



# Active LD

Business Plan

March 2026 - 2029



A Business Plan is a plan for the future.

It explains what we want to do, who we want to help and how we will do it.



Active LD helps people with learning disabilities to be more active



This business plan explains how Active LD will help more people with learning disabilities become active, confident and connected to their community over the next three years.





Many people with learning disabilities want to be more active, but most are not active enough.

Being active helps people feel healthier, happier and more confident.



Sport and activity can also help people make friends and feel part of their community.



Active LD creates safe, welcoming and inclusive opportunities for people to take part.

We work together with people with learning disabilities to design our work.

We support people with learning disabilities to become leaders and advisors.

Our 6 LD Advisors help us to plan, lead and improve our activities.

## LD Advisors



Daniel



Dave



Evie



James



Matthew



Ryan



## PERSONAL BESTS

Our main events are called The Personal Bests, where everyone is celebrated for doing their best.



Personal Bests events help people try new sports and activities.



The Personal Bests help people connect with local clubs and activities they can attend regularly.





Active LD also supports new activity groups to start in local communities.



Winchester Squash

March 2026



Chichester Tennis

October 2025



Chichester Athletics

November 2025



## PERSONAL BESTS

We want more people to attend the Personal Bests and Aqua Bests events and activity sessions each year.



We work with partners, coaches, volunteers and organisations to make more activities possible.



Active LD trains professionals and volunteers to better support people with learning disabilities.





## SAFEGUARDING

Keeping people **safe and supported** is very **important** to us.

### LD Advisors, Directors, Staff and Volunteers



All the team are given safeguarding training



We use Easy Read and accessible information so everyone can understand our work.



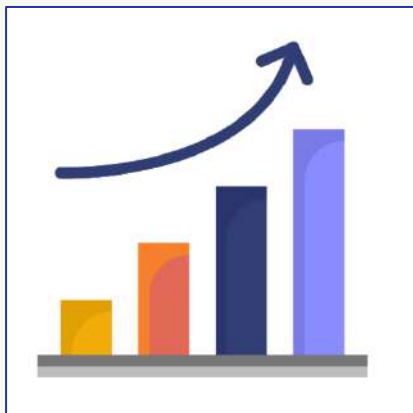
Our LD Advisors, Ryan and Daniel, advise us on our easy read documents



We measure how well we are doing by looking at

- How many people take part
- How our activities make them feel
- And we listen to their feedback.





Over the next three years, Active LD plans to grow events, partnerships and opportunities.



- More Personal Bests Events and more people taking part
- More connections with local clubs and coaches
- More ways to exercise to stay fit and healthy
- More people being trained how to make sessions fun and accessible.
- More people with learning disabilities taking part in regular physical activity.



Active LD is a Community Interest Company (CIC). This means we use our money to benefit the community.

Active LD needs money to run activities and help people with learning disabilities.



In the early years, grants and fundraising will help us grow.

Over time, we want to earn more income through our events, training and other services so that we rely less on grants.



Our goal is a future where more people with learning disabilities are active, confident and included in their communities.





**Together we're  
Active and Able**

