

How

Making activity more accessible and appealing

Offer support and reassurance



Reassure me



I may feel unsure, I may not fit in



Ask me what time, locations, routine, format or culture would help



Help me to feel safe and happy

Include me



Be sensitive to what I need



Provide reassurance and support



Help me to feel like I belong

Listen to me



Talk with me



Let me feel a sense of ownership



Let me help to shape the activity



Collect my feedback and ideas

Welcome me



Give me a good first impression



Focus on the social side



Ensure everyone is well informed



Consider roles that might suit me

Show me



Ask me to 'bring a friend'



Share good experiences with me



Offer open days for me to test and try