

Uncomfortable?

People with learning disabilities sometimes feel uncomfortable about joining non-disabled clubs.



Lots can be done to make things better!

- Make sure you're fit enough.
- Ask your support worker to help you join a club.
- Find a support worker who wants to do sport with you.
- If the person does not know how to be with people with learning disability, tell them what you need.
- Tell them how to talk to you so you can understand and can take part.
- Find other people to go with you, so you don't feel alone.



My Time, My Choice: a series of posters highlighting issues around sport from a London wide consultation with people with learning disabilities.

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 London Government

 **LSF**
LONDON SPORTS FORUM
FOR DISABLED PEOPLE

