

Active Communities

An Easy Read Guide:

For people with learning disabilities
and/or autism and their carers/family

www.northlincs.gov.uk

 **LiveWell**
NORTH LINCOLNSHIRE



Humber and North Yorkshire
Health and Care Partnership



Active Communities

We are the North Lincolnshire Active Communities Team.



We can help you become active, stay well, and connect with others.

We have activities for different ages and abilities.





Do Something Different is for people aged 16+. We run:



Multi-games.

Foam archery.



Rebound therapy and more.



Active circuits.



You can also come to our Scorers sessions. These are for people aged 8 to 25.



With Scorers you can play different sports and games, including:

Football.



Cricket.



And lots more!

Our sessions can help you live a healthier and more active life.



To reach us, you can call us on: 01724 297270 or email us at: community.recreation@northlincs.gov.uk



Before you come to our sessions, remember things you might need to bring such as medication.



We look forward to you visiting us!

Make sure you wear the right clothing for the session you are going to.



You can find these activities and more on the LiveWell North Lincolnshire website:



<https://www.livewellnorthlincolnshire.org.uk/>



Remember to bring some water.

When you are ready to work on your health and wellbeing, it is helpful to think about the 5 ways to wellbeing. The 5 ways to wellbeing are:

Connect:

Spend time with people you like. Talk, listen, and be there for each other.

Be Active:

Move your body in a way you enjoy. It could be walking, dancing, or playing a sport. Just get moving!

Take Notice:

Pay attention to the world around you. Notice the little things. Be mindful of your surroundings.

Keep Learning:

Try new things. Learn a new skill, a game, or discover something about the world. Keep your mind active.

Give:

Do something nice for others. It could be a small act of kindness or volunteering your time. Giving feels good!

If you are ready to start living your best life, LiveWell North Lincolnshire has something for everyone.





**North
Lincolnshire
Council**

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