



# Enjoying Sport and Exercise (Books Beyond Words)

*Sheila Hollins, Caroline Argent*

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Taking part in sport and exercise can help us to keep fit, feel well, meet new people, cope with our worries, sleep better and lose weight. Enjoying Sport and Exercise will help people with learning and communication difficulties to choose what activity they would like to do and shows them how to find out what is available to them locally. Most leisure centres have many sports and exercise classes which can be adapted to include people with special needs. Enjoying Sport and Exercise tells the story of three people who want to take up a sport and are supported to do so. Jasmine is a wheelchair user who is delighted to find she can play badminton while her mum takes up tai chi; Charlie, who is overweight, discovers dog walking and cricket; James is a runner and with training fulfils his ambition to run a marathon. Supporting text at the back of the book includes background information on the benefits of taking exercise, extensive guidance for carers on helping to get someone started and an outline of the different activities and types of sports club available. There is also a suggested storyline and recommended helpful organisations and further written resources.

'The excellent Books Beyond Words series encourages client empowerment in a dynamic way.'

- British Journal of Learning Disabilities

### What are Books Beyond Words?

Few picture books are available for adults and adolescents who cannot read or who have difficulty reading. Fewer still provide information and address the emotional aspects of difficult events like the Books Beyond Words series. Each specially commissioned book actively addresses the problems of understanding that people with learning and communication difficulties experience.

The stories are told through colour pictures that include mime and body language, to communicate simple, explicit messages. These help 'readers' to cope with emotions and events such as going to the doctor, bereavement, sexual abuse and depression.

People with learning disabilities trial every single picture before publication to ensure they can be readily understood.

Supporting text and guidelines are given at the back of each book.

The authors are all experts in their fields.

Lists of resources and helpful organisations are provided where appropriate.

'This series has established the highest reputation for tackling complex and difficult issues, clearly, compassionately and with considerable skill.'

- Viewpoint (Mencap)

'Books Beyond Words offer a useful resource for prompting discussion on a variety of issues.' -  
Communication

### Who should use Books Beyond Words?

Books Beyond Words can be used by:

Anyone who understands pictures better than words.

People with learning or communication difficulties.

People with literacy problems.

People for whom English is a second language when an interpreter is not available.

Anyone who speaks a different language.

Relatives, friends, supporters and advocates.

Also Available

Mugged (Books Beyond Words) - ISBN 190124282X

I Can Get Through It (Books Beyond Words) - ISBN 190124220X

RCPsych Publications is the publishing arm of the Royal College of Psychiatrists (based in London, United Kingdom), which has been promoting excellence in mental health care since 1841. Produced by the same editorial team who publish *The British Journal of Psychiatry*, they sell books for both psychiatrists and other mental health professionals; and also many written for the general public. Their popular series include the *College Seminars Series*, the NICE mental health guidelines and the *Books Beyond Words* series for people with intellectual disabilities.

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