



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

**Some activities will also include under 16 - Updated 12<sup>th</sup> July 2021**

Please look on Lewisham Local Offer website for further activities/information, which include young people ages 16 to 25 years

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

Family Information Services web pages <https://lewisham.gov.uk/myservices/young-people>


FOR those that are 18 and over: **Adult Social Care Website** [Lewisham Council - Adult social care](#)

Contact details: London Borough of Lewisham Second Floor, Laurence House, 1 Catford Road, London, SE6 4RU - Telephone [0208 314 7777](tel:02083147777)

Contact details people who are deaf or hard of hearing: Minicom: 020 8314 3309 Text: 07730 637194 Glide: LEWISHAM Adult Social Care / 07730 637194 - Email [Gateway@lewisham.gov.uk](mailto:Gateway@lewisham.gov.uk)

Organisation and Contact Details	Service	Access
<b>GREENWICH</b> <a href="https://greenwichgetactive.com/activity-hub?">https://greenwichgetactive.com/activity-hub?</a>	Please visit their website. There are 55 inclusive activities for all ages in and round theborough of Greenwich.	<b>Please contact the activity organiser directly</b>



<p><b>CANDOCO</b>  <b>Contact us to take part</b></p> <p><a href="mailto:learning@candoco.co.uk">learning@candoco.co.uk</a>  <u>02077046845</u></p>	<p>We offer a range of weekly classes currently online. Our classes are led by experienced teachers passionate about making dance accessible to all.</p> <p>We currently offer a weekly class for 13 to 25 year olds and classes for adults. No experience is required to take part.</p> <p>Our classes will be held on Zoom. Contact us for more information.</p>	<p><b>Please contact the activityorganiser directly</b></p>
 <p><b>SOUTH LONDON INCLUSIVE DANCE EXPERIENCE (SLiDE)</b></p> <p><a href="https://slidedance.wordpress.com/youth-dance-co/">https://slidedance.wordpress.com/youth-dance-co/</a></p> <p>Monks Hill Sports Centre, Selsdon CR2 8HD  <b>Gemma</b> 07887 781 361  gemma@slidedance.org</p>	<p><b>Sessions currently held on Zoom.</b> 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><b>Ages 8 to 25 years</b></p>	<p><b>Please contact the activityorganiser directly</b></p>



<p><b>MAGPIE DANCE</b></p> <p><a href="https://www.magpiedance.org.uk/participation/magpie-dance-classes/">https://www.magpiedance.org.uk/participation/magpie-dance-classes/</a></p> <p>Magpie Dance The Churchill Theatre High Street Bromley BR1 1HA</p> <p>T:020 8290 6633</p>	<p><b>Sessions currently held on Zoom.</b> 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>Creative dance sessions for young people with learning disabilities aged 8 to 25 years.</p>	<p><b>Please contact the activity organiser directly</b></p>
<p><b>SHADWELL BASIN OUTSIDE ACTIVITY CENTRE</b></p> <p><a href="http://www.shadwell-basin.co.uk/inclusion/">http://www.shadwell-basin.co.uk/inclusion/</a> 3-4 Shadwell Pierhead, Glamis Road, London E1W 3TD Tel: 020 7481 4210</p> <p><a href="mailto:info@shadwell-basin.org.uk">info@shadwell-basin.org.uk</a></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><b>ADVENTURE FOR ALL</b></p> <p>We can support most needs at Shadwell Basin 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.</p> <p>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 <a href="mailto:dan@shadwell-basin.org.uk">dan@shadwell-basin.org.uk</a>, Telephone 020 7481 4210 or click on the links to read more about what we can offer you.</p> <p><b>Funding up to December 2021</b></p>



<p><b>HEART 'N' SOUL, DEPTFORD –</b>  <a href="https://www.heartnsoul.co.uk/stayhome">https://www.heartnsoul.co.uk/stayhome</a></p> <p><b>WHERE:</b> The Albany, Douglas Way, London, SE8 4AG.</p> <p><b>Call:</b> 020 86941632</p>	<p><b>Sessions currently held on Zoom. Please check as they are reintroducing face to face events</b></p> <p>A range of activities including art, music, dance and choir.</p> <p>Online activities  <a href="#">What's On — Heart n Soul</a></p> <p>Art and Music  <a href="#">Art &amp; Music — Heart n Soul</a></p> <p>Taking Part  <a href="#">Taking Part — Heart n Soul</a></p>	<p><b>Please contact the activityorganiser directly</b></p>
<p><b>The Midi Music Company</b>  <a href="https://www.themidimusiccompany.co.uk/courses/">https://www.themidimusiccompany.co.uk/courses/</a></p> <p>Address: 77 Watsons Street, Deptford, London SE8 4AU</p> <p>0208694 6093 or 079841 58554</p> <p><b>Please check out the programme website to see if the programme is for you and that you have the right equipment and/or experience.</b></p>	<p><b>Online Courses this Autumn</b>          Scroll down to find out more and book short courses, taking place from <b>Tuesday 21st September 2021</b> via <b>Zoom</b>. You will need computer with a built-in video camera, or a webcam to take part in all courses.</p> <p>Cre8tiv® Short Courses  <b>Affordable evening classes for young people aged 16+ and adults of all ages.</b></p> <p><b>Keyboard Skills for Songwriting - £80 / £40</b>  <b>Ages: 16+</b>  <b>Term dates:</b> 23rd September 2021 to 2nd December 2021, except half term break on 28th October 2021  <b>Times:</b> Thursdays 6.30pm to 8.30pm  <b>Location:</b> Online via Zoom</p>	<p><b>Please contact the activityorganiser directly</b></p>



	<p>Learn keyboard skills from a songwriting and arranging perspective, with a set of practical skills that will greatly enhance your knowledge of musical structure.</p> <p><b>You will need:</b> A keyboard or piano and a computer with the <a href="#">Zoom</a> video conferencing app.</p> <p><b>Minimum experience:</b> Students do not require experience or in-depth knowledge, just passion for music and willingness to learn, progress and improve their own skills.</p>	
<p><a href="#">Courses   THE MIDI MUSIC COMPANY</a></p>	<p><b>Music Production - £80 / £40</b></p> <p><b>Ages: 16+</b></p> <p><b>Term dates:</b> 21st September 2021 to 30th November 2021, except half term break on 26th October 2021</p> <p><b>Times:</b> Tuesdays 6pm to 9pm</p> <p><b>Location:</b> Online via Zoom</p> <p>If you have Logic Pro experience and want to learn the next steps, this course will bring your music bursting into life.</p> <p><b>You will need:</b> <b>Apple Mac</b> computer with <a href="#">Logic Pro X</a> (free 90-day trial currently available) and <a href="#">Zoom</a> for video conference calls. Students will need Logic 10.5 and above, an audio interface, microphone and stand to record. It is recommended you have a <b>MIDI controller keyboard</b> so you will be able to play live.</p> <p><b>Minimum experience:</b> Students should be already familiar with Logic X to enrol on this course. Not for beginners.</p>	



<p><a href="#">Courses   THE MIDI MUSIC COMPANY</a></p>	<p><b>YouTube One-Day - £40 one day course</b>  <b>Ages: 16+</b>  <b>Date:</b> Saturday 6th November 2021  <b>Time:</b> 10am to 4pm  <b>Location:</b> Online via Zoom          If you have a YouTube channel and want to maximise your online presence, <b>this is the course for you!</b></p>	
<p><b>LONDON THUNDERBASKETBALL –</b>  <a href="http://www.thunderbasketball.net/">http://www.thunderbasketball.net/</a>          The Thunderdome, Stockholm Road, London SE16 3LP          – Telephone 0207237 8515          Email <a href="mailto:info@thunderbasketball.net">info@thunderbasketball.net</a></p>	<p><b>NOT CURRENTLY RUNNING</b></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><b>WHEELS FOR WELLBEING</b>  <a href="#">Campaigning for inclusive cycling, Wheels for Wellbeing</a>  <b>Sessions in Herne Hill and Croydon</b></p>	<p>We run inclusive cycling sessions for disabled people and their families, carers or friends, from three bases in south London. Our qualified instructors, supported by fantastic volunteers, help participants try our cycles or get comfortable on the one that suits them, and offer ongoing support.</p> <p>Due to the Covid-19 outbreak, <b>booking a space at a specific time slot is required at all our sessions.</b> Please note that we will not be accepting participants on a drop-in basis.</p>	<p><b>Please contact the activity organiser directly</b></p> <p><b>Please see website for full details on sessions and bookings.</b></p>




<p><b>DS LIONS</b></p> <p>Pan Disability Football Sessions Millwall Community Trust</p> <p>The Lions Centre, Bolina Road, London SE16 3LD Tel: 020 7740 0503</p>	<p>Our Pan Disability programme is open to anyone with a disability and allows them to get involved with sport and become part of the Millwall Lion Hearts and Millwall Pan FC. This programme aims to allow individuals to gain a positive experience from football whilst promoting a positive attitude. Our personal approach to coaching this allows individuals to feel part of a collective team whilst striving and completing significant goals.</p> <p>When and Where?</p> <p>Training takes place every Thursday at the St Paul's Sports Ground between 1.30pm-2.30pm.</p> <p>Training takes place every Friday at the St Paul's Sports Ground between 5pm-6pm.</p>	<p>Please contact the activity organiser directly</p> <p>Richard White - <a href="mailto:rwhite@millwallcommunity.org.uk">rwhite@millwallcommunity.org.uk</a></p> <p>How do I book?</p> <p>Took book a session please contact Richard on the above email</p>
<p><b>Greenwich PlayTennis Club</b></p> <p><b>Steve Johnston</b> 304 Shooters Hill Road, London , SE9 2QN</p> <p><b>Telephone Number</b> 07871373419</p> <p>Professional tennis coaches.</p>	<p><b>Sessions currently suspended.</b></p> <p>An inclusive club for children, young people and adults, with and without disabilities.</p> <p>Tennis &amp; Wheelchair Tennis for <b>Juniors 8 - 16yrs</b> and Adults 16yrs+ Friday 10-12.</p> <p><b>Sports Offered</b></p> <ul style="list-style-type: none"> <li>• Wheelchair Tennis</li> <li>• Tennis</li> </ul> <p><b>Impairments catered for</b></p> <ul style="list-style-type: none"> <li>• Amputee</li> <li>• Learning Disabilities</li> <li>• Visual Impairment</li> </ul> <p>Other Impairments</p>	<p><b>Sessions will be run in conjunction with schools when resuming.</b></p>



<p><b>Community Club Southwark</b></p> <p>The Geraldine Mary Harmsworth Sports Facility SE1 6ER</p> <p><b>Telephone Number</b> - 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 <b>2pm-4pm every Saturday</b> during term time and is open to all people with a disability <b>aged 11+</b> 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><b>Impairments catered for:</b></p> <ul style="list-style-type: none"> <li>• Amputee</li> <li>• Cerebral Palsy</li> <li>• Learning Disabilities</li> <li>• Visual Impairment</li> <li>• Other Impairments</li> </ul>	<p><b>Please contact the activityorganiser directly</b></p> <p>Any questions you may have, please contact DSC's Club Development Officer, Emma Cranston: 02070210973 or <a href="mailto:clubs@disabilitysportscoach.co.uk">clubs@disabilitysportscoach.co.uk</a></p>
<p><b>Newham LeisureCentre</b></p> <p><a href="mailto:michelle.weltman@activenewham.org.uk">michelle.weltman@activenewham.org.uk</a></p> <p>See sports offered here</p> <p><a href="http://www.activenewham.org.uk/disability_sport">http://www.activenewham.org.uk/disability_sport</a></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 <b>and children</b>.</p> <p>Centre has an IFI Accredited Gym. Centre has full disabled access including pool hoists, disabled changing rooms and toilets.</p>	<p><b>Please contact the activityorganiser directly</b></p> <p>Anyone from any borough can attend</p>





<p><b>The Werewolves of London Special Hockey Club</b></p> <p><a href="http://www.werewolvesoflondon.org.uk">www.werewolvesoflondon.org.uk</a></p> <p>Streatham Ice &amp; 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><b>Telephone Number</b> - 07904477175 <b>Email Address</b> - <a href="mailto:mike@werewolvesoflondon.org.uk">mike@werewolvesoflondon.org.uk</a></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 <b>5 years up</b> 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><b>Sports Offered</b></p> <ul style="list-style-type: none"> <li>• Ice Hockey</li> </ul>	<p><b>Please contact the activity organiser directly</b></p> <p>Our season runs from September to May, on mostly alternate Saturdays from 4:30pm to 5:30</p>
 <p><b>fusion</b> 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: <b>Bellingham</b>, The Bridge, <b>Forest Hill Pool</b>, Glass Mill Leisure, <b>Bowls Centre</b>, Wavelengths</p> <p><b>Matthew Houghton</b> Divisional Sports &amp; Community Development Manager M 07827 277856 - <a href="http://www.fusion-lifestyle.com">www.fusion-lifestyle.com</a></p>	<p><b>Please contact the leisure centre directly to see what they have available in your area:</b></p> <p>Free swimming. <b>Any age (providing you have evidence of disability)</b> They accept PIP letters (formally DLA)</p> <p>Free gym for <b>16 plus only</b> 25% off classes. Classes are for 16+</p>	



<p><b>TRAMSHED</b>  <b>Greenwich and Lewisham YoungPeople's Theatre</b></p> <p>Tramshed (next to Wilko) 51-53 Woolwich New Road</p> <p><b>Telephone:</b> 020 8854 1316</p> <p><b>Email:</b> info@tramshed.org</p> <p><a href="http://www.glypt.co.uk/about-glypt/">http://www.glypt.co.uk/about-glypt/</a>          In partnership with funded by BBCChildren in Need  <b>Price:</b> 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><b>To Join:</b>          Please contact <a href="mailto:eleanor@tramshe d.org">eleanor@tramshe d.org</a> for further details.</p>
<p><b>TRAMSHED</b>  <b>Greenwich and Lewisham YoungPeople's Theatre</b>          Tramshed (next to Wilko) 51-53 Woolwich New Road</p> <p><b>Telephone:</b> 020 8854 1316  <b>Email:</b> 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: <a href="http://www.glypt.co.uk/about-glypt/">http://www.glypt.co.uk/about-glypt/</a>          In partnership with funded by BBCChildren in Need</p> <p><b>Price:</b> 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><b>To Join:</b>  <b>To join SHOUT you will need a professional referral.</b></p> <p>Please contact <a href="mailto:eleanor@tramshe d.org">eleanor@tramshe d.org</a> for further details.</p>



<p><b>TIDEWAY SAILABILITY</b>  <a href="https://www.tidewaysailability.org.uk/">https://www.tidewaysailability.org.uk/</a></p> <p>020 7237 1001</p> <p><a href="mailto:Simon@whiteley.net">Simon@whiteley.net</a>  07860 859642</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, Surrey  Quays and South Bermondsey</p> <p><b>Sailing:  Wednesdays and Sundays</b></p> <p><b>Sailing hours are 10.30 to 12.30 and 1.30 to 3.30.</b></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><b>Learn to sail</b>  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>We can cater for all levels and types of disability, and our standard age range is 6 and over. We sail in a very sheltered enclosed dock, so suitable for the nervous and inexperienced, and our standard boats are very simple for the new sailor. No previous experience required.</p> <p>We have one or two person boats which can be used by everyone. Pre Covid we would use one of our volunteers to accompany anyone who needed it. We can't do that at the moment but we have had success with many sailing novice helpers/assistants/family who can accompany any client who needs it.</p> <p>Hoists and slings plus easy access for wheelchairs. Car parking (free) on site.</p> <p>Standard costs (reduced for this year from £10) are £5 per 2 hour session, with subscriptions for regular sailors. Less for juniors. Taster session free. Sailing hours are 10.30 to 12.30 and 1.30 to 3.30.</p>	<p>Call or email to say you are coming as they need to arrange volunteers.</p> <p><b>Available to all ages</b> – although <b>not</b> suitable for under 6 year olds</p> <p>Note: Highly recommend</p>
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<p><b>DISABILITY WATER SPORTS(DWSC)</b>  <a href="http://www.dswc.org">www.dswc.org</a>  <a href="mailto:james@dswc.org">james@dswc.org</a></p> <p>35a Westferry Road Docklands          London E14 3QS</p> <p><b>By Car</b> - 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><b>By Tube</b>          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><b>By Bus</b>          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>These sessions cater for <b>8 to 18 year</b> 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 <a href="mailto:james@dswc.org">james@dswc.org</a></p> <p>Members free Non members £5</p>
<p><b>S-FACTOR ACADEMY</b>  <a href="http://www.sfactoracademy.co.uk">www.sfactoracademy.co.uk</a>  <a href="mailto:disability@sfactoracademy.co.uk">disability@sfactoracademy.co.uk</a></p> <p>Pan Disability Athletics Sessions</p> <p>Ladywell Arena, Silvermere Road, Catford, London SE6 4QX</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.</p> <p>Delivered by friendly, inclusive and qualified coaches/volunteers.</p> <p>Sessions are for ages <b>7 to 25 years.</b></p>	<p>Please call Mobile: 07840 528 587          07719596045 or email <a href="mailto:disability@sfactoracademy.co.uk">disability@sfactoracademy.co.uk</a></p>



Please call Mobile: 07840 528 587  
07719596045 or email [disability@sfactoracademy.co.uk](mailto:disability@sfactoracademy.co.uk)

[safeguarding@sfactoracademy.co.uk](mailto:safeguarding@sfactoracademy.co.uk)

[admin@sfactoracademy.co.uk](mailto: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

**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 bank account details.

Note: if payment is not made in advance athletes may not be allowed to train on the day.

Payments details:

Account Name: S-Factor Academy

Bank Account: 53271714


Sort Code: 20-45-45

PLEASE QUOTE CHILD/S NAME AS REFERENCE

Please make block bookings either in block sessions of 4 (monthly) or 6 weeks (school term times).

Specialist adapted equipment also available including:



	<p>Racing WCs, audible equipment, sensory equipment</p>	
<p><b>REMARK!</b></p> <p>Community &amp; 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><a href="http://cadfc.co.uk">Charlton Athletic Deaf Football Club (cadfc.co.uk)</a></p>
 <p>Embrace the positive</p> <p><b>Activity PLUS</b></p> <p>Contact: Michael William Pennington          Email: <a href="mailto:Michaelp@plus-services.org">Michaelp@plus-services.org</a>          Telephone: 0208 297 1250</p>	<p><b>Workshops; Activities; and Events Coming soon:</b></p> <p><b>Gardening Group: Spa Hill Allotments</b>          In this Group you will learn how to: Grow your own vegetables; Look after your vegetables and fruits; and take care of an Allotment plot</p> <p><b>And you will have the opportunity to take home organically grown vegetables.</b></p> <p>For people who can attend with no support or provide own support (Group Tutor / Coordinator Only)</p> <p>Workshop and shared support. (Includes cost of Course Tutor and 'At Workshop' shared support worker from PLUS)</p>	<p><b>Please contact the activity organiser directly</b></p>



	<p>For people who require high levels of support (e.g. 1:1 this can be provided through our outreach service – please contact for detail)</p> <p>At Spa Hill Allotments, 180 Spa Hill Road, Crystal Palace, SE19 3TU (450 Bus passes by gate to allotment)</p> <p>This is not included in the cost above - students will need to be dropped off and collected by a parent/guardian, taxi, 1-1 support or travel independent.</p> <p>Students will need to bring in a packed lunch, snacks and drinks as required.</p> <p>This is all provided, and students can get to take home any successfully grown produce!</p> <p><b><u>Times:</u></b></p> <p><b>Monday:</b> 9.30am – 12.30pm</p> <p><b>Wednesday:</b> 1pm – 4pm</p>	
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**PLUS**

Embrace the positive

**For Further Details:**

Email: [Michaelp@plus-services.org](mailto:Michaelp@plus-services.org)

Contact: Michael William Pennington /

Telephone:0208 297 1250

**Location:** Pretty Little Rooms, 23 Penge High Street, attached to the Pretty Little Cupcakes shop and kitchens.

**Workshops; Activities; and Events Coming soon:**

**Creating Cookies: COOKIES!!! Mmmh**

Develop your baking skills and create some melt in the mouth cookies.

In this workshop you will learn how to; maintain food hygiene; follow a recipe; measure ingredients; create and bake your own cookies

You will also spend some time with others, having fun whilst learning.

And you will be taking your cookies home with you!

When/Where: TBC - Planned for Wednesday Afternoons

**Cupcake Workshops: Learn to bake and decorate cupcakes.**

Do you enjoy eating tasty cakes, and want to learn how to make them? Or do you simply like baking and want to do it more? Then come and join Pretty Little Cupcakes in our Baking and Decorating Workshops.

**When:** Our current workshop running on Tuesdays is fully booked, but new workshops will be opening for bookings This is a very popular activity and places go fast, so we would advise contacting to express an interest/reserve a place. See contact details above.

**Please contact the activityorganiser directly**







	<p><b>12<sup>th</sup> August 2021</b>  <b>Ecology Park, East Greenwich.</b>  <b>With Tea in local café</b>  <b>Travel by Bus</b></p>		<p>Bring your Bus pass  Walking Shoes  No Additional Costs</p>	
	<p><b>19th August 2021</b>  <b>Greenwich Market.</b>  <b>With Tea in local cafe</b>  <b>Travel by Bus</b></p>		<p>Bring your Bus pass  No Additional Costs  Unless you buy from a st</p>	
	<p><b>26<sup>th</sup> August 2021</b>  <b>Basketball at Charlton Park.</b>  <b>With Tea in local café Travel by Bus</b></p>		<p>Bring your Bus pass  Dress for sport Trainer  No Additional Costs</p>	
	<p><b><u>Cost:</u></b></p> <p><b>£5</b> For people who can attend with no support or provide own support (Group Tutor / Coordinator Only)</p>			



	<p><b>£40</b> Workshop and shared support. (Includes cost of Course Tutor and 'At Workshop' shared support worker from PLUS)</p> <p>For people who require high levels of support (e.g. 1:1 this can be provided through our outreach service – please contact for detail)</p> <p><b>Travel:</b> To Belmont Hill is not included in the cost above - members will need to be dropped off and collected by a parent/guardian, taxi, 1-1 support or travel independent.</p> <p><b>Equipment:</b> Please bring your Travel Card. And wear shoes/clothing suitable for walking/weather. Otherwise none required.</p> <p><b>Additional Costs:</b> Individual entry fees for activities and one off or special events will be payable in addition to the above cost.</p>	
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<p><b>GREENWICHBOUNCERS</b></p> <p><a href="http://www.greenwichbouncers.co.uk">www.greenwichbouncers.co.uk</a></p> <p>Rebound Therapy</p> <p>Plumstead Manor School, Old Mill Road, Plumstead, London SE18 1QF</p> <p>Anne-Sonia King 07956 168208</p> <p><a href="mailto:mail@greenwichbouncers.co.uk">mail@greenwichbouncers.co.uk</a></p>	<p>Trampoline</p> <p>Accessible to those with and without mobility</p> <p>Aids. <b>NO HOIST FACILITIES</b> – MUST BE ABLE TO CLIMB ON AND OFF THE TRAMPOLINE</p> <p>Ages 2 and up = ALL AGES</p>	<p>Please contact directly for further information</p> <p><b>We have received no response on whether the service is running</b></p> <p><b>PLEASE DO CHECK THE COSTS FOR THIS</b></p>
<p><b>Swimming and Trampolining</b></p> <p><b>SIGNAL FAMILY SUPPORT</b></p>	<p>Charmaine Perry</p> <p><b>Activities Co-ordinator, SIGNAL Family Support</b></p> <p>activities@signalfamilysupport.org   M - 07432719624</p> <p>Activities provided by the mutual support group SIGNAL for families of children with a <b>diagnosis of ASD (or awaiting diagnosis)</b></p> <p>Swimming - Wavelengths Leisure Centre, Giffin Street, Deptford, SE8 4RJ currently suspended</p> <p>Trampolining – Downham leisure centre Wednesday after school</p>	<p><b>Family membership required to access these activities and a subsidised termly fee.</b></p>



<p><b>Young Lewisham Project</b></p> <p><b>Please see their programmes</b>  <a href="#">Programmes - YOUNG LEWISHAM PROJECT</a></p> <p>Young Lewisham Project          124 Kilmore Road          Forest Hill          London          SE23 2SR</p>	<p><b>YOUNG PEOPLE AGED 13 TO 19</b></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><b>Lewisham Youth Clubs</b></p> <p><a href="#">Times are changing...   Youth First</a></p>	<p>The Youth Clubs are still open but there is a reduced service due to funding.</p> <p><a href="#">FREE Virtual Projects for young people (youthfirst.org.uk)</a></p>	<p>Please visit the website to see the programmes and contact them directly</p>
<p><b>SOUTH LONDON INCLUSIVE DANCE EXPERIENCE (SLiDE)</b></p> <p><a href="https://slidedance.wordpress.com">https://slidedance.wordpress.com</a></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. Ages 8 to 25 years</p>	






<p><b>Blackheath Fencing Club</b> (Ages under 17 and 17+)</p> <p><a href="http://www.blackheathfencing.org.uk">www.blackheathfencing.org.uk</a></p> <p>Blackheath High School, Vanbrugh Park, London, SE3 7AG Telephone Number 020 8309 7827 Email: <a href="mailto:clubsecretary@blackheathfencing.org.uk">clubsecretary@blackheathfencing.org.uk</a></p>	<p><b>Sports Offered</b> • Wheelchair Fencing Impairments catered for • Amputee • Cerebral Palsy • Spinal Cord Injury • Visual Impairment Club can cater for a range of disabilities.</p> <p>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. There is a disabled toilet available at the club. When do we meet: 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>Please call them directly for more information.</p> <p><b>We have not heard back from them so please check that they are running and that this service is still available.</b></p>
<p><b>Brixton Fencing Club</b> <a href="http://www.brixtonfencingclub.com">www.brixtonfencingclub.com</a></p> <p>Brixton Recreation Centre, 27 Brixton Station Road, London, SW9 8QQ Email Address - <a href="mailto:edwardpeck@brixtonfencingclub.com">edwardpeck@brixtonfencingclub.com</a></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.</p> <p>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. Impairments catered for • Visual Impairment.</p>	<p>Anyone from any borough can attend When do we meet - Mondays, Weds and Fridays 6.00pm</p> <p><b>We have not heard back from them so please check that they are running and that this service is still available.</b></p>



<p><b>SURREY DOCKS FARM</b></p> <p>www.surreydocksfarm.org.uk</p> <p>Lucy <a href="mailto:lucy@surreydocksfarm.org.uk">lucy@surreydocksfarm.org.uk</a></p> <p><u>Projects for adults with learning disabilities.</u> (<a href="http://surreydocksfarm.org.uk">surreydocksfarm.org.uk</a>)</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. Adults attend our training projects use their PIP budget to pay for the training, so we're able to welcome adults from across boroughs. Full details about our projects can be found on our website:</p>	<p>Please do contact them directly.</p> <p><a href="https://www.surreydocksfarm.org.uk/projects-for-adults-with-learning-disabilities/">https://www.surreydocksfarm.org.uk/projects-for-adults-with-learning-disabilities/</a></p> <p>Please visit their website for further details</p>
<p><b>MENCAP</b></p> <p><a href="https://www.mencap.org.uk/about-us/ourprojects">https://www.mencap.org.uk/about-us/ourprojects</a></p> <p>Disability Helpline 0808 808 1111</p>	<p>Offers a wide range of services Golf, Canoeing, Bexley Running Group, Lewisham Basketball, Fishing</p> <p>PLEASE CALL THEM DIRECTLY 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</p> <p><a href="#">Sitemap   Mencap</a></p>	<p>Please do contact them directly.</p>
<p><b>Aurora Options</b></p> <p><a href="http://www.auroraoptions.org.uk">http://www.auroraoptions.org.uk</a></p> <p>Gail Nicholls- Director of Development &amp; Referrals Manager</p> <p>Address: Unit 3 California Building Deals Gateway London SE13 7SB</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. 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 personcentred as possible. We strive to be adaptable, diverse and responsive to the needs of our clients. We work in</p>	<p>Accessed through Adult with Learning Disabilities Social Care</p>





<p>Telephone: +44 (0)208 469 8103 Email:  <a href="mailto:admin@auroraoptions.org.uk">admin@auroraoptions.org.uk</a>          Twitter:auroraoptions1</p>	<p>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><b>CARD MAKING and Arts and Crafts</b></p>  	<p>Aurora Options support adults with learning disabilities to attend Cardmaking. The students design, make, pack cards and crafts to sell. All the money raised is reinvested back into the card making enterprise to buy stock, materials and equipment, and in the future for individuals to be paid.</p>  <p>Students are part of an exciting, creative and differentiated Card and Craft Enterprise where they have the opportunity to learn new skills, socialise, and practise their speaking up and confidence skills within a learning environment.</p> <p>Our Cardmaking sessions are run on Monday and Thursday at St Johns Church, St Johns Vale, SE8 4EA</p> <p><b>Cost:</b> £58 per day, this is usually paid through direct payments or a personal budget.  <b>Travel:</b> This is not included in the £58 students will need to be dropped off and collected by a parent/guardian, taxi or 1-1.  <b>Lunch:</b> Students will need to bring in a packed lunch, snacks</p>	<p><b>Contact:</b> Lauren Fiddes  <a href="mailto:laurenfiddes@auroraoptions.org.uk">laurenfiddes@auroraoptions.org.uk</a>  <b>Website:</b>  <a href="http://www.auroraoptions.org.uk">www.auroraoptions.org.uk</a>  <b>Telephone number:</b>          0203 909 0566</p>





	<p>and drinks.</p> <p><b>Equipment:</b> We will let you know what equipment students will need to bring in.</p> <p><b>Times:</b> 9.30- 3.30.</p> <p><b>What to do next:</b> If you are interested students can attend a taster morning or afternoon.</p>	
<p><b>LEWISHAM LOCAL AUTHORITY WEBSITE</b></p> <p><a href="#">Lewisham Council - Arts facilities for people with disabilities</a></p>	<p>INCLUSIVE</p> <p>Arts</p> <p>Drama</p> <p>Dance (Laban is listed but we do not think it runs in Lewisham now, but please do check)</p> <p>Art Courses</p> <p>Theatre</p> <p>Library</p>	<p>Please do visit the website and check on availability.</p>