

Exercise and Sports for Adults with Learning Disabilities

Be Well Health Inequalities Project

Are you over 18 years old and
have a learning disability?

YES

Do you want to join an exercise class?

YES

Do you need help signing up?

YES

No

I can ask my carer, support
person, day centre to sign
me up

Sit down and review the
timetable of classes with
them

Have them fill out the
recruitment form

Have them send Ella the
recruitment form

Wait to hear back and see if
you got a spot or are on the
waitlist

I don't know who can help
me

Contact Ella or have
someone contact Ella for
you

Wait to hear back from Ella,
who will help you

Look over the timetable
and choose a class

Fill out the referral form

Send the referral form to
Ella

Contact Details: Ella Asnin

ella.asnin@icmfoundation.org.uk

Project Website: <http://icmfoundation.org.uk/be-well-together-health-inequalities-project/>

Project Timetable: icmfoundation.org.uk/be-well-together-timetable/