



DURHAM AREA DISABILITY LEISURE GROUP

Introduction from Trustees

Our Mission Statement

'To provide sports, leisure and social opportunities for children and young people with disabilities living within County Durham and the surrounding areas.'

Durham Area Disability Leisure Group (DADLG) was first established in 1989 under the name of Royal Mail for the Disabled. As the name suggests, it was postal workers who first came up with the idea of using specialist bicycles to enable children with disabilities to access and enjoy cycling on a regular basis.

During the 90's, it became apparent that demand for the 'CycleAbility' project required a more structured approach. It also became clear that there was a distinct lack of inclusive sports, leisure and social opportunities for children and young people with disabilities in the Durham, who often found themselves unable to participate in many of the mainstream activities available. From this realisation, Durham Area Disability and Leisure Group was born.

In recent years the charity has seen unprecedented growth in the numbers of children and young people accessing our service with their families. Our member feedback shows there is a genuine need for a service like DADLG in the local area and that the activities and excursions we offer make a real difference to members' lives. Many lifelong skills and friendships have been built at DADLG activities and our goal is to ensure that this continues long into the future.

Membership of DADLG is free and is open to children and young people with a wide range of learning, physical and sensory additional needs as well as neurodiverse conditions. Parents, carers, and siblings are also welcomed into the group and can participate along with the disabled young person, keeping families together and widening their social circle.



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DADLG strive to provide as diverse and varied a programme as possible with regular weekly clubs including trampolining, Taekwondo, and a youth club, in addition to taster sessions, family days, theatre trips, residential activities, outings and much more. We challenge ourselves to provide activities that families may not have believed they could take part in as well as activities that feel safe and comforting.

Our organisation is 'user-led' and regular opportunities are provided for members to influence and direct new and existing projects as well as providing valuable feedback on the current offer.

Volunteers remain an invaluable resource for DADLG, each bringing individual skills, experiences, and community perspectives, supporting the group to continue its work by providing a range of activities within a safe and structured environment.

At DADLG our focus is on having fun but through this we support families to enjoy improved health and wellbeing. We are extremely proud to be able to say we are now in our 34th year of operation and are looking forward to many more.

Kaye Murray, Chair of Trustees