

Disabled People's User Led Organisations

Disabled People's User Led Organisations (DPULO) are organisations run by disabled people for disabled people. We primarily exist to provide peer support, challenge perceptions around disability and provide a collective voice.

Disability Rights UK (DR UK), the lead partner for the Get Yourself Active project is a DPULO.

How are DPULOs structured?

DPULOs can be different shapes and sizes, exist for a particular impairment group or be pan disability. They can be a large organisation providing a number of services or can be a small community based group.

An important defining feature of a DPULO is that disabled people make up 75% of the key decision makers for the organisation e.g. board of trustees or management committee.

What services do DPULOs provide?

Service provision varies based on where the DPULO is based and who they work with. As well as other services, many local DPULOs provide support to disabled people around direct payments (payroll), support planning and brokerage, advocacy, community and support groups.

How do I find out who my closest DPULO is?

You can visit the [Disability Rights UK resource directory](#) which contains regional and local services who may be able to offer you different types of support and advice, including support with personal budgets and support with direct payments.

Will my local DPULO be able to help me or the person I support find opportunities for physical activity?

It very much depends on the services offered by your local DPULO and who they have partnerships with. You can find out if they can help by phoning or emailing to find out if they can signpost you to opportunities for physical activity. If you live in Leicester, Cheshire or Norfolk you can contact our [delivery partners](#) who are there to support disabled people to find out what is available.

You can also find out how the delivery partners have worked with the sports, health and social care sector to develop better opportunities for disabled people by going to the [personal experiences](#) section of the Get Yourself Active website.

Still have questions?

Email us at Leanne.Wightman@disabilityrightsuk.org

Visit us at www.getyourselfactive.org

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