Living with a learning disability should not stop someone from leading an active and enjoyable life, and from being supported to get out and about in their local community.

Click on the People Who Can Help link in the main menu at the top of the page and you will find a range of organisations and schemes offering activities and other opportunities for people with learning disabilities.

Our Events calendar may also give you some ideas.

- Drama, dance, art and music
- Exercise and sport
- Places to go
- Education