



**Independent Living**

**Travel Training**

**Sports & Good Health**

**Friends, Relationships & Community**

**Employability**

**“To help everyone with a learning disability or autism embrace new opportunities, lead the fulfilling lives they want and actively contribute to their local community.”**





**A fully inclusive programme that will encourage you to lead a more active life.**

**We understand that an active lifestyle will really help you to live a healthier life, make friends, learn new skills and feel good about yourself.**



### **At Talkback we have a passion for sports.**

Whatever your ability you will have the opportunity to try a range of sporting activities, improve your fitness and, above all, have fun!

All our sports are adapted so that everyone can take part. Our range of sports include:

- Dance
- Polybat
- Kwik Cricket
- Goalball
- Seated Volleyball
- Badminton
- Boccia
- Multi-sports
- Tennis

**For more information please get in touch with Helen Krauze on 07410 696825 or [helen.krauze@talkback-uk.com](mailto:helen.krauze@talkback-uk.com)**



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