

My Time, My Choice Project



The **My Time, My Choice** project, through promoting awareness and training and the partnership of London learning disability sport and health organisations, aims to:

- Empower people with learning disability to obtain more choice and inclusion in local sport, physical activity and exercise opportunities
- Provide staff with training and resources to enable them to be more successful in the support they provide.

This is a project of the **London Sports Forum for Disabled People**.



My Time, My Choice can help you by providing resources that encourage inclusion by helping setup more opportunities and choice in sport physical activity and exercise for people with learning disability.

What resources are available?

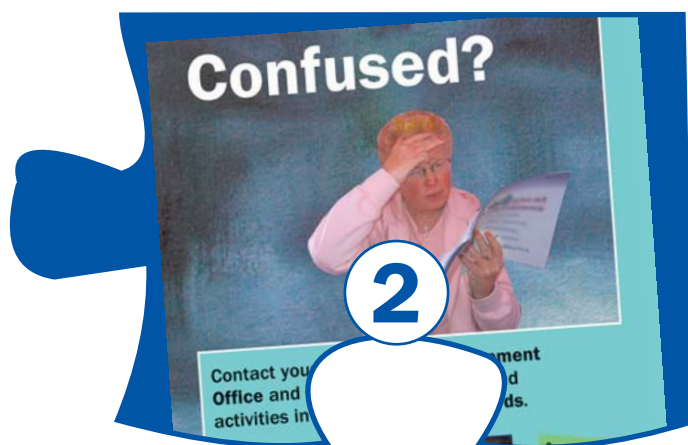
Consultation report

A report of what people with learning disability from London want changed to make it easier for them to take part in sport.



Posters

Six posters designed for and by people with learning disability, talking about the barriers and what they can do to change things for themselves.



Awareness Play- "Let's talk sport"

A play which shows the issues people with learning disability face and provides personal recommendations from the actors on what to do to make things change for the better. If you have some money they can come and help you write a play about your ideas and present it to people in your area.



Support Workers Toolkit

A 30 pages resource with pull out worksheets that can be photocopied. Providing information, recommendations and resources for support workers to use when supporting a person with a learning disability to access sport in the community. Worksheets are available to help the support worker and the person they support to look at:

- choice
- where to look for information
- what kind of questions to ask yourself
- what you need to ask other people
- the six barriers people have highlighted that need to be tackled to enable easier access and their solutions
- a sports model of different types of inclusion
- case studies of London organisations and what they do to support people being involved.



Sports Leaders Pathway

Provides information about the training routes available to people with learning disability to train, gain experience and take on sports leadership, coaching or management of local sports activities and clubs.



Learning Disability Organisation Directory and Database

A list of organisations or groups in London who work with people with learning disabilities. The list will show what organisations are in each London borough and what they do.



E newsletter

All the latest information and advice from organisations in the directory. The E newsletter will improve communication amongst the learning disability community throughout London by letting everyone know about new opportunities, examples and resources that develop.



Conference

To launch the London Sports forum for disabled people My Time, My Choice project - a wide range of London organisations and individuals, involving training workshops, resources and a showcase of examples of different approaches within the London learning disability community.



**Contact the London Sports Forum for Disabled People to find out more.
To order any resources, please contact Caroline at:**

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