



Regional learning events: new approaches to increasing physical activity opportunities for disabled people

- **Are you a disabled people’s user led organisation with an interest or experience of running wellbeing support services and want to draw on good practice from other DPULOs working in similar ways?**
- **Do you work in local government in social care, leisure or public health and have an interest in how physical activity can promote wellbeing?**
- **Are you providing physical activity opportunities and want to better engage with local disabled people to encourage participation?**

If you answer yes to any of the above questions you should sign up to attend one of the Get Yourself Active regional learning events. Disability Rights UK is working with partners across the country to find new ways to engage disabled people in physical activity.

Date	Venue	Region
Wed 27 Sept	Kings House, Manchester	North West
Mon 2 Oct	Park Inn, Peterborough	East
Mon 9 Oct	St George’s Centre, Leeds	Yorkshire
Tue 10 Oct	Vassall Centre, Bristol	South West
Tue 17 Oct	Solent Conference Centre, Southampton	South East
Fri 27 Oct	Resource for London	London
Thu 2 Nov	Leicester Arena, Leicester	East Midlands
Thu 9 Nov	Disability North, Newcastle	North East
Wed 15 Nov	Ramada, Telford	West Mids

What’s in store?

Listen to presentations from GYA partners about their experience of coproducing better approaches to physical activity opportunities with and for disabled people.

Learn about our key findings from evaluation and research carried out in partnership with OPM and the University of Birmingham.

Discuss how you might be involved in developing these approaches locally with colleagues from different sectors

How do I book a place?

You can visit our [Eventbrite page](#) to choose your closest event and sign up. Or contact our events team at events@disabilityrightsuk.org. Also, please get in touch if you would like to receive information about the London event once the date and venue is confirmed.

Once you have registered our team will be in touch with you closer to the event with final programme information.

Outline programme – subject to change

9.30 am	Registration and networking Tea and coffee
10.00 am	Welcome and house keeping
10.15 am	Introduction to the Get Yourself Active project and its partners
11.00 am	Local GYA coordinators talk about their experiences of working with disabled people and stakeholders locally to increase take up of physical activity
11:30 am	Learning from the project supported by evaluation partners OPM and research partners University of Birmingham
11.45am	English Federation of Disability Sport presentation
12.00 pm	Quick comfort break
12.15 pm	Round table discussions and feedback
1 pm	Questions to the panel
1.30	Lunch and networking

Get Yourself Active Partners

