



Easy
Read

**activity
alliance**

disability
inclusion
sport

About us



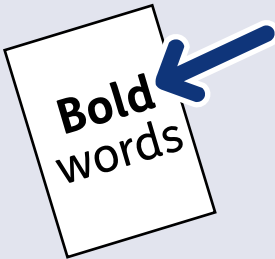
Easy Read



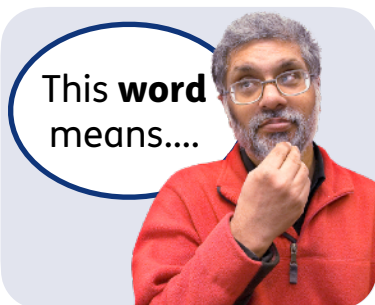
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet

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This booklet is from **Activity Alliance**.



Activity Alliance is a charity that helps disabled people take part in sports and activities.



We are the biggest organisation in the UK that speaks out for disabled people and their right to do sports and activities.



This booklet will tell you more about us and what we do.

About Activity Alliance



We started in 1998.



We are a national charity.



We used to be called the English Federation of Disability Sport.



We want all disabled people to feel included in sports and activities.

We know that being active is good for you because it:



- Keeps your body and mind healthy.



- Helps people do more for themselves.



- Is good for the **economy**.

The **economy** means how money and business work in a country.

About our work



We work on a lot of important projects around the country.



You can find out more about our work on our website.



We want to give disabled people more chances to be active.



We help disabled people to do sports and activities in the ways they want to.



We work with disabled people and other organisations to make change happen.

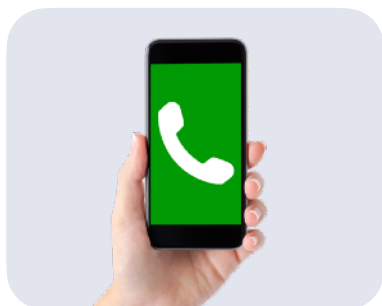
Find out more



You can look at our website here:

www.activityalliance.org.uk

You can contact us by:



- Phone: 0808 175 6991

It is free to phone this number.



- Email:

info@activityalliance.org.uk

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