

# Healthy Living and Physical Activity Project Steering Group – Easy Read Role Description



**Disability Sheffield**  
Centre for Independent Living



We are looking for people to help us with a project about healthy living and physical activity. Physical activity means things like exercise, sports, and walking or cycling instead of driving.



We are trying to make community groups and leisure centres easier to access for people with learning disabilities, autism and mental health conditions.



We are looking for a small group of adults with these disabilities to join our steering group. A steering group is a group of people who meet to help decide what work should be done.

They help make sure our work meets the needs of disabled people.



The group will meet roughly every 6 weeks, either online or face to face. Meetings will last around 2 hours.

As well as coming to meetings, group members may be asked to help us with some of the work.



We will ask you about what sort of things you would like to be helping with, and we will not ask you to do any work you don't want to. We will offer you training and support to help you in your role.



We might ask you to help us to talk to other people with disabilities about their experiences.



We might ask you to help us to find out how easy it is to use existing services.



We might ask you to help to create training resources and help to deliver training.



The first meeting will be a chance for us all to meet and get to know each other.

We will also talk a bit about the project and create some ground rules to keep everyone safe in our meetings.



If you are interested in joining the group, you will need to have experience of autism, mental health problems, or a learning disability.

You will need to be able to attend and join in with meetings and conversations.



You will need to be comfortable working with people who have different experiences and points of views to yourself.



You will need to care about the rights of people with disabilities.

It would be helpful if you know about the social model of disability.



You do not need to be active or know about healthy living to join our steering group.



We will offer you support to be involved with this group.

We will offer any help you need in your role.

We will make sure the group is safe and accessible for everyone.



We will pay you £10 per hour for your work.

We will also pay for your expenses for things like travel.



If you want to be involved or learn more about the project, please send us an email.

You can email

[emily.hillison@disabilitysheffield.org.uk](mailto:emily.hillison@disabilitysheffield.org.uk) or  
[sadia.asghar@disabilitysheffield.org.uk](mailto:sadia.asghar@disabilitysheffield.org.uk).

We will get in touch with you as soon as we can to talk more about the project.

If lots of people want to be part of this group, we might not have space for everyone.



If this happens, we will ask you if you want to help us with our work later on.

There will be lots of chances to help with our project over the next 3 years.