

Healthy Living and Physical Activity Project

We can support your organisation to make your activities more accessible for people with severe mental illness, autism and learning disability



We can visit your team to give you ideas and tips to improve accessibility

Our 'mystery shoppers' are people with lived experience who will come and try your activities and then give you feedback



Disability Sheffield
Centre for Independent Living

For more information contact Sadia or Kate
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Introducing our **free** toolkit, to support you make your activities more accessible for people with severe mental illness, autism and learning disability.

We are offering a toolkit which can be used in many ways; as a training tool, a checklist, the starting point for a team discussion, it can be printed off as posters or added to your induction programme for staff and volunteers.

Here are the topics covered.

- What is autism?
- What is a learning disability?
- What is severe mental illness?
- Different ways of thinking about disability
- Changing Attitudes
- How to involve disabled people
- What helps people join your activities?
- Using the right language
- Physical environment
- Advertising your activities
- Setting up a buddying system
- Skills and knowledge

Sign up to our network if you want to receive the toolkit and support in how to use it!

Please email us

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