

Fun, social group!



Go on, give it a try!



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**Inclusion
London**

Supporting London's Deaf and
Disabled People's Organisations



LOTTERY FUNDED

dasl 
disability advice service lambeth



Find activity or sport that's
right for you with DASL's
Into Sport Lambeth Project.

Disabled people and people
using mental health services
of all ages welcome.

intosport 
Deaf and Disabled People too

Deaf and Disabled People too

Something for everyone!

With the right support everyone can enjoy Sports and Physical Activities (SPA) and meet new friends.

How can we help you?

- ◆ Give you information on things to do
- ◆ Help and support you
- ◆ Go with you to places and activities e.g. Stratford Velopark, The Castle Centre and Brixton Rec:



- ◆ Talk to sport providers for you
- ◆ Speak up for you if access or services are not good enough



- ◆ Help you to set your own goals and keep track of how you are doing
- ◆ Help you find low cost activities and discounted memberships



Join our Access and Advocacy Group

- ◆ Meet and support each other



- ◆ Together talk to people running sports and activities to make them better
- ◆ Become an Ambassador for DASL Into Sport

“You can do it!”

