

# Support that suits you

**Into Sport  
Case Studies**  
SDA: Southwark  
Disablement  
Association  
Independent  
Living



Photo: David Pescud

**“A big thanks to Into Sport, for giving me the confidence to get active.”**

Tim didn't do much physical activity before finding out about Into Sport. He wanted to swim but was afraid to go alone. Ali at Into Sport Southwark went with him to a Disabled swim session and helped him fill in the forms to become a member. He also helped Tim to arrange Dial-a-Ride transport to the pool.

Tim now swims every week. He also walks with a group and goes to the weekly Into Sport social group where they play boccia. He feels a lot more comfortable around other people now, and has made many friends through Into Sport.

There are lots of reasons you might be nervous about doing sport. We understand that everyone is different, and we do what we can to support each person individually, in a way that's best for you.

# Do you want to get into sport?

Into Sport is a unique three-year project managed by Inclusion London and funded by Sport England, designed to encourage Deaf and Disabled people over the age of 14 at all levels of ability to take part in sport or physical activity.

The project is working with Deaf and Disabled people's user-led organisations in five London boroughs (Barnet, Greenwich, Lambeth, Richmond and Southwark) to offer advice and support to Deaf and Disabled people interested in getting active.

## **Inclusion London**

336 Brixton Road, London SW9 7AA  
[www.inclusionlondon.org.uk/intosport](http://www.inclusionlondon.org.uk/intosport)  
[intosport@inclusionlondon.org.uk](mailto:intosport@inclusionlondon.org.uk) | 020 7237 3181

## **Interactive**

Providian House, 16-18 Monument Street, London EC3R 8AJ  
[www.interactive.uk.net](http://www.interactive.uk.net)  
Kate Budd | [kate.budd@interactive.uk.net](mailto:kate.budd@interactive.uk.net) | 020 7868 5055

## **Barnet Centre for Independent Living**

The Concourse, Grahame Park, London NW9 5UX  
Theresa De Swiet | [theresa@barnetcil.org.uk](mailto:theresa@barnetcil.org.uk) | 020 8359 5654

## **DASL - Disability Advice Service Lambeth**

336 Brixton Road, London SW9 7AA  
Patricia Reilly | [patricia.reilly@disabilitylambeth.org.uk](mailto:patricia.reilly@disabilitylambeth.org.uk)  
020 7642 0041

## **GAD - Greenwich Association of Disabled People**

The Forum @ Greenwich, Trafalgar Road, Greenwich SE10 9EQ  
Linda King | [intosport@gad.org.uk](mailto:intosport@gad.org.uk) | 020 8305 2221

## **Richmond AID**

4 Waldegrave Road, Teddington TW11 8HT  
Sam Blake | [S.Blake@richmondaid.org.uk](mailto:S.Blake@richmondaid.org.uk) | 020 8831 6076

## **SDA - Southwark Disablement Association Independent Living**

10 Bradenham Close, London SE17 2QB  
Ali Arab | [ali@sdail.org](mailto:ali@sdail.org) | 020 7525 1596

