, East Lothian, West Lothian and Midlothian.

Email: info@ftdr.uk

Rugby

Caledonia Crusher Wheelchair Rugby – (<http://www.caledoniancrushers.co.uk/>)

Glasgow. Open to people who just want to train for the social and health benefits of playing a team sport as well as those who want to aim for the elite level of Team GB.

Great Britain Wheelchair Rugby Ltd. (<http://gbwr.org.uk/>) National wheelchair rugby organisation. Website has useful information on the sport though most clubs are based in England.

Email: info@gbwr.org.uk

Sailing

Sailability Scotland. (<http://www.sailabilityscotland.org.uk/>) Works with sailing clubs, centres and sailing schools throughout Scotland to improve and develop opportunities for the integration and support of people with disabilities into the sport



of sailing and its associated pursuits. The website has a [list of local sailing clubs](#).
Email: sailabilityscotland2012@gmail.com

Shooting

Disability Shooting Project. (<http://www.disabledshooting.org.uk/>) Promote target shooting for disabled people. There is a list of local shooting clubs here <http://www.disabledshooting.org.uk/clubs/disabled-friendly-clubs.html>) on their website.

Sport for people who are blind or partially sighted

British Blind Sport. (<http://www.britishblindsport.org.uk/>) Provide sport and recreation for blind and partially sighted people.

Telephone: [01926 424247](tel:01926424247)

Email: info@britishblindsport.org.uk

Winter sports

Disability Snowsport UK. (<http://www.disabilitysnowsport.org.uk/>) Provide opportunities for disabled people to enjoy winter sports. You can find a [list of local clubs](#) on their website.

Telephone: [01479 861272](tel:01479861272)

Email: admin@disabilitysnowsport.org.uk

Scottish Visually Impaired Skiers – Edinburgh. (<http://www.svis.org.uk/Index.htm>)

Provide ski guides and coaching for members with a visual impairment.

Telephone: [07836 227167](tel:07836227167)

Email: contact@SVIS.org.uk

Wheelchair sports

Dundee Dragons. (<https://dundeedragons.net/>) Range of wheelchairs sports including rugby, basketball and racquet sports for people in the local area.

Website: dundeedragons.net

Yoga

Yogability. (<http://www.yogability.org.uk/>) Provide free yoga classes to children and adults with special needs as well as their carers and their families in Glasgow.

Email: helen@yogability.org.uk

Funding

For individual's looking for funding for specialist equipment or to be able to train competitively, **Disability Grants** (<http://www.disability-grants.org/>) have a useful webpage on **Grants for Sport.** (<http://www.disability-grants.org/grants-for-sports.html>) There are separate sections for Individuals and Clubs and Groups.



If you need further information on disability sport, sports funding or help to find a sports club near you, please call our helpline on [0300 323 9961](tel:03003239961).

Exercising from Home

If you can't get out of the house to exercise, you may still be able to exercise from home.

The **Parasport** Website here <https://parasport.org.uk/inclusive-home-workout-zone> has a fantastic list of inclusive home workout videos such as dance, yoga and seated Pilates.

The UK Chartered Society of Physiotherapy <https://www.csp.org.uk/news/coronavirus/clinical-guidance/supporting-patients-stay-active-during-covid-19> has information and exercise videos to help you keep your body healthy at home.

As with any exercise, please take the workout videos at your own pace, and don't do anything that hurts or doesn't feel right. If you are unsure what exercises you can do with your health condition or impairment, then speak to a health professional before you take part.

Information last updated on **5 April 2024**. Please note that information may be subject to change. All information is provided in good faith but Disability Information Scotland does not endorse any product or service referred to within this resource.