



Disability Sport Programme



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leisure & sport

Supported sessions and other local disability activities

Day	Activity	Location	Time	Age	Disability	Contact	Description
Monday							
Tuesday	DSC Community Club	Caius House, 2 Holman Road, SW11 3RL	4.30 - 6pm	11+	Open	Emma Cranston - 020 7021 0973 Emma@disabilitysportscoach.co.uk	This award winning club is located at in the newly built sports hall at Caius House Youth Centre. The participants at Club Wandsworth are true sports enthusiasts and a lot of fun is had every session. The energetic volunteers also add to the quality of the session, sports wise and socially. Club Wandsworth has strong links with local tennis, dance and cricket sessions and this year will have specialist taster sessions in all these sports. It is a club with a real community feeling where most parents and carers stay and watch. Come down and give it a go!
	LD Tennis	National Tennis Centre 100 Priory Lane, SW15 5JQ	7 - 8.30pm	5+	Learning Disability	Sam Perks - 020 8487 7000 disability@tennisfoundation.org.uk	Come along to these fun and exciting tennis sessions to learn a new skill or to make friends! There is also an opportunity to take part in competitions! The sessions will run every fortnight.
	Wheelchair Tennis	National Tennis Centre, 100 Priory Lane, SW15 5JQ	8.30 - 10pm	5+	Wheelchair User	Sam Perks - 020 8487 7000 disability@tennisfoundation.org.uk	Our tennis session is open to anyone with a physical impairment who wants to learn new skills, get active and have fun! Tennis is a great way to improve physical and mental health and wellbeing and can be adapted to suit everyone. Courts, rackets and balls can be adapted for all abilities. For those who want or need to use a sports wheelchair we can provide this equipment to use during sessions.
	VI Tennis	National Tennis Centre, 100 Priory Lane, SW15 5JQ	7 - 8.30pm	5+	Visual Impairment	Sam Perks - 020 8487 7000 disability@tennisfoundation.org.uk	Our tennis sessions are for blind and partially sighted people who want to learn a new skill, get active and have fun! Tennis is a great way to improve your physical and mental health and wellbeing - you don't need to be a talented sports person to experience the benefits of tennis. The vision impaired game is adapted through the use of smaller courts, a lower net, tactile court lines and audible balls so you can hear it bounce. These sessions take place every fortnight.
	DS Tennis	National Tennis Centre, 100 Priory Lane, SW15 5JQ	6 - 7pm	5+	Downs Syndrome	Ashley Gumbrell -07786 277632 agumbrell@fulhamfc.com	Downs syndrome tennis session at the National Tennis Centre on Tuesdays (6-7pm). Membership fees, payable at the start of term, allow players to take part each week and receive expert tennis coaching.
Wednesday	Autism Multi Sports Club	Tooting Leisure Centre Greaves Place, Tooting, SW17 0NE	5 - 6pm	5 - 11	ASD	Anna Huntley - 020 8333 7555 annahuntley@pfpleisure.org	A multi-sports session offering a range of sports activities for children between 6 - 11 years old with moderate to high functioning autism and aspergers syndrome. A range of sports and games will be played with a highly experienced coach.
Thursday	Tai Chi	Thomas Pocklington Resource Centre, 1C Yukon Road, SW12 9PZ	3 - 4.45pm	16+	Visual Impairment	Andrew Law - 020 8675 4246 Andrew.Law@pocklington-trust.org.uk	Two 45 minute tai chi sessions for those with a visual impairment. The class can be done chair based or standing.

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Friday	Dolphins Swim Group	Latchmere Leisure Centre, Burns Road, SW11 5AD	7.30 - 9pm	11+	Open	Pam Hall / Eileen Beard - 020 8672 1761 pamhall35@aol.com	The Dolphins Swim Club is for children and young people with learning disabilities. The session takes place at the Latchmere Leisure Centre on Friday evenings, and is for children and young people aged 5-19 years old. The club runs: <ul style="list-style-type: none"> • sessions for non-swimmers in the training pool; and • advanced sessions in the main pool All club members may attend swimming galas throughout the year to compete against swimmers of similar ability from other boroughs.
	Disability Archery	Aspire Centre, 337 Merton Road, SW18 5JU	5 - 6pm	14+	Open	Rafal Radosz - 07709 881118 rafalradosz@hotmail.com	Come and try Archery in this brand new disability archery lessons. Experienced coaches and volunteers will be on hand to help out all newcomers. All equipment provided!
	Down Syndrome Football	Coombe Boys School, KT3 6NU	6 - 7pm	5+	Downs Syndrome	Ashley Gumbrell - 07786 277632 agumbrell@fulhamfc.com	Project for boys and girls with downs syndrome aged 5+. Training takes place on Friday, 6 - 7pm at Coombe Boys School. Membership fees apply.
Saturday	WASA Disability Swimming	Ernest Bevin School, Beechcroft Road, SW17 7DF	1.30 - 4pm	5+	Open	Will Collins - 020 8265 8645 disability@lbwasa.org	Swimming lessons for disabled children of all abilities to learn to swim in a safe, supportive environment with qualified and friendly instructors. Swimmers are given a 30 minute session with 1 to 1 support if needed.
	Inclusive Badminton	Wimbledon Racquets Club, SW19 4HD	5 - 6.30pm	8+	Open	Lorraine Brydie - 020 8947 5806 lorrainebrydie@hotmail.co.uk	Pan disability badminton sessions. First three sessions free, and you can bring a buddy. Beginners welcome!
	KEEN London Multi Sports	Lilian Baylis School, 323 Kennington Ln, SE11 5QY	11am - 12.30pm	5+	Open	Ridhi - 0203 735 5297 ridhi@keenlondon.org	KEEN London is a registered charity that runs free weekly sports and recreation sessions for children (aged five and up) and young adults with learning, behavioural and physical disabilities — our athletes. Taking part in sports and recreational activities is vital for our athletes' physical development and co-ordination. It also helps develop social skills and encourages teamwork.
Sunday	Disability Dance	Wandle Rec, Mapleton Road, SW18 4DN	10.40am - 12.15pm	6 - 16	Open	Matt Doherty - 020 8871 6857 mdoherty@wandsworth.gov.uk	Fun dance sessions for young people with disabilities. Parents are encouraged to stay and join in with the sessions.
	Pan Disability Football	Aspire Centre, 337 Merton Road, SW18 5JU	1.30 - 2.30pm	8 - 16	Open	Emma O'Connor - 07824 536545 femalefootball@afcwimbledonfoundation.org.uk	Pan disability football sessions run by AFC Wimbledon coaches. All abilities welcome to come and try a new skill or develop existing ones.
	Supported Swim	Aspire Centre, 337 Merton Road, SW18 5JU	2 - 3pm	5+	Open	Matt Doherty - 020 8871 6857 mdoherty@wandsworth.gov.uk	Supported family swim session is an opportunity for children with any impairment or disability enjoy swimming with their family. The session is NOT a swimming lesson, and parents must take responsibility for their children while in the water. There will be a lifeguard on duty at all times. The sessions will take place once a month.

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Sunday	DS Football	Aspire Centre, 337 Merton Road, SW18 5JU	12.30 - 1.30pm	5+	Downs Syndrome	Emma O'Connor - 07824 536545 femalefootball@afcwimbledonfoundation.org.uk	AFC Wimbledon Foundation are working in partnership with DS Active to provide female downs syndrome football sessions every Sunday during the football season at Southfields Academy. These sessions will be run by an FA Qualified Coach. Girls with downs syndrome will be able to: <ul style="list-style-type: none"> • learn new football skills; • meet people with similar interests; and • have fun!
	VI Archery	Aspire Centre, 337 Merton Road, SW18 5JU	12 noon - 2pm	10+	Visual Impairment	Fred Carpenter - 07743 942062 freddy2cokes@yahoo.co.uk	VI (Visually Impaired) Archery is offered at the Aspire Centre by Metro, a sports and social club for blind and partially sighted people. This sport is suitable for: <ul style="list-style-type: none"> • girls and boys, men and women • age 10 and over Meetings take place on the second Sunday of every month, 12 noon to 2pm.
Other	London Recumbents	Battersea Park, Carriage Drive North, SW11 4NJ	Weekends and school holidays 10am - 5pm	3+	Open	Nigel - 020 7228 6843 info@londonrecumbents.com	At London Recumbents in Battersea Park you can hire a range of modified cycles including trikes, side by side bikes, wheelchair bikes, tandems and more. Cycling in Battersea Park is: <ul style="list-style-type: none"> • suitable for the whole family • good exercise • enjoyable • a chance to practice away from traffic • and to try out different bicycles
	Wandle Rec Gym	Wandle Rec, Mapleton Road, SW18 4DN	Gym opening hours	16+	Open	020 8871 1149	The Wandle Recreation Centre Gym have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all. Our accessible features include: <ul style="list-style-type: none"> • disabled parking at the entrance of the centre • accessible shower and changing rooms • a full range of accessible equipment
	Generate Youth Clubs	George Shearing Centre, Este Road, Clapham Junction, SW11 2TF	Mon 6 - 8pm Wed 6.15 - 8.15pm		Open	Nicole Allwood - 020 8879 6333 nicole.allwood@generate-uk.org	Generate is a youth club for young people with mild to moderate special needs and learning difficulties. There is a mixed session on Mondays from 6 - 8pm and a girls only session on a Wednesday from 6.15 - 8.15pm

For more information about Disability Sport, please visit www.enablelc.org/disability-sport or contact **Matt Doherty** on **020 8871 6857** or mtdoherty@wandsworth.gov.uk

	Activity	Location	Time	Age	Disability	Contact	Description
Other	Adventure Playground	KIDS Lady Allen Adventure Playground, Chivalry Road, London, SW11 1HT	Monday - Thursday, 3 - 5.30pm Friday 3.30 - 8pm Saturday 10am - 4pm	5+	Open	Ian Logan - 020 7228 0278 ian.logan@kids.org.uk	Lady Allen Adventure Playground provides opportunities for adventurous play for disabled children and their siblings from the Borough of Wandsworth. This facility is for disabled children and young people and their siblings between the ages of 5 - 14 years. It offers outdoor and indoor facilities on a secure site including: <ul style="list-style-type: none"> • soft play area • video games room • arts and crafts • an indoor slide
Seasonal	Disability Watersports	Wimbledon Park Watersports Centre		8 - 16	Open	Matt Doherty - 020 8871 6857 mdoherty@wandsworth.gov.uk	These sessions give children and young people with special educational needs and or disabilities, the opportunity to try a variety of watersports such as sailing, kayaking, and canoeing. The activity is open to all disabled children from Wandsworth aged 8 - 16. This event gives disabled young people the opportunity to: <ul style="list-style-type: none"> • try out new sports • meet new people • make new friends • have fun outdoors
	Disability Cricket	Spencer Cricket Club, Fieldview, Earlsfield, London SW18 3HF	4.30 - 5.30pm	6 - 11	Open	Alain Jason - 07775 893650 alain@googlycricket.com	This activity is for young people aged 14+ with special educational needs and/or disabilities. The activity is funded by the Lord's Taverners and the Berkeley Foundation. Disabled young people can: <ul style="list-style-type: none"> • have fun and make new friends • enjoy learning how to play cricket • get active with professional sports coaches • develop confidence, team building and communications skills

For more information about other disability projects in the surrounding areas, please see details below:

Merton	YMCA Inclusive Lives Project	Hayley Turner HayleyTurner@ymcalsw.org	www.ymcalsw.org/inclusive-lives
Croydon	RAP Sports Courses	Nathan Anson Nathan.Anson@croydon.gov.uk	www.croydon.gov.uk/leisure/sports
Richmond	RISE (disability and inclusive sports)	Lizzy Roberts Lizzy.Roberts@richmond.gov.uk	www.richmond.gov.uk/disability_sports_and_activites
Lambeth	Into Sport Project	intosport@disabilitylambeth.org.uk	www.disabilitylambeth.org.uk/dasl/sport