

Inclusive Leisure Activities and Sports in the Community NHS Trust

Group	Name of contact	Contact number	Location	Day	Time	Cost	Age
Athletics S-Factor Academy Accessible to those with or without mobility aids/wheelchair users	www.sfactoracademy.co.uk	07840 528587 disability@sfactoracademy.co.uk	Ladywell Arena, Silvermere road, Catford, SE6 4QX	Saturday	11:00-12:00	£3.50 per session First session is free	7+
Race Running To enable children who use mobility aids to experience running with support	Katie Page Katie.page@accesssport.co.uk	0207 9939883	Waltham Forest Feel Good Centre E17 5AA	Sunday	09:45-11:00	First session free, then £2 session	4+
Basketball Thunder wheelchair basketball (basketball wheelchairs provided)	www.thunderbasketball.net	0207 2378515 info@thunderbasketball.net	The Thunderdome, Stockholm Road SE16 3LP	Saturday	10:00-11:30	£3 per session	8-19
Boccia Bexley Dodgers Boccia Club Accessible to those with or without mobility aids/wheelchair users	Janet Swann **Please note that the club is currently full. Please contact Janet for the next availability.	01322 330268 Janet.swann@mypostoffice.co.uk	Sidcup Leisure Centre Hurst Road DA15 9AE	Tuesday	13:45-15:45	£4 per session	7+
Boxing IGNITE – Girls only Boxing (All equipment provided)	Kate Page	0207 9939883 ignite@accesssport.co.uk	Under 1 Roof Skeffington Street SE18 6SR	Friday	17:00-18:00	£3 per session First session free	5+
Boxing Boxing Specific Body Conditioning Appropriate for children with upper limb function.	Roger Sarah	0795 6319660 07960 898764	The Bridge Leisure Centre Kangley Bridge Road Lower Sydenham SE26 5AQ	Thursday	19.15	£6	Approximately 6+ Children must be able to follow instruction
Cycling Peckham BMX – Inclusive Inclusive for learning, Autism, sensory, physical, mental health and behavioural conditions. (bikes, helmets and gloves provided)	Judith Walters www.peckhambmx.co.uk Please ring in advance	0207 9939883 07491448079 pkhambmx@gmail.com	Burgess Park Albany Road London SE5 0AN	Saturday	11:30-12:30	£5 First session free	For children who can ride a bike independently
Cycling Limited Edition Cycling An all ability cycling session with trikes, tandems and wheelchair transporters.	Ollie Golding http://www.limitededitioncycling.co.uk/	07984200566 admin@limitededitioncycling.co.uk	Stationers Crown Woods Academy 145 Bexley Road, Eltham SE9 2PT	Saturday	13:30 – 14:30	£4 per rider for non-member, £2 per for a member	3+

Cycling Pedal Project For children learning to ride a bike without stabilisers	https://pedalproject.co.uk/catford	ed@pedalproject.co.uk	Goldsmiths Community Centre, Castillon Road, Catford, SE6 1QD	Weekends and school holidays		£110 for a course of 3x 1 hour sessions	Age 4+
Cycling Wheels for Wellbeing Ladywell (indoor venue)	Matt info@wheelsforwellbeing.org.uk wheelsforwellbeing.org.uk/cycling-sessions	07561 166949 0207 3468482	Ladywell Centre Sports Hall 148 Dressington Ave, Lewisham SE4 1JF	Wednesday	10:30-12:30	£5 cash only	All ages
Cycling Cycle confident/ Bikeability Scheme	Register interest on the link: https://lewisham.gov.uk/myservices/roads-and-transport/cycling/free-cycle-lessons		Different locations across Lewisham	Depends on location		Free	7+
Dance Aim High Dance Academy Inclusive to all	Register here: www.aimhighdance.simplybook.it info@aimhighacademy.co.uk / 07904 313 603		Parkside Community Centre 1 Copperwood Place London SE10 8FY	Saturday (from 22 nd May 2021)	10:00-11:00 11:15-12:15	FREE FREE	8-11 years 12-16 years
Dance Trinity Laban 'Dance Ability' Accessible to those with or without mobility aids/ wheelchair users	Rebecca Denby r.denby@trinitylaban.ac.uk	020 83059478	Laban Building, Creekside, Deptford, SE8 3DZ	Wednesday	16:00-16:45 17:00-17:45	£5 per session (per family unit)	5 - 12
Dance Candoco 'Cando2' Accessible to those with or without mobility aids/ wheelchair users	youth@candoco.co.uk	020 7 7046845	Laban Building, Creekside, Deptford, SE8 3DZ	Monday	17:30-19:30 * term time only	£5 (pay per session)	13+
Dance Magpie Dance A contemporary dance charity for people with learning disabilities	https://www.magpieadance.org.uk Jessica Lucy Richards	020 82906633	St Andrew's Church of England Church Hall, Sandhurst Road, Catford, SE6 1XD	Various sessions scheduled during the term	Depends on the class and age group	£5	4+
Drama Tramshed – Greenwich and Lewisham Young People's Theatre	http://www.glypt.co.uk/takingpart/ *Requires a professional referral	0208 8541316 info@tramshed.org	Tramshed 51-53 Woolwich New Road	Various times depending on workshop		Free	5+
Football Millwall Community Trust Suitable for children with Down Syndrome	disability@millwallcommunity.org.uk	0207 7400503	Lions Centre, Bolina Road SE16 3LD	Friday	17:00-18:00 18:00-19:00	Free	11 – 16 Pan disability 6-18 Down's Syndrome

<p>Football</p> <p>Charlton Athletic Ability Counts FC 'Pan Disability Football Club' Accessible to children with various disabilities</p>	Gemma Brenda	caacfc.info@gmail.com 07950 336 735	Footscray Rugby Club 239A -241 Footscray Road New Eltham SE9 2EL	Thursday (September-May)	19:00-20:30	£5 per session	8+
<p>Fun Fizzical</p> <p>Accessible to those with or without mobility aids/wheelchair users</p>	Sarah Thorn Darren Brown	07960 898 764	The Bridge Leisure Centre, Kangley Bridge Road SE26 5AQ	Thursday	16:30-17:55	£3 per session	3+
<p>Football</p> <p>Remark! Community & Charlton athletic deaf football club weekly football training. All hearing impaired youths are welcome.</p>	Jonny@remark.uk.com	Please contact by email	Catford Soccer, Canadian Avenue, Catford SE6 4SW	Saturday * Term time only	10.30-12:30	£2 per session	8-16
<p>Gymnastics</p> <p>J'aimes Gymnastics Suitable for mobile children with mild physical disabilities. No hoist facilities available.</p>	info@jgagroup.co.uk www.jamiesgymnasticsacademy.co.uk	020 8464 1477	- Beckenham Spa - Bromley Academy - Shirley Academy - West Wickham Academy - Thornton Heath Academy	Depends on location		£7.50 for recreational classes	Independently walking up to 16 years
<p>Gymnastics</p> <p>Ladywell Gymnastics Club Suitable for mobile children with mild physical or learning disabilities</p>	ladywellgc@aol.com **Please note there is a wait list of 18 months. Please contact the club for further information.	0208 697 2222	Ladywell Gymnastics Club, Bellingham Leisure and Lifestyle Centre, 5 Randlesdown Road, Bellingham. London SE6 3BT.	Various days and times depending on age		£63 Upwards cost depends on duration of course	2-15
<p>Horse Riding</p> <p>The New Lodge Riding Centre No hoist / ramp facilities - suitable for those able to weight bear on a block to mount horse. Not suitable for children with epilepsy</p>	Hilary Crawford hilary.crawford@virgin.net	0208 851 6447 Please call to book	The New Lodge Riding Centre, Mottingham Lane, Eltham, SE9 4RW	6 days a week (Not Fridays)	30 mins Start from 10:00 onward	£17 upwards (cost depends on session) Option to pay per session or block sessions	4+
<p>Horse Riding</p> <p>Charlton Park RDA (riding for the disabled) No hoist / ramp facilities - suitable for those able to weight bear on a block to mount horse. Not suitable for children with epilepsy</p>	john.furlonger@mac.com	0208 317 1528 Call and ask to be put on the waiting list	Charlton Park Road London SE7 8HY	Monday to Friday	30 mins 10:00-12:00	Free	5+

<p>Ice Hockey</p> <p>The Werewolves of London Special Hockey Club</p> <p>For children with conditions such as Autism, Down Syndrome and other learning disabilities.</p>	<p>www.werewolvesoflondon.org.uk</p>	<p>07904 477 175</p> <p>mike@werewolvesoflondon.org.uk</p>	<p>Streatham Ice & Leisure Centre 390 Streatham High Road, Streatham, London, SW16 6HX</p>	<p>Alternate Saturdays</p>	<p>16:30-18:30</p>	<p>£10</p>	<p>5+</p>
<p>Performing Arts</p> <p>Glenlyn Academy</p> <p>Accessible to those with learning disabilities or mild physical disabilities.</p>	<p>www.glenlynacademy.com</p>	<p>020 8778 5768</p>	<p>Glenlyn Academy 49 Porthcawe Road, Sydenham, SE26 5TA</p> <p>Mead Road Infant School Chislehurst, BR7 6AD</p>		<p>Depends on class</p>		<p>3+</p>
<p>Rebound Therapy</p> <p>Open to primary and secondary SEN students from mainstream or special schools. Offers trampolining and gymnastics/ball sports</p> <p>No hoist facilities – needs to be able to climb on/ off trampoline.</p>	<p>Glyn Davies</p> <p>G.Davies@baconscollege.co.uk</p>	<p>0207 237 1928 Ext: 4086</p> <p>0773 3422 5329</p>	<p>Bacon's College, Timber Pond Road, Rotherhithe, SE16 6AT</p>	<p>Saturday</p>	<p>10:30-12:00</p> <p>12:00-13:30</p> <p>14:00-15:30</p>	<p>£30 per year</p>	<p>Primary school age</p> <p>Secondary school age</p> <p>Primary school age - more profound</p>
<p>Sailing</p> <p>Tideway Sailability</p> <p>Accessible to those with or without mobility aids/ wheelchair users</p>	<p>Simon Whiteley</p> <p>info@tidewaysailability.org.uk</p> <p>https://www.tidewaysailability.org.uk</p>	<p>020 7237 9001</p>	<p>Surrey Docks Watersports Centre, Rope Street, Rotherhithe SE16 7SX</p>	<p>Sunday (throughout the year)</p> <p>Wednesday + Thursday (April – October)</p>	<p>10:30-12:30</p> <p>13:30-15:30</p>	<p>£5 (pay per session)</p>	<p>6+</p>
<p>Sailing</p> <p>The AHOY Centre</p> <p>Accessible to those with or without mobility aids/ wheelchair users</p> <p>Appropriate for individuals with a minimum of upper body strength, who can take instruction.</p>	<p>info@ahoy.org.uk</p> <p>www.ahoy.org.uk</p>	<p>0208 691 7502</p> <p>Please call 48 hours in advance to notify</p>	<p>The AHOY Centre, Borthwick Street, Deptford, SE8 3JY</p>	<p>Saturday</p> <p>Wednesday</p>	<p>09:30-13:30</p> <p>09:30-16:00</p> <p>10:00-15:00</p> <p>10:00-15:00</p>	<p>£90</p> <p>£90</p> <p>£96</p> <p>£125</p>	<p>8 – 11</p> <p>12-18</p> <p>16+</p> <p>10-19</p>
<p>Sailing</p> <p>Docklands Sailing and Water Sports Centre</p> <p>No hoist; unable to cater for those with severe physical disabilities</p>	<p>James</p> <p>www.dswc.org</p> <p>Pre-booking is essential</p>	<p>james@dswc.org</p> <p>0207 537 2626</p>	<p>235a Westferry Rd Docklands E14 3QS</p>	<p>Wednesday (Runs May - September)</p>	<p>16:30-18:30</p>	<p>£5 - non member</p> <p>Free if you are a member</p>	<p>8 - 18</p>
<p>Swimming</p> <p>Saxon Crown Tiger Sharks</p> <p>Accessible to those with or without mobility aids/ wheelchair users</p> <p>Hoist facility available.</p>	<p>Ann Bagnall</p> <p>annsbagnall@hotmail.com</p>	<p>0208 698 5614</p>	<p>Glassmill Leisure Centre SE13 7RZ</p> <p>Downham Leisure Centre BR1 5EP</p> <p>The Bridge Leisure Centre SE26 5AQ</p>	<p>Tuesday</p> <p>Wednesday</p> <p>Friday</p>	<p>19:00-21:00</p> <p>19:00-21:00</p> <p>16:00-18:00</p>	<p>£25 (per month)</p> <p>* 30 minute session</p>	<p>5+</p> <p>* Groups vary in size, approximately 6 children with two coaches.</p>

<p>Swimming and Trampolining</p> <p>Provided by 'SIGNAL' for families of children with a diagnosis of ASD</p> <p>Families must be a member of SIGNAL (£15 membership per year) to access these activities.</p> <p>No hoist facilities; parents need to help child in/ out of pool and on/ off trampoline.</p>	<p>Trish Connolly</p> <p>activities@signalfamilysupport.org</p>	<p>07432 719 624</p>	<p>Swimming Wavelengths Leisure Centre, Giffin Street, Deptford, SE8 4RJ</p> <p>Trampolining The Bridge Leisure Centre, Kangley Bridge Road, Lower Sydenham, SE26 5AQ</p>	<p>Saturday</p> <p>Tuesday</p>	<p>12:00-15:00 (30 min lesson)</p> <p>17:15-18:15</p>	<p>£5 Pay termly in advance</p> <p>£4 Pay termly in advance</p>	<p>5+</p> <p>4+</p>
<p>Taekwondo</p> <p>Can be adapted; suitable for wheelchair users.</p>	<p>Dale</p> <p>goldtaekwondo@outlook.com</p>	<p>07757 729 674</p>	<p>Bellingham Leisure Centre 5 Randlesdown Rd, SE6 3BT</p> <p>Sutcliffe park Sports Centre Eitham Road SE9 5LW</p>	<p>Sunday</p> <p>Thursday</p>	<p>14:00-17:00</p> <p>18:00-20:00</p>	<p>£30 per month</p> <p>First 2 months ½ price</p>	<p>4+</p>
<p>Tennis/ Wheelchair Tennis</p> <p>SE London Tennis</p>	<p>Chris Howard</p> <p>chris@southeastlondontennis.com</p>	<p>07739 936 999</p>	<p>Ladywell Centre Sports Hall 148 Dressington Ave, Lewisham SE4 1JF</p>	<p>Wednesday</p>	<p>17:45-18:45</p>	<p>£4 (pay per session)</p>	<p>4+</p>
<p>Tennis / Wheelchair Tennis</p> <p>Greenwich Play Tennis Club</p> <p>Caters for children with learning disabilities, sensory impairments, amputations and other impairments.</p>	<p>Steve Johnston</p> <p>specialleague@aol.com</p>	<p>07980 736188</p>	<p>Hornfair Park, London SE18 4LX</p>	<p>Friday</p>	<p>10:00-12:00</p>	<p>£2 per session</p>	<p>8+</p>
<p>Trampolining</p> <p>Greenwich Bouncers</p> <p>Accessible to those with or without mobility aids. No hoist facilities. Suitable for children able to climb on/ off trampoline.</p>	<p>Anne-Sonia King</p> <p>www.greenwichbouncers.co.uk</p>	<p>07956 168 208</p> <p>mail@greenwichbouncers.co.uk</p>	<p>Plumstead Manor School, Old Mill Road, Plumstead, SE18 1QF</p>	<p>Saturday</p> <p>* Term time only</p>	<p>10:00-10:50</p> <p>11:00-11:50</p>	<p>£7.50 for first trial group session</p>	<p>2+</p>
<p>Trampolining</p> <p>For children with additional needs</p> <p>No hoist facilities. Suitable for those able to climb/ bottom shuffle up and down soft play steps to access trampoline and sit on it on their own.</p>	<p>Amanda Pounds</p> <p>a.pounds@sky.com</p>	<p>07834 817 635</p>	<p>The Bridge Leisure Centre, Kangley Bridge Road, Lower Sydenham, SE26 5AQ</p>	<p>Tuesday</p>	<p>16:15-17:15</p>	<p>£2.15 (pay per session)</p> <p>Max.10 children.</p>	<p>3+</p>
<p>Whizz-kidz club</p> <p>For young wheelchair users to gain confidence and new wheelchair skills.</p>	<p>www.whizz-kidz.org.uk/get-our-help</p>	<p>0207 233 6600</p> <p>f.ryan@whizz-kidz.org.uk</p>	<p>Permanent venue tbc.</p>	<p>One Saturday per month</p> <p>5 Oct – Tate Modern 2 Nov – Ice Skating 30 Nov - Cooking</p>	<p>Free</p>	<p>8+</p>	<p>8+</p>

Multisports wheelie gang For young wheelchair users to gain confidence and new wheelchair skills.	thewheeliegang@gmail.com		Shooters Hill Rugby Club 123-125 Mayday Gardens SE3 8NP	Thursday	17:00-19:00	£2	All ages and abilities
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Why should my child be active?

Research shows that children with additional needs who are physically active have:

Stronger muscles and bones

Improved gross motor skills

More confidence

More fun!

... how could your child benefit?

Lower blood pressure

Lower levels of adipose tissue (body fat)

Lower risk of heart disease and diabetes

Less anxiety

Less chance of further deconditioning

We recommend that you consider appropriate physical activities for your child as part of their weekly routine.

We appreciate that every child is different and everyone has different barriers to engaging in activities. Maybe your child doesn't enjoy competitive sports with typically developing children? However, this doesn't mean that they won't enjoy exercise and social sports.

The activities listed are all inclusive for children with additional needs.

We advise that you contact the activity coordinator prior to attending to confirm that the activity has available space and is suitable for your child, and that there are no contraindications to your child engaging in the activity.