

## Leisure time

A fun and friendly sports and activity group for people with disabilities (particularly suitable for developmental needs; e.g. Learning Disabilities, Autism)

Time and day: Friday mornings 10.30-12.30

Price: £3.00 (carers free)

Age range: Adults

Venue: Concord sports centre, Shiregreen Lane, Sheffield S5 6AE

### About the session:

Downstairs we have a sports hall with a bouncy castle for adults. As an Autistic participant this is an essential which I campaigned to keep many years ago. We also have a selection of sports equipment including football, badminton, table tennis, parachute and cricket. It is a relaxed space where participants can do as little or as much as they want and are also welcome to bring new ideas e.g. games to share. Our staff are always happy to play and support each individual's interests, if possible.

Upstairs we have three sensory rooms which are ideal to take time out, chat and make friends. The building is fully accessible, also hot and cold drinks and confectionery can be bought.

### My Story:

My name is Grace and I have been a participant at Leisure Time and other similar sessions since 1999 and also act as participant representative. There have been numerous benefits through attending these sessions. Leisure Time has gone through some changes over the years and most recently (spring 2016) this session became managed by SIV due to cuts to Activity Sheffield. We kept the same basic

set up. At the moment it is a quiet session; we would love more people to attend & make new friends. It is essential that we keep our lovely session going; it has much potential. I am there virtually every Friday and will welcome newcomers.

For further information feel free to get in touch

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