



## Disability Sheffield

Centre for Independent Living

We are in the early stages of a three-year long project that is aiming to make community healthy living and physical activity groups and facilities more accessible to adults with autism, learning disabilities and severe mental illness.

We are aiming to achieve this by working with people with lived experience of these conditions, as well as representatives from community groups, in a process called co-production. Co-production means that we will be seeking help - both from people with lived experience and from people based within community groups in the steering of the project and in the work along the way. The voices and experiences of people with disabilities will be at the centre of our work. This means that we will be able to ensure that the end product is something that is relevant and appropriate for the people it affects.

We plan to work to understand the current barriers to involvement in community facilities and groups, both from the perspective of disabled people and that of people working within the community. We will use this knowledge to begin to develop training resources for local groups. This will enable us to support community groups to have the knowledge and skills to be able to make their services more accessible. This training will be delivered to a range of community organisations, and resources will be made available to ensure that support is still available in this area after the end of the project.

Our vision is for a Sheffield in which disabled people can access the same services and opportunities to improve their health and wellbeing as non-disabled people, and to ensure that community groups have the support they need to be able to confidently provide accessible services to all.