



For our **Easy Access** Video - click here 

News Video



Welcome

Welcome to the first Active LD newsletter! We're excited to share some of the great things happening with Active LD. You're receiving this because you've shown an interest in our activities like Personal Bests events, low-level circuits, squash, our inclusion training and lots more.

To stop receiving our newsletters, you can unsubscribe from at any time using the link at the bottom of this page.

LD Advisor news



LD Advisors receive Mayor of Winchester Community Award

A huge congratulations to Daniel, Dave, Evie, James, Matthew and Ryan for their recent Mayor of Winchester Award. This recognises their fantastic contribution to Active LD and to our learning disability community.

Our LD advisors help guide our board of directors and are involved in everything Active LD does - making sure we stay user-led and informed by lived experience. From creating easy-read policies to volunteering at events. They play a vital role. Importantly they also choose the colour of our Personal Bests T-shirts (top secret!). What colour will it be this year?





**PERSONAL
BESTS**

SAVE THE DATE

Our Personal Bests events are highlights of the Active LD year. They bring people together to try new activities, challenge themselves, and celebrate what they can do - all with the amazing support of our volunteers.

If you're one of our fantastic volunteers, participants or someone who cares for adults with learning disabilities, please **save the dates for 2026**.

We can't wait to see you there!

Chichester Personal Bests - Wednesday 22nd July

Winchester Personal Bests - Thursday 3rd September

Winchester Aqua Bests - Thursday 29th October

Our registration for Chichester Personal Bests volunteers and participants is opening in the middle of April (next week). 🙌 Visit our website.

Personal Bests

Volunteer News - Thank you!



A huge thank you to our brilliant team of volunteers - our success just wouldn't be possible without you. There are so many ways that your volunteering helps us - at our Personal Bests events, our regular squash or circuits sessions and at our fundraising events.

We look forward to seeing lots of you at our Personal Bests events, please do tell your friends and colleagues all about it - we hope you've saved the dates and we'll be in touch about signing up!

If you would like to volunteer at one of our regular Winchester based sessions (squash and low level circuits - plus...watch this space for news about a walking group we're looking to launch soon) - we'd love to see you there.

Want to volunteer? Email Betty: betty@activeld.org

[Volunteer information](#)

Activities spotlight - Squash and Tennis 



Winchester Accessible Squash

With funding support from England Squash we were thrilled to launch these fortnightly squash sessions in March with participants from Reach Out Caring and James Place.

A joint project between Brian Ward, Active LD and Everyone Active - these sessions are yet another part of the Personal Bests legacy in action. Coaching accessible squash has been a long term dream of Brian's - who's been part of the Winchester Personal Bests event for many years.

The participants' growth in skills and confidence so far has been incredible - we're excited to see the long term impact of these sessions.

Accessible Squash



Chichester Tennis with TOC

Since our first ever Chichester Personal Bests in July 2025, the young people of Together our Community (TOC) have been enjoying these fantastic weekly tennis with coach, Justin Pollard. The sessions are a lot of fun.

Accessible tennis is not only a hit with the participants, but also with Chichester Racquets and Fitness Club - who have made TOC their charity of the year for 2026 - we think you'll agree that they've made an excellent choice!

Thanks to Tennis Sussex for their funding to help launch the sessions and a huge thanks to Justin and Chichester Racquets and Fitness Club for their ongoing commitment.

TOC and Tennis



Active LD Fundraising Events 🎉



The Mucky Duck



JOIN US FOR A FUN, INCLUSIVE QUIZ NIGHT!
in support of Active LD

When: Sunday 26th April 19:30 - 22:00

Where: The Mucky Duck, 84 Hyde Street, Winchester, SO23 7DW

Tickets: £10 per person

Plus your chance to WIN a fantastic **RAFFLE** prize

BUY TICKETS
HERE

To buy tickets, use our QR Code, or visit
www.activeld.org/activities#whatson



Contact Betty for more information:
betty@activeld.org or
07884 063201



Click on each event to
find out more 👉

Quiz Night



Sunday 26th April



Saturday 30th May

Active LD CIC

website: www.activeld.org

email: info@activeld.org



If you would prefer not to receive these newsletters please click below.

[Unsubscribe](#)

