



Activities for children and young people

with learning difficulties and disabilities

Prepared by Lewisham Parent and Carer's Forum - Updated 26th June 2019

Please look on Lewisham Local Offer website for further activities/information

<https://lewisham.gov.uk/myservices/socialcare/children/special-educational-needs-and-disabilities/find-things-to-do>

There is also a wealth of information on the Family Information Services web pages <https://lewisham.gov.uk/myservices/young-people>

Organisation	Contact and address	Service	Access
GREENWICH https://www.greenwichgetactive.com/activities/status/live/activity/disability/p/	GET ACTIVE	Please visit their website. There are 55 inclusive activities for all ages in and round the borough of Greenwich	Please contact the activity organiser directly
CANDOCO DANCE	Candoco Dance Company Tel: 020 7704 6845	CANDOCO 2 WILL STOP AT TRINITY LABAN IN JULY 2019 WILL BE HELD IN NORTH LONDON	PLEASE CONTACT DIRECTLY TO FIND OUT ABOUT CLASSES



<p>SLIDE SOUTH LONDON INCLUSIVE DANCE EXPERIENCE (SLIDE) https://slidedance.wordpress.com/</p>	<p>Monks Hill Sports Centre, Selsdon CR2 8HD</p>	<p>SLiDE is a Croydon street dance company for people with learning disabilities and learning difficulties.</p> <p>The company reaches diverse communities and offers a safe place for the local community to explore dance and movement.</p> <p>Ages 8 to 25 years</p>	<p>Contact: Gemma 07887 781 361</p> <p>Monday – 6pm to 7pm</p> <p>Fees are termly, please contact Gemma for this information</p> <p>No referral required</p> <p>Please call Gemma for any information</p>
<p><u>MAGPIE DANCE</u> https://www.magpiedance.org.uk/participation/magpie-dance-classes/</p>	<p>Magpie Dance The Churchill Theatre High Street Bromley BR1 1HA</p> <p>T:020 8290 6633</p>	<p>Up to 25 years of age</p> <p>Magpie Dance is a contemporary dance charity for people with learning disabilities, with an emphasis on ability rather than disability. Magpie unlocks individual potential and ability by giving participants space to make their own choices and take ownership of what they achieve.</p> <p>Follow link for dance classes for next term https://www.magpiedance.org.uk/participation/magpie-dance-classes/</p> <p>Join in the fun at Magpie Dance’s Summer Schools!</p> <p>Creative dance sessions for young people with learning disabilities aged 8 to 25 years.</p>	<p>Visit website for up to date classes</p> <p>Call to book</p> <p>For any general enquiries please contact Jessica Lucy Richards, Operations Co-ordinator, on 020 8290 6633</p> <p>Churchill Theatre Cost: £20 per day</p> <p>Please contact directly for future dates</p> <p>Time: 10.30am-3pm</p>



<p>SHADWELL BASIN OUTSIDE ACTIVITY CENTRE http://www.shadwell-basin.co.uk/inclusion/</p>	<p>3-4 Shadwell Pierhead, Glamis Road, London E1W 3TD Tel: 020 7481 4210 info@shadwell-basin.org.uk</p>	<p>We work with The Royal Yachting Association (RYA) Sailability, British Canoeing Paddability, British Rowing Rowability, UK Deaf Sport Definitely Inclusive and other National Governing Bodies to provide nationally recognised safety standards, facilities and teaching methods.</p> <p>We can support most needs at Shadwell Basin OAC and have fully qualified and trained staff who work with specialised and adapted equipment to provide a fun and safe environment for everyone.</p> <p>At Shadwell Basin OAC we can provide activity session at a subsidised rate for people who are Deaf or hard of hearing, Schools during term times, Disability groups at evenings and weekends and for those individuals who enjoy and wish to carry on their experience of outdoor adventurous activities we have an integrated youth club that runs weekly and during school holidays.</p>	<p>We provide all safety equipment needed to participate in each activity, as well as some splash proof jackets and trousers. Participants must bring a change of suitable clothing and strong foot wear.</p> <p>For further information and booking at our subsidised rate, please contact Inclusion Coordinator Rob Edwards by email at rob.edwards@shadwell-basin.org.uk, Telephone 020 7481 4210 or click on the links to read more about what we can offer you.</p>
<p>HEART 'N' SOUL, DEPTFORD - http://www.heartnsoul.co.uk/</p>	<p>WHERE: The Albany, Douglas Way, London, SE8 4AG. Call: 020 8692 4446 or Visit: www.thealbany.org.uk</p>	<p>THE SQUIDZ CLUB</p> <p>The Squidz Club is a night for young people with learning disabilities (aged 10-25) their friends and families.</p>	<p>TICKETS: £5 per day for participants, pay-what-you-can for parents and carers. You can book for one day or for all six. Please try and book in advance.</p>



	<p>If you have any questions about The Squidz Club, please call Heart n Soul on 020 8694 1632.</p> <p>#SquidzClub</p>	<p>Featuring young DJs and artists in a fun and friendly atmosphere. The club is a chance for you to have a good time, make new friends and be yourself! We will keep you posted on dates for upcoming clubs.</p>	<p>To book tickets: Contact The Albany box office:</p> <p>NEXT DATE: 28th June 2019</p>
<p>HEART 'N' SOUL, DEPTFORD - http://www.heartnsoul.co.uk/</p>	<p>WHERE: The Albany, Douglas Way, London, SE8 4AG.</p> <p>Call: 020 8692 4446 or Visit: www.thealbany.org.uk</p> <p>If you have any questions about The Squidz Club, please call Heart n Soul on 020 8694 1632.</p> <p>#SquidzClub</p>	<p>Do Your Own Thing</p> <p>These are creative sessions which happen once per month on Saturday afternoons. They offer young people (aged 10-25 years) new to the arts training in music, dance, drama, DJing and digital arts. Young people get the chance to work on exciting projects with a range of professional tutors. They decide what they want to do and work with their tutors to make it happen.</p> <p>They also help to create and perform at The Squidz Club, Heart n Soul's participatory arts club night for young people.</p>	<p>TICKETS: Do Your Own Thing is FREE and open to all aged 10-25 with a learning disability, but please get in touch with us first using the details below to let us know you're coming along.</p> <p>To book your place or for more information, contact the Taking Part Team on 020 8694 1632</p> <p>WHEN: Once a month, on a Saturday, 1pm-4pm.</p>
<p>The Midi Music Company theteam@midimusiccompany.co.uk – www.themidimusiccompany.co.uk</p>	<p>Address: 77 Watsons Street, Deptford, London SE8 4AU 020 8694 6093 or 079841 58554</p>	<p>Aspiring Young Musicians - AYM Ages: 11-16</p> <p>After school classes taught by experienced professionals in small groups of mixed ability young musicians.</p> <p>Classes: MC/Spoken Word with spoken word artist, hip hop MC and author, <i>MC Angel</i>, Keyboard Skills for Songwriting with experience session and events pianist, music director and educator, <i>Roger Baptiste</i>,</p>	<p>Please contact them for full details.</p> <p>The cost for this generously subsidised course is £60 for 10 weeks' tuition.</p>



		<p>and Music Production taught by United Vibrations trombonist, session musician, engineer and CICAS® producer, <i>Ahmad Dayes</i>.</p> <p>Term dates change annually with Autumn term starting in September, Spring term in January and the Summer term in April. At the end of each term we have sharing presentations.</p>	
<p>LONDON THUNDER BASKETBALL - http://www.thunderbasketball.net/</p>	<p>The Thunderdome, Stockholm Road, London SE16 3LP – Telephone 0207237 8515</p> <p>Email info@thunderbasketball.net</p>	<p>London Thunder is an affiliated basketball club based in Lewisham. The club exists for the benefit of those who wish to develop their skills in the sport of basketball. We utilise basketball to offer participants the opportunity to be healthy, enjoy, achieve and have fun in a safe and supportive environment. We provide players with technical training in addition to teaching the values of teamwork, responsibility and self-discipline. The club has been awarded 'Club Mark Status' Level 3.</p>	<p>Please contact them for full details and sessions</p> <p>There will be new sessions starting up</p> <p>Wheelchair programme available</p> <p>Sessions £3 School Holiday Camps £5 per day</p>
<p>BROMLEY AND DOWNHAM YOUTH CLUB - http://www.banddyc.co.uk/whats-on/</p>	<p>Bromley & Downham Youth Club, 41 Valeswood Road Bromley, Kent BR1 4RD</p> <p>Tel: 020 8461 2597</p>	<p>Bromley and Downham Youth Club SEN – multiactivity</p> <p>Wednesday from 5.30 to 7.30. £3 PER SESSION</p> <p>Ages 11 to 19 (but can go up a little higher for those wishing to stay on)</p> <ul style="list-style-type: none"> • Dedicated to young people with disabilities, vulnerabilities and special education needs • They do not provide personal care 	<p>PLEASE NOTE THAT YOU CANNOT JUST TURN UP, YOU MUST BOOK TO AVOID DISAPPOINTMENT</p> <p>You will need to complete a membership form with one of the support workers</p>



		Art, cooking, table tennis, sports, basketball, outside playground, Wii, PC, projector for films	
<p>WHEELS FOR WELLBEING - http://www.wheelsforwellbeing.org.uk/sessions/</p>	<p>Ladywell Day Centre Indoors 148 Dressington Ave, Lewisham, SE4 1JF</p> <p>Train: Ladywell Bus: 284, P4, 122 Car: Collect free permit at reception</p> <p>Herne Hill Velodrome - Outdoors 104 Burbage Road, Herne, Hill, SE24 9HE</p> <p>Train: Herne Hill or North Dulwich. Bus: P4, P13, 3, 37, 68, 196, 201, 322, 468 Car: Free parking on site</p> <p>Croydon Sports Arena - Outdoors Albert Road, South Norwood</p> <p>Train: Norwood Junction. Elmers End. Arena (Tramlink 2)</p>	<p>We run drop-in inclusive cycling sessions disabled people and their families, carers or friends, (BOTH CHILDREN AND ADULTS) from three bases in south London.</p> <ul style="list-style-type: none"> • Our qualified instructors, supported by fantastic volunteers, help participants <u>try our cycles</u> or get comfortable on the one that suits them, and offer ongoing support. • Relatives, friends and carers are welcome to join the fun. <p>CHILDREN ONLY – South Norwood</p>	<p>THIS SERVICE ALSO CATERS FOR ADULTS</p> <p>PLEASE CALL TO FIND OUT ABOUT THE PROGRAMME OF SESSIONS FOR CHILDREN</p> <p>Please see contact details in second column</p> <p>Ladywell - Questions: Call the Session Manager on 07561 166 949</p> <p>Herne Hill - Questions: Call the Session Manager on 07578 746 448</p> <p>Croydon - Questions: Call the Session Manager on 07806 334 770</p> <p>Friday 2nd, 9th, 16th and 23rd August 2019 - 2pm to 3.30pmj</p>




	Bus: 130, 196, 197, 312, 289, 367 Car: Free parking on site		
Greenwich Play Tennis Club http://greenwichplaytennisclub.co.uk	Steve Johnston <i>304 Shooters Hill Road, London, SE9 2QN</i> Telephone Number 07980 736188 Email Address - specialleague@aol.com	An inclusive club for children, young people and adults, with and without disabilities. Tennis & Wheelchair Tennis for Juniors 8 - 16 yrs and Adults 16yrs+ Professional tennis coaches. Sports Offered <ul style="list-style-type: none"> • Wheelchair Tennis • Tennis Impairments catered for <ul style="list-style-type: none"> • Amputee • Learning Disabilities • Visual Impairment • Other Impairments 	When do we meet Fridays 10.00-12.00noon at Hornfair Park, London SE18 4LX - Please telephone or email for programme details) Various times Session Costs - £2.00 per session (1 hour)
Community Club Southwark http://disabilitysportscoach.co.uk/community-clubs/club-southwark/	Emma Cranston <i>Camberwell Leisure Centre, London SE5 8TS</i> Telephone Number - 020 7021 0973	Disability Sports Coach (DSC) delivers a weekly multi-sport session at The Camberwell Leisure Centre, Southwark. The pan disability session runs from 3pm-5pm every Saturday during term time and is open to all people with a disability aged 11+ including	Please call them directly for more information When do we meet



	<p>Any questions you may have, please contact DSC's Club Development Officer, Emma Cranston: 02070210973 or emma@disabilitysportscoach.co.uk</p>	<p>adults.</p> <p>Sports offered include, boccia, football, polybat, basketball and more. Each term the Club focuses on a couple of sports which they then compete in a fun sports day against other DSC Clubs in their region.</p> <p>Impairments catered for</p> <ul style="list-style-type: none"> • Amputee • Cerebral Palsy • Learning Disabilities • Visual Impairment • Other Impairments 	<p>Saturday 3pm-5pm - Session Costs - £2</p>
<p>Newham Leisure Centre</p> <p>http://www.activenewham.org.uk/newham-leisure-centre</p>	<p>281 Prince Regent Lane, London, E13 8SD</p> <p>Telephone Number - 0300 124 0123</p> <p>For more information please contact michelle.weltman@activenewham.org.uk</p>	<p>See sports offered here</p> <p>http://www.activenewham.org.uk/disability_sport</p> <p>Centre runs a free special needs session in the gym on Tuesdays 13.30-15.30pm. Also run a disability multi sports session on Tuesdays 10.00-12.00pm for adults and children. Centre has an IFI Accredited Gym. Centre has full disabled access including pool hoists, disabled changing rooms and toilets.</p> <p>Sports Offered</p> <ul style="list-style-type: none"> • Swimming 	<p>Anyone from any borough can attend</p>



		<ul style="list-style-type: none"> Gym 	
<p>The Werewolves of London Special Hockey Club</p> <p>www.werewolvesoflondon.org.uk</p>	<p>Streatham Ice & Leisure Centre 390 Streatham High Road, Streatham, London, SW16 6HX, ENGLAND</p> <p>Training: Select Saturdays* 16:30-18:30 *Check Training Dates</p> <p>Telephone Number - 07904 477175 Email Address - mike@werewolvesoflondon.org.uk</p>	<p>The Werewolves of London Special Ice Hockey Club offers a special needs ice hockey programme for children and adults who have Developmental Disabilities such as Autistic Spectrum Disorders, Down Syndrome and other Learning Disabilities.</p> <p>Beginners and non-skaters aged from 5 years up to and including adults are all welcome!</p> <p>More details are available on their website. The cost is about £10 per session, plus the annual English Ice Hockey Association player registration fee.</p> <p>Sports Offered</p> <ul style="list-style-type: none"> Ice Hockey 	<p>Anyone from any borough can attend</p> <p>Our season runs from September to May, on mostly alternate Saturdays from 4:30pm to 6:30</p>
	<p>The following leisure centres offer activities for people with disabilities aged 16 plus: Bellingham, The Bridge, Forest Hill Pool, Glass Mill Leisure, Bowls Centre, Wavelengths Matthew Houghton</p>	<p>Please contact the leisure centre directly to see what they have available in your area:</p> <ul style="list-style-type: none"> Free swimming. Any age (providing you have evidence of disability) They accept PIP letters (formally DLA) Free gym for 16 plus only 25% off classes. Classes are for 16+ 	



	Divisional Sports & Community Development Manager M 07827 277856 - www.fusion-lifestyle.com		
DS LIONS Down's Syndrome Football Sessions	Millwall Community Trust The Lions Centre, Bolina Road, London SE16 3LD	Football sessions open to boys and girls ages 6 to 18 . Every Friday from 5pm to 6pm.	Please contact them directly on 020 7740 0503 before going along.
WHIZZ-KIDZ CLUB www.whizz-kidz.org.uk/get-our-help	Nomura, 1 Angel Lane, London EC4R 3AB Stormont House School, London E5 8NP 0207 233 6600 i.clarke@whizz-kidz.org.uk	For young wheelchair users to gain confidence and new wheelchair skills <i>Our Whizz-Kidz Clubs (youth clubs) are a place for young disabled people to meet up, make friends and have fun! We do everything from music, dance, art, sports, beauty therapy, cooking, trips and a whole lot more. We even run campaigns to help improve the lives of young disabled people by raising awareness of disability issues and campaigning for better facilities.</i> They have a lot of information and support on their website.	FREE Please call them directly to see what support is available in Lewisham. Runs 1 Saturday per month Ages 8 plus
TRAMSHED Greenwich and Lewisham Young People's Theatre	Tramshed (next to Wilko) 51-53 Woolwich New Road Telephone: 020 8854 1316 Email: info@tramshed.org	This supportive drama programme is for vulnerable young people aged 11-18 who have or are at risk of developing mental health problems. Working with professional artists and arts therapists, the groups offer a safe and supportive space where young people can	To join one of these groups we will need a professional referral. FREE Please contact us for more information, call us on: 0208 854 1316, or email: inclusion@glypt.co.uk



		<p>gain confidence, find ways to express themselves, improve their social skills and make friends.</p> <p>Safe Space is a creative catch up, offering a drop-in for members to chat, unwind and join in with arts activities. But the workshops are all about drama! Storytelling, drama games, improvisation, devising plays and developing characters, but most of all having fun!</p> <p>On Wednesdays: Workshop 6:30–8:00pm</p> <p>For ages 14–18: Safe Space 5:30–6.30pm Drama</p> <p>Term dates 2019:</p> <p>Autumn 2019: Wednesday 18th September – 27th November (half term Wednesday 23rd October)</p> <p>GLYPT are committed to providing a safe environment for all children and young people. To view our Safeguarding and Child Protection policy or our Behaviour policy, please visit: http://www.glypt.co.uk/about-glypt/</p>	
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<p>TRAMSHED Greenwich and Lewisham Young People's Theatre</p>	<p>Tramshed (next to Wilko) 51-53 Woolwich New Road</p> <p>Telephone: 020 8854 1316 Email: info@tramshed.org</p>	<p>SHOUT Fun and creative drama sessions for young people with special educational needs and disabilities aged 13-18.</p> <p>Working with professional artists and arts therapists, the groups offer a safe and supportive space where young people can gain confidence, find ways to express themselves, improve their social skills and make friends. Safe Space is a creative catch up offering a drop-in for members to chat, unwind and join in with arts activities.</p> <p>the workshops are all about drama! Storytelling, drama games, improvisation, devising plays and developing characters, but most of all having fun!</p> <p>Mondays: Safe Space 4:30–5:00pm Drama Workshop 5:00–6:30pm</p> <p>Term dates 2019: Autumn 2019: Monday 16th September – 25th November (half term Monday 21st October)</p>	<p>To Join: To join SHOUT you will need a professional referral.</p> <p>Please contact lucy@glypt.co.uk or Scarlett@glypt.co.uk for further details.</p> <p>GLYPT are committed to providing a safe environment for all children and young people. To view our Safeguarding and Child Protection policy or our Behaviour policy, please visit: http://www.glypt.co.uk/about-glypt/</p> <p>In partnership with funded by BBC Children in Need Price: FREE of charge</p>
<p>TIDEWAY SAILABILITY</p>	<p>info@tidewaysailability.org.uk</p> <p>020 7237 1001</p>	<p>Tideway Sailability Is a unique sailing club in central London where people with or without disability all sail together as one community.</p>	<p>Call or email to say you are coming as they need to arrange volunteers.</p> <p>Available to all ages – although not suitable for under 8 year olds</p>



	<p>Car parking available</p> <p>Bus 1, 47, 188, 192, 255, 381, C10 and P12</p> <p>Tube, overground and training, Canada Water, Surry Quays and South Bermondsey</p>	<p>Learn to sail</p> <p>Our boats are easy to learn to sail and we have written our own Learn to Sail guide for these boats. Instruction is available, prioritising people with disabilities, new volunteers and junior sailors.</p> <p>Sailing: Wednesday, Thursdays and Sundays 10.30 to 3.30pm</p>	<p>Note: Highly recommend</p>
<p>DISABILITY WATER SPORTS (DWSC)</p> <p>www.dswc.org</p>	<p>james@dswc.org</p> <p>35a Westferry Road Docklands London E14 3QS</p> <p>By Car</p> <p>Based at the western end of Millwall outer dock on Westferry Road. Located on the North side of the Thames River very close to Canary Wharf. Parking on our premises or across the road in a free parking area.</p>	<p>These sessions cater for 8 to 18 year olds with either a physical, learning or cognitive disability.</p> <p>The session is about getting on the water in a variety of ways, having a good time and experiencing something new.</p> <p>A number of watersports are on offer, paddle boarding, kayaking, sailing and windsurfing. Depending on individual needs we will look to find a suitable way to get on the water. The session will be run by qualified instructors working small groups to allow a more comfortable and engaging environment.</p>	<p>Pre booking is essential, as well as a conversation with our Senior instructor James, to understand any individual needs so we can accommodate as best as possible.</p> <p>Contact james@dswc.org</p> <p>Members free</p> <p>Non members £5</p>



	<p>By Tube Tube you should take the Jubilee Line to Canary Wharf. Either Crossshabour or Mudchute Station. Walk for about 7 to 10 minutes from the DLR station to the centre along the dock side.</p> <p>By Bus Two bus stops directly outside the centre. Take a bus towards Westferry Road and get off at Arnhem Wharf Primary School, Millwall. Stop R or E.</p>		
<p>S-FACTOR ACADEMY www.sfactoracademy.co.uk</p>	<p>disability@sfactoracademy.co.uk</p> <p>Pan Disability Athletics Sessions</p> <p>Ladywell Arena, Silvermere Road, Catford, London SE6 4QX</p> <p>Mobile: 07840 528 587</p>	<p>Pan (for all) disability athletic sessions in Lewisham. Open to anyone with any disability, impairment or additional need.</p> <p>Autism, learning disability/difficulty, sensory, physical impairments, a deaf friendly club and everyone is welcome.</p> <p>Delivered by friendly, inclusive and qualified coaches/volunteers.</p> <p>Sessions are for ages 7 to 25 years.</p>	<p>Please call Mobile: 07840 528 587 or email disability@sfactoracademy.co.uk</p> <p>For further information and to let them know you would like to attend</p> <p>FIRST SESSION IS FREE then £2.50 per session</p> <p>Non-disabled siblings train for free</p> <p>Every Saturday from 11am to 12pm</p>



		<p>Specialist adapted equipment also available including:</p> <p>Racing WCs, audible equipment, sensory equipment</p>	
<p>The New Lodge Riding Centre</p>	<p>New Lodge Riding Centre Mottingham Land, London SE9 4RW</p> <p>Hilary Crawford 020 8851 6447</p>	<p>The New Lodge Riding Centre is a horse riding school/equestrian centre in Eltham offering horse-riding lessons and/or other equine facilities, stables, dressage, saddlery or livery.</p> <p>New Lodge Centre works across the spectrum of disabilities, age, and social status. The focus of their work is to ensure that each individual has the opportunity to achieve their personal goals, and chance to derive a direct therapeutic benefit. RDA gives individuals the opportunity to:</p> <ul style="list-style-type: none"> • Reach therapeutic goals • Achieve their personal ambition • Combat social isolation • Develop life skills • Experience the outdoors • Connect with animals. 	<p>TO BOOK PLEASE CALL 020 8851 6447 OR EMAIL hilary.crawford@virgin.net</p> <p>You will need to complete a membership form</p> <p>ALL AGES</p> <p>Please note there are other riding schools in the surrounding area that are inclusive so you need to call and ask what support they can give.</p>
<p>FAMILY ACTION</p> <p>PHOENIX RESIDENTS ONLY</p>	<p>Creating Happy Memories Project 199 Perry Vale, Forest Hill, London SE23 2JF</p> <p>Tel 020 8690 3636</p>	<p>Children's activities for Phoenix Residents</p> <p>We support children and young people from low income and disadvantaged families to attend monthly activities, which aim to increase their</p>	<p>Children's activities for Phoenix Residents ONLY</p>



www.family-action.org.uk	E: lewisham.yc@family-action.org.uk	social skills, confidence, well-being and resilience. Activities: Ice skating, BMX and cycling, rock climbing, abseiling, cinema, Kew Gardens, paint balling, fun day in the park, discounted West End Theatre productions	
LEWISHAM SCOUTS www.lewishamscouts.org.uk	Visit the website to find your local Scout group	Beavers – 6 to 8 years old Cubs – 8 to 10½ years old Scouts - 10½ to 14 years old Explorer – 14 to 18 years Activities, trips, making friends, earning activity badges, camp, weekend camps, pack holidays, sleepovers, develop leadership skills, emergency aid, help others in community, the list is endless	Many Scout groups are very inclusive. Please call or email your local group to find out more.
REMARK!	Community & Charlton Athletic Deaf Football Club Weekly Football Training St Dunstand's Jubilee Ground, Canadian Avenue, Catford, London SE6 4SW	Football training every Saturday 11am to 1pm Ages 8 to 16 years All new members are welcome!	Contact: Jonny@remark.uk.com Tel: 07751 24853
FUN FIZZICAL (Fusion)	The Bridge Leisure Centre, Lower Sydenham	A weekly exercise group for children with special needs	For more information or to register please contact Sarah Thorn on 07960 898764



		<p>Special needs children and their siblings aged 3 to 16 years.</p> <p>One to one physical activities with teenage helpers</p> <p>The children benefit from exercise and a different type of contact outside the family, while the parents get a break.</p> <p>Sessions run by Sarah Thorn and Darren Brown, who are both qualified gym instructors.</p> <p>Activities include: trampoline, ball games, soft shames, badminton, parachute games, and dance – lots of fun.</p> <p>Students from Alleyn’s School provide practical support and friendship for the children.</p> <p>Parents are welcome to stay in the gym or relax in the café area downstairs.</p>	
<p>GYMNASTICS J’AIMES www.jamiesgymnasticsacademy.co.uk</p>	<p>Various venues</p> <ul style="list-style-type: none"> -Chislehurst -Beckenham -Biggin Hill -Bromley -Orpington -West Wickham 	<p>Please visit their website to see their various programmes</p>	<p>Walking to 16 years</p> <p>0208 464 1477</p> <p>J’aimes are inclusive but please contact them directly to see if they are able to support your child</p>



	0208 464 1477 info@jgagroup.co.uk		
GREENWICH BOUNCERS www.greenwichbouncers.co.uk	Rebound Therapy Plumstead Manor School, Old Mill Road, Plumstead, London SE18 1QF Anne-Sonia King 07956 168208 mail@greenwichbouncers.co.uk	Trampoline Accessible to those with and without mobility aids. NO HOIST FACILITIES – MUST BE ABLE TO CLIMB ON AND OFF THE TRAMPOLINE	Saturday – term time only 10am to 11am £7.50 first group session to try then if keen to join Membership £10 fee PLUS £25 per month Ages 2 and up Please contact directly for further information
Rebound Therapy Southwark	Bacon's College, Timber Pond Road, Rotherhithe, London SE16 6AT Glyn Davies glyn@lpessn.org.uk george@lpessn.org.uk 0207 237 1928 ext 4086	Trampoline Accessible to those with and without mobility aids. NO HOIST FACILITIES – MUST BE ABLE TO CLIMB ON AND OFF THE TRAMPOLINE	Saturday 10.30-12.00 Primary 12.00-1.30 Secondary 2.00- 3.30 Primary – more profound difficulties £30 per year
Trampolining	The Bridge Leisure Centre Kangley Bridge Road Sydenham, London SE6 5AQ	No hoist facilities/ Suitable for those able to climb/bottom shuffle up and down set of soft play steps to access trampoline	Tuesday 4.15 to 5.15 £2.15 per session



	<p>Amanda Pounds 07834 817 635</p> <p>a.pounds@sky.com</p>		<p>Maximum 10 children. Tickets issued on the day, first come first serve</p> <p>Ages from 3 plus</p>
<p>Swimming and Trampolining</p> <p>SIGNAL FAMILY SUPPORT</p>	<p>Activities provided by the mutual support group SIGNAL for families of children with a diagnosis of ASD (or awaiting diagnosis)</p> <p>Swimming - Wavelengths Leisure Centre, Giffin Street, Deptford, SE8 4RJ</p> <p>Trampolining - The Bridge Leisure Centre, Kangley Bridge Road, Sydenham SE26 5AQ</p>	<p>No hoist facilities. Parents need to help child in/out of pool and on/off trampoline</p> <p>Swimming – Trish Connolly – 07432 719 624 activities@signalfamilysupport.org</p> <p>Trampolining - Candida Miles – 07946 632 477 signallewisham@googlemail.com</p>	<p>Family membership required £15 per year to access these activities</p> <p>Saturday 12pm to 3pm (30 minute session - £5 pay termly in advance Ages 5 plus</p> <p>Tuesday 5.15 to 6.15 - £4 pay termly in advance – Ages 4 plus</p>