

**I can't join the sports club.
There's nobody else with
learning disabilities in it!**



With support and encouragement, many more people with learning disabilities would get involved in sports.

- Ask your support worker or friends to help you speak to sports development.

Say you want to join a non-disabled sports club.

- Ask for a list of local sports clubs that will include you.
- Ask your support worker to go with you to different sports clubs.
- Ask for travel training or support to get to the club.



Photos: Copyright Special Olympics

My Time, My Choice: a series of posters highlighting issues around sport from a London wide consultation with people with learning disabilities. Tel: **020 7354 8666**

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