

Easy access to sport & exercise?

Community Inclusion Conference

Promoting access for people with learning disability to sport and exercise as part of the Active London and My Time, My Choice projects



Inspirational information on how people with learning disability take part in exercise and sport in their local area, **including an opening speech by Tessa Sanderson.**

Easy access to sport and exercise? conference gives you the chance to:

- Get **information, worksheets, new ideas and books** to start to get more people with a learning disability involved.
- Hear what people with a learning disability chose as the six things to change in sport and leisure as part of a **London wide consultation.**
- See a **play about people wanting to get fit and play sport**
- Learn how a physiotherapist sports programme can provide **practical solutions to obesity and being more active**
- Get **marketing materials** to help promote inclusion in sport
- Meet **new people and projects**
- Join our e-network to learn from your peers
- Try Judo, Cycling, Zone hockey and more....



Thursday 13th April 2006 from 9:30am - 4:00pm
Newham 6th Form College, Prince Regent Lane, London, E13 8SG

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

Telephone **0207 354 8666**
Fax 0207 354 8787
Minicom 0207 354 9554
Email helen@londonsportsforum.org.uk
Website www.londonsportsforum.org.uk

TICKETS (lunch included)

£50 per person

£10 for unemployed people or people with a learning disability

If your group would like a **STAND** at this conference please call Helen at the London Sports Forum for Disabled People on (tel) 020 7354 8666

TRANSPORT

Newham Sixth Form College is 15 minutes from Central London
Nearest Underground station: Plaistow, then a 5-minute bus ride to venue
Docklands Light Rail: Canning Town, then a 10-minute bus ride to venue

BRIDGE HOUSE TRUST

