

Inclusive Fun

Reduce isolation by planning and delivering a fun, inclusive, and accessible activity with a group of disabled people in your community. You can do this yourself or with a group.

Isolation and disability:

Did you know that Scope's recent research about loneliness and isolation amongst disabled people found that:

- Two-thirds (67%) of disabled people have felt lonely in the past year, but this jumps to three quarters (76%) for working age disabled people.
- A shocking 85% of young disabled adults - 18-34 year olds - feel lonely.

<https://www.scope.org.uk/press-releases/nearly-half-of-disabled-people-chronically-lonely>

How to plan your activity:

1. Identify a disability group in your area to work with; you could research this online or contact a group you already know of. To find out whether you could work with a Leonard Cheshire group, email **socialactionvolunteers@leonardcheshire.org** with your postcode.
2. **Some inclusive fun ideas:**
 - Board games
 - Video games
 - Accessible sports, e.g. Boccia
 - Art
 - Craft, e.g. bird feeders, insect hotel, decorations
 - Cooking
 - Baking, e.g. [Give & Bake](#)
 - BBQ
 - Music, e.g. a band, carols
 - Drama, e.g. pantomime
 - Magic show
 - Fete
 - Gardening
 - Quiz, e.g. [Let's Quiz](#)
3. Make contact with the disability group and let them know that you would like to organise an inclusive event for/with a disability group. If the group would like to do this, ask some questions to aid planning:
 - What sorts of activities do the people in the group enjoy?
 - When is the best time to run an activity?

- Would the group like to be involved in planning and/or delivering the activity?
 - Would they want you to go to them, or would it be better to find an external accessible venue?
4. Think about the sorts of activities you would like to do with the group of disabled people and when. Things to consider:
- What activities did the person at the disability group say that the group enjoys?
 - When is the best time for the event?
 - How many people will attend?
 - Will disabled people be involved in planning and delivering the activity?
 - The venue – will you have the event at the venue of the disability group, or at an external venue? You will need to ensure that the venue is accessible (see the access surveys on the Leonard Cheshire Social Action Volunteering webpage for information on access)
 - Will it be a themed event at a particular time of year such as Easter or Christmas?
 - Will there be refreshments?
 - Ensure that there is time to socialise with the group during or after the activity as this is key for breaking down barriers between disabled and non-disabled people.
 - Ensure that a risk assessment is completed with someone who knows the disability group.
 - Plan the activity with the disability group, if you are working on it together.
 - Decide whether you will invite other people from the community, local media, friends and family.
5. Hold your Inclusive fun event!