



To meet my needs around sports and leisure activities I would like support with:	I can do this myself	Accessing the right places	Finding the right people to help	Making my own decisions	Visiting a new place/group for the first time	Managing Relationships	Financial assistance	Developing practical skills	Researching and exploring	Support with any disability
Research the sports and activities that might be available and I am interested in										
Explore my own desires and needs in terms of sports and leisure activity										
Feel able to ask about sports/leisure activities										
Finding out how the team/activity is structured										
Make my own decisions about participating in sports and leisure activities										
Understanding what commitment would be expected of me if I join or attend										
Explore any financial implications about taking part										
Trial a new sport or leisure activity										
Ensure I have the right equipment/ training kit										
Talk to a specialist/coach or trainer about the activity I am interested in										
Travel to a venue to participate in activity										
Be committed about attending an activity										
Attend a group or activity										
Enrol onto a course or regular activity										
Get involved in a sports or leisure group/team activity										
Build confidence to join a specialist sport or leisure group/team										
Contribute to a group/team activity regularly										
Have opportunity and time to attend										
Feel reassured non-judged and accepted										
Meet others and share ideas about a sports or leisure pursuits										
Prioritise my own fitness and health development										
Visit a venue to watch others participate in an activity I am interested in										