

## Easy Read Version

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|                                                                                                                                                                                                                                                          | <p><b>What is leisure?</b> Leisure activities are what we do when we are not working.</p>                                                                                                                                                                                                                              |
|     | <p><b>Examples of leisure activities are:</b></p> <ul style="list-style-type: none"><li>• gym, swimming, team games</li><li>• theatre, concerts, clubs, films</li><li>• picnic</li><li>• reading, TV, computer games</li><li>• parks, museums</li><li>• restaurants, cafes, pubs</li><li>• time with friends</li></ul> |
|                                                                                                                                                                                                                                                        | <p><b>Why leisure activities are good for you? It helps</b></p> <ul style="list-style-type: none"><li>• Your mood.</li><li>• Your physical fitness and health</li><li>• Making and keeping friends</li><li>• Your confidence</li></ul>                                                                                 |
|                                                                                                                                                                                                                                                        | <p><b>What stops some people with a learning disability from doing leisure activities?</b></p> <ul style="list-style-type: none"><li>• Some sports places are not accessible. For example, gyms and football stadiums.</li></ul>                                                                                       |

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|                                                                                                | <ul style="list-style-type: none"> <li>• Staff at sports clubs are not always trained to help people with a learning disability.</li> <li>• Some activities do not provide Easy-Read information.</li> <li>• Some people with a learning disability may not have enough money to pay for things like cinema, theatre, clubs, trips.</li> </ul>                                                                          |
|              | <p><b>How to help include more people with a learning disability in leisure activities?</b></p> <ul style="list-style-type: none"> <li>• Staff in all leisure centres should be trained so that they know how to help people with a learning disability.</li> <li>• Easy Read information about leisure activities should be available.</li> <li>• Transport services like trains, buses should be improved.</li> </ul> |
| <p><b>Keep pictures and links to Mencap Gateway Club etc. same as on the existing page</b></p> | <p><b>Mencap leisure projects are listed below</b></p> <ul style="list-style-type: none"> <li>• Mencap Gateway clubs and programmes</li> <li>• Youth Inclusion Hub</li> </ul>                                                                                                                                                                                                                                           |

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|  | <ul style="list-style-type: none"><li>• Built Environment Professional Education project</li><li>• The Special Olympics Unified Sports Programme</li><li>• The Inclusion Club Hub</li></ul> |
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