

Welcome to August's newsletter. This edition includes our new Media Research Report and Guide, plus the latest news in the Together We Will campaign.



## Latest

### New research finds demand for more disability sport news

With a week to go before the Rio Paralympics, new research from the English Federation of Disability Sport (EFDS) has shown the public's desire to see more disability sport in the media. With many media channels set to cover elite disability sport at the Rio Paralympics, the report flags the importance of coverage beyond the Games and on a par with non-disabled people in sport. To support journalists and those who provide news content on disabled people in sport, EFDS is also releasing a better practice Guide to accompany the research.



[Read the full story and download the Media report and Guide here.](#)

## Together We Will...get stronger

This summer, Together We Will is encouraging disabled people to become healthier, stronger and have fun being active with friends and family. As part of the campaign, the National Disability Sports Organisations (NDSOs) and EFDS have published five tip tops to support disabled people on their way to be more active and become stronger – whether that's physically or mentally, or both.

Follow the conversation on social media with #TogetherWeWill.

[Read the Together We Will top tips here.](#)

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## Blog: "Rugby is just great fun and I've made friends"

Our website features blogs throughout the year. In 2016 we are looking at an A-Z of accessible sporting and fitness opportunities available to disabled people. R is for rugby, and Zac Presland from Telford discusses trying something different and making new friends.

[Read Zac's blog here.](#)

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## Thousands grab the chance of Sainsbury's Inclusive Community Training

Over 5,000 people have now benefitted from Sainsbury's Inclusive Community Training, with just over a year of the programme remaining. The specialist training is designed to improve the skills and confidence of those who support disabled people to be more active, and is a creative and informal development opportunity.

[Read more on the training and its benefits here.](#)

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## ParalympicsGB ready to compete at Rio 2016

The Opening Ceremony of the Rio 2016 Paralympic Games takes place on the 7 September. ParalympicsGB have declared they are ready to compete at their most competitive Games ever.



[Read about the team and potential medal prospects here.](#)



## Make active lives possible with us

EFDS exists to make active lives possible. To do this we enable organisations to support disabled people to be and stay active for life. We rely on generous fundraisers to develop and continue our work.

[Support Us](#)



## Find activities

There are many activities to take part in around the country. We promote many events and the accredited Inclusive Fitness Initiative gyms.

[Get Active](#)

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