



Activities for children and young people

with learning difficulties and disabilities

Prepared by Lewisham Parent and Carer's Forum - Updated 12th July 2021


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

<https://lewisham.gov.uk/my services/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/my services/young-people>

Organisation and Contact Details	Service	Access
GREENWICH https://greenwichgetactive.com/activity-hub/	Please visit their website. There are 55 inclusive activities for all ages in and round theborough of Greenwich.	Please contact the activity organiser directly
CANDOCO DANCE https://candoco.co.uk/events/youth-class/	Online for June and July 2021	Please contact the activityorganiser directly



<p>  SOUTH LONDON INCLUSIVE DANCE EXPERIENCE (SLiDE) https://slidedance.wordpress.com/youth-dance-co/ Monks Hill Sports Centre, Selsdon CR2 8HD Gemma 07887 781 361 gemma@slidedance.org </p>	<p> Sessions currently held on Zoom. SLiDE is a Croydon street dance company for people with learning disabilities and learning difficulties. The company reaches diverse communities and offers a safe place for the local community to explore dance and movement. Ages 8 to 25 years </p>	<p>Please contact the activity organiser directly</p>
<p> MAGPIE DANCE https://www.magpiedance.org.uk/participation/magpie-dance-classes/ Magpie Dance The Churchill Theatre High Street Bromley BR1 1HA T: 020 8290 6633 </p>	<p> Sessions currently held on Zoom. 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. Creative dance sessions for young people with learning disabilities aged 8 to 25 years. </p>	<p>Please contact the activity organiser directly</p>



<p>SHADWELL BASIN OUTSIDE ACTIVITY CENTRE</p> <p>http://www.shadwell-basin.co.uk/inclusion/ 3-4 Shadwell Pierhead, Glamis Road, London E1W 3TD Tel: 020 7481 4210</p> <p>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>ADVENTURE FOR ALL</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 sessions 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 footwear.</p>	<p>For further information and booking at our subsidised rate, please contact Inclusion Coordinator dan@shadwell-basin.org.uk, Telephone 020 7481 4210 or click on the links to read more about what we can offer you.</p> <p>Funding up to December 2021</p>
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<p>HEART 'N' SOUL, DEPTFORD –</p> <p>https://www.heartnsoul.co.uk/stayhome</p> <p>WHERE: The Albany, Douglas Way, London, SE8 4AG.</p> <p>Call: 020 86941632</p>	<p>Sessions currently held on Zoom.</p> <p>A range of activities including art, music, dance and choir.</p> <p>Online activities What's On — Heart n Soul</p> <p>Art and Music Art & Music — Heart n Soul</p> <p>Taking Part Taking Part — Heart n Soul</p>	<p>Please contact the activityorganiser directly</p>
<p>The Midi Music Company</p> <p>https://www.themidimusiccompany.co.uk/courses/</p> <p>Address: 77 Watsons Street, Deptford, London SE8 4AU</p> <p>0208694 6093 or 079841 58554</p>	<p>Autumn term 2021 sessions held on Zoom. Aspiring Young Musicians - AYM Ages: 11-16</p> <p>Whether you are a beginner or have experience producing music on a computer, this course will bring your music to life.</p> <p>You will learn the fundamentals of producing music, such as drums, melody and arrangement and how to create a great sound. We have rearranged the course, so you can now produce from home. You'll be guided through the set up of the software and shown useful resources to download samples and instruments to create your own library. The course will cover the basics of MIDI instruments and programming as well as sampling and recording.</p> <p>You will need: A computer with Ableton Live software (you can currently download a free 90-day trial) on your computer and Zoom for video conference calls. It is recommended you have a MIDI keyboard so you can play live, but it is not essential for enrolment.</p>	<p>Please contact the activityorganiser directly</p>



<p>LONDON THUNDERBASKETBALL –</p> <p>http://www.thunderbas ketball.net/ The Thunderdome, Stockholm Road, London SE16 3LP – Telephone 0207237 8515</p> <p>Email info@thunderbasketball.net</p>	<p>NOT CURRENTLY RUNNING</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>Wheelchair programme available</p> <p>Sessions £3 School Holiday Camps £5 per day</p>
<p>WHEELS FOR WELLBEING –</p> <p>http://www.wheelsforwellbeing.org.uk/sessions/</p> <p>bookings@wheelsforwellbeing.org.uk</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>ONLY HERNE HILL SESSIONS CURRENTLY RUNNING</p> <p>We run drop-in inclusive cycling sessions 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 your 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>Please contact the activity organiser directly</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>DS LIONS Pan Disability Football Sessions Millwall Community Trust</p> <p>The Lions Centre, Bolina Road, London SE16 3LD Tel: 020 7740 0503</p>	<p>Football sessions open to boys and girls ages 8 to 15.</p> <p>Every Friday from 5pm to 6.30pm.</p>	<p>Please contact the activity organiser directly</p>
<p>Greenwich PlayTennis Club</p> <p>Steve Johnston 304 Shooters Hill Road, London , SE9 2QN</p> <p>Telephone Number 07871373419</p> <p>Professional tennis coaches.</p>	<p>Sessions currently suspended. An inclusive club for children, young people and adults, with and without disabilities.</p> <p>Tennis & Wheelchair Tennis for Juniors 8 - 16yrs and Adults 16yrs+ Friday 10-12.</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 <p>Other Impairments</p>	<p>Sessions will be run in conjunction with schools when resuming.</p>



<p>Community Club Southwark</p> <p>The Geraldine Mary Harmsworth Sports Facility SE1 6ER</p> <p>Telephone Number - 0207021 0973</p>	<p>Disability Sports Coach (DSC) delivers a weekly multi-sport session at The Geraldine Mary Harmsworth Sports Facility SE1 6ER</p> <p>The pan disability session runs from 2pm-4pm 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 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>Please contact the activity organiser directly</p> <p>Any questions you may have, please contact DSC's Club Development Officer, Emma Cranston: 02070210973 or clubs@disabilitysportscoach.co.uk</p>
<p>Newham Leisure Centre</p> <p>michelle.weltman@activenewham.org.uk</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>Anyone from any borough can attend</p> <p>See sports offered here</p> <p>http://www.activenewham.org.uk/disability_sport</p>



<p>The Werewolves of London Special Hockey Club</p> <p>www.werewolvesoflondon.org.uk 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 - 07904477175 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>Please contact the activity organiser directly</p> <p>Our season runs from September to May, on mostly alternate Saturdays from 4:30pm to 5:30</p>
 <p>fusion Fusion has been taken over by Better. Currently limited sessions.</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 Divisional Sports & Community Development Manager M 07827 277856 - www.fusion-lifestyle.com</p>	<p>Please contact the leisure centre directly to see what they have available in your area:</p> <p>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+</p>	



<p>TRAMSHED Greenwich and Lewisham YoungPeople's Theatre</p> <p>Tramshed (next to Wilko) 51-53 Woolwich New Road</p> <p>Telephone: 020 8854 1316</p> <p>Email: info@tramshed.org</p> <p>http://www.glypt.co.uk/about-glypt/ In partnership with funded by BBCChildren in Need Price: FREE of charge</p>	<p>Reach (ages 18-25) A young adult theatre company for those who are passionate about theatre and self-describe as having additional needs.</p> <p>In-person structure: 15 mins wellbeing check-in/catch-up, followed by a drama workshop Online structure: 10 mins wellbeing check-in, followed by a drama workshop.</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:</p>	<p>To Join: Please contact eleanor@tramshed.org for further details.</p>
<p>TRAMSHED Greenwich and Lewisham YoungPeople'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>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/ In partnership with funded by BBCChildren in Need</p> <p>Price: FREE of charge</p>	<p>SHOUT (ages 13-18) Referral-based programme. A Drama Therapist-supported group for young people with mild learning disabilities. In-person structure: 30 mins Safe Space (drop-in, socialising, having snacks) then 1 ½ hours drama activity (games, character creation, storytelling etc) Online structure: 30 mins Safe Space (check-in, social chat, warm-ups) then 1 hour drama</p>	<p>To Join: To join SHOUT you will need a professional referral.</p> <p>Please contact eleanor@tramshed.org for further details.</p>



<p>TIDEWAY SAILABILITY https://www.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: Wednesdays 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 james@dswc.org</p> <p>35a Westferry Road Docklands London E14 3QS</p> <p>By Car - 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>By Tube Tube you should take the Jubilee Line to Canary Wharf. Either Crossharbour or Mudchute Station. Walk for about 7 to 10 minutes from the DLR station to the centre along the dock side.</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 Non members £5</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 disability@sfactoracademy.co.uk Pan Disability Athletics Sessions Ladywell Arena, Silvermere Road, Catford, London SE6 4QX Please call Mobile: 07840 528 587 07719596045 or email disability@sfactoracademy.co.uk safeguarding@sfactoracademy.co.uk admin@sfactoracademy.co.uk For further information and to let them know you would like to attend Non-disabled siblings train for free Every Saturday from 11am to 12pm</p>	<p>Pan (for all) disability athletic sessions in Lewisham. Autism, learning disability/difficulty, sensory, physical impairments, a deaf friendly club and everyone is welcome. Delivered by friendly, inclusive and qualified coaches/volunteers. Sessions are for ages 7 to 25 years. 10-11 11.15-12.15 Inclusive group £40 membership fee per annum £3 members session fee £4 non - members session fee *Membership fee will include EA registration + S-Factor training t-shirt or S-Factor competition vest. PAYMENTS: With government restrictions and social distancing still in place, unfortunately we will no longer be accepting cash payments on site to minimise the risk of spreading the virus. Please make all future payments in advance online using the following</p>	<p>Please call Mobile: 07840 528 587 07719596045 or email disability@sfactoracademy.co.uk</p>



	<p>back account details.</p> <p>Note: if payment is not made in advance athletes may not be allowed to train on the day.</p> <p>Payments details: Account Name: S-Factor Academy Bank Account: 53271714 Sort Code: 20-45-45 PLEASE QUOTE CHILD/'S NAME AS REFERENCE</p> <p>Please make block bookings either in block sessions of 4 (monthly) or 6 weeks (school term times).</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>Hilary Crawford 020 8851 6447</p> <p>https://newlodgerda.org.uk/</p> <p>New Lodge Riding Centre Mottingham Land, London SE94RW</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>	<p>We have received no response on whether the service is running</p> <p>TO BOOK PLEASE CALL 0208851 6447 OR EMAIL hilary.crawford@virgin.net</p> <p>You will need to complete a</p>



	<ul style="list-style-type: none"> • Reach therapeutic goals • Achieve their personal ambition • Combat social isolation • Develop life skills • Experience the outdoors <p>Connect with animals.</p>	<p>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>LEWISHAM SCOUTS www.lewishamscouts.org.uk</p> <p>Visit the website to find your local Scout group</p> <p>dc@lewishamscouts.org.uk</p> <p>Tel 020 8690 3636 4422</p>	<p>Currently online hoping to meet in person over summer 2021</p> <p>Beavers – 6 to 8 years old Cubs – 8 to 10½ years old Scouts - 10½ to 14 years old Explorer – 14 to 18 years</p> <p>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</p> <p>Rockbourne Centre inclusive group - Thursdays between 6:30pm and 7:30pm during term time</p>	<p>Many Scout groups are very inclusive. Please call or email your local group to find out more.</p>



<p>REMARK!</p> <p>Community & Charlton Athletic Deaf Football Club Weekly Football Training</p> <p>St Dunstan's Jubilee Ground, Canadian Avenue, Catford, London SE6 4SW</p>	<p>Football training</p> <p>All new members are welcome!</p>	<p>Please visit the website for more information.</p> <p>Charlton Athletic Deaf Football Club (cadfc.co.uk)</p>
<p>FUN FIZZICAL (Fusion)</p> <p>The Bridge Leisure Centre, Lower Sydenham</p>	<p>A weekly exercise group for children with special needs</p> <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</p>	<p>For more information or to register please contact Sarah Thorn on 07960 898764</p> <p>We have received no response on whether the service is running</p>



	the café area downstairs	
GYMNASTICSJ'AIMES www.jamiesgymnasticsacademy.co.uk 0208 464 1477 info@jgagroup.co.uk	Walking to 16 years Please visit their website to see their various programmes Various venues -Chislehurst -Beckenham -Biggin Hill -Bromley -Orpington - West Wickham	J'aimes are inclusive but please contact them directly to see if they are able to support your child
GREENWICHBOUNCERS www.greenwichbouncers.co.uk Rebound Therapy Plumstead Manor School, OldMill Road, Plumstead, London SE18 1QF Anne-Sonia King07956 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 £25 per month Ages 2 and up	Please contact directly for further information We have received no response on whether the service is running



<p>Rebound TherapySouthwark Bacon's College, Timber PondRoad, Rotherhithe, London SE16 6AT</p> <p>Glyn Davies glyn@lpessn.org.uk</p> <p>george@lpessn.org.uk</p> <p>0207 237 1928 ext 4086</p>	<p>Trampoline</p> <p>Accessible to those with and without mobility aids. NO HOIST FACILITIES – MUST BE ABLE TO CLIMB ON AND OFF THE TRAMPOLINE</p> <p>Saturday</p> <p>10.30-12.00 Primary 12.00-1.30 Secondary 2.00- 3.30 Primary – moreprofound difficulties</p> <p>£30 per year</p>	<p>Please contact the activityorganiser directly</p> <p>We have received no response on whether the service is running</p>
<p>Trampolining Amanda Pounds 07834 817635 The Bridge Leisure Centre Kangley Bridge Road Sydenham, London SE6 5AQ</p> <p>a.pounds@sky.com</p>	<p>No hoist facilities/ Suitable for those able to climb/bottom shuffle up and down set of softplay steps to access trampoline</p> <p>Maximum 10 children. Tickets issued on the day, first come firstserve</p> <p>Ages from 3 plus</p>	<p>Tuesday 4.15 to 5.15</p> <p>£2.15 per session</p> <p>We have received no response on whether the service is running</p>
<p>Swimming andTrampolining</p> <p>SIGNAL FAMILY SUPPORT</p>	<p>Charmaine Perry</p> <p>Activities Co-ordinator, SIGNAL Family Support</p> <p>activities@signalfamilysupport.org M - 07432719624</p>	<p>Family membership required to access these activities and a subsidised termly fee.</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 currently suspended</p> <p>Trampolining – Downham leisure centre Wednesday after school</p>	
<p>Young Lewisham Project</p> <p>Please see their programmes Programmes - YOUNG LEWISHAM PROJECT</p> <p>Young Lewisham Project 124 Kilmore Road Forest Hill London SE23 2SR .</p>	<p>The Young Lewisham Project offers a range of supportive, alternative, vocational programmes to young people who are not reaching their full potential in mainstream education.</p> <p>The Young Lewisham Project provides a safe, inclusive learning environment where young people can maximise their chances of becoming valued members of society. Through enrichment, alternative educational courses and team recreational activities we aim to re-engage young people, increase their confidence and well-being along with improving their skills and self-esteem</p>	<p>Tel: 020 8291 9771 or 07305052486 <i>General enquiries</i></p> <p>info@younglewisham.org.uk</p> <p><i>Referrals</i> george@younglewisham.org.uk 07305052486</p>
<p>Lewisham Youth Clubs</p> <p>Times are changing... Youth First</p>	<p>The Youth Clubs are still open but there is a reduced service due to funding.</p>	<p>Please visit the website to see the programmes and contact them directly</p> <p>FREE Virtual Projects for young people (youthfirst.org.uk)</p>