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## Welcome to our summer newsletter

Summer is always a busy time at Active LD, full of fun, friendship and physical activity. We see first-hand the power of our Personal Bests events to bring people together, build confidence and celebrate what everyone can achieve with the right support. And we absolutely love being part of it!

# LD Advisor News



Our brilliant LD Advisors have been busy helping us shape Active LD and get ready for our Personal Bests events.

Their expertise and lived experience have helped shape our neurodiversity awareness training, volunteer briefings, policies and impact reports. Thanks to their feedback, we now use videos and voice notes alongside text messages to make our communication more accessible.

They've been busy with some very important event preparation, including choosing the colour of our Personal Bests T-shirts! We hope you agree that they made an excellent choice this year. ❤️

They also led a team with other learning disabled volunteers to make Personal Bests medals and to add our logo to water bottles. Some of our LD Advisors help out on event day too; they make sure the event is welcoming, inclusive and lots of fun.

**A huge thank you, LD Advisors - we couldn't do it without you!**



# PERSONAL BESTS

## Chichester Personal Bests - what a day!

Our second Chichester Personal Bests was bigger, busier and full of brilliant moments.

We welcomed 98 participants - almost double our first year! From sport, laughter, friendship and plenty of cheering, it was a fantastic celebration of what our LD community can do.

A huge thank you to everyone who took part, our amazing coaches for delivering such brilliant activities, and our 37 fantastic volunteers.

Our volunteer team included friends from the LD community, local sports clubs, families and our corporate partners. A special thank you to Mitie, Virgin Media O2 and Coca-Cola Europacific Partners for supporting our volunteer team, and to Sussex Community Foundation for funding the event and helping make it possible.

We were also delighted to welcome Councillor Adrian Moss, Leader of Chichester District Council, who summed the day up beautifully:

*“This is a brilliant example of inclusive sport bringing people together, building friendships, confidence and a real sense of belonging. Congratulations to Active LD, all participants, carers, volunteers, coaches and local sports clubs for making it such a success — this is exactly the kind of event we want to see in Chichester.”*

And this is just the beginning, we can't wait to make Chichester Personal Bests even bigger and better next year!

📷 **Enjoy the photos!** If you spot a high-resolution photo of your group that you'd like us to send you, just let us know.



[Chichester PB photos - click here](#)

## Winchester Personal Bests - coming soon!

We can't wait to see lots of you at the Winchester Personal Bests on Thursday 3rd September for another fantastic day celebrating what people with learning disabilities can achieve.

## Winchester Aqua Bests registration is open

Get ready to dive in, Aqua Bests is back on Thursday 29th October!

It's set to be splashtacular and even more fun than before, and we can't wait to welcome you back into the pool for another brilliant day of confidence, movement and smiles.

**Registration is now open**, so don't miss your chance to be part of it!



everyone  
ACTIVE



**WINCHESTER  
AQUA BESTS**

**2026**



[To register for Aqua Bests - click here](#)

# Volunteers

**👊 Get Active & Make a Difference**

**Could you join our circuits team? 👊**

Our low-level circuits sessions are growing and we're looking for more volunteers, including students aged 16+ to join our friendly team.

This is a great opportunity to gain experience, build confidence and be part of something really positive in your local community. You don't need any fitness experience, just a friendly, encouraging attitude and a willingness to get involved.

We offer a taster session and full support, and it's ideal for DofE, or anyone interested in health, social care, teaching or sport.

✉ Interested? We'd love to hear from you.

Email Betty on [betty@activeld.org](mailto:betty@activeld.org) or call 07884 063201.



For more info - [click here](#)

**👍 Come and join our board 👍**



Active LD is growing, and so is our leadership team.

We're looking for a Non-Executive Director to join our Board and help us shape the next stage of Active LD.

A background in finance or law would be especially useful, but most importantly, we're looking for someone who shares our passion for helping people with learning disabilities to thrive.

Interested? **Contact Betty to find out more.**

[To email Betty - click here](#)

## Noticeboard

A few things happening in the wider community may be of interest to you. In Chichester, there are some great ways to get involved in football, athletics and cricket. If you're interested in any of these activities, or would like some help finding out more or signing up, please contact Betty on **07884 063201** or email [betty@activeld.org](mailto:betty@activeld.org).

Here are a few exciting things happening in Winchester and Chichester that we wanted to share with you. If you would like to find out more Betty would be delighted to help.



### **Winchester: Disability Swim**

New earlier start time for Winchester Friday evening disability swimming 6pm.

[More info](#)



### **Winchester: Boaz Fun Run**

Join us on Saturday 26th Sept to take part in the fun run with our friends at Boaz.

[More info](#)



### **Chichester: Disability Cricket**

Loved the cricket at Chichester Personal Bests? And you want to play more cricket?

[More info](#)

## **Fundraising**

### **An Evening of Wine and Cheese at home** 🍷🧀

We've teamed up with Cat from Naked Grape and Josh from The Cheese Stall for a fun and fascinating evening of wine and cheese - and yes, it's really happening!

Join us on Friday 13th November and discover bottles of delicious red and white wines plus an indulgent sweet treat, paired with fabulous cheeses, all from the comfort of your own home.

**FREE delivery is available in Winchester and Chichester.**

And best of all, every ticket helps Active LD support adults with learning disabilities to be active, healthy and connected.

Why risk travelling on Friday 13th when you can stay home and have a great night instead? No driving, no taxis, no babysitters, just excellent wine, delicious cheese and good company.

Betty and Cat have hosted evenings like this before and they're always a hit  
- come and see for yourself!

 **Active LD** *presents*

# AN EVENING OF WINE AND CHEESE

**Friday 13th  
November**

7pm - 9pm  
via Zoom

£65 per pack  
(ideal for 2-4  
people).

Buy your ticket  
here 



*The Naked Grape*  
Wines of Distinction  
[www.thenakedgrape.co.uk](http://www.thenakedgrape.co.uk)



Free delivery to  
Winchester and  
Chichester



A fun and fascinating evening with Cat from Naked Grape.

Discover red and white wines plus a delicious sweet treat to finish,  
expertly paired with tasty cheese from The Cheese Stall.

Helping adults with learning disabilities to be active.

More information: [www.activeld.org/news](http://www.activeld.org/news)  
or contact by email [betty@activeld.org](mailto:betty@activeld.org) or phone 07884 063201

[Buy your Wine and Cheese taster pack here](#)

## Donations

If you like what we do and would like to help us grow, please consider making a donation. As a not-for-profit Community Interest Company, any money we earn is put back into our learning disabled community to help adults with learning disabilities become more active.

Any support would be very gratefully received.

[Donate Here](#)

### Active LD CIC

website: [www.activeld.org](http://www.activeld.org)

email: [info@activeld.org](mailto:info@activeld.org)



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