

Healthy Living and Exercise Project



Disability Sheffield
Centre for Independent Living



Disability Sheffield is working on a new project about healthy living and exercise.



We are trying to make community groups and leisure centres more accessible for disabled people.

The project is to help people with learning disabilities, autism and mental health difficulties.



We will do this by asking people with learning disabilities, autism and mental health difficulties to help us in our work.

This is called co-production. Co-production means we will work with disabled people, not for them.



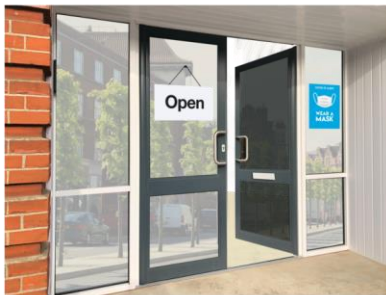
We will ask people to help us understand what makes community groups hard to access.

We will also ask community groups what help they need to become more accessible.



We will put together training for community groups.

This training will help them learn how to become more accessible.



We hope that our training means community services will be more accessible for everyone.

We hope that in the future disabled people will be able to access more groups and leisure centres.