

The logo for ELDSA (East London Disability Sport Association) is a red, rounded triangle with the letters 'ELDSA' in white, bold, sans-serif font inside it.

**ELDSA**



# **Let's Get Active**

A guide to physical activity and sport for  
people with a learning disability

**Easy Read**

## In this guide there will be information about



What is physical activity and sport?



Why is being active important?



Ideas of what activities and sports you can try



Other ways of taking part in physical activity and sport



Useful contacts

## Reason for this guide

This guide will give information on:

The benefits of being active.

Where you can go if you want to take part in sport and physical activity.



## Who is the guide for?

People with a learning disability.



Families, friends and carers of someone with a learning disability.



Support workers. A support worker helps people to live a happy life and do things for yourself.



## Fact number 1

There are more than 150 different sports.



### What is physical activity and sport?

Physical activity means sport, exercise and fitness. For example, walking, running, cycling and swimming. Sport is a type of physical activity.



### Why is being active important?

Physical activity and sport is good for your health and fitness.



It is good for you because:

Being active can help you to lose weight. It lowers the chance of you getting health problems like diabetes and heart disease and helps you live longer.



It can improve your confidence and help you make new friends.



You can learn new skills



It can help you improve your sleep and memory



It can make you healthier and feel good



Playing sport does not mean you have to take part in competitions against other people. You can play a sport for fun at your local sports club or community centre.



A community centre is a place where people get together and take part in activities.



Physical activity and sport is for everyone and anyone can take part.



You should make sure you speak to your doctor before starting any exercise so they can give you some advice. You can also speak to your doctor if you are worried about your health



### Fact number 2

2 out of 3 people with a learning disability would like to do more sport and physical activity.



### I do not know what activity to do

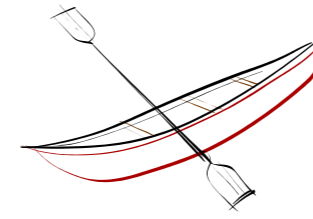
If you do not know what sport or activity you want to do you could think about what you would like to get out of doing sport;



Do you want to meet new people? If you do then you can try a team sport. For example football, basketball or netball.



Would you prefer to exercise on your own? If you do you can try a sport you can do by yourself. For example walking, running or swimming.



Do you want to try something you have never done before? If you do you could think about what type of activities you might enjoy and give them a try. For example rowing or golf.



You can try lots of different activities and see what one you like the best.



### Sports and activities you could try

**Walking** - It is very easy to fit in walking into your everyday life. You could walk instead of driving or getting the bus.



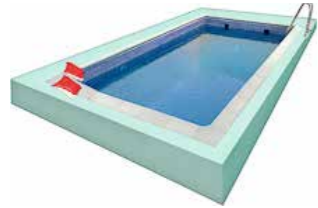
**Running** - You can run on your own or with family and friends. There are lots of running groups you could join. All you need is a pair of trainers.



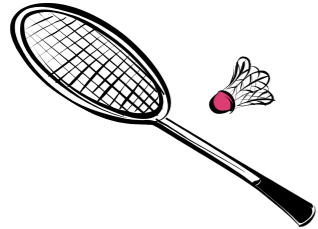
**Cycling** - You can cycle for fun or as a way of getting somewhere instead of getting the bus or driving. If you do not have a bicycle you could find a local session near you.



**Football** – You can do it with some of your friends and family in your free time. There are lots of football clubs you can join.



**Swimming** – You can swim in your local public swimming pool. You can do it for fun or you can have lessons to help you get better. There are also lots of swimming clubs you can join.



**Badminton** – Lots of leisure centres allow you to hire a badminton court. There are also lots of badminton clubs you can join.



**Exercise in the gym** – There are lots of activities you can try in the gym. You can have a go at an exercise class or use the equipment. For example the weights or the rowing machine.



There are lots of other activities and sports you can try. Look at the 'Useful Contacts' page to see where you can go to find activities in your area.



### Top tips to get involved in physical activity and sport:

Take part with a friend, family member or carer.



Visit the place a few days before the session so you know what it looks like and how to get there.



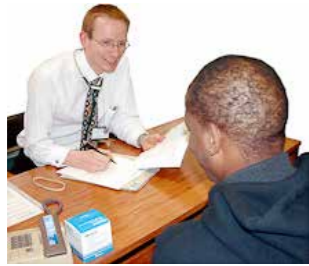
Try activities that do not cost much money. For example walking, jogging, cycling or football.



Do not worry about what other people think – as long as you enjoy yourself that is all that matters.



If you are not sure if an activity is right for you then you can speak to the session leader first.



Next time you visit your doctor you can ask them for advice on sport and physical activity and talk through your options. Some doctors offer an exercise referral scheme.

An exercise referral scheme is when a doctor or medical expert helps someone exercise safely to improve their health.



Enjoy yourself.



### Other ways of getting involved in sport

You can get involved in sport without actually taking part.

You could watch sport on television or you could get tickets to watch your favourite football team play.



You could volunteer at a sports club or event.



### Useful contacts

This is a list of organisations you can speak to to find out about where you can go to take part in physical activity and sport.

**Special Olympics GB** – there are lots of Special Olympics GB clubs for different sports.

**[www.specialolympicsgb.org.uk/find-a-club](http://www.specialolympicsgb.org.uk/find-a-club)  
0207 247 8891**

**Mencap** – some local Mencap groups will organise sport and physical activity sessions or they may know of activities in your local area.

**[www.mencap.org.uk/local-groups](http://www.mencap.org.uk/local-groups)  
0808 808 1111 or [help@mencap.org.uk](mailto:help@mencap.org.uk)**

**County Sports Partnerships (CSP's)** – they want to increase sport and physical activity in their area. You can speak to your local CSP to find out about activities and volunteering where you live. **[www.cspnetwork.org/en/your\\_csp](http://www.cspnetwork.org/en/your_csp)  
[info@cspnetwork.org](mailto:info@cspnetwork.org)**

**Local Authority** – you can speak to the Sports Development or Public Health in your local authority to see what activities they offer.

**Leisure centres and swimming pools** – you can speak to your local leisure centre or swimming pool to find out how you can take part in sport and physical activity.

**National Governing Bodies (NGB's)** – they want to increase participation in one sport. If you know what sport you want to do you can

Speak to the NGB of that sport.

**[www.sportengland.org/our-work/national-work/national-governing-bodies/sports-that-we-recognise/](http://www.sportengland.org/our-work/national-work/national-governing-bodies/sports-that-we-recognise/)**

**English Federation of Disability Sport (EFDS)** – sports charity for disabled people.

**[www.efds.co.uk](http://www.efds.co.uk)**

**01509 227 750**

**Spogo** – where you can search for sport and physical activity in your area.

**[www.spogo.co.uk](http://www.spogo.co.uk)**

**Parasport** – where you can search for disability sport and physical activity in your area.

**[www.parasport.org.uk](http://www.parasport.org.uk)**

**Get Inspired** – where you can search for activities and how you can volunteer.

**[www.bbc.co.uk/getinspired](http://www.bbc.co.uk/getinspired)**

**Sports Volunteering** – you can get involved in physical activity and sport by helping at events and sessions near where you live.

**[www.sportsvolunteering.net](http://www.sportsvolunteering.net) or [www.joininuk.org](http://www.joininuk.org)**

