

How can I know what's going on?



“I am happy to be part of a friendly group where I can learn new things. I want to help tell others about the Into Sport project.”

There are lots of sports and physical activities for Disabled people, but how do you find out about them? The Into Sport project helps Disabled people find the perfect activity for them. Some people drop in to speak to our Into Sport advisors, but there are other ways to find out what's going on.

Into Sport Lambeth set up an Into Sport Facebook page to try and reach more of its members and spread the word about activities for Disabled people.

They found that lots of people don't know how to use Facebook or have a computer, so they arranged for someone to teach some basic steps. Now two volunteers help keep the Facebook page updated, and more Disabled people can find out about sport activities in Lambeth and London.

Facebook and the Internet will be used more and more to help Disabled people find the activity for them. And don't worry if you don't use the internet - you can still get support from Into Sport in other ways.

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
intosport@inclusionlondon.org.uk | 020 7237 3181

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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