



Activities and Groups

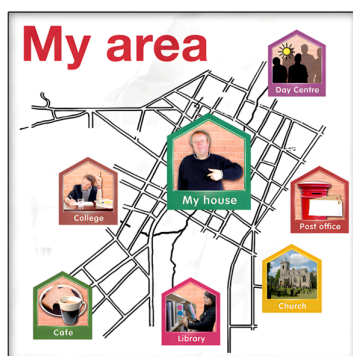


Supporting you to do the things you like to do

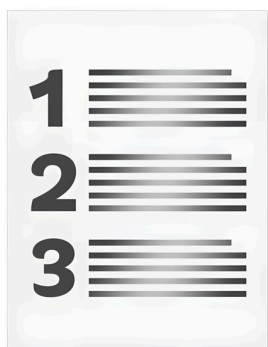
Choose an activity



Think about what things you like to do



Think about the things that are in the area you live in.



Make a list of things you like to do

How to find an activity



Go to a local library



Look on the internet

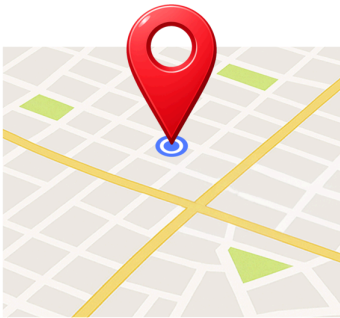


You could ask friends and family to help you if you want.

What to do next



Contact the people who run the activity or group.



Ask where the activity happens or where the group meets up.



Ask what days and times the activity happens or the group meets.

Going to the activity



Let friends and family know where you are going.



Let friends and family know when you will be home.



Travel to the activity.