

# Doing sport together

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



**“It feels good to have made a new friend and helped someone.”**

Brenda used to swim in the past but six years ago she slipped at the pool and has not had the confidence to go back. She heard about Into Sport and went along to meet Ali at the Southwark office.

When Ali met Brenda, he saw that she had a lot in common with Carol, who had been a member of Into Sport for a few months. Ali suggested that Brenda goes swimming with Carol and they both agreed. The two women got on very well and went swimming together every week. Now Brenda has the confidence to go swimming alone and she still sees Carol socially.

This is called peer support – where two people help each other achieve something, like Carol and Brenda did. It can be a helpful and fun way to start doing sport, and give you both confidence, as well as the chance to make new friends.

# 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**

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