

Activities for young people and adults (16 plus) with learning difficulties and disabilities


Some activities will also include under 16

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, address and travel	Service	Access and cost
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
<u>CANDOCO DANCE</u>	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
 SOUTH LONDON INCLUSIVE DANCE EXPERIENCE	Monks Hill Sports Centre, Selsdon CR2 8HD	SLIDE is a Croydon street dance company for people with learning disabilities and learning difficulties.	Contact: Gemma 07887 781 361 Monday – 6pm to 7pm Fees are termly, please contact Gemma for this information

<p>(SLIDE) https://slidedance.wordpress.com/</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>No referral required</p> <p>Please call Gemma for any information</p>
<p><u>MAGPIE DANCE</u></p> <p>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>Please note that these dates are pencilled in and Summer School will only happen if we secure funding. If you know somebody that can help with this, please contact David Ward – Head of Fundraising and Development davidward@magpiedance.org.uk</p> <p>Where and When? Cost: £20 per day</p> <p>Dates: Tuesday 23rd – Friday 26th July 2019</p> <p>Venue Churchill Theatre - 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 currently 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>Heart n Soul, The Albany, Douglas Way, London SE8 4AG Email: info@heartnsoul.co.uk Telephone: 020 8694 1632</p>	<p><u>ALLSORTS</u> <u>DO YOUR OWN THING</u> <u>SQUIDZ CLUB</u> <u>BEAUTIFUL OCTOPUS CLUB</u></p> <p>Heart n Soul is an award-winning creative arts company and charity. We believe in the talents and power of people with learning disabilities, providing</p>	<p>Personal budgets: Allsorts is becoming increasingly popular, so using your personal budget can guarantee you a place. For more information, contact Sarah on 020 8694 1632 or info@heartnsoul.co.uk - Join the conversation: #allsorts</p>

		<p>opportunities for people to discover, develop and share this power and talent as widely as possible.</p> <p>Throughout the year there will be a range of different events and activities for audiences to get involved in.</p> <p>ALLSORTS</p> <p>Heart n Soul's Allsorts is a place where adults with learning disabilities can try new art activities, meet new people and have fun. You can take part in a range of workshops, ranging from music to circus skills in a safe and friendly atmosphere where you decide what to do.</p>	<p>WHEN: Allsorts takes place every Thursday from 10am - 5pm, in six week seasons.</p> <p>Visit website for next dates.</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>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>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>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>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>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</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>If you have any questions about The Squidz Club, please call Heart n Soul on 020 8694 1632.</p> <p>#SquidzClub</p>	<p>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>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>Courses for over 16 years – Music Production – CRE8TIV Guitar – CRE8TIV Choir – YouTube – Courses are on Tuesdays or Thursdays – times vary for each course – Cost is £100 but they do have concessions for unemployed/student for £50 – proof of eligibility require. You tube course is £25.</p>	<p>Please contact them for full details.</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.</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.</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> <p>£3 PER SESSION</p>

		Art, cooking, table tennis, sports, basketball, outside playground, Wii, PC, projector for films	
WHEELS FOR WELLBEING - http://www.wheelsforwellbeing.org.uk/sessions/	<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) Bus: 130, 196, 197, 312, 289, 367 Car: Free parking on site</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>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>Wheels for Wellbeing - http://www.wheelsforwellbeing.org.uk/sessions/</p>	<p><i>Ladywell Day Centre Indoors</i> 148 Dressington Ave, Lewisham, SE4 1JF</p> <p>Wednesdays 10:30am – 12:30pm</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>Mondays 11am – 1:30pm (10:30am-12:30 during 1/2 term)</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 SE25 4QL</p> <p>Tuesdays 10am – 1pm Fridays 11am – 1pm Saturdays 10am – 12:30pm</p>	<p>We run drop-in inclusive cycling sessions for disabled people and their families, carers or friends, 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>ALL SESSIONS CAN BE SUBJECT TO CHANGE</p> <p>Please call first.</p> <p>Addresses and Contact details are in the column to the left.</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>
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	<p>Train: Norwood Junction. Elmers End. Arena (Tramlink 2) Bus: 130, 196, 197, 312, 289, 367 Car: Free parking on site</p>		
<p>Blackheath Fencing Club – (Ages under 17 and 17+)</p> <p>www.blackheathfencing.org.uk</p>	<p>Blackheath High School, Vanbrugh Park, London, SE3 7AG</p> <p>Telephone Number 020 8309 7827 Email Address clubsecretary@blackheathfencing.org.uk</p>	<p>Sports Offered</p> <ul style="list-style-type: none"> • Wheelchair Fencing <p>Impairments catered for</p> <ul style="list-style-type: none"> • Amputee • Cerebral Palsy • Spinal Cord Injury • Visual Impairment <p>Club can cater for a range of disabilities. They can cater for wheelchair fencing but do not have a fixed frame available.</p>	<p>The first session is free of charge and thereafter it is £80 per term for children and £80 per term for adults. Concessions available. Free taster sessions run at the start of term and there are adult beginners training courses available, see website for further details.</p> <p>There is a disabled toilet available at the club.</p> <p>When do we meet:</p> <p>Sessions run on Tuesdays and Thursdays 18.00-19.30pm for juniors (under 17 years) and 19.30-21.30pm for adults (17+). Have a coach experienced in coaching wheelchair fencing.</p>
<p>Shortland House Fencing Club</p>	<p><i>Bishop Challoner School, 228 Bromley Road, Shortlands, Kent, BR2 0BS</i></p> <p>Telephone Number 020 8464 4841 Email Address - challonerpe1@yahoo.co.uk</p>	<p>Sports Offered</p> <ul style="list-style-type: none"> • Wheelchair Fencing 	<p>Please call them directly for more information</p>

<p>Greenwich Play Tennis Club</p> <p>http://greenwichplayennisclub.co.uk</p>	<p>Steve Johnston</p> <p><i>304 Shooters Hill Road, London , SE9 2QN</i></p> <p>Telephone Number 07980 736188</p> <p>Email Address - specialleague@aol.com</p>	<p>An inclusive club for children, young people and adults, with and without disabilities.</p> <p>Tennis & Wheelchair Tennis for Juniors 8 - 16 yrs and Adults 16yrs+</p> <p>Professional tennis coaches.</p> <p>Sports Offered</p> <ul style="list-style-type: none"> • Wheelchair Tennis • Tennis <p>Impairments catered for</p> <ul style="list-style-type: none"> • Amputee • Learning Disabilities • Visual Impairment • Other Impairments 	<p>When do we meet</p> <p>Fridays 10.00-12.00noon at Hornfair Park, London SE18 4LX - Please telephone or email for programme details) Various times</p> <p>Session Costs - £2.00 per session (1 hour)</p>
<p>Community Club Southwark</p> <p>http://disabilitysportscoach.co.uk/community-clubs/club-southwark/</p>	<p>Emma Cranston</p> <p><i>Camberwell Leisure Centre, London SE5 8TS</i></p> <p>Telephone Number - 020 7021 0973</p> <p>Any questions you may have, please contact DSC's Club Development Officer, Emma Cranston: 02070210973 or</p>	<p>Disability Sports Coach (DSC) delivers a weekly multi-sport session at The Camberwell Leisure Centre, Southwark.</p> <p>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 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</p>	<p>Please call them directly for more information</p> <p>When do we meet</p> <p>Saturday 3pm-5pm - Session Costs - £2</p>

	emma@disabilitysportscoach.co.uk	DSC Clubs in their region. Impairments catered for <ul style="list-style-type: none"> • Amputee • Cerebral Palsy • Learning Disabilities • Visual Impairment • Other Impairments 	
Newham Leisure Centre http://www.activenewham.org.uk/newham-leisure-centre	<i>281 Prince Regent Lane, London, E13 8SD</i> Telephone Number - 0300 124 0123 For more information please contact michelle.weltman@activenewham.org.uk	See sports offered here http://www.activenewham.org.uk/disability_sport 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. Sports Offered <ul style="list-style-type: none"> • Swimming • Gym 	Anyone from any borough can attend
The Werewolves of London Special Hockey Club www.werewolvesoflondon.org.uk	Streatham Ice & Leisure Centre 390 Streatham High Road, Streatham, London, SW16 6HX, ENGLAND	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.	Anyone from any borough can attend

	<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>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>Our season runs from September to May, on mostly alternate Saturdays from 4:30pm to 6:30</p>
<p>Brixton Fencing Club www.brixtonfencingclub.com</p>	<p><i>Brixton Recreation Centre, 27 Brixton Station Road, London, SW9 8QQ</i></p> <p>Email Address - edwardpeck@brixtonfencingclub.com</p> <p>Telephone Number - 07840 366124</p>	<p>Club aims to cater for as many disabilities as possible but mobility based disabilities would be more difficult. Best to contact club in advance. Sessions run on Monday 18.00-19.30pm for juniors and Wednesday 18.00-20.30pm for adults, Fridays for experienced fencers 18.00-20.30pm.</p> <p>Impairments catered for</p> <ul style="list-style-type: none"> • Visual Impairment 	<p>Anyone from any borough can attend</p> <p>When do we meet - Mondays, Weds and Fridays 6.00pm</p>
<p>SURREY DOCKS FARM – www.surreydocksfarm.org.uk</p>	<p>FARM MANAGER manager@surreydocksfarm.org.uk</p>	<p>We deliver a range of training projects for adult students with learning disabilities on the Farm. Students have a wide range of project choice in the areas of horticulture, animal husbandry, food preparation, retail and farm maintenance.</p> <p>Adults attend our training projects use their PIP budget to pay for the training, so we're able to</p>	<p>https://www.surreydocksfarm.org.uk/projects-for-adults-with-learning-disabilities/</p>

		welcome adults from across boroughs. Full details about our projects can be found on our website: https://www.surreydocksfarm.org.uk/projects-for-adults-with-learning-disabilities/ Please visit their website for further details	
	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	Please contact the leisure centre directly to see what they have available in your area: <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+ • Disability swim sessions. Any age (providing you have evidence of disability). They accept PIP letters (formally DLA) 	Matthew Houghton 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.
ADULT PAN DISABILITY Football Sessions	Millwall Community Trust The Lions Centre, Bolina Road, London SE16 3LD	Adult pan disability (open to all) football sessions for male and females ages 18 plus Friday 6pm to 7pm	Please contact them directly on 020 7740 0503 before going along.

ADULT MENTAL HEALTH Football sessions and team play	Addressed to be advised	Weekly Adult Mental Health Football Sessions and an opportunity to also play in a team.	To be referred by your keyworker, care co-ordinator or for further information please contact Trevor Wyer at Trevor.wyer@slamm.nhs.uk Telephone: 07973 218693
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	REACH THEATRE COMPANY FOR 18+ Fun, creative and supportive drama sessions for young adults with Special Educational Needs and disabilities. Working with a professional director to develop performance ideas through to finished productions. For ages 18+ Mondays at 6-8pm Term dates 2019: Autumn 2019: Monday 16 th September – 25 th November (half term Monday 21 st October) <i>Supported by RBS</i>	Price: FREE To join: To register please email your full name, date of birth and telephone number to info@glypt.co.uk Recommended ages: Ages 18+ with Special Educational Needs and Disabilities
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 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	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>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>	
<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>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</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>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</p> <p>Price: FREE of charge</p>
<p>TIDEWAY SAILABILITY</p>	<p>info@tidewaysailability.org.uk</p> <p>020 7237 1001</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>Tideway Sailability Is a unique sailing club in central London where people with or without disability all sail together as one community.</p> <p>Learn to sail 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>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>Note: Highly recommend</p>
<p>DISABILITY WATER SPORTS (DWSC) www.dswc.org</p>	<p>james@dswc.org</p> <p>35a Westferry Road Docklands</p>	<p>These sessions cater for 8 to 18 year olds with either a physical, learning or cognitive disability.</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>London E14 3QS</p> <p>By Car - 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 either on our premises or across the road in a free parking area.</p> <p>By Tube In order to reach our location by Tube you should take the Jubilee Line to Canary Wharf. At this point you will need to take the DLR to either Crosshabour 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>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>Contact james@dswc.org</p> <p>Members free</p> <p>Non members £5</p>
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<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>Specialist adapted equipment also available including:</p> <p>Racing WCs, audible equipment, sensory equipment</p> <p>Every Saturday from 11am to 12pm</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>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 	<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>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>

		<ul style="list-style-type: none"> • Combat social isolation • Develop life skills • Experience the outdoors • Connect with animals. <p>Please go to our website for further information.</p>	
<p>MENCAP</p> <p>https://www.mencap.org.uk/about-us/our-projects</p>	<p>Disability Helpline</p> <p>0808 808 1111</p>	<p>Offers a wide range of services</p> <p>Golf, Canoeing, Bexley Running Group, Lewisham Basketball, Fishing</p>	<p>PLEASE CALL THEM DIRECTLY</p> <p>All of their services may not be available in Lewisham so it is best to call them to see what they can offer your young person.</p> <p>SITE MAP Offers a huge variety of information https://www.mencap.org.uk/sitemap?_ga=2.174103970.1233515426.1561369099-849453692.1550528184</p>

<p>Aurora Options- http://www.auroraoptions.org.uk/</p>	<p>Gail Nicholls Director of Development & Referrals Manager Address: Unit 3 California Building Deals Gateway London SE13 7SB</p> <p>Telephone: +44 (0)208 469 8103 Email: admin@auroraoptions.org.uk rg.uk Twitter: auroraoptions1</p>	<p>Aurora Options works with people with learning disabilities, their families and with local authorities to design and deliver services that lead to everyone living confidently and independently in the community.</p> <p>We support service users to make decisions for themselves, to know their rights and to speak up for what they want.</p> <p>We work with commissioning teams and care managers to make our services as person-centred as possible. We strive to be adaptable, diverse and responsive to the needs of our clients.</p> <p>We work in partnership with other organisations, delivering high quality, tailor-made services. We're professional and values driven. We believe our clients have a right to be part of any community and we will support them to achieve their life goals.</p>	<p>Accessed through Adult with Learning Disabilities Social Care</p>
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