

Would you like to start a sport or exercise activity?



Then the **Sports Buddy Scheme** can help!

The Sports Buddy Scheme is open to adults
(16+ years) who have a learning disability
and who live independently or with a
parent / carer in the borough of Sutton.

YOU choose the activity...
YOU choose the day and time...
and WE find you a buddy to go with!

So if there is a sport or exercise activity that you
would like to try but need a bit of help to get going...

Call: Imogen **020 8647 8600**
imogen@suttonmencap.org.uk

