

# Sport isn't just about Football



**“It feels great to be dancing and meeting new people, being part of a team who encourage each other.”**

Many Disabled people see sport as team games or athletics, and believe that it's only for fit people with lots of energy.

But there are so many physical activities, for everyone. The Lambeth Into Sport project helped someone train to be a wheelchair dance teacher. They set up a group and called it Wheel Be Dancing. The group is now very popular, with people going every week.

At first, people in the group didn't believe they could dance, because they were in wheelchairs. Then they realised that they could. In fact, they're so good at it that they have performed displays at events, including the National Paralympic Day.

# 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  
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## **Interactive**

Providian House, 16-18 Monument Street, London EC3R 8AJ  
www.interactive.uk.net  
Kate Budd | 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 | 020 8359 5654

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

336 Brixton Road, London SW9 7AA  
Patricia Reilly | 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 | 020 8305 2221

## **Richmond AID**

4 Waldegrave Road, Teddington TW11 8HT  
Sam Blake | S.Blake@richmondaid.org.uk | 020 8831 6076

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

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