



Enjoying Sport and Exercise (Books Beyond Words)

Sheila Hollins, Caroline Argent

Download now

[Click here](#) if your download doesn't start automatically

Enjoying Sport and Exercise (Books Beyond Words)

Sheila Hollins, Caroline Argent

Enjoying Sport and Exercise (Books Beyond Words) Sheila Hollins, Caroline Argent

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.

 [Download Enjoying Sport and Exercise \(Books Beyond Words\) ...pdf](#)

 [Read Online Enjoying Sport and Exercise \(Books Beyond Words\) ...pdf](#)

Download and Read Free Online Enjoying Sport and Exercise (Books Beyond Words) Sheila Hollins, Caroline Argent

From reader reviews:

Thomas Hayden:

Book is to be different for each and every grade. Book for children until eventually adult are different content. To be sure that book is very important usually. The book Enjoying Sport and Exercise (Books Beyond Words) seemed to be making you to know about other understanding and of course you can take more information. It is very advantages for you. The reserve Enjoying Sport and Exercise (Books Beyond Words) is not only giving you more new information but also to become your friend when you feel bored. You can spend your current spend time to read your reserve. Try to make relationship with the book Enjoying Sport and Exercise (Books Beyond Words). You never experience lose out for everything in case you read some books.

Melissa Ray:

Spent a free a chance to be fun activity to try and do! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Enjoying Sport and Exercise (Books Beyond Words) can be excellent book to read. May be it might be best activity to you.

Alice Scales:

As we know that book is important thing to add our knowledge for everything. By a book we can know everything you want. A book is a group of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This guide Enjoying Sport and Exercise (Books Beyond Words) was filled with regards to science. Spend your time to add your knowledge about your technology competence. Some people has different feel when they reading the book. If you know how big good thing about a book, you can experience enjoy to read a publication. In the modern era like now, many ways to get book you wanted.

Cruz Fleury:

What is your hobby? Have you heard that will question when you got pupils? We believe that that question was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person such as reading or as reading become their hobby. You need to know that reading is very important in addition to book as to be the issue. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You see good news or update concerning something by book. Many kinds of books that can you go onto be your object. One of them are these claims Enjoying Sport and Exercise (Books Beyond Words).

Download and Read Online Enjoying Sport and Exercise (Books Beyond Words) Sheila Hollins, Caroline Argent #JEM7RYBD0S8

Read Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent for online ebook

Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent books to read online.

Online Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent ebook PDF download

Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent Doc

Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent Mobipocket

Enjoying Sport and Exercise (Books Beyond Words) by Sheila Hollins, Caroline Argent EPub