

## **Supporting people to access leisure**

The Partnership Board knows that not everyone is able to do the things they want to in their leisure time and so we are supporting a new project to talk to providers and people with a learning disability to change this.

This project is being run through Southampton Mencap and will support leisure venues and settings to think about what they can do to remove some of the barriers and be more inclusive. The project will also consider the nature of the support required by individuals with a learning disability so they can join in their chosen activity on a regular basis.

Some of the things people have already tried include joining the local keep fit class, rather than going to a special one. This has involved sharing with the trainer the sorts of things that are helpful to the people coming along, the trainer providing tasters so people understand more about what is expected, and support to help people to try it out

For more information about this project and to join in contact Alex at Mencap on 023 80584088 who is leading this for the Board.