

# Who decides what sports we like?



**Speak up and tell people what you want to do!**

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**Tell them it's My Time, My Choice**

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**Get involved in Club Decisions**

**You can ask for support.**

- If you want to be healthy and do exercise - contact your local leisure centre.
- If you want to try something new at the day centre - tell the staff.
- If you want to do walking, cycling, football or anything else at night or on weekends - ask your support worker to help you.

**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**

[www.londonsportsforum.org.uk](http://www.londonsportsforum.org.uk) [londonsportsforum@lsf.org.uk](mailto:londonsportsforum@lsf.org.uk)

