



**MY SPORT,
MY VOICE!**

Change 1 Thing

Our Vision

The UK Sports Association for People with Learning Disability wants to see:
A society that enables people with learning disability to excel and achieve their full potential.

Using the power of sport, UKSA will achieve this by:

Promoting, facilitating and supporting talented athletes with learning disability in the UK to train, compete and excel in national and international sport.

What is Change 1 Thing?

A campaign to raise awareness of learning disability and stimulate action for change.

Who is Change 1 Thing for?

Ultimately, everyone – we all need to be the change we want to see.

However, to begin with Change 1 Thing is focussing on engaging with likeminded organisations from across various sectors in and out of sport.

How can you get involved?

By pledging your support to 'Change 1 Thing' and helping us to see change become a reality, whether in your own organisation or influencing others to change.

Put simply, if we all 'engage!' people with learning disability in different and better ways, together we can change perceptions of people with learning disability in and out of sport and importantly enable them to excel like anyone else.

Why is change needed?

There are 1.5 million people in the UK who have learning disability, which is sometimes referred to as the invisible disability. Often they are on the periphery of society, seen as unable to achieve and do not have the same opportunities as other people do. This is true both in and out of sport.

- Just 3 out of 22 sports at the Paralympic Games provide competitions for athletes with learning disability.

- There are more than 100 recognised sports in the UK. Just 4 sports are engaged with the UK Sports Association to provide competitions in partnership with Inas (International Federation for Athletes with Intellectual Disability).

According to research by Mencap:

- Less than 1 in 5 people with learning disability are in employment.
- At least 65% of people with learning disability want to work.
- Just 1 in 3 people with learning disability are in education or training.

What is My Sport, My Voice! and Change 1 Thing doing?

- ✓ **Promoting** public awareness and increasing the profile of talented athletes with learning disability.
- ✓ **Educating** to seek a positive change in perceptions of people with learning disability in and out of sport.
- ✓ **Enabling** more athletes with learning disability to be confident leaders with transferable skills that will enhance their ability to fit the demands of sport and support them in their daily lives.

What principles are we asking you to support with your pledge?

- 1.** Appropriate provision for people with learning disability incorporated from the very beginning in all strategic plans and policies.
- 2.** People with learning disability enabled to have a stronger voice within organisations through an increased number in decision making and influencing positions.
- 3.** People with learning disability having the same recognition and opportunities as others to achieve whether in or out of sport.

How do we turn Change 1 Thing into action?

You have already started by attending our engage! workshop – but what's next?

What you choose to change to better engage people with learning disability is up to you and your organisation. The ability, level and pace of change may be different across organisations. But what is the same is we all know that change is possible.

Small changes in the way you engage people with learning disability can make an enormous impact in enabling someone to excel. Pledge your support to Change 1 Thing and let the UK Sports Association know how we can support you to turn your pledge into action.

Pledge to Change 1 Thing today and start the change we know is possible.