

My Time, My Choice



Community Inclusion Conference

A conference for organisations and groups supporting more people with a learning disability to do sports and leisure activities



How can people with a learning disability be supported to access leisure and sport in their local area to keep healthy?

The My Time, My Choice Conference gives you the chance to:

- Get **information, worksheets, new ideas and books** to help you start to get people with a learning disability involved
- Hear what people with a learning disability *themselves* think needs to change in sport and leisure. Hear the results of a **London wide Consultation**
- Hear **success stories** of getting people involved
- See a **play about people wanting to get fit and play sport**
- See **12 projects** that work with people with a learning disability
- Get **marketing materials** to help promote inclusion in sport
- **Meet new people**
- Try **new sports!**
- Find out how to get **funding**



Institute of Child Health, 30 Guildford Street London WC1
2nd September 2004 9.30am - 4.00pm

My Time, My Choice



Community Inclusion Conference

A conference for organisations and groups supporting more people with a learning disability to do sports and leisure activities



Tel 020 7354 8666

To book your place or to find out more, call us

Fax 020 7354 8787

Minicom 020 7354 9554

Email info@londonsportsforum.org.uk

Web site www.londonsportsforum.org.uk

Tickets (lunch included)

£49 per person. **£10** - unemployed or people with a learning disability.

If your group would like a stand at this conference please call Caroline at the London Sports Forum for Disabled People.

Supported by
BRIDGE HOUSE TRUST

