

You are not alone



Photo: Exceed Worldwide

“Into Sport has helped me overcome big obstacles.”

Sometimes it can be really scary going to do sport on your own. It can be a lot easier if someone goes with you, maybe just to help you get started.

Diana used to swim a lot in the past but she became scared of going in the pool. She also got very tired when travelling. She wanted to try swimming again but didn't want to go alone.

Sam from Into Sport Richmond asked Diana if she would be happy to go with her. She said yes so together they travelled on the bus to the pool. When they were in the water, Sam held Diana's hands until she felt safe to let go and they swam together. Diana was happy to be active again and has now started yoga.

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

10 Bradenham Close, London SE17 2QB
Ali Arab | ali@sdail.org | 020 7525 1596

