Play and Leisure Guide
for Sutton Families with Disabled Children

Our vision is that all families with disabled children are empowered to live the lives they choose to live...
Contact a Family Sutton

How we can help: If you live in Sutton and are the parent or carer of a child with additional needs or a disability, please get in touch. We provide information on issues relating to your child’s needs as well as benefits and debt, social services, education, grants and other support. We also hold workshops, training and events for parent carers and their families.

Benefits advice: We have a Family Worker whose main role is to help parents in the Borough with their applications for Disability Living Allowance and other sources of financial help. Our Family Worker is available for confidential one-to-one sessions with parents and carers and will help with any aspect of benefits, grants and debt advice.

Newsletter: we produce a quarterly newsletter with information about local events, activities and services as well as news for parent carers of disabled children.

Publications: Contact a Family produces many useful publications, including free parent guides on a range of subjects such as benefits, relationships and special educational needs.

Parent Participation and consultation: We support parent carers in Sutton of disabled children and young people (up to the age of 25) to have a voice in how local services for disabled children are developed and delivered. We facilitate the Sutton Parents’ Forum meetings and consultations and hold information events and workshops that bring parent carers and professionals together to help shape the planning, delivery and evaluation of local services.

Every parent or carer of a disabled child in Sutton is automatically a member of the Sutton Parents’ Forum. To find out how you can be more involved in the development of local services for disabled children please get in touch.

Steering Committee: At Contact a Family Sutton, we also have a Steering Committee made up of parents who help guide our work and keep us focused on issues that are important for families of children with additional needs.

Contact a Family Sutton, St Helier Community Association, Hill House, Bishopsford Road, Morden SM4 6BL

Phone: 020 8640 5525

Email: Sutton.office@cafamily.org.uk
Play and Leisure Guide

for Families with Disabled Children and Young People in Sutton

Contact a Family Sutton
1/11/2012

Contact a Family is unable to recommend or endorse any of the providers cited. It is the responsibility of the user to ensure that the service and/or the activity is suitable before using it. This should cover whether or not staff have Criminal Record Bureau Checks and that Child Protection Policies are in place.
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Acknowledgements

Contact a Family Sutton would like to take this opportunity to give a big “thank-you” to the Big Lottery Fund for enabling us to produce this guide for Sutton families with disabled children.

A substantial Big Lottery Fund Reaching Communities Grant was awarded to Contact a Family Sutton in 2009. These funds have enabled us to employ a Family Worker on a part time basis for four years, with a focus on providing support to families in maximizing their income, including through benefits and grants, and providing information on how to better manage budgets and debts. The grant has also supported our parent participation work in the Borough.

We would also like to acknowledge the valued support of the London Borough of Sutton for their funding of our Information support and advice service and our parent participation and involvement work with Sutton Parents.

We thank the parents, Local Authority officials, and other voluntary sector organisations that have helped us produce this guide.

One of Contact a Family’s most important principles is to develop our work through involving parents and to make parent involvement the heart of everything we do. So, we would like to take this opportunity to thank the members of our local Steering Committee for their continuing commitment and support.

A big note of thanks to our Information Officer, Grace Dolan, for her hard work in producing this guide and also to her predecessor, Nathalie De Broglio.

Finally, we would like to thank Jo Hardy, the Head of Engagement and Support for London at Contact a Family’s Head Office, who directly oversees our work and in turn reports to Contact a Family’s Senior Management Group and our Trustees. We are also supported by other colleagues at City Road including HR, ICT, the fundraising team, accounts services, and the national helpline including expert advisors on SEN, benefits and related services.
Dear Sutton Parent Carers,

Welcome to our Play & Leisure Guide!

We want to give parent carers a stronger role in developing local services and to help reduce the social isolation of families with disabled children in the Borough. And we know from our previous consultation surveys with parents that there is an unmet demand for play and leisure services and information about them. So we have pulled this guide together using a variety of sources including parents, who prove time and time again, that the best source of information for parents are other parents!

Inevitably you will find some omissions and at some point the material will become out of date - which is why your feedback is so important, to keep it alive and further develop it in the future. Please do give us your feedback by email to sutton.office@cafamily.org.uk or phone 0208 640 5525.

I hope that this Guide will inspire readers to consider volunteering, or finding volunteers among your friends or work colleagues, perhaps to support an existing organization that provides a play or leisure activity for children and young people with additional needs, or to start your own group.

Starting a new club or service for our children can be a real challenge as well as being hugely rewarding. So, if you are interested in volunteering your support for any existing organisation, or setting up a new one, I strongly recommend that you take advantage of the excellent support available from the Volunteer Centre Sutton www.vcsutton.org.uk and Sutton Centre for the Voluntary Sector www.suttoncvs.org.uk.

Contact a Family can also help with free advertising of your idea or club in our newsletter.

Once again, please do give us your feedback on our Play and Leisure guide and help us to maintain and improve it.

Mike Dwyer
Manager
Contact a Family, Sutton
Sutton.office@cafamily.org.uk
Tel: 020 8640 5525
Sutton Centre for the Voluntary Sector (SCVS)

SCVS main purpose is to promote, develop and support the voluntary and community sector in Sutton. They are part of a national network of 250 CVS’s across the country, supported by a national body National Association for Voluntary and Community Action (NAVCA).

SCVS currently have around 300 voluntary and community groups in membership, which vary considerably in size and scope from smaller volunteer led and run community groups to larger organisations employing staff and providing services to significant numbers of local people.

SCVS offers free advice, support and guidance to develop the capacity of voluntary and community organisations in Sutton. The support includes capacity building, governance issues, policies and procedures, working with trustees, staff and volunteers to ensure best practice across the organisation, strategic planning, and training, fundraising and income generation.

A key commitment to the organisational support delivered is to work with small, new and emerging groups. For new and emerging groups SCVS hold workshops for individuals to explore their ideas and find out if there is a need for their proposed group or if it would be better for them to they work with another existing group. Also covered in the workshops are the legal structures and governance needed to set up a group.

SCVS has developed a Good Governance Guide which helps with the early stages of development of groups. The guide can be found at http://www.suttoncvs.org.uk/documents/GovernanceGuideA5.pdf

Contact the development team for further support and information:

Sutton CVS, Granfers, Community Centre, 73-79 Oakhill Road, Sutton SM1 3AA

Tel: 020 8644 2867
Fax: 020 8641 5753
enquiries@suttoncvs.org.uk
http://www.suttoncvs.org.uk/
**Volunteer Centre Sutton**

The Volunteer Centre Sutton (VCS) is one of the largest in the country and delivers a broad portfolio of services to enhance community well-being through voluntary action, encouraging and supporting everybody who lives in or visits the London Borough of Sutton to volunteer with a positive outcome.

Central to VCS role is ensuring standards of excellence are achieved in the management of volunteers, and that volunteers are recognised for their valuable contribution to the local community.

The Centre also manages a number of projects designed to both support social objectives and respond to local need and identified gaps in provision.

VCS can help you find your ideal volunteering role and give you advice, training and support to make sure you get the most from your time as a volunteer. VCS have five Volunteer Interviewers who are themselves volunteers who are trained to help determine the volunteering opportunities that most closely match volunteers’ interests and to offer a variety of posts from their extensive data base.

**Volunteer Centre Sutton**
31 West Street
Sutton
SM1 1SJ

Tel: 020 8661 5900

Web: www.vcsutton.org.uk/

**Jigsaw4u**

Jigsaw4u’s Disabled Children’s Participation Service offers 11-21 year old disabled children and young people in Sutton the chance to learn new skills, have their say and make decisions about the changes in their lives.

If there aren’t enough sports clubs that are suitable for your needs, if you don’t feel safe on the buses in your area, or maybe you’re struggling to get a job or get into college - we encourage young people with any range of disabilities to tell us what they want from local services and we try to use these views to affect change.

Young people involved in Jigsaw4u get to make their voices heard, meet new and like-minded young people, have fun and feel listened to!

There are many ways you can get involved in our project. You can come to our advisory groups called UC4L, at which young people get to talk about their issues and get consulted on local changes to services – most recently we conducted surveys on travel and crime and victim satisfaction. Or you can access specific services for your needs – currently we are running travel training and social skills training workshops, but there will be ongoing workshops throughout the year on different topics. Hopefully, you also get to have fun - we are running a fun day in October that will have face painting, exercise and dance workshops, and we recently took groups of young people to the Olympic and Paralympic Games!
Sound good? To get involved you can visit our website:

Web: www.jigsaw4u.org.uk

or contact Michelle Mullarkey, Disabled Children’s Participation Officer:

Email: michellemullarkey@jigsaw4u.org.uk

Mob: 07971 517 513

Tel: 020 8687 1384

**The Sutton Parents Forum**

The Sutton Parents Forum is run by parent/carers of disabled children for parent/carers of disabled children and young people aged from 0 to 25, who live in the London Borough of Sutton.

Our aim is to work alongside the Sutton Disability Partnership Board and other decision making groups to be the collective voice that informs service providers of the needs of all disabled children, young people and their families in Sutton. We attend many board meetings in Sutton including CAMHS, Transition Partnership, Physical and Sensory Boards, the Carers Forum and Steering Group and the Commissioning Group.

Every month we host a coffee morning at different venues across the borough but always with free fresh coffee, tea and pastries! So far this year we have been joined by, amongst others, Dr. Sally Morgan from CAMHS, Jane and Rosemary from Sutton Parent Partnership, Faye Wedlock and team talking about gadgets and adaptive technology, Jigsaw4U and Toby Price, Head of Learning Difficulties and Disabilities answering questions about the current Short Breaks Review. Our September Café gave parents the opportunity to contribute ‘their story’ to the report we are putting together to explain to Councillors and M.P.s why short breaks are so important to us and how cuts to these will affect us and our ability to cope with the challenges of our lives.

This year we compiled a Leisure Survey which was completed by 119 families (thank you!) and from this we produced a report of the findings which we presented to the Sutton Disability Partnership Board in July 2012. They agreed to use the outcomes as a ‘steer’ when planning leisure programmes and we continue to meet with them to ensure this happens.

We try to reach as many parent/carers as we can, so please go to our website www.suttonparentsforum.org.uk or www.facebook.com/Sutton-Parents-Forum for up to date information on coffee morning dates and other events and news – we hope to meet you very soon!

Jane Knowles on behalf of Sutton Parents Forum Steering Group
I-Count Card and Disability Register
The I COUNT card is accepted by many organisations as proof of disability, enabling concessions, fast tracking and assistance to be obtained more easily.

What are the benefits?
I COUNT is a Register of Disabled Children and Young People who live in the area. Disabled children do not have to be registered but there are big advantages if they are:

- Children get an I COUNT card which many organisations accept as proof of disability, enabling concessions, fast-tracking and assistance to be obtained more easily.
- Agencies like Health, Education and Social Services have much better information about the needs of disabled children in their area. This helps them to provide better services and funding to develop the best possible service for your children.

Which children can be registered on I COUNT?
A child may be eligible for registration if s/he:

- Has a disability which will affect their functioning for at least two years.
- Is a resident or the responsibility of the London Boroughs of Croydon, Kingston, Lambeth or Sutton.
- Is under 18 years of age.

If you would like an application pack or further information, please leave your name and address, together with your child’s name and date of birth on the 24-hour answer phone 020 8436 1742, or email the same information to icountregisters@sutton.gov.uk. For any other enquiries please call the answer phone, drop us an email or write to ICount Registers@Sutton, Tweeddale Centre, Tweeddale Road, Carshalton SM5 1SQ.

Multi-Sensory Rooms
A multi-sensory room is a stimulating environment in which a range of equipment, activities and experiences are used to increase sensory awareness and positive behaviors. There are three in Sutton:

Tweeddale: 020 8404 1640 (Tweeddale Primary School, Tweeddale Road, Carshalton, Surrey, SM5 1SW)

Phoenix Centre: 020 8770 6006 (Mollison Drive, Wallington, Surrey SM6 9NZ)

The Grange: 020 8410 5003 (Beddington Park, London Road, Wallington, Surrey SM6 7BT)
Short Breaks

Short Breaks are provided by the Local Authority. They are designed to support disabled children, young people and their families allowing children to experience new relationships, environments and positive activities whilst giving families a break from their caring role. They are preventative services that form part of the support received by disabled children. Please see Appendices (at the back of this book) for further information.

Sutton Family Information Service

The Sutton Family Information Service (FIS) can provide free information for families with Children aged 0-19; on childcare, activities, Children's Centres, Extended Schools, parent and family support services, recruitment and careers advice for parents plus much more.

Tel: 020 8770 6000
Email: familyinfo@sutton.gov.uk
Web: www.suttonfamilyinfo.org.uk

Sutton Opportunity Pre-school

Sutton Opportunity Pre-school has morning sessions for pre-school children aged 2 – 5 years old from Monday to Friday in a rich and stimulating environment for children who have significant levels of additional needs. The group is run by experienced staff who deliver a wide range of learning opportunities.

Tel: 020 8409 7251
Address: Sutton Opportunity Pre-school, The Grange, Beddington Park, London Road, Wallington, Surrey SM6 7BT

Rising Stars (Sutton)

Rising Stars in partnership with Bliss, a Baby and Toddler Group for children with disabilities or additional needs. Bliss is a national charity for sick and premature babies. The team of volunteers have Childcare qualifications, experience of working with children who have special needs, experience of B & T Group work and personal experience (ie, as a parent of a child with a disability or born premature.) The aim is to provide a place for parents/carers to be able to relax, have a chat, have a coffee, and share experiences (highs and lows) and childcare tips. For the babies and toddlers, to have fun playing with our lovely toys (including some specialist toys and equipment) and to start some early socializing. We also hope to help with ‘signposting’, pointing you in the right direction for professional help and information which might be useful now or in the future. You are welcome to drop in any time on Thursdays between 9.30 and 11.30am in term time. If you have other preschool children without additional needs, they are welcome too!
Tel: 020 8642 8117
Email: bliss.sutton@gmail.com
Address: Sutton Christian Centre, 25 Tate Road, Sutton, Surrey SM1 2SY

**Sutton Play and Stay**

Sutton Portage organise Play and Stay sessions for 0 – 10 year olds with additional needs and their siblings. Sessions take place during school holidays. Contact Pam Fry for more details of children's centres play and stay sessions for children with additional needs.

Tel: 020 8436 1741
Email: pam.fry@sutton.gov.uk

**London Borough of Sutton Early Years and Childcare Resource Centre** (Sutton)

The Resource Centre has a free loan service for all childcare and education providers in the London Borough of Sutton and for parents/carers of children with additional needs. The Centre stocks a wide range of toys and resources to help meet the development and play needs of all children. It enables providers and families to borrow good-quality toys, educational equipment and training resources. Opening hours: Tuesday 9.30am – 3.30pm, Wednesday: 9.30am – 2pm, Thursday, 12noon – 5.30pm.

Please visit the website for more information, dates that the centre is closed, stock lists and membership forms.

Web: www.suttonfamilyinfo.org.uk
Address: Sutton Library, Level 1A (opposite the Children's Library), St Nicholas Way Sutton SM1 1EATel: 020 8770 6713

**London Borough of Sutton Libraries**

Story time and rhymes for children aged 0 – 5 years take place in libraries. Ask at your local library for details.

The public mobile library is open to all members of Sutton libraries and stops at more than 50 locations within the borough during the week. The current vehicle provides wheelchair access. The regular stock consists of approximately 2,500 items. For adults there are novels, biographies and other factual books in both hardback and paperback (including large print and talking books). DVDs are also available for rental and can be borrowed for a week. Readers with special interests not covered by the regular stock can request items to be made available. A large
selection of children's books (fiction and non-fiction) and story tapes are available to suit all age ranges.

The Mobile Library, the Library at the Phoenix Centre, the Library at the Life Centre and the Ground Floor of Sutton Library are the only libraries in the borough open on a Monday. Further details are available from the Librarian (Mobile Library Service), Sutton Central Library, St Nicholas Way, Sutton SM1 1EA.

Tel: 020 8770 4705.
Web: www.sutton.gov.uk
Colleges in Sutton

Carshalton College

Carshalton College offers a variety of courses available to adult learners as well as offering lots of classes specifically for students with learning difficulties – such as independent living classes and creative sessions. It is recommended that you contact the college to discuss your child’s needs before enrolling.

Tel: 020 8544 4444
Email: cs@carshalton.ac.uk
Web: www.carshalton.ac.uk
Address: Carshalton College, Nightingale Road, Carshalton, Surrey SM5 2EJ

Orchard Hill College

Orchard Hill College offers lots of courses specifically for students with learning disabilities. They offer independent living courses, transition courses and foundation skills as well as more mainstream educational courses.

The college has several bases across South London but in Sutton the main ones are:

Old Town Hall, Wallington, Old Town Hall, Woodcote Road, Wallington, Surrey, SM6 0NB

Tel: 020 8254 7820
Email: keverett@orchardhill.ac.uk

And VPC, Carshalton, Mavis Peart Building, Carshalton College Campus, Nightingale road, Carshalton, Surrey, SM5 2EJ

Tel: 020 8544 3188
Email: kbanton@orchardhill.ac.uk

SCOLA

Sutton College of Learning for Adults offers a huge variety of classes in everything from Maths to Sezchuan cookery. They are very welcoming of students with disabilities and additional needs and lots of classes are fully accessible. The college also offers lots of classes specifically for students with learning difficulties – such as independent living classes and creative sessions. It is recommended that you contact the college to discuss your child’s needs before enrolling.

Tel: 020 8770 6901
Web: www.scola.ac.uk
Address: SCOLA, St Nicholas Way, Surrey, SM1 1EA

**Sutton Centre for Independent Living and Learning (SCILL)**
SCILL offer a range of leisure activities including art, craft, computers, cookery, gym, bowls, games, pottery, darts, gym, digital photography. SCILL also sometimes run short courses and clubs.

Tel: 020 8770 4057

Email: administrate@scill.org.uk
Web: www.scill.org.uk/services/activities-and-classes
Address: SCILL, 3 Robin Hood Lane, Sutton, Surrey, SM1 2S
Sutton Children’s Centres

There are 14 Sure Start Children’s Centres across the London Borough of Sutton. Each centre delivers a varied menu of free activities and services for all children under five in the local community. You can go to an inclusive session for children with and without disabilities, or attending a session specifically for disabled children and their families.

Sure Start Children’s Centres offer families an opportunity to:

• Attend sessions where you can play with your child/ren in a fun and nurturing environment. All sessions support child development through a variety of exciting and imaginative activities.
• Meet and chat with other parents over a cup of coffee.
• Get advice on parenting, local childcare options and access to specialist services for families like health services, healthy eating advice or help with managing money should they wish.
• Help to find work or training opportunities, using links to local Jobcentre Plus offices and training providers.

Each centre will generally be open Monday to Friday, 9am to 5pm however this may change depending on the programme for the term – please check with the centre.

Each centre puts together a programme of activities and sessions once a term. The programmes will vary from centre to centre depending on the needs of the local community. To find out what is running in your local centre, please contact them directly (details listed below) or contact Sutton Family Information Service:

Tel: Tel: 020 8770 6000
Web: www.suttonfamilyinfo.org.uk

Amy Johnson Children’s Centre

Address: Brabazon Avenue, Wallington, Surrey, SM6 9ET

Telephone Number: 020 8647 3183

Email: amyjcc@suttonlea.org

Website: www.amyjohnson.sutton.sch.uk

Head of Centre: Mrs Melanie Elsey,
Headteacher of Amy Johnson Primary School

Nearest Train Station: Wallington Mainline Station

Nearest Bus Routes: 154, 455
Other Local Buses: 157

Nearest library: Pheonix Centre Library, Mollison Drive, Wallington, SM6 9NZ

Nearest health centre: Roundshaw Health Centre, Mollison Drive, Wallington, SM6 9DF

**Beddington Park Primary Children's Centre**

Address: Access via Mallinson Road, Beddington, Surrey, CR0 4UA

Telephone Number: 020 8405 2047

Email: beddingtonppcc@suttonlea.org

Website: www.beddingtonparkprimary.com

Head of Centre: Mr Toby Cooke, Headteacher of Beddington Park Primary School

Nearest Train Station: Wallington Mainline Station

Nearest Bus Routes: 455, 463

Other Local Buses: 407, 410

Nearest Tram Stop: Beddington Lane Nearest library: Beddington Library, The Broadway, Beddington, CR0 4QR

Nearest health centre: Beddington Medical Centre, Croydon Road, Beddington, CR0 4PG

**High View Sure Start Children's Centre**

Address: High View Primary School, The Chase, Wallington, Surrey, SM6 8JT

Telephone Number: 020 8647 3183

Website: www.amyjohnson.sutton.sch.uk

Head of Centre: Mrs Melanie Elsey, Headteacher of Amy Johnson Primary School

Nearest Train Station: Wallington Mainline Station

Nearest Bus Routes: 455, 157, 154

Nearest library: Beddington Library, The Broadway, Beddington, CR0 4QR

Nearest health centre: Beddington Medical, Croydon Road, Beddington, CR0 4PG
Manor Park Children’s Centre
Address: Access via Myrtle Road, Sutton, Surrey, SM1 4BX
Telephone Number: 020 8405 2070
Email: manorparkcc@suttonlea.org
Website: www.manorpark.sutton.sch.uk
Head of Centre: Mrs Danielle Scrase, Headteacher of Manor Park Primary School
Nearest Train Station: Sutton Mainline Station
Nearest Bus Routes: S1, S3, S4, X26, 80, 151, 213, 280, 407, 413, 470
Nearest library: Sutton Central Library, St Nicholas Way, Sutton, SM1 1EA
Nearest health centre: The Old Court House Surgery, Throwley Way, Sutton, SM1 4AF

Muschamp Children’s Centre
Address: Muschamp Road, Carshalton, Surrey, SM5 2SE
Telephone Number: 020 8773 4980
Email: muschampcc@suttonlea.org
Website: www.muschampchildrenscentre.org.uk
Head of Centre: Ms Heidi Westley, Headteacher of Muschamp Primary School
Nearest Train Station: Carshalton Mainline Station
Nearest Bus Routes: 157, S1, 80
Other Local Buses: 151, S3
Nearest library: The Circle Library, Green Wrythe Lane, Carshalton, SM5 1JJ
Nearest health centre: The Wrythe Green Surgery, Wrythe Lane, Carshalton, SM5 2RE
Nonsuch and Cheam Sure Start Children's Centre

Find services at your local activity point:

Cheam Library: Church Road, Cheam, Surrey, SM3 8QH
Cheam Fields Primary School: Tilehurst Road, Cheam, Surrey, SM3 8PW
Priory Crescent Clinic: Priory Crescent, North Cheam, Surrey, SM3 8LR

Telephone Number: 020 8770 4660
Website: www.sutton.gov.uk/cheamandworcesterparkchildrenscentres
Nearest Train Station: Cheam Mainline Station
Nearest Bus Routes: 151, 213
Other Local Buses: 93

Shanklin Community Children's Centre

Address: Community Hall, 25 Rookley Close, Shanklin Village, Sutton, Surrey, SM2 6TT

Telephone Number: 020 8406 1354
Email: shanklincc@suttonlea.org
Head of Centre: Tracey Dawson

Nearest Train Station: Belmont Mainline Station
Nearest Bus Routes: 280
Other Local Buses: S4

Nearest library: Sutton Central Library, St Nicholas Way, Sutton, SM1 1EA
Nearest health centre: Benhill & Belmont GP Centre, 1 Station Approach, Belmont, SM2 6DD

Spencer Children’s Centre

Address: Spencer Road, Mitcham Junction, Surrey, CR4 4JP

Telephone Number: 020 8648 4126
Email: spencernursery@suttonlea.org
Website: www.spencerchildrenscentre.org.uk

Head of Centre: Mrs Fiona Downing, Headteacher of Spencer Nursery School

Nearest Train Station: Hackbridge Mainline Station and Mitcham Junction Mainline & Tram Station

Nearest Bus Routes: 127, 151, S1

Nearest Tram Stop: Mitcham Junction

Nearest library: The Circle Library, Green Wrythe Lane, Carshalton, SM5 1JJ

Nearest health centre: Wandle Valley Health Centre, 1 Miller Close, Mitcham, CR4 4AY

Stanley Park Children’s Centre

Address: Stanley Park Road, Carshalton, Surrey, SM5 3JL

Telephone Number: 020 8647 6771

Email: stanleyparkchildrenscentre@suttonlea.org

Website: www.stanleyparkinfants.co.uk

Head of Centre: Mrs Sharon Roberts, Headteacher of Stanley Park Infants’ School

Nearest Train Station: Carshalton Beeches Mainline Station or Wallington Mainline Station

Nearest Bus Routes: 154

Other Local Buses: S4 Nearest library: Wallington Library, Shotfield, Wallington, SM6 0HY

Nearest health centre: Shotfield Health Centre, Shotfield, Wallington, SM6 0HY

Stonecot and Worcester Park Sure Start Children’s Centre

Find services at your local activity point:

Worcester Park Library: Stone Place, Windsor Road, Worcester Park, KT4 8ES

Cheam Park Farm Infants’ School: Molesey Drive, North Cheam, Surrey, SM3 9UU

Green Lane Primary School: Green Lane, Worcester Park, Surrey, KT4 8AS
Cheam Resource Centre: 671 London Road, North Cheam, Surrey, SM3 9DL, assistance to local families

Priory Crescent Clinic: Priory Crescent, North Cheam, Surrey, SM3 8LR

Sutton Life Centre: 24 Alcorn Close, Sutton, Surrey, SM3 9PX

Telephone Number: 020 8770 4660

Website: www.sutton.gov.uk/cheamandworcesterparkchildrenscentres

Nearest Train Station: Worcester Park Mainline Station

Nearest Bus Routes: 151, 213

The Grange Sure Start Children’s Centre

Address: The Grange Children’s Centre, Beddington Park, London Road, Wallington, Surrey, SM6 7BT

Telephone Number: 020 8404 3145

Website: www.sutton.gov.uk/Thegrangechildrenscentre

Head of Centre: Mrs Helen Matt, Headteacher of Victor Seymour Infants’ School

Nearest Train Station: Hackbridge Mainline Station

Nearest Bus Routes: 151, 407, 410

Nearest library: Carshalton Library, The Square, Carshalton, SM5 3BN

Nearest Health Centre: Shotfield Health Centre, Shotfield, Wallington, SM6 0HY

Thomas Wall Children’s Centre

Address: 69 Western Road, Sutton, Surrey, SM1 2TF

Telephone Number: 020 8722 0280

Email: thomaswallcc@suttonlea.org

Website: www.twn-rhi.org.uk

Head of Centre: Mrs Pauline Cook, Headteacher of the Federation of Thomas Wall Nursery & Robin Hood Infants’ School

Nearest Train Station: Sutton West Mainline Station or Sutton Mainline Station
Nearest Bus Routes: S1, S3, S4, X26, 80, 151, 213, 280, 407, 413, 470

Nearest library: Sutton Central Library, St Nicholas Way, Sutton, SM1 1EA

Nearest health centre: Robin Hood Lane Health Centre Camden Road, Sutton, SM1 2RY

Tweeddale Children’s Centre
Address: Tweeddale Road, Carshalton, Surrey, SM5 1SW
Telephone Number: 020 8404 1640
Email: tweeddalechildrenscentre@suttonlea.org
Website: www.tweeddaleprimary.sutton.sch.uk
Opening Hours: Term Time - 8:30am-5:45pm and Holidays - 7:45am-5:45pm
Head of Centre: Ms Geraldine Wood, Headteacher of Tweeddale Primary School
Nearest Train Station: Carshalton Mainline Station and St Helier Mainline Station
Nearest Bus Routes: 157, 151, S1, S4
Other Local Buses: 154, 164
Nearest Library: The Circle Library, Green Wrythe Lane, Carshalton, SM5 1JJ
Nearest Health Centre: Green Wrythe Lane Clinic, Green Wrythe Lane, Carshalton, SM5 1JF

Victor Seymour Children’s Centre
Address: Denmark Road, Carshalton, Surrey, SM5 2JE
Telephone Number: 020 8410 5003
Email: victorseymourcc@suttonlea.org
Website: www.victorseymourchildrenscentre.com
Head of Centre: Mrs Helen Matt, Headteacher of Victor Seymour Infants’ School
Nearest Train Station: Carshalton Mainline Station
Nearest Bus Routes: 127, 157
Other Local Buses: S3, 407

Nearest Library: Carshalton Library, The Square, Carshalton, SM5 3BN

Nearest Health Clinic: Wrythe Green Surgery, Wrythe Lane, Carshalton, SM5 2RE
Sutton youth clubs and holiday schemes

UrSpace 4 U formally ‘The Hub (Morden)

There is a Play Zone for all children of all abilities, including soft play and an adventure centre. The Hub also offer holiday play schemes for children aged 5 – 12.

Tel: 0208 685 6193  
Web: www.thehubattmufc.co.uk/kidsarea  
Email: reception@urspace4u.com  
Address: UrSpace 4 U, Imperial Fields, Bishopsford Road, Morden SM4 6BF

Sutton Mencap Play and Leisure Service (Wallington)

Children’s After-School Club: for children aged 6 – 15 years - 3.15pm – 5.45pm two nights per week, term time only.

Youth After School Club: for young people aged 15 -18 years - 3.30pm – 6:00pm two nights per week, term time only.

Saturday Club: for children and young people aged 6 – 18 years- 10am – 3pm every Saturday, term time only.

Children’s Holiday Club: for children aged 6 – 15 years - 10am – 3pm three per week during school holidays

Youth Holiday Club for young people aged 15-18 years - 10am – 4pm two sessions per week during school holidays

Phoenix Rangers for young people with Aspergers aged 10-16yrs – 4:30-6:30pm one night per week, term time only

Mencap ensure that a diverse programme of child-centred activities and play opportunities are offered in order to meet the needs of Sutton children and young people. We provide sensory play, arts and crafts, stories, music, drama and out-door activities.

To access any of Mencap’s play and leisure services your child/young person must be referred via the London Borough of Sutton Learning Difficulties and Disabilities Service.

Please Note: due to a high demand on the service there is a waiting list.

Tel: 020 8647 8600  
Web: suttonmencap.org.uk  
Address: 8 Stanley Park Road, Wallington, Greater London SM6 0EU
Grange Play Centre (Wallington)

The Grange Play Centre is part of The Grange Centre located in Beddington Park; a park of considerable archaeological importance, exceptional beauty and local natural wildlife. The Grange Centre also incorporates Sutton Opportunity Pre-school.

The Grange Play Centre After School Club collects children from Beddington Infants' School and Holy Trinity Junior School and brings them back to the centre.

The Grange Play Centre Holiday Club runs every day in the school holidays from 8.45am to 5.15pm. The club also offers a wraparound service in the school holidays where for an additional fee children can attend the breakfast club from 7:30am and extend the full day from 5:15pm to 6:00pm.

Sessional Play:

The Grange offers a sessional play facility where children from the local community can turn up and access the play centre for the following sessions: (these sessions cannot be booked in advance and are subject to availability)

After school until 6:00pm
Holidays: 9:30am-12:30pm and 2:00pm-5:00pm

Sited in what was previously a park café and boat house, fun and adventurous activities have been provided here for children since 1971. With facilities such as a new adventurous and challenging outdoor play area, traditional fixed play apparatus, sensory room, bouncy castle, arts and crafts area and a computer room; there are plenty of stimulating activities to keep every child entertained.

A healthy snack shop is available after school and twice a day during the school holidays. Children need to bring their own packed lunch during holiday sessions which we encourage parents to make as healthy as possible.

Prices vary for different sessions, and there is a concessionary rate for children from low income families. Please ask at the play centre for further details.

Tel: 020 8404 3145

Address: Beddington Park, London Road, Wallington, Surrey SM6 7BT

Phoenix Youth Zone (Phoenix Centre, Wallington)

Sutton Youth Service provides a forward thinking, dynamic service for young people aged between 11 and 21 years old. If you're looking for fun, friendship, a space away from home and a chance to try a wide variety of activities, this could be the place for you.

Art & Craft: You can try badge making, tie-dying, screen printing, clay modelling, jewellery designing and production.
Relax: in the chill out area, play pool or table football or watch cable TV

Sport: You can try basketball, table tennis, archery, dance, football.

IT: Use the IT Centre and develop your computer skills

After School Club:

Every weekday from 3.15 - 6.00pm. Join Youth FM, Sutton's very own youth radio station and media project. This is one of the most exciting innovative youth media projects around.

Don't just be a part of the audience, be a part of the action!

- Present your own radio show live on air
- Write and produce articles for pulse magazine
- Design promotional material
- Design and maintain a website
- Be a DJ at Club 15

Tel: 020 8770 6006
Address: Mollison Drive, Wallington, Surrey SM6 9NZ

**Super Camps at Sutton High School** (Sutton)

Super Camps are open to children from 4 – 14, including children with additional needs. Each case is treated individually so please call to discuss your child’s needs. Opening times during Easter and Summer holidays from Monday to Friday 9.30am-4.30pm (with an option to extend hours to 8am – 6pm).

Availability is not limited until a week before camp starts. Facilities include a combination of indoor and outdoor sports and activities, along with an arts and crafts programme. Passion for Dance, Invention and Food Workshops and Mad About Sports courses are also on offer. Children bring packed lunch and no food is provided on site. The current cost is from £36 per day to £164 per week (standard rate). Discounted early and block booking rates are available.

Tel: 01235 832222

Web: www.supercamps.co.uk

Email: info@supercamps.co.uk

Address: Sutton High School for Girls, 55 Cheam Road, Sutton, SM1 2AX
Sutton Out of School Club

This is an ‘inclusive’ after-school and holiday club for children aged 4 – 13 years. There’s a large gym for sports and team games. The garden area provides opportunities for outdoor play, growing fruit and vegetables, riding bikes and scooters. In the Main hall, there are table-top games and floor-mat activities. Children can also enjoy ICT, construction, role play, creative, imaginative and risky play.

Tel: 020 8770 6026 / 07796 338 937

Web: www.sutton.gov.uk/index.aspx?articleid=2241

Address: Sutton Youth Centre, Robin Hood Lane, Sutton, SM1 2SD

Sutton Play Service (Mitcham)

Sutton Play Service has an After School Club from 3.30pm – 5.45 pm. The Play Service also runs an out of school club during the school holidays.

Tel: 020 8401 1554

Address: Culvers House Primary School, Orchard Avenue, Mitcham, Surrey CR4 4JH

Special Jellybugs Soft Play (Surrey)

This is a fun new softplay and sensory play session specifically for children with Special needs. Come along and let your little one burn off some energy in a safe environment, whilst you have the chance to meet other parents and carers or access information on other local support networks.

It's a lovely place to come with lots of clean and bright equipment and fantastic lighting effects.

Tea, coffee and biscuits also included.

Open Tuesdays (term-time only)
10.00am-12.00pm

£4 per child

Tel: 07917 117165

Email: littlejellybugs@ymail.com

Website: http://www.littlejellybugs.com

Address: Main Hall, Bourne Hall, Spring street, Ewell Village, Surrey KT17 1UF
Sutton Youth Centre Parent and Toddler Group

Children with special needs are welcome but no special facilities or equipment available. The cost per session is £1.00 for one child and £2.00 for two or more. Ages: Birth to five years.

Tel: 020 8644 6460

Address: Sutton Youth Centre, Robin Hood Lane, Sutton, SM1 2SD

Sutton Youth Service (Carshalton)

Sutton Youth Service offers lots of programs, advocacy, and activities and events for young people in Sutton – they are inclusive and work with young people with disabilities/additional needs up to the age of 25 years. For special events and holiday youth schemes, visit the Sutton Youth Service website and sign up for their newsletters at www.suttonyouth.org

Tel: 020 8404 1991

Email: youthservice@suttonlea.org

Address: Sutton Youth Service, The Grove, Carshalton, Surrey SM5 3AL

Sutton Youth Service's Saturday Integrated Project and Holiday Inclusion Project (Carshalton)

Both projects are open to children and young people from 13 – 25 years old who are on the Autistic Spectrum, have Asperger’s syndrome and/or have moderate learning difficulties. The projects are also open to siblings and local children and young people. The aim of both projects is to provide an environment where children and young people are empowered to be integrated into society through learning new skills and socialising with new peers.

The holiday Inclusion Project (HIP) keeps the progress gained in the Saturday Integrated project (SIP) running through the summer holidays and some half terms, providing young people with a range of activities suited to their needs and chosen to increase personal development.

Tel: 020 8404 1991

Email: youthservice@suttonlea.org

Web: www.suttonyouth.org

Address: Sutton Youth Service, The Grove, Carshalton, Surrey, SM5 3AL
**Yip4Youth (Reigate and Redhill)**

Yip4Youth is a fun and friendly after school, Saturday and School Holiday scheme for 13-16 year olds with disabilities and complex needs.

Yip4Youth ensures that young people with disabilities can meet up with friends and try out new activities in a safe friendly environment. Yip4Youth provides age-appropriate youth-led activities for teenagers, supported by qualified and experienced staff.

Activities are chosen by the young people and are mostly centred around days out that encourage life skills for independence such as managing money, interacting with staff, and planning journeys. Young people benefit daily at Yip4Youth session which includes trips to theme parks, beach, skating, swimming and much more. Yip4Youth also provides young people with an opportunity to socialise in a relaxed, drop-in setting with computers, a pool table, table football, pinball and games consoles!

Yip4Youth is hosted at the YMCA Sovereign Centre in Reigate, a state of the art venue specifically designed for young people with disabilities and their families.

Tel: 01737 222859

Email  John.Brunswick@ymcaredhill.com

Address: Sovereign Centre, Slipshatch Road, Reigate RH2 8HA

**Disability Challengers**

Disability Challengers is an independent charity that, for more than 30 years, has developed and delivered play and leisure for disabled children and young people across Surrey, Hampshire and increasingly the surrounding areas. The charity is based in Guildford (at ‘Challengers Guildford Playcentre’, our headquarters and one of our full time playcentres). In 2011 we delivered more than 25,500 visits (or 124,292 hours) to 1,240 disabled children. These services were delivered at Challengers Guildford and Farnham Centres as well as schemes based at schools and community youth centres all through the year. Disability Challengers has developed an approach that has established the confidence and respect of families and partners (including local authorities and private donors). Our approach is guided by a commitment never to exclude any child or young person and works towards providing fun normal play and leisure experiences for disabled children and young people. All this is done in a positive, intelligent, non-institutional environment.

Challengers play and youth schemes are where disabled children and young people feel that they belong, are safe, have fun and make friends. At every Challengers play and youth scheme there are lots of enthusiastic staff so that children and young people will always have someone to play and be with. The wide range of activities that we provide means that we can offer disabled young people something to do and somewhere to go from the age of 2 to 25.
Tel: 01483 230 930
Email: PlayandLeisureTeam@disability-challengers.org or information@disability-challengers.org
Web: www.disability-challengers.org
Address: This service operates at several locations across Surrey and Hampshire. Please see the website or contact them to enquire about the most convenient/suitable location for you.

Interaktive (Epsom)

This support group is for children with autism and similar communication difficulties. They offer a range of playshemes, activities and outings mainly in and around Epsom. Parent carers can request to receive the Interaktive newsletter.
Tel: 07876 762178
Web: www.interaktive.org.uk/index.html
Postal Address: PO Box 55, Banstead, Surrey SM7 1WW

Epsom and Ewell Phab (Epsom)

Phab is an award winning club for physically disabled and able-bodied kids aged 8 – 16 years that arranges outings to attractions and shows. They also do sports and club/disco evenings.
E-mail: phab@phab.org
Tel: 01372 729492
Web: www.phab.org
Address: The Linton Centre, Lintons Lane, Epsom, Surrey KT17 1DE

The Quad (Carshalton)

On Thursdays, 6pm – 8.15pm, there is a session for young people with special educational needs (learning difficulties) to develop their life skills and independence.
Tel: 020 8648 8715 / 07736 338521
Email: hjames@suttonlea.org
Address: The Quad Youth Centre, Green Wrythe Lane, Carshalton SM5 1JW
**Alice Powell Club** (Mitcham)

A fortnightly club for young people aged 10 – 16 years. Activities include sports, cooking, arts and crafts, drama and outings. Cost: £5 per session.

Tel: 020 8648 9677

Email: Karen@mertonandsuttoncrossroads.org

Address: Cricket Green School, Lower Green West, Mitcham, Surrey CR4 3AF

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**Youth Zone** (Wallington)

Situated in the Phoenix Centre on the Roundshaw estate, the Youth Zone has a lounge, a sensory room and a recording and radio broadcasting suite. The Youth Zone is the home of Youth FM, Sutton’s very own youth radio station as well as a referral only session for young people with special needs. Young people have the opportunity to relax and meet with friends or take part in fun activities such as arts and crafts, group work, dance, sports, ICT and more.

Monday Club (Special Needs, 12 years+) 6.30pm – 8.30pm is a youth club for young people aged 12 – 19 with complex special needs. Activities including access to the sensory room, music DJing and basic radio production skills, arts and crafts, team games, social skills development, sports and fitness suite.

All activities are linked to a termly theme to develop progressive understanding and learning to meet the level of needs of the group. Twice a year the group will be taken to an offsite activity of their choice, such as a Theatre visit, Bowling, or Ice skating. The club runs in term time only and young people need to be referred through the London Borough of Sutton.

Tel: 020 8770 6044

Email: accesspoint@sutton.gov.uk

Address: Youth Zone, The Phoenix Centre, Mollison Drive, Wallington Surrey SM6 9NZ

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**Kidz Klub** (Sutton)

Sutton Christian Centre runs a FREE, Christian-themed kids club every term time Friday 6pm to 7.30pm. A free coach takes children to and from the Kidz Klub in Tate Road, Sutton. The coach stops at a number of different bus stops in the area. Children with additional needs are welcome.

Tel: 020 8642 8117

Web: www.suttonyouth.org
Sutton Inclusion Centre

The Centre is primarily designed to meet the needs of adults with profound and multiple learning disabilities within Sutton. Housed in a two-storey building, the Centre is fully accessible with facilities including an aquatic therapy pool, three well-equipped sensory rooms, group activity spaces and a computer room.

The Centre is available to be used by residents of Sutton and the organisations that support them. This includes organisations within the independent/voluntary sector that are contracted by the London Borough of Sutton, as well as services that are provided by the Sutton and Merton Learning Disabilities Community Health Team. The Centre can be used flexibly throughout the week and has a capacity of 35 people to access the building at any one time, plus their support staff.

Tel: 0208 641 4275

Web: www.sutton.gov.uk

Address: Sutton Inclusion Centre, Northspur Rd, Sutton, SM1 2BF
Social Clubs and Nightlife

Cool Club (Croydon)
This group for 14 to 18 year olds with Autism runs every other Saturday in south Croydon. Activities include playstation, table football, cooking, art and cricket.

Tel: 020 8662 4660

Address: Croydon Address: Resource Centre, Mansfield House, 1A Mansfield Place, South Croydon CR2 6HP

Bubble Club (East London)
This monthly night club (7.30pm – 11pm, 2nd Wednesday in the month) usually held in Brick Lane is run by people with learning disabilities, for able and disabled over 18s. You’ll find live music, DJs and sometimes speed-dating.

Call or Email Bubble Club to find out about the next club night and locations.

Tel: 020 247 3030/ 01961 719 498

Email: bubbleclub@mapsquad.org

Club Soda (Croydon)
Club Soda has music and DJing, theatre, film and art workshops and club nights. Club Soda also provide training in arts jobs and offer volunteering and work experience placements.

The aim is to produce professional arts events that are diverse and inclusive and empower people with learning disabilities to make all the creative decisions. Club Soda are especially proud to give opportunities for emerging artists with learning disabilities to develop and present their work.

Tel: 020 8253 1037

Email: info@clubsoda.org.uk

Web: www.clubsoda.org.uk

Address: Croydon Clocktower, Katharine Street, Croydon, CR9 1ET
**Spectrum Girls** (Online)

Spectrum Girls offers girls with high-functioning autism (HFA) or Aspergers syndrome (AS) the opportunity to make cybermates, pen pals and friends. Events are organised in and are a chance for parents and siblings to meet and support each other as well as have fun! Families from outside this area are more than welcome to get in touch to find cybermates for their daughters.

Tel: 07714 483 485

Email: spectrumgirls@sky.com

Web: www.aspergers4herts.org/spectrum-girls/

**The Springboard Project** (West Sussex)

Springboard is a unique community recreation and play centre that caters for all children, including those who are disabled or have additional needs up to the age of 18. There is a sensory room and a leisure garden. Springboard run various groups and clubs, including SMILE a social group with volunteer ‘buddies’ for young people in Sutton. The centre can also be hired for birthday parties.

Telephone: 01403 218 888

Email: info@springboardproject.com

Website: www.springboardproject.com

Address: Springboard Project, 52 Hurst Road, Horsham, West Sussex RH12 2EP

**Scouts** (Wallington)

The Scouts is for young people usually aged between 10½ and 14 years. A young person can join the Troop at 10 and may stay until they are 15 years old. Scouts are encouraged to take part in a wide range of activities as part of their programme. "Participation" rather than meeting set standards is the key approach and for the Scout who wants to be recognised for his or her achievements there are a number of Challenges, Awards and Activity Badges. Scouts take part in a balanced programme that helps them to find out about the world in which they live, encourages them to know their own abilities and the importance of keeping fit and helps develop their creative talents. It also provides opportunities to explore their own values and personal attitudes

Being outdoors is important and half the programme is given over to taking part in both the traditional Scouting skills, such as camping, survival and cooking as well as the wide range of adventurous activities, anything from abseiling to yachting.

Scouting is about being with friends, as part of a team, participating fully in the adventure and opportunities of life.
There is a Special Needs Scout Group (15th Wallington Special Needs) which runs on Friday’s between 6:30pm – 8:00pm.

There are also mainstream Scouts groups in Beddington, Belmont, Carshalton, Cheam, Sutton, Wallington or Worcester Park.

To join the Scouts or for more information please visit: http://www.suttonscouts.org.uk/scouts/about

**Brownies and Girl Guides UK**

Girlguiding UK aims to provide the opportunity for girls of all abilities to have fun and grow their confidence in a girl-only environment. The organisation aims to actively involve everyone, including those with medical conditions, special needs and disabilities, and work to ensure that they are flexible enough to allow every member to take full part by providing support to enable this to happen.

Support available for parents and Leaders who have girls with additional needs in their unit includes:

- Fund for Members with Disabilities – A grant can help with providing specialist equipment or support for disabled members on camps and other trips.

- A network of Special Needs Advisers at local level who are able to provide support and information for Leaders.

In Sutton there are Brownies and Girl Guides groups in Carshalton, Belmont and Beddington. To register your daughter or for more information please visit: www.girlguiding.org.uk

**Phoenix Rangers (Sutton)**

Phoenix Rangers is a group for young people aged 10 - 16 years old with Aspergers. Young people can chose what they like to do, ranging from sports, games, competitions and arts and crafts.

If you would like to join Phoenix Rangers, please contact the Children with Disabilities Team on the telephone number below as the group is run by Mencap but is accessible by referral only.

Tel: 020 8770 4690

Address: Sutton Mencap, 8 Stanley Park Road, Wallington, SM6 0EU
**Merton Deaf Club** (Colliers Wood)

A social club which meets fortnightly every other Wednesday between 7.00pm and 9.30pm. The Club organises a varied programme of social events and activities for deaf people. Anyone interested in learning or improving their sign language is welcome to attend the club however full membership is restricted to Deaf people.

Tel: 020 8941 5521 (Minicom)

Email: pjwhandy@aol.com

Address: Guardian Centre, Merton Vision, 67 Clarenden Road, Colliers Wood, London SW19
Outdoor Leisure and Recreation and Days Out

Sutton Ecology Centre (Carshalton)

Regular activities are held at Sutton Ecology Centre. Activities require advance booking and there is usually a cost. Visit www.sutton.gov.uk; and go to ‘E’ for Ecology Centre for the current programme.

Tel: 020 8770 5820 (general enquiries), or 020 8770 5822 (advance booking)

Email: sec@sutton.gov.uk

Web: www.sutton.gov.uk and visit ‘E’ section

Address: Sutton Ecology Centre, The Old Rectory, Festival Walk, Carshalton, Surrey, SM5

EcoLocal (Carshalton)

EcoLocal develops and delivers a broad range of environmental sustainability services designed to help people move toward more pro-environmental behaviours. Including:

- local food, health, transport, energy, waste minimisation, community engagement, consultation and research. They run lots of activities for children and holiday projects. All projects and services are designed to engage, and be accessible to, local communities..

Tel: 020 8770 6611

Email: info@ecolocal.org.uk

Web: www.ecolocal.org.uk

Address: EcoLocal, The Old School House, Mill Lane, Carshalton, SM5 2JY

Parks

Sutton Parks Service has very carefully chosen the equipment they have for playgrounds, and in the larger playgrounds (Cheam, Beddington, The Grove and Manor) there is equipment especially suitable to meet most needs. This includes roundabouts with level access, rotating items that can be sat on, stood on or to lie across, swing seats for older children that need additional support and safety straps and double width slides so a carer can slide with the child.
**Wilderness Island nature reserve** (Carshalton)

Work began in late 2011 to create new paths and improved disabled access to this important local nature reserve. A fascinating variety of habitats can be seen in this site, ranging from ponds and wetlands, to woods and wildflower meadows. The woodlands provide a valuable habitat for many species of birds and invertebrates. You can see all three species of woodpecker but only great spotted breeds regularly. In summer, you may hear warblers such as blackcap and chiffchaff singing and they often stay to breed. A black poplar tree grows here, which supports a rare moth, the hornet clearwing. Several species of butterfly can be seen, including speckled wood, holly blue and comma.

Address: The entrance is at junction of Mill Lane/River Gardens and Stawberry Lane in Carshalton

**Morden Hall Park** (Morden)

Morden Hall Park offers a profusion of sights, smells and sounds including a rose garden, meandering river, long grasses and the noisy chatter of birds. There are accessible spaces in the car park. Accessible WCs in the Riverside Café and Snuff Mill. Most of the pathways around the estate are level and easily accessible for pushchairs and wheelchairs, but some have natural or loose gravel surfaces. The rose garden is fully accessible. There is also a map of accessible routes available on the parks website.

The Wandle Trail takes you along a well-maintained, flat path through the park, visiting meadow and wetlands along the way. Seating can be found along the avenue in the park.

Wheelchairs can be borrowed from the café on production of a National Trust membership card or small deposit.

Entrance to the shop is level and accessible. Entrance to café is level and accessible. The ground floor of the Snuff Mill Environmental Centre is also accessible. Braile guides are available at the shop and induction loops are in the café, shop and snuff mill.

Tel: 020 8545 6850

Email: mordenhallpark@nationaltrust.org.uk

Web: www.nationaltrust.org.uk/morden-hall-park

Address: Morden Hall Road, Morden, London SM4 5JD

**Cheam Park Playground** (Cheam)

This park is Sutton’s first play area with a ride designed for wheelchair users. The roundabout is unique for the borough as children don’t have to get out of their wheelchairs to use it. The ‘Ability Whirl’ roundabout has won awards for its inclusive and accessible design, which allows children of all abilities to play together.
The car park is accessed through Tudor Drive, (disabled bays available).

Address: Cheam Recreation Ground, Tudor Close, Cheam, Surrey, SM4

**Beddington Park and The Grange** (Carshalton)

There is indoor soft play at the Grange and a Playground in the Park. There is parking by Church Road Paddock (to the rear of Beddington Park Cottages, by the Playground and Pavilion area). Disabled bays can be found on the slip road by St. Mary’s Church and Beddington Park Café.

Address: Croydon Road, Carshalton, Surrey, SM6 7LF

**The Grove Park** (Carshalton)

The Grove Park occupies the north and east sides of Carshalton village's Lower Pond. It is divided into two areas: the ornamental park near the ponds and the recreation ground. The latter, houses a children's playground, crazy golf, bowling green, ball park, cafe, and toilets. The Children's Play Area, is close to the Café, Crazy Golf, Ball Court and Bowling Club.

Address: Junction of North Street/High Street, Carshalton, Surrey (Parking in Carshalton High Street).

**Edenvale Open Space** (Mitcham)

This site has lots of new accessible equipment. There is a wheelchair accessible roundabout and multi-activity unit, a basket swing, balance and agility frames, flat and cradle seat swings. There is also a single goal end and basketball post set in the grass area adjacent to the play area.

Address: Woodland Way, Mitcham, CR4 2DZ

**Ravensbury Park Play Area** (Mitcham)

The play area includes a slide, climbing boulders, swings, and a wheelchair accessible roundabout. There is also a stage where youngsters are able to give open air performances of their own plays to friends and family.

Address: Morden Road, Mitcham, CR4 4DE

**Hyde Park : The Diana Memorial Playground** is open to children aged 4 – 12 years and their carers. The playground is wheelchair accessible and there are some amazing wheelchair swings. Inspired by the stories of Peter Pan, the playground encourages children to explore and follow their imaginations. The play ground is free.
Liberty Drives is an initiative by The Hyde Park Appeal to help anyone who finds it difficult to see all 760 acres of the Park due to advanced age, disability or poor health which restricts their mobility. Electric buggies seating five people provide half-hour rides. It is also possible to be dropped off at a favourite place and be picked up later. This scheme is supported by voluntary donations and operated by volunteer drivers.

Opening Hours: Monday to Friday: 10am – 5.00pm (May to October)

Mailing Address: Richard Briggs or Mary Kerslake, 35 Sloane Gardens, SW1 8EB

Tel: 07767 498096
Email: info@hydeparkappeal.org
Web: www.hydeparkappeal.org

Address: Hyde Park Office, Triangle Car Park, Hyde Park, W2 2SB

Kew Gardens (Richmond)

Kew Gardens contains acres of interesting plants and flowers as well as gardens from across the globe. There is a children’s play area called Climbers and Creepers which offers interactive soft play for children.
Tel: 020 8332 5655.

Email: info@kew.org
Web: www.kew.org

Address: Royal Botanic Gardens, Kew, Richmond, Surrey TW9 3AB

Richmond Park (Richmond)

The Holly Lodge Centre in Richmond Park provides an opportunity for people of all ages and abilities to enjoy and learn from a series of hands-on experiences focusing on the rich natural environment in the unique setting of Richmond Park. All kinds of groups are catered for including special schools and holiday clubs. Activities are adapted to help visitors gain maximum benefit and enjoyment from the Park. There is a children’s playground next to Petersham pedestrian gate.
The park has disabled access and many of the gates have toilet facilities next to them.

Tel: 020 8948 3209

Web: www.thehollylodgecentre.org.uk

Address: Richmond Park, Richmond, Surrey, TW10 5HS
**Battersea Park** (Battersea)

The Park has two playgrounds that are wheelchair accessible and the adventure playground (suitable for children aged five to 16 years), boasts a multi-sensory structure, with a slide, ramps, pipes, drums and a wobbly bridge suitable for wheelchair users and those using walking aids. Parents are asked to provide one-to-one help for disabled children in the playgrounds. The Pump House Gallery has a fully accessible toilet.

Tel: 020 8871 7530

Web: www.batterseapark.org

Email: Mike@batterseapark.org

Address: Battersea Park, London, SW11 4NJ

**Bushy Park** (Middlesex)

A large park which offers, companion cycling and special needs horse riding through Horse Rangers. There are three separate car parks available for use by disabled visitors.

Email: busy@royalparks.org.ukTel: 020 8979 1586

Address: Hampton Court Road, Hampton, Middlesex, TW12 2EJ

**The Lookout Discovery Centre** (Bracknell, Berkshire)

Set in 1,000 hectares of Crown Estate woodland with nature walks, cycle trails an adventure play area and a picnic area. The Hands on Science Centre has over 90 exhibits in five themed zones and nearly all can be accessed by visitors with disabilities. The Look Out tower can be seen via a video telescope situated in the Sound and Communication zone in the courtyard.

Some staff have sign language skills and have received disability awareness training.

Concessions for under 16/Student/60+ visitor with disability. An essential carer goes free.

Tel: 01344 354400

Email: thelookout@bracknell-forest.gov.uk

Web: www.bracknell-forest.gov.uk/thelookoutdiscoverycentre
Beale Park (Reading, Berskshire)

Beale Park Wildlife Park and gardens covers 300 acres of organic meadows and gardens on the bank of the River Thames. There are farm animals and wild birds, a pets corner, indoor and outdoor play areas and a train (one ride free with entry ticket). The Park is accessible for wheelchair and buggy users and every effort is made to assist you in your trip. Entry prices vary throughout the year. Under 2s get free entry and there are concessions for disabled children (£2 low season to £2.50 high season) and one carer (£2 low season to £4 in high season). Season tickets are available.

Tel: 0844 826 1761

Web: www.bealepark.co.uk/

Address: Beale Park, Lower Basildon, Reading, Berkshire RG8 9NH

Farms and Animal adventures

Godstone Farm (Godstone)

The farm boasts a large array of animals and play areas, including giant sand pits, tobogganing and a heated indoor play barn. All areas are wheelchair accessible and there are disabled toilet facilities both in the play-barn and by the tearoom.

Tel: 01883 742546

Email: havefun@godstonefarm.co.uk

Web: www.godstonefarm.co.uk

Address: Godstone Farm, Tilburstow Hill Road, Godstone, Surrey RH9 8LX

Horton Park Children’s Farm (Epsom)

Set in the Surrey Countryside, Horton Park Children’s Farm has been developed entirely with children in mind. There are lots of animals, new experiences to enjoy and friendly staff who will help make your visit a day to remember. The farm is accessible for disabled children. All areas are wheelchair accessible and there are disabled toilet facilities both in the playbarn and by the tearoom.

Child 2 years and over: £5.95. Accompanying adult: £3.50. Extra Adult: £5.95. Under 2 years: free. Monday to Friday after 3.15pm during term time reduced entrance applies: Child £4.95. One adult with each child free.
The soft play barn costs 80p extra and the tractor ride costs 95p extra in addition to the entrance price. The farm is open daily from 10am till 5.15pm in winter and 10am until 6pm in summer. Last entry: one hour before closing. Last entry into the soft play area is at 5pm and it will close at 5.15pm. Groups must book in advance. The Farm is closed on Christmas Day and Boxing Day. Free parking is available.

Tel: 01372 743984.

Email: havefun@hortonpark.co.uk

Web: www.hortonpark.co.uk/

Address: Horton Park Children’s Farm, Horton Lane, Epsom, Surrey KT19 8PT

**Heathrow Special Needs Farm** (Longford Middlesex)

This is a small, charitable community farm aiming to bring people of all ages with various disabilities and special needs into contact with farm animals and the joy of gardening. As well as providing pleasure and therapeutic benefits, activities allow visitors to improve skills, develop confidence and gain a sense of personal achievement. The Farm also has a riding for the disabled facility, picnic areas, farm shop, woodland walk and plenty of parking.

Opening hours: 9am-3pm Monday to Friday
Saturday morning: RDA horse riding only
Please note, the Farm is not open to the general public. All visits to be made by appointment.

Tel: 01753 680330

Email: specialneedfarm.heathrow@virgin.net

Website: www.heathrowspecialneedsfarm.co.uk

Address: Heathrow Special Needs Farm, Bath Road, Longford, Middlesex UB7 0EF

**Waggy Tails** (Croydon)

Waggy Tails is a popular dog activity club created to give young people aged 13 to 18 with special needs/disabilities the opportunity to work and train dogs in a monitored environment. The club aims to help every child who doesn’t have a pet dog at home receive a sense of worth/value, fun and fulfillment, with the opportunity to make new friends. The Club has also been used for children with additional needs to overcome their fear of dogs.

Tel: 07939 573 211

Web: waggy.glencomm.com/
Address: Emmanuel Church Hall, Normanton Road, South Croydon CR2 7AF

Deen City Farm and Riding School (South Wimbledon)

Based on National Trust land, Deen City Farm has a range of livestock mainly for educational purposes, including pigs, cows, goats and sheep. Admission is currently free, but donations are gratefully received. The waiting list for riding lessons is currently closed. Holiday play schemes are sometimes available. The Farm is wheelchair friendly and has a Disabled toilet.

Tel: 020 8543 5300

Web: www.deencityfarm.co.uk

Address: Deen City Farm, 39 Windsor Avenue, Merton Abbey, London, SW19 2RR

Battersea Park Children’s Zoo (Battersea)

A great place to take young children, this is the place to go if you want to see lemurs, meerkats, Kune Kune pigs, otters, mynah birds and pygmy goats. From giant rabbits to miniature Shetland ponies, monkey mayhem to the mouse house, this is the zoo that gets you up close and personal. Also on offer are animal encounters, a play area and a cafe. Wheelchair access is manageable with fit helpers. There is a concessionary rate for Disabled/special needs children and adults with free entry for a designated carer. The Zoo entrance is at Chelsea Gate on Queenstown Road, Battersea Park, Battersea.

Tel: 020 7924 5826

Web: www.batterseaparkzoo.co.uk/

Address: Battersea Park, London, SW11 4NJ

London Zoo (Regents Park)

London Zoo has accessible facilities and arranges Special Children’s Days, welcoming children with special needs and their families with reduced entry costs. With increased specialist facilities, unique 'Touch Tours' and talks throughout the day with British Sign Language interpreters, Special Children's Day is an exciting and unique event. Not only that, but all tickets for this special event are offered at a reduced rate with one carer free per family.

• All children up to 18yrs: £8.50
• One Carer per family: FREE (Carer must be over 18yrs)
• Additional Adults: £12.50
• Children under 3 years: FREE
Whipsnade Zoo (Dunstable)

ZSL Whipsnade Zoo is reasonably wheelchair friendly. Access to the Woodland Bird Walk may cause wheelchair users some difficulty, as it is covered by bark chippings. Wheelchairs are available to hire with a deposit of £25.00 and advanced booking. Best ticket prices available online. Children under 3 years go free. One free entry for one essential carer per paying disabled visitor available at the gate.

Tel: 0844 225 1826
Web: www.zsl.org/zsl-whipsnade-zoo/
Address: ZSL Whipsnade Zoo, Dunstable, Bedfordshire LU6 2LF

Drusillas Zoo Park (Alfriston)

With hundreds of fascinating and entertaining creatures you can be certain there will be plenty of animal magic but animals are only half the fun at Drusillas, Go Bananas! And Go Wild! are paradise for anyone who needs to let off steam, packed with slides and swings, ropes and climbable things, a children’s train, discovery centre, under 6s play area and adventure playground. There are is a choice of catering options, including gluten free food.

Multisensory exhibits at Drusillas Park are accessible to all, with wheelchair routes and a low-level viewing Sensory Trail. Wheelchairs are available on request subject to availability. A refundable deposit of £20 cash is required. There is wheelchair access on the Thomas train and there are accessible picnic tables. Accessible parking is close to the Zoo entrance, as are accessible toilets.

Under 2s free and concessionary rate for disabled visitors and carers. Buying tickets online offers a 10% discount and allows entry via the "blue route", which speeds up admission.

Tel: 01323 874100
E: info@drusillas.co.uk
Web: www.drusillas.co.uk
Address: Drusillas Park, Alfriston Road, Alfriston, East Sussex BN26 5QS
The London Wetland Centre (Barnes)

Really good bird watching wetland with good access for disabled visitors. Open seven days a week all year except for 25th December. There is free car parking on site with tarmac surface and reserved bays for disabled visitors. Essential helpers assisting disabled visitors go in free.
Tel: 020 8409 4400

Email: info.london@wwt.org.uk

Web: www.wwt.org.uk/visit-us/london

Address: WWT London Wetland Centre, Queen Elizabeth’s Walk, Barnes, London SW13 9WT

Birdworld (Farnham, Surrey)

Birdworld has three attractions on one site: Jenny Wren Farm, Underwater World and Bird World itself. Jenny Wren Farm is one of the most popular areas with younger visitors; they can get close to animals in 'Animal Encounter' sessions. Many of the animals roam and the goat field can be accessed during the peak season. A wide range of domestic animals including chickens, goats, pigs, ponies and a cow, are resident in the Farm, as well as a number of pet species such as rabbits, guinea pigs and mice, all of which are for sale in the pet shop.

Birdworld is one of the largest bird parks in the country. There are 26 acres to explore so allow plenty of time when visiting the site From the massive Maribou Stork to tiny Sunbirds, Penguins, Owls, Parrots, Waterfowl and many other species, you’ll find birds from all around the world. Penguins are fed twice a day by keepers.

Birdworld is fully accessible to visitors with disabilities. The site has flat and level paths with plenty of resting places. Tickets are cheaper to buy online and disabled visitors’ carers are offered a concessionary rate.

Tel: Enquiries: 01420 22140  Bookings: 01420 22992

Email: bookings@birdworld.co.uk

Web:www.birdworld.co.uk/welcome-to-birdworld.html

Address: Birdworld, Holt Pound, Farnham, Surrey, GU10 4LD

London Sealife Aquarium (Westminster)

Full disabled access with lifts to all levels. There are also disabled toilets available on every floor. Wheelchairs can be borrowed during visits on a first-come-first-served
basis subject to availability and require a deposit of £200 using a credit card. Carer free, under 3s free. Save money by booking online.

Tel: 0871 663 1678

Email: sllondon@merlinentertainments.biz

Web: www.visitsealife.com/london/

Address: London Aquarium, County Hall, Westminster Bridge Road, London SE1 7PB

Days Out

Thrive (National)

This small national charity, founded in 1978, uses gardening to change the lives of disabled people. Activities are varied but focus on championing the benefits of gardening to individuals and organizations, as well as teaching techniques and practical applications so that anyone with a disability can take part and enjoy gardening.

Thrive runs two garden projects, one near Reading and one in Battersea Park. The Projects use gardening to help disabled people improve their health and wellbeing, increase their confidence and learn new skills. The team of horticultural therapists work with around 150 people each year. Most Thrive gardeners are referred by Social Services or through a professional such as their GP. Thrive also welcome people who come independently.

Thrive supports around 900 garden projects in the UK and can put you in touch with a project in the local area.

Tel: 0118 988 5688

Web: www.thrive.org.uk/default.aspx

Disabled Access Pass for Merlin Attractions

Guests with certain disabilities are able to get a disabled access pass to all of Merlin’s attractions which allows them to enter via the ride exit to avoid queuing. Each of these attractions have a specific ‘attraction guide’ for disabled visitors these are worth checking as they vary slightly. These can be found on Merlin Group website:

www.merlinannualpass.co.uk

Attractions include:

- The Alton Towers Resort
- Chessington World of Adventures Resort
Many of these attractions offer discounted or free tickets to carers of people with disabilities so if you are planning a day trip it is worth checking what you are entitled to.

**The London Eye** (Waterloo)

Disabled guests concessions and fast-track queuing is available through the booking line 020 990 8885. A carer of a disabled ‘passenger’ and any child under 5 go free. However, you MUST go to the ticket office if you want to obtain tickets for a child under five or a carer, as everyone still needs to have a physical ticket.

A fast-track service (where you can go to the front of the queue) is available to board the London Eye itself. To use this service, simply approach a member of staff when you arrive at the London Eye.

Full disabled Access, both to the Eye and facilities in County Hall

Tel: 0871 222 0188

Email accessiblebooking@londoneye.com.

Web: www.londoneye.com/

**Thorpe Park** (Surrey)

Concessions are offered to disabled guests and one free helper. A disabled access guide is available on the website. Cheapest prices for entry are guaranteed when booking on the website.

Tel: 0871 663 1673

Web: www.thorpepark.com/plan-your-visit/disabled-guide.aspx

Address: Thorpe Park Staines Road, Chertsey, Surrey KT16 8PN
Chessington World of Adventure

If you are able to provide evidence of your disability (such as a blue/orange badge or similar), you will pay the full rate for your entry ticket; and one helper will be admitted free of charge and a second at a concessionary rate, providing the second helper is required to assist you on to specific rides and attractions.

There is an online guide for disabled guests: www.chessington.com/plan-your-trip/disabled-guide.aspx

Tel: 0871 663 4477

Web: www.chessington.com

Address: Chessington World of Adventures, Greater London KT9 2, United Kingdom

Thames Ditton Miniature Railway (Thames Ditton, Surrey)

Admission to the site is free and tickets may be purchased to ride on the trains. There are places to picnic as well as a cafe on site. Run entirely by volunteers, on open days they run a variety of trains, most are steam locomotives, but there are also scale diesel and electric locomotives.

The Railway is open each year on Easter Sunday and Monday, then on the first Sunday of the month as well as every Bank Holiday Sunday and Monday until the first Sunday in October. The site is open from 1pm. Trains run from 2pm to 5.30pm.

On a Sunday afternoon in mid-June each year, Thames Ditton Miniature Railway welcomes adults and children with special needs, their families and supporters for free! Passengers can stay on the trains as long as they wish, which is great for people with mobility difficulties. Currently, several special needs organizations and groups attend, as well as families. Some groups run stalls and tombolas during the afternoon to raise awareness and fundraise.

If you need disabled parking please use the 'Contact Us' link on the website before you visit, as you can usually reserve a space on site provided they know in advance.

See the website for directions and opening times

Tel: 020 8398 3985

Web: www.malden-dsme.co.uk/

Address: Willowbank, Claygate Lane, Thames Ditton, Surrey. KT7 0LE

Bramley's Big Adventure (Notting Hill)

Bramley's Big Adventure is an indoor adventure playground for children up to 11 years old. A large building under the Westway flyover, containing a giant three level play frame with slides, ball pools, swings, climbs, spooky den, giant balls, sound effects and separate under 5s and baby areas. Parents can relax in the Cafe area
meeting friends, reading or having a meal. Other facilities include separate children's toilets, disabled toilets, baby changing and pram park. Bramley's is a very popular venue for children's parties and aims to provide a safe environment where children can play free from the normal restrictions of life.

Open seven days a week. Opening and closing times may vary. Bramleys reserves the right to change prices. Membership and concessions available for disabled children and those with special needs.

Under 4s: £2.95
Over 4s: £4.75
Carer: Free

* 2 hours play may be enforced during very busy periods!

Tel: 020 8960 1515
Email: enquiries@bramleysbig.co.uk
Web: www.bramleysbig.co.uk
Address: 136 Bramley Road, London W10 6TJ

**Activenture** (East Sussex)

This project for young people provides residential short breaks with an adventure theme and has been in operation for nearly 40 years. Activenture is used by local authorities across the south east of England.

Activenture Plus is for those over 18 years with impairments (physical/non physical). It is intended mainly for those who can cope with the help of their own personal care although there are staff to provide additional support at all times. These events provide an opportunity to relax and/or participate in various outdoor activities such as archery, abseiling, zip wire, swimming and obstacle courses.

Families may apply for a subsidised place on the understanding that none of the cost will be paid by their local authority. In some rare circumstances an individual participant may not be suitable for Activenture for safety and/or care reasons. Activenture release new dates on a six-monthly basis for both guests and volunteers.

This generally happens at the end of January and August. Between 20 and 40 young people with impairments can stay at any one time (generally for seven days and six nights). During their stay, guests work within small groups (typically 5 - 7 guests) who are accompanied by at least the same number of volunteers who, depending on the needs of the guests, also help with general day-to-day care, as well as encouraging participation in all of the activities.
Trained volunteers and a registered nurse supervise all helpers and guests. Additional adults are on duty throughout the night.

Tel: 01342 828215
Email: di@hindleap.com
Web: www.londonyouth.org.uk/inspiring-young-people/activventure/activventure-plus
Address: Activventure, Hindleap Warren, Wych Cross, Forest Row, East Sussex, RH18 5JH.

**QE2 Activity Centre** (Hampshire)

This centre in Hampshire specialises in providing day activities and activity holidays for disabled people. You can visit with a group of friends, your family or carer, your school or club.

Some visitors are looking for a holiday where they can relax and try some new activities, others want every moment filled with action! QE2 aim to be flexible and give people the holiday or course that is right for them.

At the Queen Elizabeth II Silver Jubilee Activities Centre there is loads to do – canoeing, climbing, archery, ropes course, zipwire, motorboat, problem solving, orienteering, tunnelling and green team. The Centre is set in 400 acres of woodland and farmland, making up the Manor Farm Country Park. Some of the skills you learn might be specific to that activity, a paddling stroke for example, others might be things you can use every day, like reading a map or tying a knot. All activities are run by qualified and experienced instructors.

The QE2 Activity Centre aims to provide a venue where disabled parents with their children or families with disabled children are able to have a holiday together at special rates. Self-catering cabins are available and can accommodate up to eight people.

Tel and fax: 023 8040 4844
Email: qe2centre@aol.com
Web: www.qe2activitycentre.co.uk
Address: Manor Farm Country Park, Pylands Lane, Bursledon, Hampshire SO31 1BH

**Camp Mohawk** (Berkshire)

Camp Mohawk is a multi-functional day centre for special needs children set in five acres of countryside. Throughout the year the centre provides a range of activities,
facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment.

Facilities include a heated outdoor pool, adventure playground, sensory garden, TV lounge and playroom, sensory rooms, soft play room and an art room. Camp Mohawk operates a monthly membership scheme, with memberships available for both families and groups, including youth and holiday clubs for ASD children. During the summer holiday, the centre is usually open seven days a week from 10am – 4pm Monday to Saturday, and 11am – 4pm on Sundays. Family members do not need to book, but it is essential that any potential group visits are discussed and booked at least a week in advance.

Camp Mohawk run a limited number of Outward Bound days for teenagers on the Autistic Spectrum. (see the ‘Calendar’ page on their website for dates, and contact the Camp for more information). the Camp is open to families on some days in other holidays (half terms, Easter, etcetera), as well as holding special events such as a Christmas party, various open days throughout the year and a fireworks display for Guy Fawkes Night. If you are interested in using the Camp during term time, or at other times of the year, please contact Camp Mohawk to discuss your requirements. Disabled access to washing and toilet facilities, secure fence, limited parking.

Tel: 0118 940 4045

Email: info@campmohawk.org.uk

Web: www.campmohawk.org.uk/

Camp Mohawk, Highfield Lane, Crazies Hill, Wargrave, Berkshire RG10 8PU

Thames Valley Adventure Playground (Maidenhead, Berkshire)

This playground welcomes visits from anybody with a special need, from babies to adults. People visit with families and as individuals for respite care, or with groups from schools, play schemes, day centres and residential units. It is designed for people (of all ages) who have a disability – whether it is physical, sensory, behavioural or emotional. There is no age limit, but those over 16 may only use the Playground on a Friday, which is adults’ day. The fences are high and gates are locked and secured, so you can relax, knowing that your child is somewhere on site, even if they have temporarily disappeared from view!

Tel: 01628 628599

Email: theplayground@tvap.co.uk

Web: www.tvap.co.uk/?page=home

Address: Thames Valley Adventure Playground, Bath Road, Taplow, Maidenhead, Berkshire SL6 0PR
Legoland (Windsor, Berkshire)

LEGOLAND® Windsor has been designed with the needs of disabled visitors firmly in mind. For full details a copy of the Guide for Guests with Disabilities is available from Guest Services or the website.

In 2011, Legoland changed their Exit Pass Policy. All guests are required to bring documentary proof of their disability and to sign an Exit Pass Declaration form on the first visit of each season at Guest Services.

Guests who have a disability pay the full admission price. Free carer tickets are only available at the park on production of documentation of the disability. Children under 3 years old go free.

Tel: 0871 2222001 * 10p per minute + network extras

Email: LEGOLAND.Enquiries@merlinentertainments.biz

Web: www.legoland.co.uk/

Address: LEGOLAND Windsor, Winkfield Road, Windsor, Berkshire, SL4 4AY

Activ-8 Adventure (Norfolk)

This organisation work with children and young people offering coaching for individuals or groups at all levels from beginners to experienced. They also offer equipment hire and a range of associated services. Accessible watersports for people with disabilities offer fun and adventure on the water while improving confidence, self-assurance and sense of personal achievement.

Tel: 0845 4969177

Email: info@activ-8.org

Web: www.activ-8.org

Address: Pedals & Paddles, 10 Norwich Road, Wroxham, NR12 8RX

The Calvert Trust (Exmoor, Kielder and Lake District)

This trust enables people with disabilities, together with their families and friends, to achieve their potential through the challenge of outdoor adventure in the countryside. They offer a wide range of adventurous outdoor activities, challenges and adventures with skilled, qualified and caring staff on hand to fulfil the needs of visitors. Accommodation is appropriate to the needs of the visitors as well as facilities for families and friends to share the enjoyment and experience are available. Please see the website for more information about trips.

Web: www.calvert-trust.org.uk
Leisure Centres in Sutton

Cheam Leisure Centre (Cheam)

Centre opening hours

Monday to Thursday from 7am to 10pm
Friday and Saturday from 7am to 9pm
Sunday from 8.00am to 8.30pm

There are lots of facilities at Cheam Leisure Centre including a Swimming Pool (30m x 12m) for casual use, which also has inflatable sessions and lessons for children and adults of all abilities as well as a sauna, steam room, cycling sessions and squash courts.

There are also designated facilities for children:

- Toddlers Football - Thursdays 4pm-5pm. Suited for children aged between 3-5 years old. These sessions are for boys and girls of all abilities. The sessions are taken by Crystal Palace coaches and are the perfect introduction to football for your little ones
- Active Ants - Starting February 1st, we are launching Active Ants at Cheam, every Wednesday between 12,30-2.30pm. These sessions are held in our Sports Hall with all of the Soft Play equipment and Bouncy Castles set up. Our coach will supervise the session and lead for sing and dance sessions.
- Karate - Every Sunday evening we run Karate sessions for children and adults. The martial arts are an excellent way of increasing fitness, strength and coordination. Sessions are for adults and children aged 7 and over.
- Judo - We run Judo courses every Monday between 4.15pm-5.45pm. Our club take children of all ages and abilities. The club competes nationally and aims to get all members at a standard where they can compete.
- Birthday Parties - Your child can have an excellent party at Cheam Leisure Centre. The centre offers Swimming Pool parties as well as Soft Play and Trampoline Parties every weekend. Contact the centre for more info.

Tel: 020 8770 4830

Address: Cheam Leisure Centre, Malden Road, North Cheam, Surrey SM3 8EP

Phoenix Leisure Centre (Wallington)

With a leisure centre, youth zone, library, cafe and a community hall all under one roof, the centre provides a unique blend of services. The centre provides a safe, fun, family environment and offers courses and activities for all ages and interests.

The centre provides excellent sport, fitness and recreation facilities for all ages and abilities. The sports hall provides the opportunity to take part in 5- a -side football, basketball, badminton, short tennis and table tennis and you may choose from a
wide range of exercise classes such as Street Dance, Circuits, Pilates or Yoga available in our spacious dance studio.

In addition to the sporting and recreation activities, the centre is also home to a comprehensive new library and IT Centre, Local Access Point, Youth Centre, Sensory Room and the Beehive Cafe. Charities such as Mencap run sporting sessions and community groups also have access to the facilities.

The Phoenix Leisure centre offers lots of things for Children:

- After school junior sessions for football and basketball
- Toddler's World - An extensive soft play area for under 5's
- Mini movers dance and movement sessions
- A selection of birthday party options
- Mini Movers sessions exclusively for children with learning difficulties and autism

Opening hours are: Monday to Friday from 7am to 10pm, Saturday from 8am to 6pm and Sunday from 8am to 6.30pm

The centre is open from 10.00am – 6.00pm on bank holidays (Christmas holiday opening times will be different)

Tel: 020 8770 6006

Address: Mollison Drive, Wallington, Surrey SM6 9NZ

**Sutton Arena (Carshalton)**

This exciting facility provides excellent facilities for local residents, schools and community groups to participate in a wide range of sporting and recreational facilities.

Centre opening hours

Monday to Friday from 7 to 10pm and Saturday to Sunday from 8am to 6pm.

The centre is open from 10.00am – 6.00pm on bank holidays (Christmas holiday opening times will be different)

As well as lots of sporting facilities – Sutton Arena offers lots of things for children from toddlers to teenagers:

- Sports Courses and Sessions
- Birthday Parties
- "Schools Out" Holiday Activity Programme
- Tots World
- Sing and Sign
- "The Academy" after school sports
- The Scene
- Cheer Dance and Street Dance
- Mini movers for children with learning difficulties and autism
- Merlin’s magic castle adventure play land

London Disability Athletics is also based at Sutton Arena (please contact them for more details).

Tel: 020 8770 4088
Address: Sutton Arena Leisure Centre, Middleton Road, Carshalton SM5 1SL

**Westcroft Leisure centre (Carshalton)**

Westcroft Leisure Centre closed in October 2011 for refurbishment and will reopen in January 2013 – please contact them for details of facilities, children’s activities and disabled access.

Tel: 08450 30 70 30
Address: Westcroft Road, Carshalton SM5 1SL
www.everyoneactive.com
Sports

Level Playing Field

Level Playing Field (LPF) is the national charity representing disabled fans of all sports together with their personal assistants and advocates. On the website, you'll find information on disabled fans facilities at clubs and stadia, along with useful access reports, guides, good practice documents and general disabled supporter information. You'll also find news and a back catalogue of e-newsletters.

Web: www.levelplayingfield.org.uk (click on ‘Clubs’ for contact details and disabled facilities information for football clubs in England, Wales and Scotland).

Archery

Mole Valley Bowmen (Leatherhead, Surrey)

This archery club welcomes people of all ages and abilities, based on individual ability. The venue is wheelchair accessible. The club meets on Sunday afternoons in winter and summer.

Tel: 020 8397 0705/07518 943761
Email: mvb.sec@g.mail.com

Address: Queen Elizabeth College for the Disabled Sports Ground, Leatherhead, Surrey

Basket Ball

Wheelchair Basketball (Brixton)

Youth and adult players have the opportunity to develop their skills and match play in a fun and friendly environment. Sessions are from 2-4pm on Saturdays.

Tel: 020 7095 5100
Email: chris.parksssp@gmail.com

Address: Brixton Recreation Centre, 27 Brixton Station Road, London SW9 8QQ

Boccia

Epsom Boccia Club (Epsom)

This popular and friendly Boccia club is for children and young people with complex disabilities only from 8 – 25 years. The Club meets once a month on a Sunday and once or twice during holidays.

Tel: 01737 357645

56 | P a g e
Email: bocciae@aol.com

**Boccia at YMCA** (Reigate and Redhill)

The club is open to people with all disabilities and meets on a Saturday at 12.30 - 1.30 and dates are available on request. The cost is £1.20. We currently have children up to 16 years of age, but from September we are open to adults with disabilities too.

Boccia is a Paralympic Sport and is played from a seated position, so wheelchair users can play. The game is similar to bowls except we have bright coloured soft leather balls. If a player cannot propel themselves, we have shutes available.

It is an attack and defend game and is highly competitive! Local Boroughs will be sourcing children with disabilities to compete in the Surrey Youth Games. There is also a Pan Disability League that players can sign up to.

Tel: 01737 779979

Address: Reigate & Redhill YMCA Boccia Club, Reigate & Redhill YMCA, Princes Road, Redhill, Surrey, RH1 6JJ

**Bowling**

**Sutton Superbowl** (Sutton)

Ten-pin bowling in Sutton for families to use. They also offer children’s birthday parties.

Tel: 020 8643 4414

Email: info@suttonsuperbowl.com

Address: St Nicholas Way, Sutton, Surrey, SM1 1AT

**Guildford Spectrum Bowling** (Guildford)

Guildford Spectrum Bowling is accessible for wheelchair users. Lightweight and smaller balls and ball ramps are available. Concessions available, including for carers, during off-peak hours (Mon to Fri before 6pm).

Tel: 01483 443322

Web: www.guildfordspectrum.co.uk/content/view/35/58/

Address: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP
Canoeing

Surrey Canoe Club (Staines)

Surrey Canoe Club is an inclusive mainstream club. All club coaches have an enhanced CRB certificate and First Aid certificate.

The Club also has a Paddle-Ability programme working with disability organisations and local authorities. The sessions are suitable for adults, young people - including wheelchair users, family members and personal assistants. Members enjoy pool sessions, river sessions, trips and events. All equipment and coaching is provided.

Members who are interested in competition can develop their skills and take part in canoe sprint races at regional and national level as athletes of the Special Olympics Surrey (Spelthorne) Kayaking Club or the Paracanoe Club.

Car park, facilities and showers are available.

Tel: 020 8399 1858

Email: info@surreycanoeclub.co.uk

Web: www.surreycanoeclub.co.uk/

Address: Spelthorne Leisure Centre, TW18 1AJ

Climbing

The Climbing Zone (Sutton)

The only outdoor climbing wall in Sutton is designed for climbers of all abilities - it's 20m wide and 10m high with over 35 climbing routes. Suitable for individuals from beginners to experienced climbers, it's also a great venue for team building events, children's parties, scouts, guides and all sport, social and community groups.

If you'd like to give climbing a try our taster and family sessions are now an hour long giving you more time on the wall. This year we're also introducing three clubs - Pebbles Club (age 4-7), Junior Rock Club (age 7-16) and a Beginners Rock Club for age 16 plus.

For more information including opening times and prices please visit the 'Useful Information' section below.

Please note a new booking system has been introduced and if you would like to make a booking for any climb please contact the Climbing Zone.

Tel: 0845 363 1177

Address: 24 Alcorn Close, Sutton, SM3 9PX
Web: www.suttonlifecentre.org.uk

Craggy Island Climbing Centre (Carshalton)

There is disabled access to the building but please contact the centre manager for more information on disabled children using the climbing equipment. (There is a Craggy in Guildford for high rope indoor climbing and children’s taster sessions).

Office open: 12.30pm to 10pm Monday to Friday, 10am to 8pm Weekends.

Tel: 0844 8808866
Web: www.craggy-island.com

Address: Craggy Island Climbing Centre, Oaks Sports Centre, Woodmansterne Road, Carshalton, Surrey SM5 4AN.

Cricket

Cricket for Change (Wallington)

Cricket for Change run sessions for young people from 11 – 18 years old on Mondays at the Phoenix Centre and the Cricket for Change Centre. 4pm – 5.30pm: Severe learning and physical difficulties 4.30pm – 6pm: Mild learning disabilities 6pm – 7.30 pm: Visually-impaired players

Cricket for Change select and train talented players for County squad training and competitions. The most skilled players can receive support to prepare them for trials with their respective England Disability Representative Team. There is also now a Visually Impaired Girls only team.

If you have a Visual Impairment (VI), a Learning Disability (MLD) or a Physical Disability (PAN) and love cricket then this is the programme for you!

Tel: 020 8669 2177

Email: office@cricketforchange.org.uk

Web: cricketforchange.org.uk/initiatives/hit_the_top

Address: The Cricket Centre, Plough Lane, Wallington SM6 8JQ

Beddington Cricket Club (Wallington)

Mainstream cricket club which welcomes children who have additional needs/disabilities. They have children’s coaching for 10-15 year olds.
Sutton Cricket Club (Sutton)

Sutton Cricket Club now offer ‘pay as you play’ sessions for children on Friday evenings. Although they are a mainstream club they do welcome children who have additional needs.

Web: www.suttoncricketclub.com

Address: Gander Green Lane Sutton, Surrey SM1 2EY

Cycling

Brixton BMX club (Brixton)

A friendly community of riders, supporters and enthusiasts with a shared passion for BMX (bicycle motocross) racing, we compete in competitions up and down the country and currently have a roster of 70 riders.

Not all riders race, many are only just learning the skills required to handle a BMX track. The club has British Cycling qualified coaches to help riders of all ages and skills, and welcomes beginners.

Coaching sessions are held at the Brockwell Park BMX track on Saturday and Sunday mornings at 10am until 12, all newcomers are welcome. There are a limited number of club bikes and protective gear, so even if you don’t have an appropriate bike or a full face helmet, they will probably be able to sort you out with equipment. Sessions cost £4 for non-members, £2 for members.

Annual club membership is £12 for under 16’s and £18 for 16+, forms are available to download from the contact section of the site or ask a coach at a track session.

Email: Info@brixtonbmx.com

Web: www.brixtonbmx.com

Address: Brockwell Park BMX track, Brockwell Park, Lambeth, South West London.

EcoLocal Inclusive Cycling (Carshalton)

This project has adapted bikes and two wheelers enable everyone (aged 16+) to experience cycling in a safe and supportive place, whether it is on two, three or four wheels! Specially adapted bikes, in addition to traditional cycles, mean that everyone can have a go - including people with disabilities, those recovering from injury and
people who might not own a bike themselves. Sessions get very busy so may not be suitable for some young people. Phone to discuss your individual needs.

Sessions run on Wednesdays 10am-11.30am and Thursday 10-11am. Sessions are £3 per person, carers go free. Booking is not needed unless for group visits.

Tel: 020 8770 6611

Email: cycling@ecolocal.org.uk

Web: www.ecolocal.org.uk

Address: EcoLocal, The Old School House, Mill Lane, Carshalton, Surrey SM5

Wheels for Wellbeing (Croydon)

Wheels for Wellbeing run Cycling for All in Croydon. They have a range of trikes and four wheelers that can be ridden by children and young people with mobility impairments, balance difficulties, who lack road safety awareness, and can't deal with traffic by themselves. Parents, grandparents, siblings (disabled or not) and support workers are all welcome. There is a usually a charge but sometimes, there are free sessions in the school holidays. Wheels for Wellbeing have produced a fact sheet on finding funding to buy a cycle and have a list of manufacturers.

Tel: 020 7346 8482

Web: www.wheelsforwellbeing.org.uk

Address: Wheels for Wellbeing, 336 Brixton Road, London SW9 7AA

London Recumbents (Battersea and Dulwich Parks)

London Recumbents have a range of special bikes for families riding in Battersea Park for rent by the hour. The website also has information on funding for special needs cycles. Book early as sessions can get busy especially on sunny days and in the afternoons.

On weekends and in the holidays, London Recumbents is open from 10am onwards, please phone for weekday opening times.

Tel: 020 7498 6543

Email: recumbents@aol.com

Web: www.londonrecumbents.com/

Address: Battersea Park, London SW11 4NJ and Ranger’s Yard, Dulwich Park, London SE21 7BQ
All Ability Cycling (West London and East London)

Bikeworks offers all-ability cycling and promote the usage of cycling within the learning disability/disabled community. The Inclusive Cycling Club is for everyone, including family members and carers. The Club offers the opportunity to meet, talk and cycle together around the park for fun, leisure, health and fitness. The club is free to participate. Bicycles and helmets and a selection ranging from scooters, two wheelers, tandems, recumbents, wheelchair and hand cycles are available.

Come and join the Bikeworks team for the All-ability Cycling Club in the beautiful surroundings of Victoria Park and Little Wormwood Scrubs Adventure Playground, every other Saturday from 1pm to 3pm. Contact them for the latest dates.

Tel: 0208 983 1221

Email: cycletraining@bikeworks.org.uk

Web: www.bikeworks.org.uk

Address: Unit 8 Gun Wharf, 241 Old Ford Rd, Victoria Park, London E3 5QB or Little Wormwood Scrubs, Adventure Playground W10 6AD

Companion Cycling (Bushy Park)

Companion Cycling is a charity which enables people with special needs, regardless of their age or ability, to cycle on specially adapted cycles in the peaceful surroundings of Bushy Park. The age spectrum includes 9 months to 90.

The wide variety of special cycles range from side-by-side pedal cycles suited to those with good mobility but limited co-ordination, through to a wheelchair ‘rickshaw’ suited to riders with severe mobility problems. In addition we have a range of tricycles with added safety features, a tandem and conventional bicycles for accompanying riders. Volunteers will help you to choose the cycle which is most suited to your needs, and will familiarise new riders and pilots with the cycles and the routes around the park.

Disabled cyclists can ride with a friend or carer, and there are also volunteers if you aren’t able to come with your own ‘pilot’. There is also the side-by-side, easy to operate electric buggy. There is a quiet picnic area next to the office and bike sheds so you can combine a cycle ride with a picnic. Companion Cycling is a very popular activity and requires early booking to avoid disappointment.

Membership is open to individuals, families and organisations (schools, day centres or clubs for people with disabilities). One-off visits for groups can be arranged. Donations are always welcome. Sessions take place on a Saturday or Sunday morning. Once you have had a taste of what’s on offer, you are free to make further
bookings for the bike which you have found most suits your needs. Each ride will then cost you £2.

Tel: 07961 344545 (leave a voicemail)

Email: bookings@companioncycling.org.uk

Web: www.companioncycling.org.uk/

Address: The Stockyard, Environmental Education Centre, Bushy Park TW12 2EJ

Dance

**National Wheelchair Dance Association** *(National)*

The Wheelchair Dance Association came into being in 1974 it opened up dancing to wheelchair users and others. There are more than 30 teams in the Wheelchair Dance Association spread over the whole of the UK, its aim are to promote recreational facilities in the form of wheelchair dancing.

There are Wheelchair Dancing Groups in both England and Scotland. To find your nearest group or for information on setting up a group for fun and/or competitions please contact the National Secretary, Sue Banks on: **SUXb@hotmail.com**. Families are welcome to attend their local groups but must be wheelchair users to compete at competition level. The association also train parents and carers to set up new groups and all the family can attend.

**J Dance Studios** *(Carshalton)*

J Dance Studios offer a range of different dance classes for all children aged 2 and a half years up. Lessons are held in various locations in Carshalton and Wallington. Please call to enquire about different classes, times and locations.

Tel: 07951 539 741

Email: jane@jdancestudios.com

Web: www.jdancestudios.com

Address: Jane Tilley, Highfield Hall, 320 Carshalton Road, Carshalton, Surrey SM5 3QB

**Twinkling Stars Dance Academy** *(Carshalton)*

Twinkling Stars Dance Academy is a dance group for children and young adults with disabilities aiming to attend competitions and performances. The Company enables children and young adults in the local area who suffer with one or multiple
disabilities, whether they are physical medical or both, to participate in dance classes and show the world they are stars and can shine. Currently, classes for Minis (under 6 years, £6 per session or £35 for the first 7 sessions), and Juniors (over 7 years, £8 per session or £45 for the first 7 sessions), take place after school.

Tel: 07500 038 521

Email: twinklingstarsdanceacademy@aol.com

Web: www.twinklingstarsdanceacademy.co.uk/

Address: 26 St Albans Grove, Carshalton, Surrey SM5 1NE

**Star Steppers** (Cheam)

Dance classes and workshops that are open to working with children and adults with special needs.

Tel: 07810 808 228

Email: info@star-steppers.com

Web: www.star-steppers.com

Address: Cheam Parochial Rooms, 42 The Broadway, Cheam, SM3 8BL

**Creative Dance Classes** (Croydon)

This Youth Dance Company runs creative dance classes for young people aged 14 to 25, with and without disabilities. Classes are held every Wednesday and cost £40 per ten week term at Shirley High School, Croydon.

Tel: 07887 781 361

Address: Shirley High School, Shirley Church Road, Croydon CR0 5EF

**Magpie Dance** (Bromley and Beckenham)

Currently, Magpie dance holds regular weekly sessions, in term-time in Bromley and Beckenham, and welcome everybody (regardless of experience) to sessions.

Magpie’s Youth Group aims to enable young people both with and without learning disabilities to explore creative movement and related arts in a supportive, safe and stimulating atmosphere. Youth Group sessions are for 14 – 25 year olds and run on Wednesdays and Saturdays. Adult Community Classes are on Wednesdays and Thursdays for people with learning disabilities. Magpie Dance also hold regular
sessions for adults dancers to develop their skills in a more intensive way.

All sessions are accompanied by live music (percussion or keyboard) and vary from an hour and a half to two hours long. Facilitators have extensive experience of working with young people and adults with learning difficulties as well as having highly successful careers as professional dancers, choreographers and teachers.

Tel: 020 8290 6633

Email: lizzfort@magpiedance.org.uk

Web: www.magpiedance.org.uk

Address (office): Magpie Dance, The Churchill Theatre, High Street, Bromley BR1 1HA

**Glee Club Dance** (Putney)

For children aged 4-10 years. A fun dance course for all abilities, including styles such as High School Musical, Cheerleading and Glee Club. Children can learn new dance styles, make new friends and have fun. Please contact the Club to discuss individual requirements or additional needs.

Tel: 020 8871 7542

Address: Putney Leisure Centre Dryburgh Road, Putney, London SW15 1BL

**Candoco** (Euston)

This dance company runs two youth dance groups for disabled and non-disabled young people aged 14 to 25 years during term time:
Mondays 5.30pm – 7.30pm at Siobhan Davies Studios, London SE1.
Tuesdays from 6pm – 8.00pm at Candoco also has a professional, touring Dance Company of able and disabled dancers.

Tel: 020 7704 6845

Web: www.candoco.co.uk/
Address: The Place, 17 Duke’s Road, London WC1

**The Alessendre Special Needs Dance School and Larondina Dance Company** (Battersea)

For those who have Down’s syndrome or similar disability 5 – 30 years old, this school has been in existence for twelve years. The aim of the School is to give
students an appreciation and enjoyment of dance and music and the confidence and abilities to contribute to society.

Tel: 020 7585 2431
Email: info@asneeds.org.uk
Web: www.asneeds.org.uk
Address: 17 Whistler's Avenue, London SW11 3TS

**3D Dance** (Brighton)

This company provides inclusive dance workshops for disabled and non-disabled children, young people and adults on a project basis for schools, colleges, organisations and councils.

Tel: 07957 460177
Email: info@3ddance.co.uk
Web: www.3ddance.co.uk
Address: 3D Dance, 39 Stanford Avenue, Brighton BN1 6GA

**Fencing**

The British Disabled Fencing Association (BDFA) is the governing body for the paralympic sport of Wheelchair Fencing in Britain. Their website aims to inform fencers, coaches and anyone else interested in learning more about the sport of Wheelchair Fencing in Great Britain.

Email: secretary@bpfa.org.uk
Web: www.bpfa.org.uk/

**Women’s fencing** (Phoenix Leisure Centre)

Inclusive sessions at the Phoenix Centre for just £1 per session and first session is free. Participants must be 16+. Sessions will run on Mondays 10 am – 11 am and Wednesdays 7 pm – 8 pm. There is no need to book but young women with a disability who would like to take part [or a group] please contact beforehand.

Michael Hindmarsh, Community Development - Sutton Contract Sport and Leisure Management Ltd.

Tel: 020 8404 1903
Address: Mollison Drive, Wallington, Surrey SM6 9NZ

Fishing

Central Association of London and Provincial Angling Clubs (CALPAC)

The Central Association of London and Provincial Angling Clubs offers some of the best value coarse fishing in the South East of England with day tickets only £5.00 and a full year club permit just £48.00. Concessions are available for juniors, OAPs and registered disabled.

CALPAC offers a variety of venues including stretches of the Rivers Arun, Beult, Eden, Kennet, Medway, Sperringbrook and Teise, lake fishing at Manor Pond, Stew Pond and Balls Green and canal fishing on the Kennet & Avon, Grand Union and Basingstoke Canals. Some are members only waters whilst some can be fished on a day ticket.

Tel: 020 8645 6820 (week days before 8pm)

Email: malcolmmilfordscott@hotmail.com

Web: www.calpac.info

MTSFC (Middlesex)

The Masonic Fishing Charity’s aim is to offer fishing and countryside experiences to people with Special Needs. It achieves this by running fishing events, both coarse and fly, at various fisheries and inviting participants from special needs schools and centres and people who have suffered trauma to come and join in.

MTSFC is run by volunteers and is a non-profit making enterprise. They welcome new participants, most of whom are from special needs schools/units and adult centres. MTSFC also invite individuals to events who can bring their own carers. Participants must be over eleven years old and sufficient carers, teachers or helpers must accompany the group to cater for their personal needs. Likewise any special dietary needs would need to be brought with them for the day although MTSFC does provide a barbecue lunch with a vegetarian option and tea, coffee, soft drinks and water throughout the day.

Tel: 0208 206 3193 (Daytime) or 0208 958 7652 (Evening)

Email: info@mtsfc.org.uk

Web: www.mtsfc.org.uk/index.htm

Address: MTSFC 22 Edgwarebury Gardens, Edgware, Middlesex HA8 8LN
Fitness

**The Hub, Fitness** (Morden)
Inclusive to all disabilities, fully accessible and are IFI (inclusive fitness initiative) accredited.

Opening times: Monday – Thursday 6.30am – 10pm, Friday 7am – 9pm, Saturday and Sunday 8am – 8pm.

Tel: 020 8685 6193

Email: enquiries@visitthehub.com

Address: Tooting and Mitcham Imperial Fields, Bishopsford Road, Morden SM4 6BF

**Wimbledon YMCA** (Wimbledon)

Inclusive to all disabilities, fully accessible and are IFI (inclusive fitness initiative) accredited. Classes and specialist trained staff available.

Open Monday to Friday 6.30am –10pm, Saturday and Sunday 8am – 8pm.

Tel: 020 8296 9477 ext 7344

Email: enquiries@ymcalsw.org

Web: www.kwymca.org.uk

Address: Wimbledon YMCA, 200 The Broadway, Wimbledon SW19 1R

Flying

**Bader Braves Flying Days** (Hertfordshire)

Bader Braves Flying days are designed to give youngsters with limb impairment and other disabilities what is very often their first experience of flight in a light aircraft. Bader Braves try, when possible, to ensure that brothers and sisters get the opportunity to fly after all the BRAVES have flown so.

Tel: 07831 596015

Email: douglasbaderfdn@btinternet.com

Web: douglasbaderfoundation.com/bader-braves/

Address: The Douglas Bader Foundation, 45 Dundale Rd, Tring, Hertfordshire HP23 5BU
Football

Sutton Eagles Special Needs Football Club (Carshalton)

The Sutton Eagles Special Needs Football Club provides football training opportunities for children aged 5 – 16 years with a wide range of special needs. These include physical disabilities, cerebral palsy, sensory impairments, Autistic Spectrum Disorders and general learning disabilities. Playing football allows the children to develop their gross and fine motor skills, balance and co-ordination. It also helps develop social skills, communication and team work, leading to increased confidence and improved self esteem. No need to book in advance, just turn up and play!

Every Saturday (term time only) 2pm – 3pm for 5 to11 year olds; 3pm – 4pm for 12 – 16 year olds.

Pulse Health & Fitness Carshalton College, Nightingale Rd, Carshalton SM5 2EJ

Tel 020 8669 6797

Email: louiseb@lineone.net

Web: www.suttoneaglesfc.com

Carshalton Athletic Football Club (Carshalton)

Summer Holiday Soccer School for ages 4 to11 years all abilities welcome. Run by fully qualified CRB checked coaches.

Tel: 0208 642 8658

Web: www.carshaltonathletic.co.uk/

Address: War Memorial Sports Ground, Colston Avenue, SM5 2PW

Football Coaching - AFC Wimbledon (Surrey)

Football coaching happens on Saturdays and during the holidays for all children from 4-16 years old, in small groups of the same age and ability. A variety of sessions are put together to suit all ages/genders/abilities. The course is run by FA qualified coaches and includes drills, fun games and competitions.

Disabilities supported: Deaf, Learning Disability, Mental Health Conditions.

Tel: 020 8974 5712

Email: info@afcwimbledon.co.uk or communityfootball@afcwimbledon.co.uk

Web: www.afcwimbledon.co.uk/
Charlton Upbeats (South East London)

The Charlton Upbeats is run by the Charlton Athletic Community Trust for young people with Down's Syndrome. The sessions are held on Saturdays at the Charlton Athletic Training Ground from 1pm – 2.30pm and revolve around football, although other activities are also offered.

The senior players (14 years old and above) play in tournaments against other clubs with similar programmes. Over 130 young people are registered and there is a regular attendance of 35 young people per week. Each player receives a full Charlton Upbeats football kit. The experienced are trained in Makaton. There are opportunities throughout the year to take part in DSA tournaments, fun days and games with other professional football clubs.

Tel: 08717 812 095

Email: terry.peart@cact.org.uk or carl.krauhaus@cact.org.uk

Web: www.cact.org.uk/item.php?cid=2&id=48

Address: Charlton Athletic Training Ground, Sparrows Lane, New Eltham, London SE9 2JR

Deaffinity & QPR deaf football (Westminster)

QPR in the Community Trust and Deaffinity create opportunities for deaf people to play football. Based at the Paddington Recreation Ground, this club will train on Thursday evenings and compete in the National Deaf League.

QPR won the football league award for Disability community club of the year in 2011.

Over 30 young deaf people regularly enjoy football and socialising with their friends on Thursday evenings 6pm – 7.30pm.

QPR in the Community Trust continues to develop projects for disabled people to access sport and physical activity. With clubs for young people with Down’s syndrome, Learning Disabilities and mental health illness the club is fast becoming a leading provider for its disabled community.

Web: www.qprcommunitytrust.co.uk/disability-home.aspx

Email: idrissi@deaffinity.com or matthewl@qpr.co.uk

The Fulham Badgers (Raynes Park and Guildford)

Formed in 2006, the Fulham Badgers were the first Down’s Syndrome specific team created in conjunction with the Down’s syndrome Active(DSA) programme. The
Badgers have been a huge success and hosted the first international DS match when they welcomed the Hong Kong Dragons DS in May 2009. The Badgers became the first DS side from the UK to play internationally, when they visited the Dragons in May of 2010.

There are two weekly sessions, one on a Friday evening in Raynes Park and one on a Tuesday evening in Guildford.

Tel: 020 8336 7542

Email: mmaguire@fulhamfc.com

Web: www.dsactive.org/teams/fulham-badgers/

Address: Raynes Park High School, Bushey Road, Raynes Park, London SW20 0JL and Surrey Sports Parks, Richard Meijes Road, Guildford GU2 7AD

**Chelsea Community Football Club** (National and South East Specialist)

Chelsea Community Football Club is the official pan-disability football club of Chelsea Football Club. At present they run 10 football teams, providing football for all impairment groups, male and female, from the age of seven upwards.

The Limbless Association’s Football+ project also delivers coaching sessions to several schools and community schemes in the South East, and coordinates a national amputee football programme. Contact them for information on different venues and times.

Email rob.seale@chelseafc.com

Web: www.chelseafc.com/page/FITC

**Gym**

**The Gym at Phoenix Leisure Centre** (Wallington)

Gym for young people and adults with staff trained to support people with additional needs. There is equipment suitable for wheelchair users.

Tel: 020 8770 6006

Address: Mollison Drive, Wallington, Surrey SM6 9NZ

**The Zone Health and Fitness** (Sutton)

Inclusive gym sessions for all children and young people and offer coaching, induction and support.
Tel: 020 8641 8343
Web: www.zonehealthandfitness.co.uk/
Address: The Sports Village, Sutton, Surrey SM1 3HH

**Gymnastics**

**Gymboree** (Cheam)

Gymboree classes are inclusive and use a combination of music, movement, props, imaginary play and custom-designed and patented apparatus to create a fun and magical world where children learn, thrive and have fun.

Tel: 07990761259
Email: cheam@gymboree-uk.com
Web: www.gymboree-uk.com/index.html
Address: Cheam Sports Club, Peaches Close, Cheam Village, SM2 7BJ

**Rainbow Centre** (Epsom)

Offer a range of classes such as gymnastics, Tai Chi, Swimming, table tennis – which do change so it is best to contact and ask about their current programmes. There is accessible parking, a hoist for the pool and wheelchair access.

Tel: 01372 727277
Address: East Street, Epsom, Surrey KT17 1BN

**Flare Gymnastics** (Guildford Spectrum)

For 5 – 16 year olds with special needs, gymnastics classes are held on Wednesdays and Fridays in term time at Guildford Spectrum. There are also one-off classes in the holidays.

Tel: 01483 444766
Email: info@guildfordspectrum.co.uk
Web: www.guildfordspectrum.co.uk
Address: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP
**Croydon School of Gymnastics** (Thornton Heath)

Croydon Gymnastics Club runs evening sessions for disabled children from the age of three and over. The club currently has a waiting list for some of the integrated classes. If you wish to have your child added to the waiting list please email the School with your child’s name, sex, date of birth, your telephone number and your address.

Croydon School of Gymnastics also has daytime classes especially for disabled people and children with disabilities who would find it hard to cope in mainstream and who need one-to-one coaching.

If an individual wishes to attend, the cost is £5.50 per person for a session, and a parent carer must stay during the session to assist the coaches.

Classes take place on Tuesdays from 11.30am – 12.30pm and 2:45pm – 3.45pm, Wednesdays 11.30am – 12.30pm and Thursdays from 2:45 – 3.45pm.

Tel: 020 8683 1885 (Thursday evenings after 5pm or Saturday between 9.30am – 2.30pm.

Email: croydonsog1@btinternet.com

Web: www.croydonsog.org/

Address: Croydon School of Gymnastics, Strand House, Nursery Road, Thornton Heath, Surrey CR7 8RE

**Horse riding**

**The Diamond Centre for Disabled Riders** (Carshalton)

At present, the Diamond Centre has a waiting list to join and is currently not accepting any new names onto the waiting list. Call to check if they are accepting new names.

Tel: 020 8643 7764

Address: The Diamond Centre, Woodmansterne Road, Carshalton, Surrey SM5 4DT

**Epsom Riding for the Disabled Association** (Epsom)

Epsom RDA will accept most disabilities, but riders must first complete a registration form on which they or their parent or guardian (as appropriate) sign to give their consent. A doctor, nurse, physiotherapist or similar qualified person needs to provide medical history details. There is a waiting list to join.

Tel: 01372 743690 (leave a voice message on the answer phone and they will call you back).
Dulwich Riding School (Dulwich)

This well established riding school does have provisions for children with additional needs however they are a very small school and at the time of writing there were no membership spaces left. We advise you contact them the school in January 2013 to check if places have become available.

Tel: 0208 693 2944
Email: dulwichrs@btinternet.com
Web: www.dulwichridingschool.co.uk

Address: Dulwich Riding School, Dulwich Common, Dulwich, London se21 7ex

Horse rangers Association (Hampton Court)

The Horse Rangers Association (Hampton Court) is an for children and adults both able bodied and with special needs. It is a non-profit making voluntary organisation

An associated Special Needs Section (RDA Group) runs during the week, term time only on Tuesday and Friday afternoons. There is a waiting list and a weight limit of 10 stone. Waiting lists are at least two years long and there is no guarantee that your child will be offered a place. Please call to check the current situation.

Tel: 020 8979 4196
Email: admin@horserangers.com
Web: www.horserangers.com/

Address: The Horse Rangers Association (Hampton Court) Limited c/o Royal Mews, Hampton Court Palace, East Molesey, Surrey KT8 9BW

Shetland Pony Club (Cobham, Surrey)

Shetland Pony Club offers riding and a pony-share scheme for children from the age of two and a half to approximately 11 years old. Older children can lead the ponies round the field.

The Club introduces children to riding and ponies in a safe and gentle way. The ponies are suitable for disabled children and love them! Private sessions can be arranged. It is possible to drive to within 20 yards of the ranch for easier disabled access. Call in advance to arrange this.
The ranch is open on weekends and Monday afternoons during term time and Monday to Thursday during the summer holidays. Friday is the ponies’ rest day.

Taster sessions currently cost £22.50 per hour per child.

Tel: 01372 844 077

Email: info@shetlandponyclub.co.uk

Web: www.shetlandponyclub.co.uk/

Address: Shetland Pony Club, Blue Bell Lane, 79 Stoke Road, Stoke D’Abernon, Near Cobham, Surrey KT11 3PU

**The Horse Boy Camps UK** (National)

These therapeutic camps run at various locations across the UK and will be an opportunity for children on the autistic spectrum, their parents and siblings to spend some time in beautiful natural surroundings.

The Camps provide the chance to ride and benefit from contact with horses, and nature. Instructors and staff are highly experienced in wild camping, horse-riding and running expeditions for families and working with children with special needs. The pace of the camps is governed by the needs of the individual children attending and families can take part in some or all of the activities planned.

Tel: 07934628326

Email: gillian@horseboycamps.co.uk

Web: www.horseboycamps.co.uk

**The Riding Therapy Centre** (Vauxhall City Farm)

Vauxhall City Farm provides equine therapy through various activities with horses: including riding for children and young people with disabilities, special needs or mental health problems. The aim of the project is to provide therapy tailored to the needs of the individual child, from stroking and grooming, through to riding which strengthens the child’s muscles and improves their posture and coordination.

They offer lessons for school groups and disabled individuals at subsidised rates on Monday evenings.

Tel: 0207 582 4204

Web: www.vauxhallcityfarm.org

Address: Vauxhall City Farm, 165 Tyers Street, London, SE11 5HS
Ice Skating

**SPICE Special People on ICE (Slough)**

SPICE Special People on ICE is an additional needs ice skating group that runs from Absolutely Ice Arena in Slough. Members include young people up to the age of eighteen who have a wide range of additional needs such as Autism, Asperger’s Syndrome, Down’s Syndrome, Cerebral Palsy and their siblings. Spice is an additional needs ice skating group that has been teaching children and young adults up to the age of eighteen to ice skate for many years. The courses take place on Sunday mornings at the Absolutely Ice Arena in Slough between 10:30am and 12:30pm. Each member is invited to bring a sibling onto the ice for support and to share the experience. As SPICE has grown, they now offer five ability groups all led by professionally qualified coaches. The club also now run synchronised skating sessions called Absolutely SPICE which train together and regularly do performances.

Email: secretary@spiceskating.org

Web: www.spiceskating.org

Address: Absolutely Ice Arena Montem Lane, Slough, Berkshire SL1 2QG

**Brixton Ice Arena (Brixton)**

See website for admission prices and public skating times. There are reduced costs for children and adults with disabilities. The current concessionary fee is £4 for entry including skate hire and an accompanying Carer’s entry and skate hire is free. You may be asked to show a freedom pass or other proof of disability.

Tel: 02077 375 034

Email: brixton@planet-ice.co.uk

Website: http://www.planet-ice.co.uk/arena/Brixton

Address: 49 Brixton Station Road, Brixton, SW9 8PQ

**Alexandra Palace Ice Rink (Muswell Hill)**

The rink is open daily for public skating and can be used all year round.

Please visit the website for ticket prices and public skating times.

Web: www.alexandrapalace.com/ice-rink

Address: Alexandra Palace Way, London, N22 7AY
**Guildford Spectrum Ice Rink** (Guildford)

The rink is open for public skating – check the website for ticket prices and public skating times.

Tel: 01483 44 33 22

Web: www.guildfordspectrum.co.uk

Address: Guildford Spectrum, Parkway, Guildford, Surrey, GU1 1UP

**Ice Hockey**

**The Werewolves of London special Ice hockey club** (Brixton)

Founded in 2002 by Mike Dwyer, the Werewolves of London is a registered charity run entirely by a formally constituted management committee of parent volunteers. Affiliated with Streatham Ice Hockey club, the Werewolves provides an opportunity for children and adults with additional needs to participate in the sport of ice hockey. But this is ice hockey with a difference in that it is non-contact with an emphasis on having fun! Most of the players have autistic spectrum disorders, Down’s Syndrome or other Learning Disabilities. Some of our older players have obtained coaching qualifications and now coach younger team members. Beginners and non-skaters aged from five years up to and including adults are all welcome. The club also takes part in the Special Hockey International tournament with teams from the USA and Canada..... and Slough! Check out the Werewolves website for more information or contact Mike

Contact: Mike Dwyer

Tel: 020 8644 1998

Email: mike@werewolvesoflondon.org.uk

Web: www.werewolvesoflondon.org.uk

Address: Brixton Ice Arena, 49 Brixton Station Road, Brixton, London SW9 8PQ

**Spice Jets Ice Hockey Team** (Slough)

SPICE Special People on ICE is an additional needs ice skating group that runs from Absolutely Ice Arena in Slough. Members include young people up to the age of eighteen who have a wide range of additional needs such as Autism, Asperger’s Syndrome, Down’s Syndrome, Cerebral Palsy and their siblings. They also run Spice Jets Ice Hockey Team which train regularly and also takes part in the Special Hockey International tournament – competing against teams from the USA and Canada.
Please contact them for times of training sessions.

Email: secretary@spiceskating.org
Web: www.spiceskating.org
Address: Absolutely Ice Arena Montem Lane, Slough, Berkshire SL1 2QG

**Ice Sledge hockey**

**Swindon Wildcats** (Swindon)

Has a junior academy for 3 – 18 year olds and are due to start a disabled programme.

Tel: Pete Winn on 07713 599472 or Ben Humphrey 07815 776593
Email: peter.winn@swindonwildcats.com or bhumphrey@swindon.gov.uk
Web: www.sledgehockey.co.uk/
Address: Home Rink: The Link Centre, Whitehill Way, Westlea, Swindon SN5 7DL

**Martial Arts**

**The Disability Martial Arts Association** was sent up in January 2007 for people with disabilities and their families who are or who wish to be involved in martial arts. The Association has a database of Martial Arts Academy’s Schools and Clubs in the UK that will teach people with all types of disabilities. You need to phone for information.

Tel: 0208 245 2383
Email: dmaa@blueyonder.co.uk
Web: www.disabilitymartialartsassociation.co.uk

**GKR Karate** (Rose Hill)

Integrated classes take place at Rosehill Community Centre as well as other local locations. For information, please get in contact:

Tel: 07707 802 702.
Email: keccott@gkrkarate.com
Web: www.gkrkarte.com
Wing Chun Kung Fu Schools (Croydon)

Wing Chun is a mainstream martial arts club which welcomes children with ASD and ADHD. There are two children’s groups (Little Dragons 4-7 years and Juniors 7-12 years).

Tel: 0800 197 4660 or 0208 916 2102
Address: Wing Chun Croydon, Units 39 – 41, Capital Business Centre, 22 Carlton Road, South Croydon, Greater London, Surrey, CR2 0BS

Racing (Wheelchair)

Mini Marathon (London)
The Virgin Money Giving Mini London Wheelchair Marathon is the opening event of the Virgin Money Giving Mini London Marathon. The race is open to young people all over the UK in age category races: under 14 & under 17. The race is a championship event for young wheelchair athletes.

Under 14 Boys & Girls – Must be born on or after 1st September 1997. Must be aged 11 on 22nd April 2012. (1st September 1997 to 22nd April 2001)

Under 17 Boys & Girls – Must be born on or after 1st September 1994. (1st September 1994 to 31st August 1997)

The entry criteria requires participants must be able to self propel themselves over three miles within the time limit of 45 minutes. Competitors must wear a helmet & gloves and can either use a standard or racing chair. There will be opportunities for athletes to be fully classified before the race and we would encourage you to apply for this. Since the launch of the Mini Wheelchair Marathon in the early nineties past winners have included David Weir and Shelly Woods.

For further details on taking part please contact Michelle Weltman - Virgin Money Giving Mini London Wheelchair Marathon Coordinator

Tel: 07710 419218
Email: michellew@london-marathon.co.uk

Croydon Wheelchair Racing Club (South Norwood)

This wheelchair racing club train on Sunday mornings 9.30am – 11.00am

Tel: 07775 705326
Address: Croydon Sports Arena, Albert Road, South Norwood, London SE25 4QL
**Velocity Wheelchair Racing** (Sutton Arena)

For children and adults, the club trains regularly and takes part in competitions. Success has come to the club in many events including two members being in the GB team for the World Championships in 2002 and beyond.

Monday and Wednesday 7pm – 9pm.

Tel: 020 8770 4088

Email: tpatel@talk21.com

Web: www.ebasic.easily.co.uk/01306C/008036/index.html

Address: Middleton Road, Carshalton SM5 1SL

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**Rugby**

**The Bulls Junior Rugby Club (Carshalton)**

This not-for-profit club positively welcomes new players with additional needs and parent/carers can stay and participate. There are 10 players per coach. Please phone to discuss your child’s support needs before attending a free taster session. Once registered there is a fee of £60 per season. Some kit is provided and training aids are available.

Sessions take place on Sundays 10am – 12pm from September to May.

Minis: 5 – 8 years tag rugby (non contact) introduction for boys and girls. Midis 8 – 11 years (boys and girls). Youth: 12 – 15 years (boys). Youth: 13 – 18 years (girls)

Tel: 020 8296 6716

Email: Damien.brady@ombudsman.org.uk

Address: 45 William Road, Sutton SM1 4QT, Poulters Park (off Peterborough Road), Carshalton

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**Running and Athletics**

**London Disability Athletics** (Carshalton)

This club is based at Sutton Arena (please contact them for more details).

Tel: 020 8770 4088

Address: Sutton Arena Leisure Centre, Middleton Road, Carshalton SM5 1SL
**Sutton Runners** (based at Sutton Arena)

This is a mainstream running club for people aged over 18 years but members with learning disabilities are welcome. The club caters for all abilities and levels of fitness. Members need to be physically able to run but there are people who can assist runners and run alongside them. The club meets on Tuesday and Thursday evenings between 6.00 – 8.30pm. It is recommended to try a taster session (Tuesday evenings) before becoming a member of the club.

Tel: 07533 126436

Email: secretary@suttonrunners.org

Address: Sutton Arena Leisure Centre, Middleton Road, Carshalton, Surrey, SM5 1SL

**Sailing and Boating**

**International Association for Disabled Sailing (IFDS)**

Tel: (0)23 80 635111

Email: ifds@isaf.co.uk

Web: www.sailing.org/disabled

Address: IFDS c/o ISAF (UK) Ltd, Ariadne House, Town Quay, Southampton, Hampshire, SO14 2AQ

**Frensham Pond Sailing Club** (Farnham)

Frensham Pond Sailability is a vibrant sailing club for people with disabilities (aged 10 and over). It has a range of boats to cope with varying abilities and disabilities including a fleet of specially designed Access boats which are very stable. No previous experience is required. Sessions are Thursday and Saturday mornings from the beginning of April until the end of October from 10am until 1pm. Sailors can either "cruise" at their leisure or take part in fully competitive racing. There is safety cover at all times.

Onsite parking is flat and level and there is cover for wheelchairs whilst the sailors are on the water. Hoists are available to transfer the less mobile in and out of the boats. Sailors have ramped access in to the main clubhouse which offers tea, coffee and a range of filled rolls and sweets. There is a disabled friendly shower and toilet facility.

Fees are £50 per year or £5 per session.

Tel: 01252 792859
Rivertime (Henley)

Rivertime is a boat offering trips for disabled and disadvantaged children and adults. The 42 ft boat was specially designed with a lift to lower wheelchair passengers inside, wide spaces inside, a disabled toilet, joystick to operate the boat and a hearing loop installed for hearing aid users. It can hold up to 12 people and can cater for up to four wheelchair users. Boat trips will run along the Middle Thames between Windsor and Oxford.

Rivertime cruises from the River & Rowing Museum in Henley on Thames and can sometimes be boarded at other riverside locations. The boat has a crew of two, takes 12 passengers including carers and can be booked for a ½ or whole day.

Tel: 07599 29 55 44

Email: skipper@rivertimeboattrust.org.uk

Web: www.rivertimeboattrust.org.uk

Address: River & Rowing Museum Mill Meadows, Henley-on-Thames, Oxfordshire RG9 1BF

Phabsail and Little Phabsail (Shepperton, Middlesex)

Phabsail is for physically handicapped and able-bodied adults sailing on Sunday afternoons at Littleton Sailing Club. They have trimarans built not to capsize specifically designed for disabled people and an experienced crew of helpers. Little Phabsail is part of the nationwide Phab organisation and has been awarded foundation status under the Royal Yachting Association Sailability scheme. This is a small, friendly sailing club, where able bodied, disabled and special needs sailors work together to ensure everyone gets the opportunity to go sailing. Sessions take place on Saturdays and/or Sundays subject to weather conditions and volunteer availability. Beginners and experienced sailors welcome.

Tel: 01784 251318

Email: rossail@aol.com

Web: www.littletonphabsail.zzl.org/index.html
AHoy Sailability (Deptford)

AHoy provides a range of sailing opportunities for people with a disability who would like to sail. Sailing is available for novices or experienced individuals. Specialist equipment is available if needed and help is always available. The charity owns a number of boats that are adapted to enable disabled users to sail or row them, but they also have a very special craft: ‘The AHoy Freedom’. She was commissioned specifically by AHoy for a mixed ability crew with state of the art technology to allow disabled crew to steer and skipper her.

Tel: 020 8691 7502

Web: www.ahoy.org.uk

Address: The AHoy Centre, Borthwick Street, Deptford, London, SE8 3JY

Regatta for the Disabled (Henley)

An annual regatta for the disabled at Phyllis Court Club in Henley is a fun day for disabled children and raises money for charities for the disabled. There are entertainment attractions in the Paddock at Phyllis Court Club for disabled children and their families, and dragon boat racing as well as boats specially designed to take out disabled children and adults on the river during the day. There is also a sail past of boats in which visitors can take part. Regatta for the Disabled is for everyone regardless of their age or ability. Young children and those less able to row will be taken out on the water in the adapted cruiser Rivertime, provided by the charity Rivertime Boat Trust. Two electric launches will be provided by Hobbs of Henley for walk on passengers. The Draper Barge a traditional shallop rowed by members of City Barge will take walk on passengers.

Entry is currently £3 per head and carers free. Parking is free and there will be reserved spaces for blue badge holders. Book sessions at the ‘Trip Boat’ tent early on the day of the event if you want to go on the water.

Tel: 01491 635332

Email: info@regattaforthedisabled.org

Web: www.regattaforthedisabled.org/

Address: Phyllis Court Drive, Henley-on-Thames, Oxfordshire RG9 2HT
Skiing and Snowboarding

Ski 2 Freedom Foundation

Ski 2 Freedom Foundation, a non-profit organisation created in 2007, encourages and promotes snow-sport and mountain activities for disabled, special needs and disadvantaged children and adults, including skiing for people with learning difficulties, Down’s Syndrome, Autism, Rett Syndrome, Cerebral Palsy, educational and social behavioural difficulties. However minor or severe a learning disability might be, the mountains in winter are there for everyone to enjoy!

Ski 2 Freedom works in close partnership with many ski schools to identify which ones and which ski instructors work best with a child or adult who has a learning difficulty. Ski 2 Freedom also share information on ski schools and resorts which they feel offer an excellent source of ski instruction and activities specifically relating to the conditions and Syndromes which can cause someone to have a mild or severe learning difficulty.

Giving families and individuals the opportunity to enjoy the snow slopes of the French mountains is the main objective of the independent non-profit organisation Ski 2 Freedom Foundation.

The website also has an extensive Directory of information, *The Ski 2 Freedom Snow Sport and Mountain Guide for Disability and Special Needs* that contains everything you need to know to help you to plan. You’ll find winter sports information about activities and locations worldwide including Austria, France, Germany, Scandinavia and Switzerland.

Tel: 0844 8552302

Email: info@ski2freedom.com

Web: www.ski2freedom.com

Special Olympics Surrey Ski Group -SOS (Aldershot)

SOS Ski Group train at the Aldershot Dry Ski Slope on the second Sunday of the month for one hour during the ski season and for two hours during the rest of the year. Active skiers are either full or affiliate members of DSUK whoes volunteers run the Aldershot training. New skiers are welcome by arrangement as the volunteer instructors have to be allocated trainees for each session. Please see the website for more information.

Web: www.sosurrey.org/news.cfm/page_id/110/category_id/2
**Hemel Snow Centre** (Hemel Hempstead, Hertfordshire)

Fully qualified instructors are able to adapt and accommodate all disabilities. They will take the time to get to know you with one-on-one sessions and personalise a learning programme. With a full range of equipment available there really are no limits. Lessons are available as an individual or for groups. Tel: 08452 589 000 Or call DSUK on 0845 19338 for more information on disabled access to these services

Email: email@thesnowcentre.com or sophiewood@disabilitysnowsport.org.uk for full details.

Web: www.thesnowcentre.com

Address: The Snow Centre, St Albans Hill, Hemel Hempstead, Herts HP3 9NH

**Snow Hounds (DSUK), Reading adaptive ski club** (Berkshire)

Snow Hounds is an adaptive ski and snowboard club for children and youngsters between the ages of four and 18 with a wide range of disabilities. Based at John Nike Bracknell dry ski slope, meetings are generally on the first Sunday of the month. The Club is associated with Disability Snowsport UK, a charity devoted to helping people with a wide range of disabilities enjoy the freedom and fun of skiing or snowboarding.

Tel: 0845521 9338

Web: www.snowhounds.org.uk/

Address: John Nike Leisuresport Complex, John Nike Way, Brackell, RG12 8TN

**Surfing**

**Breaking the Barrier** (National)

Breaking the Barrier holds free surfing sessions for autistic and learning-disabled children and young people 8 – 25 years old. Events take place all over the country hosted by a growing network of surf schools.

The events consist of individual sessions for the young person with one-to-one instruction from a qualified coach who has knowledge of additional needs, a personal support assistant in the water and full support for first aid and lifeguarding. There are also group introductory lessons for a parent/carer or sibling to enable them to support and participate with the young person in the future.

Please contact to find out when are where sessions are to be held.

Tel: 01803 840744
Email: mike@lifeworks-uk.org or Alisonupton@lifeworks-uk.org
Web: www.lifeworks-uk.org/comesurfing.html

Swimming

Disability Swimming

The ‘Get involved’ page features a ‘Find My Pool’ link, where you can tick the box for disability swimming and find a pool with the right facilities and trained professionals.

Tel: 01509 618 700
Email: customerservices@swimming.org
Web: www.swimming.org/britishswimming/disability-swimming
Address: ASA National Disability Office (England) ASA Headquarters, Sport Park, 3 Oakwood Drive, Loughbourgh, Leicestershire LE11 3QF

Swimming sessions at Sherwood Park School (Sutton)

Children with a disability can participate in a swim session with their siblings and parents/carers.

These sessions are supervised by a qualified life guard. Sutton Mencap takes bookings and will talk to parent/carers about any support needs of their children.

Tel: 020 8647 8600
Address: Streeters Lane Wallington, Surrey SM6 7NP

Cheam Marcuda Swimming Club (Cheam and Morden)

This medium sized, disability friendly swimming club train mainly in Cheam and Morden in Surrey and South West London. They have sessions for non-swimmers through to competitive squad level and swim in many galas and open meets throughout the year. The club accepts swimmers with special needs and disabilities. At present there are members with ASD, ADHD, cerebral palsy, childhood arthritis and dwarfism taking part in club activities.

They are always looking for new swimmers and it couldn’t be easier to join the club. Swimmers wishing to join will need to attend a trial to make sure they join the correct sessions. Trials take place at a club session at a time arranged with you. Please contact Dennis for further information and to arrange a trial.
Sutton & Cheam Swimming Club

Sutton & Cheam Swimming Club is committed to integrating members of all abilities from age of four upwards, whenever possible and to including disabled swimmers. Coaches focus on a swimmer’s abilities rather than on disabilities; the Club currently has swimmers with a disability who have represented the club in the National Swimming League and in water polo competitions.

Potential new members are assessed in the water according to their abilities and allocated to the group or squad that is most appropriate to their needs; or alternatively signposted to other programmes such as the Waves session run by the London Borough of Sutton.

Water polo sessions are also available for stronger swimmers at advanced level, aged 12 and upwards including adults. These sessions are held weekly throughout the year at Cheam Leisure Centre on Wednesdays from 9pm – 10pm.

Please contact the club for more details.

Email: scswimclub@aol.com
Web: www.suttonandcheam.org.uk

CAWPRA (Cheam)

CAWPRA is a friendly club that teaches and coaches youngsters from 5 to 16+ years on a Sunday evening at Cheam Leisure Centre from 6.30pm onwards. The emphasis is on learning and improving using the ASA Swimming Plan. Subscriptions are competitively priced. Adults can swim in a child-free zone from 7.45 pm to 8.30 pm on Sunday.

Tel: Karen on 020 8330 0882
Email: kaz318@hotmail.co.uk

Waves Swimming Session

This friendly session caters for children and adults with special needs and their families as well as those recovering from major surgery.

The emphasis is on enjoyment, relaxation, social interaction, promoting health and a chance to improve strokes. Small toys, rafts and music are available to create a fun and enjoyable atmosphere.
An ASA qualified teacher is available to assist most weeks to support and inform swimmers and their carers. As part of our commitment to encourage young swimmers with a disability to achieve their potential a short coaching session is also run most weeks for those swimmers who would like to participate and can swim a minimum of 2 lengths.

For more information please contact Jayne Walsh (Swimming Manager) at westcroftinfo@slm-ltd.co.uk

**Swimming Lessons for Children with disabilities**

Both group and individual swimming lessons are offered for children with disabilities. For more information please contact Jayne Walsh (Swimming Manager) at westcroftinfo@slm-ltd.co.uk

**High Level Disability Coaching Session**

This coaching session has been led by the success of the sign & swim teaching session started in 1997. This session has been expanded over the years to include swimmers who have a visual or physical impairment.

The session caters for disabled swimmers who swim competitively within a club structure and are either classified or awaiting classification.

For more information please contact Nick Ibrahim (Swimming Development Officer) on 020 8770 4646 or by e-mail nick.ibrahim@sutton.gov.uk

**Guilford Spectrum (Guildford)**

Guilford Spectrum is fully accessible with ample free parking and disabled spaces. Guilford Spectrum’s aim to provide an inclusive environment to access all services as well as offer dedicated sessions for people with additional needs. The majority of courses and coaches can accommodate people with disabilities or special needs. Concessions during off-peak times (before 4pm Mon-Fri) for Swim for All sessions in the Leisure Pool and at all times during Swim for All sessions in the Competition Pool. Accompanying carers swim for free, please Inform the lifeguard if anyone in your group suffers from a medical condition. There is disabled access to all pools and two chair hoists are available to gain access to the competition pool. Please do not hesitate to ask if you require assistance.

Tel: 01483 443322

Email: info@guildfordspectrum.co.uk

Web:  www.guildfordspectrum.co.uk/content/view/35/58/

Guilford Spectrum, Parkway, Guildford, Surrey GU1 1UP
Disability Challengers Fun Swim (Guildford Spectrum Leisure Centre)

Saturday evening swim for all the family and friends once a month at Guildford Spectrum Leisure Pool: 6pm - 7.30pm. Entry by donation.

Tel: 01483 579 390

Email: information@disability-challengers.org

Web: www.disability-challengers.org/ourservices/challengersinyourtown

Hampton Pool (Middlesex)

Registered as a charity, this open-air pool with heated water is open 365 days a year. The Pool offers advanced swimming lessons, a swimming club and a water polo club. There are also popular yoga and circuits sessions especially for children in the poolside studio. In addition to the two pools there is a Café, the Pool Shop and a large sunbathing, barbecue and picnic area. Early morning public swimming session from 6am-9am each morning.

A new chair hoist allows access to the pool for customers with walking difficulties. If you need to use the chair hoist, don't hesitate to ask a member of staff. There is a special needs swimming instructor. Please phone for class details.

Discounts for season tickets and books of tickets. Under 4s are free. Concessions for families and those in receipt of state benefits. Documentary evidence may be required.

Tel: 020 8255 1116

Email: info@hamptonpool.co.uk

Web: www.hamptonpool.co.uk/

Address: High Street, Hampton, Middlesex TW12 2ST

Tooting Bec Lido (Tooting)

Tooting Bec Lido is the largest fresh water, open air swimming pool in England. It has a 90m pool and children’s paddling pool with nearby gazebo-shaded area. Steps into the swimming pool have been modified for easier access. Facilities for those with disabilities include showers, toilets and changing areas. Open from May to September each year.

Tel: 020 8871 7198

Address: Tooting Bec Lido, Tooting Bec Road, SW16 1RU
Tennis

**Sutton Tennis Academy** (Sutton)

Disability tennis courses for people up to 16 in term-time only. This is a fully-integrated course, primarily for young persons with learning disabilities on Saturday afternoons. Please call for information on costs and timings.

Tel: 020 8641 6611

Web: www.suttontennisacademy.com/

Email: info@suttontennisacademy.com

Address: Sutton Tennis Academy, Rose Hill Park, Sutton, Surrey, SM1 3HH

Trampolining

**Rebound Ability** (Wallington)

Rebound Ability provides trampoline activities for individuals with Profound and Multiple Learning Difficulties.

The current programme runs on Saturdays at the SCILL Centre, Sutton. For more information please contact Peter Sage on:

Tel: 0208 669 8806

Email: bounce.peters@gmail.com

Address: 15 Meteor way, Wallington, Surrey, SM6 9JQ

**Saturn V Special needs trampolining and rebound therapy** (Caterham, Surrey)

Rebound Therapy and special needs trampolining for children and adults was the UK's first full time trampoline centre run for the benefit of people with disabilities. It has three full size trampolines with a padded wall and safety end decks. Daytime special needs activities are mainly for day centres, care homes and special needs schools. However the evening activities are mainly for children with learning difficulties to attend independently. Siblings are welcome too.

Monday and Wednesday evenings and Saturday afternoons. The first session will be £4.60. Call to check prices after the taster session. During school holidays, time slots are available for private hire for a family trampolining session which include, coaching for a group of friends, or even for some organised trampolining games for your family and friends. Trampoline birthday parties can also be booked. Sessions are generally for an hour. Several users at a time can attend the session, depending on the type of disability involved.
Tel: 01342 870543
Web: www.saturnv.co.uk/special_needs/
Email: info@SaturnV.co.uk
Address: Rebound Hall, 1 William Road, Caterham, Surrey

**Donyngs Leisure Centre – Trampoline Class** (Redhill, Surrey)

Special Needs trampoline class is run on Monday evenings.

Tel: 01737 764 732

Address: Linkfield Lane, Redhill, Surrey, RH1 1DP

**Guildford Spectrum Trampoline Club** (Guildford)

Special Needs Gymnastics and trampolining for 5 – 16 year olds. You can book a free trial session via the website.

Membership costs £49 per year. 10% discount for siblings.

Tel: 08450 346 700

Web: www.ukflair.com/#/guildford-spectrum/4536337096

**Water Sports**

**Wakeboarding and Waterskiing** (Wraysbury, Middlesex)

The British Disabled Water Ski Association (BDWSA) tries to make taking the first steps in water skiing as easy as possible, regardless of the challenges that individuals may face. Whether you are visually impaired, in a wheelchair, an amputee or a person with a learning disability, the aim is to introduce newcomers to the sport of water skiing. Amputees, blind, deaf, sufferers of partial paralysis, paraplegic other wheelchair users, people with Multiple Sclerosis and those with learning disabilities have all graduated from the British Disabled Water Ski Association.

Regular novice days between May and October at the national and regional centres provide an opportunity to join, normally with two assistants for each skier. BDWSA instructors and helpers are on hand throughout all novice days to provide instruction tailored to individual skiers needs. If you can’t make a scheduled novice day, it may be possible to arrange for instruction at ‘open days’ or ‘funded courses’ all of which are designed to introduce water skiing to new people.
Equipment including a wetsuit is provided. So, to get started all you need is enthusiasm, your swim gear and a towel! Heron Lake is the only dedicated disabled water skiing facility in the world.

Tel: 01784 483664

Email: info@bdwsa.org

Address: The Tony Edge National Centre, Heron Lake, Hythe End Road, Wraysbury, Middlesex TW19 6HW

**Wimbledon Park Water Sports Centre** (Wimbledon)

The centre offers various water sports including sailing, canoeing and boating. They have clubs and groups that use their facilities cater for people (over 8 years old) with disabilities. Children can take part in activities by booking advertised courses or sessions, or by joining any of the clubs or groups that use the facilities. In some cases it may be helpful if a parent or carer joins in. Please contact the Centre and they will do their best to welcome your child.

Tel: 020 8947 4894

Address: Wimbledon Park Water Sports Centre, Home Park Road SW19 7HX

**Yoga**

**Yoga Cubs at YMCA** (Kingston)

For children with special needs aged 2 to 8 years old. The first session is free. Cost £40 for eight classes. Places are limited. Classes are also held in Thames Ditton and Surbiton (call for details).

Tel: 07807 055858

Email: Johanna@yogacubs.com

Address: YMCA Hawker Centre, Lower Ham Rd, Kingston KT2 5BH

**The Special Yoga Centre** (North West London)

The Special Yoga Centre support individuals with a wide range of conditions including cerebral palsy, Down’s syndrome, Prader-Willi syndrome, hemiplegia, autistic spectrum disorder (ASD), epilepsy, ADD, ADHD and other physical and developmental difficulties.

Yoga therapists provide one-to-one yoga therapy for children with special needs. The Centre holds monthly group classes and a parent/carer accompanies the child in
their practice. Regular weekly group yoga classes are held for children with autistic
spectrum disorder (ASD) and there are play schemes during the half term and
school holidays.

Drop-in classes: £6 or £7

Class Packs: 10 classes £50 or £60 (valid for 3 months)

Concessions of 20% off for drop-in classes and class packs are available for those
who are on:

Income Support, Full-time students, Registered Disabled, OAPs or those on
Jobseekers Allowance.

Tel: 020 8968 1900

Web: www.specialyoga.org.uk/

Address: The Special Yoga Centre, 2a Wrentham Avenue, London NW10 3HA

Multi-sports

**Epsom and Ewell Puffins Sports Club for Disabled** (Epsom)

Swimming, table tennis, bowls, boccia, New Age Kurling and badminton for disabled
adults from 17 to 49 years old. Monday 7.30pm – 10pm

Tel: 01737 357465

Email: margaretslatford@talktalk.net

Address: Rainbow Leisure Centre, East Street, Epsom, Surrey, KT17 1BN

**Merton Sports and Social Club for the Blind** (Colliers Wood)

This club provides a range of social and sporting activities for people with a visual
impairment from age 18 and up and their friends. They meet on Tuesday evenings
and arrange activities for the weekend, too. Activities include quizzes, bowling,
canoeing, darts, rambling, Swimming, Tandem Bike, Riding, Social Nights. Staff and
volunteers also speak Greek, Portuguese and French.

Tel: 020 8540 5446

Web: www.mssc.org.uk

Address: The Guardian Centre, 67 Clarendon Road, Colliers Wood, London SW19
2DX
Multisport at YMCA Kingston

A combination of different sports such as basketball, tennis, football, cricket, table tennis, athletics, mini-golf and more are available.

Thursday 4.30 – 5.30pm for children with special needs aged 7 to 12 years old. Cost £2.50 per session.

Tel: 020 8296 9747

Email: Jessicalzquierdo@ymcalsw.org

Address: YMCA Hawker Centre, Lower Ham Rd, Kingston KT2 5BH

KEEN London

KEEN London offers one-to-one sports and recreational opportunities for children and young adults with special needs and their siblings, often at no cost to their families and care givers. Many KEEN London athletes have been excluded from other sporting organisations because the level of support offered is not enough to cope with their needs.

At the weekly sessions run by experienced session leaders, each athlete is paired with a volunteer coach for individual support, so that he or she can access activities to the best of his or her abilities.

Sports sessions take place weekly during school term time on Sunday mornings between 11.15am and 12.45pm, and Sunday afternoons between 2.15pm and 3.45pm. They are held in the Tufnell Park area of North London. Special events take place throughout the year at different places in London. Most activities are completely free.

Due to the level of support and one-to-one attention KEEN London are able to provide, they give special needs children access to activities which it is otherwise very hard for them to participate such as ice skating, trampolining, swimming, canoeing and pony riding. KEEN also hold an annual party and a summer picnic at an adventure playground.

Tel: 07858 899066

Email: info@keenlondon.org

Web: www.keenlondon.org/index.html

Address: KEEN London, 12 City Forum, 250 City Road, London EC1V 8AF
Rushmore Mallards (Hampshire)

Rushmore Mallards is a disability sports club based at Farnborough, Hampshire, offering a wide range of sports for people with any impairment and of any age, together with their friends and family. Opportunities exist to participate recreationally and in many sports, competitively at all levels, from beginners upwards. The Club takes pride in the fact that it has developed National, European, World and (the ultimate pinnacle in Disability Sport) Paralympic Champions.

You can try Bowls, Boccia, Cricket, Field Athletics, Indoor Sports and Games, Swimming, Table Tennis, Trampolining and Wheelchair Basketball.

The Club is always looking for new members and helpers. The Club recommends that prospective members attend one or more sessions before joining to find out and try what the club has to offer. No charge is made for the first visit but thereafter a small charge is made for disabled people for each visit, with one helper going free. A higher charge is made for other family members as 'Associate Members', who are always most welcome.

Tel: 01252 627021

Email: chairman@rushmoormallards.org.uk

Web: www.rushmoormallards.org.uk

Address: Rushmoor Mallards, Farnborough Leisure Centre, Westmead, Farnborough, Hampshire GU14 7LD

Action for blind – Actionnaires Clubs:

Actionnaires clubs give visually-impaired children aged between 8 and 16 years of age the opportunity to participate in a wide range of sports and activities in a safe environment. Under 8s are welcome as long as they come along with an adult and the adult stays with them during the session. Young people are also welcome to bring along a sighted brother, sister or a friend if they wish. Actionnaires activities can include archery, goal ball and swimming and much more. Each Activity is run by professional coaches for partially sighted and blind children of all ages and ability.

West London Actionnaires are a roaming club that meets twice a month at various times and places. To find out what's going on and where, check out the activities calendar on the website.

Tel: 07793 527 031

Web: www.actionforblindpeople.org.uk
Sports Camps

Wheel Power Sports Camp (Stoke Mandeville, Buckinghamshire)

Takes place annually at Stoke Mandeville Stadium. The camp is a great way to introduce disabled children to a wide variety of sports in a safe, friendly and completely inclusive environment.

Children aged 6 – 11 who have a physical or mild sensor disability can enter. All are welcome to attend the camp and coaches will aim to include parents and carers in the activities.

Activities include indoor athletics, Carpet Bowls, Fencing, Kurling, Polybat Short Tennis, Table Tennis, Swimming and Zone Hockey.

Tel: 01296 395995

Email: info@wheelpower.org.uk

Web: www.wheelpower.org.uk/ (click on ‘Junior sport’)

Address: Wheelpower, Stoke Mandeville Stadium, Guttmann Road, Stoke Mandeville, Buckinghamshire HP21 9PP
Arts, Culture and other clubs

Arts Activities

Artsline (Online)
Artsline is a disabled led Charity established in 1981 to promote access for disabled people to arts and entertainment venues promoting the clear message that access equals inclusion. Initially this was achieved by campaigning with other disability arts organisations. Sign up to the website to receive news updates and access their online community.
Web: www.artsline.org.uk

Artspider (Online)
Artspider is Mencap's learning disability arts website. This is a great website for people with learning disabilities. You can draw pictures and save them in the online gallery, view other people's artwork, upload and view videos and music made by artists with learning disabilities and read about art events in their local area.
Web: www.artspider.org.uk/

Disability Arts online (Online)
This journal for discussion of arts and culture includes an events page where you can find out about workshops and performances in London and beyond.
Web: www.disabilityartsonline.org/home

Turtle Key Arts (Ladbroke Grove, London)
Turtle Key Arts’ main objective is participation in the arts for all with an emphasis on disabled, disadvantaged or socially excluded people. Turtle Key Arts has played a committed and innovative role in advancing disability arts, and is widely recognised as a leader in this field. As such, the company supports disabled and integrated performance companies including Amici Dance Theatre Company (integrated) and Extant Theatre Company (blind and visually impaired).

Turtle Key Arts pioneers arts participation projects that identify and fill the gaps in education provision, for example, with our projects aimed at autistic (The Key Club, Turtle Opera) and blind teenagers (Key Moves). Turtle Key Arts has also developed original ways to market the companies and performances in an accessible way to encourage integrated audiences.

The Key Club is for anyone over sixteen years old who has been diagnosed with Asperger syndrome or high-functioning autism. It meets once a month on a Saturday morning at Paddington Arts, West London from September to June. Each meeting consists of a two-hour workshop followed by a break and a discussion. The subjects
of workshops and discussions are based on the performance arts, visual arts and other creative disciplines.

Musical Portraits is a project for children aged 10 – 14 who have been diagnosed with Asperger’s syndrome or high-functioning autism. Participants use portraits at the National Portrait Gallery as a stimulus to create their own music and work with an artist from the gallery, a composer and the musical ensemble Ignite from Wigmore Hall.

Tel: 020 8964 5060

Web: www.turtlekeyarts.org.uk

Address: Turtle Key Arts Ladbroke Hall, 79 Barlby Road W10 6AZ

Seeability (Leatherhead Surrey)

Seeability provides an extensive range of learning and leisure activities for visually-impaired adults with additional disabilities who want to maintain and develop their personal and social skills. They support each person to identify their own abilities, needs and preferences. A tailored support plan is created reflecting these choices. All activities are managed in small groups or on an individual basis.

Opportunities include sensory, creative and therapeutic activities as well as drama, art, craft and musical activities. There are also opportunities for horticulture, keep fit, book club, cooking and support in using community resources, such as gyms, local shops and cafes.

Tel: 01372 755 000

Email: enquiries@seeability.org

Web: www.seeability.org/our_services/day_services/the_millennium_centre_leatherhead.aspx

Address: SeeAbility House, Hook Road, Epsom, Surrey KT19 8SQ

Creative Circles (Purley, Surrey)

Creative Circles provides inclusive, tailor-made arts programmes (including drawing, painting, printmaking and collage) to enable children and young people, particularly those with learning disabilities to express themselves creatively, build self-esteem and a sense of social belonging. Creative arts for all children with disabilities from 5 to 15 years and their families. Creative parent/child interactive workshops for children with learning disabilities are supported one-to-one by qualified volunteers. Currently classes take place on Tuesdays 3.45pm – 4.45pm or 4.50pm – 5.50pm. The cost is currently £12 per class (includes material and equipment).
Artsdepot (North Finchley)

Artsdepot runs a wide range of courses and classes for all ages and abilities. With courses exploring dance, drama, writing, art and music there is something for everyone to learn new skills and make new friends. Children’s classes cater for all ages from 10 months to 19 years, all delivered in a safe and inclusive environment. The adult programme is equally accessible and inclusive with something to suit everyone’s needs. Artsdepot’s courses are hugely popular, so please book early to avoid disappointment.

Artsdepot’s Signing Choir for Deaf and Hearing Young People meets on Saturdays 12:30pm – 2:30pm and is FREE! All 13 – 22 year old deaf and hearing performers are welcome! Classic pop songs, current chart hits and musical show tunes are all in the playlist for this unique choir. Inspired by show choirs, combining British Sign Language and performance activities, the Artsdepot Signing Choir is fully accessible for both Deaf and Hearing young people. A fun and exciting opportunity for those who love to perform! No experience necessary, and the choir is lead by Deaf and Hearing tutors.

Led by Deaf and Hearing tutors

Tel: 020 8369 5454

Email: ignite@artsdepot.co.uk for more information, or visit the artsdepot Box Office.

Web: www.artsdepot.co.uk/

Address: 5 Nether Street, Tally Ho Corner, North Finchley, London N12 0GA

Action Space (Clapham)

Action Space is London’s leading visual arts organisation for people with learning disabilities. Participants take part in a wide range of art activities, including painting, photography, sculpture. Action Space runs a weekly art workshop for young people with learning disabilities at Studio Voltaire in Clapham.

Tel: 020 7209 4289

Email: office@actionspace.org
Chess

Wallington and Carshalton Chess Club (Sutton)
A well established chess club which competes in competitions. Club nights are Thursdays at 7:30pm. The club has growing membership with a wide range of abilities from beginner to Grandmaster, as well as a large age range.

Email: alanhare2011@hotmail.co.uk

Address: Sutton Highfields Lawn Tennis Club, Mayfield Road, Sutton, SM2 5DT

Cinema

EMPIRE CINEMA (Sutton)
All screens have hearing loops and wheelchair access. Wheelchair spaces are situated at the rear of the auditorium adjacent to cinema seats so the guest can sit with their friends and family. Empire Jnrs children’s films are screened at low cost on Saturdays. Carers can call in advance if they have specific requirements.

Tel: 0800 88 8911 / 08714 714 714

Web: www.empirecinemas.co.uk

Autism-friendly Screenings

Picturehouse cinemas in partnership with The National Autistic Society hold special film screenings for people on the autism spectrum and their families, friends and carers. During the film, low lights are left on inside the auditorium and the volume of the soundtrack is reduced. It is fine for customers to move around, make a noise or take a break during the film if they need to.

Tickets currently cost £3.00 (there are no concessions or free tickets for support workers). Wheelchair users MUST book in advance.

The nearest Picture House Cinema’s to Sutton are in Clapham and Brixton.

Tel: 07967 047 401

Email: elinor.w@picturehouses.co.uk

Web: www.picturehouses.co.uk/autism_friendly
Circus Skills

Cirque Nova (East London)

Led by Jean-Marie Akkerman, a fourth generation circus performer, Cirque Nova is a unique circus organisation based in London. The aim of Cirque Novo is to promote personal and social development and enhance the lives of disadvantaged and disabled people through the culture and spirit of circus arts.

Email: info@cirquenova.com
Web: www.cirquenova.com/

Festivals

Festival Spirit (National)

Festival Spirit is a charity aimed at providing the full festival experience to young people who would not normally be able to enjoy one due to life-limiting illness or disability. The Organisation helping people who never thought they could attend a festival to enjoy the experience safe in the knowledge that they will have the facilities, support and back up necessary.

Carers are hand-picked to match the needs of attendees needs from straightforward feeding and showering to more complex routines such as overnight lung drainage. Accommodation on site is in specially adapted tents with hard flooring and close to disabled facilities such as showers and toilets. Able-bodied "buddies" are matched up to guests to help them get the most out of the event, to see the bands they want to see and to attend other activities on offer.

In 2011, Festival Spirit took groups to Glastonbury and WOMAD. There is a significant cost involved, but help with funding may be available.

Email: admin@festivalspirit.org
Web: www.festivalspirit.org/

Music

Monkey Music (Merton and Wimbledon)

Monkey Music holds classes for children from 3 months old in Wimbledon and Merton Park. Classes are highly interactive and children learn to make music on the finest percussion instruments – not toys! Book your first class for FREE. Monkey Music work with a team of professional musicians, composers and teachers to ensure that every class experience is rewarding for both our carers and their child. You can also book Monkey Music for parties and workshops. Please call for times and addresses of classes.
Amanda's Action Club (Wandsworth)

This company delivers interactive movement and music classes around London, including Wandsworth for children from four months up to the age of five. Special needs children are well catered for and actively welcomed. A large assortment of props and musical instruments are used to stimulate creativity and encourage children to explore. Parents are encouraged to join in and help out with some parachute fun too! Amanda works with many infant and toddler nursery groups in London, either delivering the classes herself or training nursery team members.

Tel: 01895 623999
Email: info@amandasactionclub.co.uk
Web: www.amandasactionclub.co.uk/index.php

Abundance Arts (Notting Hill)

Provides workshops and performances for people of all ages and backgrounds, including those with learning disabilities. The workshops and interactive performances are inspired by the cultures of the African Diaspora and can include music, dance, storytelling and visual arts.

Tel: 020 7792 0935
Email: arts@abundancearts.com
Web: www.abundancearts.com/
Address: Canalside House, 383, Ladbroke Grove, London W10 5AA

Djembe Workshops and classes (Streatham)

Sheila Stocking is a professional Djembe (African drumming) teacher with over 20 years experience. She is happy to teach all age groups and children/adults with additional needs are welcome. Sheila organises group classes but private classes are also available. In addition to workshop fees, drums are available to hire for a nominal charge. You are welcome to bring your own drum to use at the workshop.

Tel: 07974 354 921
Email: s@sstocking.com
Web: www.sstocking.com/
Heart n Soul (Deptford)

If you are aged ten to twenty-five, have a learning disability and are talented, then Heart n Soul want to hear from you! Heart n Soul offer creative training sessions called Do Your Own Thing which happen on Saturdays offering young people new to the arts training in music, dance, drama or digital arts Media skills training Technical skills training. Young people help make decisions in the Our Scene Steering Team and encourage their friends and families to get involved by promoting the project.

Tel: 020 8694 1632
Email: info@heartnsoul.co.uk
Web: www.heartnsoul.co.uk
Address: Heart n Soul, the Albany, Douglas Way, London SE8 4AG

Joy of Sound (Kennington)

Joy of Sound (JOS) uses inclusively designed and made instruments to help individuals, who might otherwise be excluded from the creative arts, to make music. JOS work closely with the individual co-learner, their families and key-workers and designers to build acoustic instruments that draw on the individual’s abilities, talents and tastes.

Typically the professionals around marginalised people are solely employed in care provision and family members who care are offered respite away from relatives. JOS workshops offer a different type of interaction and connection for co-learners and staff and a collective rest for family members and carers.

Joy of Sound are looking to pilot and roll-out workshops to other marginalised groups such as the elderly, refugees, excluded children and children with SEN, but are willing and able to undertake workshops with anybody.

Tel: 07906 916 524 or 07866 139 692
Email: info@joyofsound.net
Web: www.joyofsound.net
Address: Joy of Sound, 28 Peckford Place, London SW9 7BP

The Rhythm Studio (Kilburn)

The Rhythm Studio has drum lessons and guitar lessons, West African djembe drumming circle. Latin percussion workshops and jam sessions for kids. If you have a child with special needs, please contact the studio for information. Private lessons can also be held at the studio or in your home.
Tel: 0208 969 8616
Email: mail@therhythmstudio.co.uk
Web www.therhythmstudio.co.uk
Address: The Rhythm Studio, Substation, Saga Centre, 326 Kensal Road, London W10 5BZ

**Popkids (Chelsea)**

A fun and friendly Rock and Pop School in King’s Rd, Chelsea, for 5 - 14 year olds. Sing, dance, play electric guitars and drums in a band, record a CD and perform at one of our gigs. Holiday courses, after-school clubs, Saturday School, private parties and recording sessions. Steven Ashmore has been with Upbeat for 6 years and is their resident guitarist/drummer and Recording Technician. Steve has played in bands since he was 14, composed for television and now teaches music in schools across the South of England as well as working with Special Needs children.

Tel: 07816 901396
Email: upbeatmusic@btinternet.com
Web: www.upbeatmusiccourses.co.uk/
Address: New Kings School, New King’s Road, Parsons Green, SW6 4LY

**The Music House (Shepherd’s Bush)**

The Music House supports musical activities for children, including those with special needs.

Tel: 020 8932 2652
Email: notes@musichouseforchildren.co.uk
Web: www.musichouseforchildren.co.uk/
Address: The Music House, 306 - 310 Uxbridge Road, Shepherd’s Bush, London, W12 7LJ

**Drake Music (Shoreditch)**

Drake Music is the only organisation in England specialising in the use of assistive music technology to break down (physical/societal) barriers to participation. They
provide access to music and the arts, and offer a range of workshops at their London Base at Rich Mix Cultural Centre. Their work spans the widest range of musical genre, experience and method of expression.

Tel: 020 7739 5444
Email: info@drakemusic.org.uk
Web: www.drakemusic.org/
Address: Rich Mix Cultural Centre, 35-47 Bethnal Green Road, London, E1 6LA.

**Sound Connections** (Bethnal Green)

Sound Connections is a development umbrella organisation which runs the London Youth Music Action Zone (YMAZ). It works through its membership of approximately 2,500 organisations & practitioners who provide music training and learning opportunities for young people in Greater London.

In 2009/10 the YMAZ worked with 307 children in challenging circumstances, in particular learning disabled, refugees and special needs. The main musical genres the YMAZ worked in, in 2009/10 were Urban, Pop & Rock and Indian Classical.

Tel: 020 7729 7220
Email: info@sound-connections.org.uk
Web: www.sound-connections.org.uk
Address: Sound Connections, c/o Rich Mix, 35-47 Bethnal Green Road, London, E1 6LA

**AYDA - African Youth Development Association** (Surrey)

AYDA is a support group for black and ethnic minority young people especially those with learning disabilities aged 11to19. AYDA offers musical workshops including keyboard, guitar and vocal training, one-to-one music therapy for young people, as well as homework/coursework support, life skill and computer training.

Programmes are designed for participants to gain new skills, confidence and self-esteem and are held every Saturday at 12:00–3:30pm.

Advice and support for black and ethnic minority parent/carers also available at AYDA.
Tel: 0208 239 0009
Email: admin@aydacentre.org
Web: www.aydacentre.org/index.html
Address: 2nd Floor, Day Lewis House, 324-340 Bensham Lane, Thornton Heath, Surrey CR7 7EQ

Photography

The Disabled Photographers’ Society (National)

Offers technical Support and help for disabled photographers and information on all aspects of photography for people with disabilities.

Email: enquiries@disabledphotographers.co.uk

Web: www.disabledphotographers.co.uk/index.php

Address: The Disabled Photographers’ Society, PO Box 85, Longfield, Kent, DA3 9B

Radio and Books

Shut Up and Listen radio show. The show is recorded at Radio Reverb and is broadcast every month. The shows are available anytime as podcasts to listen to and download from the website. Shut Up and Listen is the only place on the radio to hear music made by artists with a learning disability.

Web: www.carousel.org.uk/

Carousel (Brighton and Hove)

Carousel is an award-winning, registered charity that facilitates people with a learning disability to reach their potential in the arts.

Shut Up and Listen at Carousel works with different bands, and runs training workshops for new musicians. All the music created at Shut Up and Listen is by artists with a learning disability.

The Shut Up and Listen steering committee is a group of musicians and DJs with a learning disability. They make the Shut Up and Listen radio show. The show is recorded at Radio Reverb and is broadcast every month. The shows are available anytime as podcasts to listen to and download from the website. Shut Up and Listen is the only place on the radio to hear music made by artists with a learning disability.

Shut Up and Listen bands rehearse together regularly to write their own songs. They record their own albums and perform their songs at clubs such as the Blue Camel Club and Rock House. The bands at Carousel also work as tutors for new musicians. They travel to schools to run music workshops and have led accredited music training courses at Carousel.

Tel: 01273 234734
Calibre Audio Library (National)

Calibre Audio Library is a registered UK charity, aiming to improve the quality of life for people with sight problems or other disabilities, who cannot read by bringing them the pleasure of reading through a free nationwide postal service of recorded books. A national charity, Calibre lends audio books to around 20,000 members across the UK, the Republic of Ireland and other EU countries. Members range in age from five to 105 and Calibre offers a wide choice of unabridged books for all ages and all tastes.

Young Calibre is a free postal library bringing the fun of audio books for anyone under 16 who can't see properly, or has dyslexia or another disability which makes it difficult to read ordinary print. Over 16s can join the main library.

Tel: 01296 432 339
Web: www.calibre.org.uk/Default.aspx

Living Paintings (National)

A free library of Touch to See books bringing to life the visual world for blind and partially sighted people. Raised versions of pictures that come to life when fingers feel them. Audio descriptions tell the pictures’ stories while directing the fingertips across the raised image, describing what is being touched, felt and ‘seen.’

Thousands of books and packs are available to blind and partially sighted children. The Library delivers via the post to members across Britain and Ireland.

Tel: 01635 299 771
Web: www.livingpaintings.org

Story Telling

Discover Children’s Story Centre (Stratford)

Access around the Centre is excellent: there is a step-free entrance, push-button self-opening doors, a lift to the Story Studio, a ramp into the Story Garden and an accessible toilet with grab-rails. The staff members are extremely welcoming and, because of their experience with a special educational needs club and community-work, very comfortable with children of all abilities.

On Saturday mornings Discover has a club for children, aged five and over, with special education needs. They can bring along their siblings and explore rhyme, music and movement with a musician and a story-builder.
Hours: Tue – Fri 10am – 5pm, Sat and Sun 11am – 5pm (Closed Mon, except during local school holidays.)


Family ticket: family of 4 for £16.
Tel: 020 8536 5555
Web: www.discover.org.uk

Address: Discover Children’s Story Centre, 383–387 High Street, Stratford, London E15 4QZ

Theatre

**Spiral Youth Theatre** (Carshalton)

Drama, singing, dancing, musical, friendship, fun for all 5 to 19 years old. The current membership includes people with autism and special needs integrated into mainstream classes. The musical theatre classes culminate in two performances each year. Classes are kept small. Spiral Youth Theatre also provide affordable holiday workshops. Depending on the age range, classes range from one and a half hours to two hours.

Costs: currently £84 per child for 12 weeks.

Tel: 07790 125 086
Email: katy@puleston.net
Web: www.spiralyouththeatre.co.uk

Address: Charles Cryer Studio Theatre, 39 High Street, Carshalton SM5 3BB

**Charles Cryer Theatre** (Sutton)

Charles Cryer Theatre is one of the two Sutton Theatres, it is suitable for disabled visitors with induction loops both within the auditoria and box office, also have bars which are open prior to and during events.

Tel: 02087 704950 / 020 8770 6990 (Box Office).
Web: www.suttontheatres.co.uk

Address: Charles Cryer Theatre, 39 High Street, Carshalton, Surrey, SM5 3BB
Angel Shed Theatre (Islington)

Angel Shed believe in giving every child, regardless of their educational or physical needs, or their socio-economic, religious or ethnic backgrounds, the chance to be involved in the performing arts. The Children’s Theatre for 7 to 11 year olds runs weekly on Thursday evenings from 5.30pm to 6.45pm during term time. Youth Theatre for 11 to 16 year olds runs weekly on Thursdays from 7.30pm during term time. The Youth Theatre is an inclusive team, many of whom have been with Angel Shed since its beginnings, and welcome new members on a regular basis.

Tel: 07910 822 412 / 020 7700 8689

Email: info@angelshedtheatre.org.uk

Web: www.angelshedtheatre.org.uk/

Address: Angel Shed Theatre Company, CANDI, 444 Camden Road, Islington, London N7 0SP

AMICI Dance Theatre Company (Hammersmith)

Founded in 1980, this dance-theatre company integrates able-bodied and disabled artists and performers. AMICI runs regular classes (once a week during term time) at The Lyric, Hammersmith, in the newly built Education Room. Amici are the resident community arts company at The Lyric. AMICI gives workshop residencies, student placements, and performances throughout the year.

Tel: 020 8964 5060

Email: admin@turtlekeyarts.org.uk

Web: www.amicidance.org/

Address: AMICI, Turtle Key Arts, Ladbroke Hall, 79 Barbly Road, London W10 6AZ

Graeae Theatre Company (East London)

Graeae is a disabled-led theatre company for actors, writers and directors with physical and sensory impairments. Their plays feature deaf and disabled actors and are accessible to deaf and disabled audiences. Many of their productions are aimed at children and young people. Graeae has developed a unique programme of theatre training and offers writing commissions and training to disabled writers.

Tel: 020 7613 6900

Email: info@graeae.org

Web: www.graeae.org
Act Too (Wimbledon)

Act Too provide a range of arts-based and educational services for young learning-disabled people in the South London area, including the Baked Bean Theatre Company, the Baked Bean Dance Company and ReWired DJs. ActToo are passionate about supporting and encouraging people with learning disabilities to become more integrated into the community at large.

Tel: 020 8944 0024

Email: ican@acttoo.com

Web: www.acttoo.com

Address: Act Too, 28 St Georges Road, SW19 4DP

Oily Cart (Wandsworth)

Oily Cart creates theatre for young people with complex disabilities (profound and multiple learning disabilities or an Autistic Spectrum Disorder). Their highly-acclaimed work often uses unusual settings, such as hydro-therapy pools and trampolines, and incorporates a vast array of multi-sensory techniques including water and bubbles, paper fans, perfume sprays and ultra-violet lighting. Oily Cart also have experience of creating multi-sensory theatre for children aged 2 to 6.

Tel: 020 8672 6329

Web: www.oilycart.org.uk/

Address: Oily Cart, Smallwood School Annexe, Smallwood Road, London SW17 0TW

The Unicorn Theatre (Southwark)

The Unicorn Theatre for Children near Tower Bridge provide BSL and audio-described performances and autism-friendly performances for children and young people.

Tel: 020 7645 0560

Email: boxofficestaff@unicorntheatre.com

Web: www.unicorntheatre.com/
Polka Theatre (Wimbledon)

The Polka Theatre has good disabled access and the Theatre currently holds one BSL-interpreted performance and one autism-friendly show for each of their own productions, (usually on a Saturday or during school holidays). Polka Theatre have also run integrated summer schemes.

Tel: 020 8543 4888.

Web: www.polkatheatre.com

Address: Polka Theatre, 240 The Broadway, London SW19

New Wimbledon Theatre (Wimbledon)

This theatre is often the first stop for touring shows once they have left the West End and is famous for its lavish pantomime productions. Disabled visitors and a companion can get discounted seats. There is space for nine wheelchairs in the stalls. There is a dual-channel infra Red system for the hearing impaired and signed and audio-described performances are scheduled. Contact the theatre for availability.

Main Box Office: 0844 871 7646

Access Bookings: 0844 871 7677

Email: ticketcentreteamleaders@theambassadors.com

Website: www.ambassadortickets.com

Address: New Wimbledon Theatre, The Broadway, Wimbledon, SW19 1QG

The Colour House Children’s Theatre (Colliers Wood)

A small theatre situated in the heart of Merton Abbey Mills. There is the Pantomime at Christmas and other events and activities during the year, including a stage school.

Tel: 020 8542 5511

Email: info@colourhousetheatre.co.uk

Website: www.colourhousetheatre.co.uk/mainwebsite/frontpage/

Address: Merton Abbey Mills, Merantun Way, Colliers Wood, London SW19 2RD
CornerHOUSE Theatre (Surbiton)

The CornerHOUSE stages various shows throughout the year. Music is an integral part of the CornerHOUSE, whether it be in shows, musicals or performed by bands of various kinds. Those with a talent for music will have plenty of opportunity to use their skills. There are also plenty of opportunities for singers to shine too.

Tel: 020 8296 9012

Email: info@thecornerhouse.org

Website: www.thecornerhouse.org

Address: CornerHOUSE Theatre, 116 Douglas Road, Surbiton, Surrey, KT6 7SB

Epsom Playhouse (Epsom)

The Epsom Playhouse is fully accessible and puts on shows for children and families. Phone to book wheelchair spaces or book online.

Tel: 01372 742555/ 742227

Web: www.epsomplayhouse.co.uk/

Address: Epsom Playhouse, Ashley Avenue, Epsom, Surrey, KT18 5AL

Theatre Monkey access guide – free online

http://www.theatremonkey.com/zzAccessibilitySection.pdf

listings for signed performances:

http://www.spit.org.uk/performances.htm

and here – some special offer tickets available, too:

http://www.theatresign.com/

Royad’s Golden Key Theatre Company (Surrey)

Meeting at The Corner House community art centre in Surbiton, this group consists of adults with learning disabilities and is run by a committee of parents. They organise activities to help participation and to develop socially and physically to become more independent adults. Drama is only a part of what is on offer and helps with speech development and confidence. Please contact by email if you want to know more about the group. Email contact is preferred.
Tel: 07947 212730

Email: royad@thecornerhouse.org

Web: www.thecornerhouse.org/

Address: The Corner House, 116 Douglas Road, Surbiton, Surrey, KT6 7SB

The Freewheelers Theatre Company (Cobham, Surrey)

The Freewheelers Theatre Company brings disabled and non-disabled adult actors and supporters, production teams and the local community together. They use theatre and dance, wheelchair and voicebox technology, multimedia, animations, puppets and shadows to create innovative work. The Company like to work collaboratively, surprise people and challenge perceptions. They don't like barriers, rules or conventions. The Freewheelers welcome new members!

Film-making Workshops: including media training, on Tuesdays between 10am and 2.45pm. Participants of all abilities are welcome and can attend either the morning, the afternoon or all day.

Dance Workshops: run on Tuesdays and Thursdays from 10am – 12pm.

Drama Workshops: take place on Tuesdays 12.45pm – 2.45pm at The Bridge in Leatherhead, Surrey. People are most welcome to bring a picnic and have lunch with the Group beforehand.

New Work: the company meets on a Monday to create new work.

Tel: 01932 860950

Web: www.freewheelerstheatre.co.uk/

Address: The Freewheelers Theatre Company, The Bridge Centre, Leatherhead, Surrey KT22 7RB

The Orpheus Centre (Godstone)
The Orpheus Centre promotes transition into independent living; providing opportunities for young disabled adults to promote personal development through performing arts. The Centre holds a number of events throughout the year, including Productions in their Barn Theatre, outreach in the local community and short courses. Students are young disabled people who wish to develop their confidence, independence and life skills. Students must be aged 18 and over, have a physical and/or sensory impairment and/or mild to moderate learning need and an interest in some aspect of performing arts.

Tel: 01883 744664
InterAct (National)

InterAct is part of a charitable trust formed by Stagecoach. Founded in 2002, the Charity runs inclusive performance workshops designed to make drama, music and movement accessible to as wide a group of young people as possible. Students who attend InterAct are aged from 9 to 19 years, come from a variety of backgrounds (whether special needs or mainstream) and are invited onto the scheme at no charge.

The Charity’s aim is to include as many children as it can in performing arts activities, enabling them to gain confidence, build self-esteem and communication skills. It uses the model which Stagecoach has so successfully developed, but concentrates on enabling children and young people who, for a variety of reasons, do not take part in a mainstream performing arts workshop. Activities are split three ways between drama, movement and music, up to two and a half hours per session. Three specialist teachers are supported by three qualified teaching assistants. Present and active in the room are helpers and a nurse. Devised shows are presented to family and friends at the end of term.

Tel: 01932 254 333

Web: www.interactnetwork.org.uk

There are InterAct schools running in Walton, Hampton and Croydon – see website for more information.

Listings of captioned performances are at: http://www.stagetext.org/performance/

Vocaleyes (National)

A nationwide audio description charity, providing access to the arts for blind and partially sighted people 'Museums, Galleries and Heritage Sites page’. They offer:

- Pre-show introductory notes, recorded and despatched in advance to people who have booked
- A touch tour
- Audio description of the highest quality
See the website for listings of performances and other events.

Web: www.vocaleyes.co.uk/

**Museums**

**Honeywood Museum** (Carshalton)

Offers workshops for groups of children with special needs:

Open 11am – 5pm Wednesday to Friday, 10am – 5pm Saturday, Sunday and Bank Holiday Mondays. Admission: Adults £1.60, Children 80p (free admission to Shop and Tea Rooms).

There is wheelchair access to ground floor, gift shop and Tea Rooms. The Tea Rooms overlook the ponds and is open on Sundays for light refreshments. There are toilets and parking bay facilities with disabled access.

Tel: 020 8770 4297

Email: lbshoneywood@btconnect.com

Address: Honeywood Museum by Carshalton Ponds, Honeywood Walk, Carshalton, Surrey SM5 3NX

**Kingston Museum** (Kingston)

Kingston Museum has three permanent galleries: Ancient Origins, Town of Kings and Eadweard Muybridge, photographer. There is an Art Gallery for temporary exhibitions. Accessible building.

Tel: 020 8547 5006

Email: kingston.museum@rbk.kingston.gov.uk

Web: www.kingston.gov.uk/museum

Address: Kingston Museum, Wheatfield Way, Kingston upon Thames, KT1 2PS

**The Fashion and Textile Museum** (London Bridge, Southwark)

This is a cutting edge centre for contemporary fashion, textiles and jewellery in London. Founded by iconic British designer Zandra Rhodes, the centre showcases a programme of changing exhibitions exploring elements of fashion, textile and jewellery as well as the Academy which runs courses for creative students and businesses, and the fabulous The Café @ FTM.

Tel: 020 7407 8664

Email: info@ftmlondon.org

Web: www.ftmlondon.org/

Address: The Fashion and Textile Museum, 83 Bermondsey Street, London SE1 3XF

**V&A Museum for Childhood** (Bethnal Green)

The V&A Museum of Childhood is committed to providing everyone with access to its inspirational collections. All exhibitions and displays at the Museum are free.

Arrangements can be made for BSL (British Sign Language) interpreters to attend study days and performances (provide at least 14 days’ notice). An induction loop is available from the Information Desk. There are lots of hands-on activities, including a multi-sensory Pod in the Creativity Gallery, incorporating light tubes with a controllable sequence of colours, a tactile mural, an infinity hut and a sound beam bench which converts sound into vibrations.

Parking in the car park at the back of the Museum is available to those with specific access needs.

The Museum has helpful resources on their website to help families with children with autism make the most of their visit. Special SEN days are tailored exclusively to SEN groups.

Tel: 020 8983 5205

Email: mocbookings@vam.ac.uk

Web: www.museumofchildhood.org.uk

Address: V&A Museum for Childhood, Cambridge Heath Road, London E2 9PA

**The Science Museum** (Kensington, London)

Winner of the Best Family Venue category of the Rough Guide’s Accessible Britain Awards 2010, it’s free to get in to most exhibitions at The Science Museum, including Pattern Pod, a hands-on gallery created especially for children 5–8 years of age and their parents. With low-lighting throughout, all the exhibits in Pattern Pod are touchable and interactive.

Currently, on the first Saturday of each month, the Science Museum hold deaf-led SIGNtific events with voice-over interpreters, suitable for deaf and hearing
audiences. For times of sessions, check the SIGNtific events page on the Science Museum website. The Museum can get busy in the holidays. Arrive early to avoid the crowds.

Tel: 020 7942 4000

Web: www.sciencemuseum.org.uk

Address: The Science Museum, Exhibition Road, South Kensington, London SW7 2DD

**The Natural History Museum** (Kensington)

The Natural History Museum has a fast-track system for parent/carers of children with special needs. Wheelchair and pushchair entrance to the museum is from Exhibition Road. Free Entry

Tel: 020 7942 5000

Web: www.nhm.ac.uk

Address: Natural History Museum. Cromwell Road, London SW7 5BD

**River & Rowing Museum** (Oxfordshire)

There are always events and activities going on at the River & Rowing Museum including gallery trails and drawing. Many exhibitions and galleries are specifically designed for all the family to enjoy. For details of all the family events visit the website.

The galleries include music, oral history, interactive exhibits and objects on open display which are accessible to visitors with sensory and intellectual disabilities. Concessionary rate applies to visitors with disabilities. Companions assisting visitors with disabilities are admitted free of charge.

Tel: 01491 415600

Web: http://www.rrm.co.uk/

Address: River & Rowing Museum, Mill Meadows, Henley on Thames, Oxfordshire RG9 1BF

**Bluebell Railway** (East Sussex)

The Bluebell is a heritage Steam Railway running through the Sussex countryside. In August Children’s Fun Days run on every Wednesday and Friday and also the Bank Holiday Weekend of 27–29 August. Punch and Judy Shows are on Wednesdays at
11.30am, 12.30pm, 1.30pm and 2.30pm. Magic Shows are on Fridays - at 11.30am, 12.30pm, 1.30pm and 2.30pm.

At Sheffield Park Station, there is a restaurant and real ale bar, The Bessemer Arms. Bar lunches of homemade food, are available every day except Christmas day. All three of stations have picnic areas, alternatively food and drink can be eaten on the train.

There is plenty of parking at both Sheffield Park Station and Horsted Keynes. There is no parking at Kingscote.

One train carriage has been modified with double-doors, wheelchair lifts and an open saloon. Please give the Sheffield Park office a ring in advance to find out if this wheelchair-accessible saloon is operating. At present, wheelchair passengers are also carried in any carriage brake-van, with access via a portable ramp. Stations have bridges or subways connecting the platforms, but those with walking difficulties or wheelchairs can be escorted by station staff via a ramped crossing between the platforms if you ask well before the train is due.

Guide Dogs are welcome. Train destinations are indicated both visibly with traditional 'finger boards' and through audible announcements. Station staff will be pleased to give visitors any help or assistance that they may require.

There are no disability/carers concessions listed, but click on 'special offers' on the website to find Kids for a Quid' timetables.

Tel: 01825 720 800

Email: info@bluebell-railway.co.uk

Web: www.bluebell-railway.com/

Address: The Bluebell Railway, Sheffield Park Station, East Sussex TN22 3QL
Resources and Equipment

**Steps – Developmental Adapted Toys and Switches** *(National)*

Steps provide a free specialist toy and switch lending library to children and families with disabilities.

Tel: 01803214124

Web: www.stepscharity.org

**MERU**

MERU aim to create new possibilities for children with disabilities by designing custom-made equipment to help them feel more healthy, safe and comfortable. Our products can also provide independence, liberation, the opportunity to learn and achieve, and the chance to have fun and make friends.

In addition they offer an advice service. If you are struggling to find a product to meet a child or young person’s needs, MERUs in-house therapist can provide information about any suitable products that are already available. They also offer a range of ready-made products designed and manufactured in-house by engineers and volunteers in response to requests from families and therapists. Sales of these affordable solutions help support our custom-making service.

Tel: +44 (0)1372 725 203

Email: info@meru.org.uk

Address: Unit 2, Eclipse Estate, 30 West Hill, Epsom, Surrey KT19 8JD

**Kid Stop** *(Mitcham)*

Kid Stop provide good quality second hand goods to low income families with children up to the age of 10. They have clothes, toys, bedding, cots, and prams - everything you could ever need from birth upwards.

Kids Stop opens twice a week and welcomes all families on low income to come along & buy item at very low cost.

Kids Stop is keen to promote a friendly environment where parents can come and browse, whilst smaller visitors can play in our play area. There is no need for an appointment.

As kids grow so fast lots of our members donate items back as their children grow, as always we only accept good quality things.
Our opening hours are Tuesday 10:30 - 1:00 p.m. all year round and Fridays 10:30-1:00 p.m. during London Borough of Sutton term time.

Tel: 020 86856640

Address: The Vine Project Unit 3, 24 Wandle Way, Willow Lane Industrial Estate, Mitcham.

Fledglings (National)

Fledglings helps parents and carers of a child with special needs of any kind to find simple, affordable solutions to practical problems, including toys, clothing, developmental aids and other items which may stimulate the child’s development or give relief to the carer.

Telephone Helpline: 0845 458 1124 (Open Monday to Friday 9.15am to 5.00pm)

Email: enquiries@fledglings.org.uk

Address: Fledglings, Wenden Court, Station Approach, Wendens Ambo, Saffron Walden, CB11 4LB
Travel and Transport

Transport for London

If you are planning on having some day trips in London it may be useful to use Transport for London’s ‘My Guide’ which is guide to enable people with learning difficulties to use London Transport. ‘My guide’ covers different ways of travelling, including bus, cab, Tube, train, Docklands Light Railway and tram, offers travel-training tips and helps your child to keep safe when travelling and shows them what to do if things go wrong. ‘My guide’ will help keep your child safe whilst travelling independently. The guide has space for writing down details about the journey, drawing pictures or sticking in photos, and can be ordered as an easy-to-use ring binder as well as in an audio form. Transport for London also publish a guide for parents/carers who support those with learning difficulties which gives you travel training tips and helps the learner get the most out of ‘My Guide’. You can download these guides by downloading them from the website or by calling TfL and ordering a copy.

Transport for London (TfL) has also launched a travel support card to give passengers with invisible disabilities more confidence when approaching TfL staff for help. The voluntary card has a space for customers to include their disability or the assistance they require. There is also space to include their name and a number to call in an emergency.

For more information please call contact TfL.

Tel: 0843 222 1234

Web: www.tfl.gov.uk/gettingaround

Blue Badge Guide for London

The new guide provides essential updates required by Blue Badge holders detailing the changes to parking regulations, bay locations and the complex parking rules within London.

The guide contains vital information for the registered blue badge driver i.e. parking bays, car parks and petrol stations along with additional content highlighting the accessible tube stations, taxi ranks, accessible toilets, shopmobility centres and a useful directory of services. The PIE Guide is also in partnership with SOLT (Society of London Theatres) and has incorporated their access information for all London theatres into the guide. Parking options for disabled drivers at the main London hospitals and sporting venues will also be included, making this an indispensable guide for London’s disabled community.

You can claim free p&p (worth £2.50) for every order of the new guide. To order your copy please visit www.thepieguide.com, navigate to the shop and add the Blue Badge Guide for London to your basket. Press checkout and you will then see a box marked discount code. There, add the codeLG12aff. Alternatively, you can call us on
0844 847 0875. You can also send a cheque, made payable to The Pie Guide, for £5.99, to: The Pie Guide, Caledonia House, 223 Pentonville Road, London, N1 9NG.

**Freedom Pass**

Your child or young person may be eligible for a Freedom Pass if they meet the criteria set out by the Local Authority. These criteria include, People who are blind or partially sighted, people who are profoundly or severely deaf, people without speech, people who have a disability, or have suffered an injury, which has left them with a substantial and long-term adverse effect on their ability to walk, people who do not have arms or have a long-term loss of the use of both arms, people who have a learning disability which is considered to be causing very significant impairment of intelligence and social functioning.

To apply please contact the London Borough of Sutton. They will then assess your eligibility and process your pass.

Tel: 020 8770 4578

**Rough Guide to Accessible Britain**

The guide is now available to view for free online. It’s packed with over 200 inspiring ideas for fantastic worry-free days out with reviews, hints and tips on some of the UK’s best attractions written by and for disabled people. Entries are grouped into 10 regional chapters with everything from the Olympic venues to scenic drives and coastal towns. Every review contains all the access information you need to enjoy your day including disabled parking, wheelchair access and more.

Web: www.accessibleguide.co.uk/guide.

**Disabled Person’s Rail Card**

Five to 15-year olds that have a disability listed on the application form qualify for a Railcard. This won’t save money on child fares (the usual child discount of 50% is a much better rate) but it does give 1/3 off most national and local rail fares for one adult travelling with a child who holds a Disabled Person’s Railcard. This can also be attached to an Oyster Card to receive discounted TfL fairs. Your child is eligible if they receive DLA at either:

- The higher or lower rate of DLA for getting around (mobility); or
- The higher or middle rate of DLA for help with personal care.

Web: www.disabledpersons-railcard.co.uk
Ableize (Online)

Ableize has lots of information, including advice on accessible tourism.

Web: www.ableize.com

Tourism for All (Online)

Tourism for All UK contains the knowledge gained over the past 30 years in providing information to the public, especially to older or disabled people, on where their specific access needs can be met so that they can fully participate in travel and leisure. Tourism for All receives over 300,000 visits to their website and thousands of information requests to our helpline each year. We also champion the cause of accessible tourism with policy-makers in the UK and Europe. In prompting the visitor industry to cater for all needs, TFA has also developed an unrivalled knowledge and expertise to help businesses make changes that are practical and realistic.

Web: www.tourismforall.org.uk

Enjoy England (Online)

Tips and advice on holiday travel in England for people with access needs.

Web: www.enjoyengland.com/access

National Autistic Society

Planning a holiday is exciting and sometimes stressful. If you have a child with an autism spectrum disorder (ASD) a trip away may involve extra organising and preparation. The National Autistic Society has a guide to making this less stressful. They have a number of information sheets, tips and practical advice available.

Tel: 0808 8004104 (open 10.00am-4.00pm, Monday-Friday)
Web: www.autism.org.uk and type ‘holidays’ into the search bar.

Disabled Travel Advice

Disabled Travel Advice offers all sorts of advice on accessible travel in the UK and abroad-offering advice on every aspect of holidaying including which campsites are disability friendly, choosing the best airline for your needs, travelling with pets, hiring mobility scooters and booking adventure holidays! They also have an ‘Ask Our Experts’ section.

Web: www.disabledtraveladvice.co.uk
**Airlines and airports**

www.directgov.uk/en/DisabledPeople/TravelHolidaysAndBreaks

Information from the above link will include how to obtain forms to inform airlines about incapacity and illness (usually downloadable from the airline website), how to obtain seats at reduced rates if you are accompanying a person with illness or disability, and services you can arrange to support your journey. It is important that you establish at what point the airline relinquishes responsibility and the airport teams take over.

**Autism of the Seas**

Currently Autism of the Seas only sails from the USA but in 2013 they are planning to provide the UK with this service, sailing from UK ports.

Web: www.alumnicruises.org/Autism/Autism_Home.htm
London Borough of Sutton

Short Breaks for Disabled Children and Young People
Short Breaks Services Statement (revised October 2012)

1. Introduction

Like all children and young people, disabled children and young people need the chance to have fun, spend time with friends and pursue their interests. And they and their families want the chance to experience ordinary family life, doing things that other families take for granted. For some children, young people and families, Short Breaks enable them to achieve these aims.

The law on Short Breaks changed on 1st April 2011. In addition to previous duties under the Children Act 1989 and the Chronically Sick and Disabled Persons Act 1970, local authorities now are required “to provide, as part of the range of services for families, breaks from caring for carers of disabled children to support them to continue to care for their children at home and to allow them to do so more effectively” (amendment to paragraph 6 of Schedule 2 of the Children Act 1989).

The new law also requires local authorities to publish a Short Breaks Services Statement by 1st October 2011. This must set out:

- The range of short breaks available
- The criteria by which eligibility for services will be assessed
- How the range of services is designed to meet the needs of families with disabled children in their area.

The Statement must be kept under review. Carers views, the views of disabled children and young people and of voluntary organisations should be taken into account.

Definitions:
1. Wherever we use the term “children” in this Statement, we mean all children and young people up to the age of 18.

2. In places we refer to I COUNT. I COUNT is Sutton’s register of disabled children and young people. Everyone who is registered receives an I COUNT card that provides proof of disability, thus enabling concessions and assistance to be obtained more easily. Further details of I COUNT are given in Appendix 2 at the end of this document.
2. What are Short Breaks?

Short breaks are an activity or service from which a disabled child or young person gets enjoyment and benefit, which also gives parent carers a break from providing care.

In Sutton we have worked hard to make general children’s services and leisure facilities as inclusive as possible, so many more disabled children can use children’s centres, childcare, play centres, youth services and leisure activities. Many families have the benefits of a short break by accessing these general services directly.

Some families need additional support to have short breaks. Much of this Statement focuses on short breaks services that are specifically provided for disabled children and their families whose needs cannot be met by general services on their own.

3. Range of short breaks available:

<table>
<thead>
<tr>
<th>Type of short breaks</th>
<th>Description</th>
<th>Examples</th>
<th>Proportion of Short Breaks users who used this in 2010-11</th>
</tr>
</thead>
</table>
| Short Breaks through direct access to Universal services  | There are many existing services in Sutton designed for all children, regardless of whether or not they have a disability. We call these “Universal Services”. Many parents of disabled children, as well as many disabled children themselves, want to take part in these activities and services alongside their non-disabled peers. Under the Equality Act all service providers have a legal duty to make “reasonable adjustments” to enable the inclusion of disabled people, but Sutton recognises that inclusion means more than environmental changes such as ramps and accessibility. We invest a proportion of our Short Breaks funding in helping these services go that extra mile. This funding pays for things like:  
  - Training for staff in disability issues  
  - Equipment and adaptations, such as playground equipment in parks  
  - Specialist advice on healthcare needs and behaviour management  
  - Inclusive activities or sessions that are specifically planned around the needs of disabled children | Childrens centres  
Childcare  
Play centres  
Youth services  
Leisure centres  
Libraries  
Wide range of shops, theme parks and services that recognise the ICOUNT card. | Because disabled children access these services directly, we cannot accurately measure the numbers who use them. |
| Funded short breaks in mainstream group settings | Disabled children and young people take their short break by taking part in group activities that are for all children and young people, whether or not they happen to be disabled. All settings are required under equalities law to make “reasonable adjustments” for disabled people. Short breaks funding may be used when support is required over and above these reasonable adjustments. | Additional staffing or other specialist support is provided to enable participation in: After school clubs Holiday playschemes Youth clubs | 45% |
| Specialist group settings | Group activities after school at weekends or school holidays that are provided specifically to meet the needs of disabled children and young people. | Sutton Mencap Phoenix Youth Phoenix Rangers ASD Thornton Rd Play and Stay Smile | 55% |
| Personal short breaks | A short breaks carer supporting a child either in the home or by taking the child out and about in the community. For some families, Personal Short Breaks includes overnight waking carers in the home. | Carers provided by: KIDS South Thames Crossroads Barnardos Children's Trust Cedar Outreach | 27% |
| Overnight short breaks | For a small number of children and families, an overnight break where the child stays away from home is an important component in a package of care. Some overnight breaks take place in a residential unit, but in other cases overnight breaks in a family setting, with specialist foster carers, is a better way of meeting the child’s needs. | Residential: • Cedar Lodge Foster care schemes: • LB Sutton, Fostering service • Barnardos | 10% |
4. Who can access short breaks (eligibility)?

A child or young person can be considered for short breaks:

1) if he or she is disabled, by which we mean being registered on ICOUNT or meeting the criteria for registration;

   AND

2) there is an identified need that short breaks will help to meet. "Identified needs" may be one or more of the following:

   i. a child or young person’s need for opportunities outside formal education to reduce social isolation and promote healthy social development;
   ii. a family’s need for regular, ongoing short breaks from their caring responsibilities, to enable ordinary family routines, and to maintain the physical and mental well-being of family members;
   iii. a family’s need for intensive support to enable them to get through a difficult period and prevent family breakdown in the near future;

   AND

3) the identified need cannot be met through direct access to universal or general services.

Anyone who thinks they might be eligible for short breaks and wants to find out more, should contact the duty worker at AccessPoint (See Section 9 below)

5. Getting access to short breaks: assessments and decisions

Direct Access to Universal services

Disabled children and young people can go directly to a wide range of universal or general services, as described in the table on page 2. Where this happens, there is no need for a formal referral or for an assessment. Information about such services
can be had from the Sutton Family Information Service or from AccessPoint (see Section 9 below).

Assessments and Reviews
Where direct access to general services is insufficient to meet the needs of a child or young person or their family, access to Short Breaks funding and/or specialist services are decided on the basis of an assessment, which will be kept under review.

In Sutton, we have long recognised that the involvement of parents and children and young people throughout the assessment process is the best way of identifying needs and finding solutions. We want assessments and reviews to be positive for families. We try to ensure they are proportionate and not unnecessarily repetitive. We are introducing lighter-touch assessments, and making more use of self-assessments and reviews.

Currently most assessments use the Common Assessment Framework (CAF). In future there will be more self-assessments similar to CAFs. For those with more complex needs, where a social worker is involved, the assessment will be in the form of an initial or core assessment.

Services offered on the strength of an assessment of the child should work for both the child and their parents or carers. Therefore, we make sure that where appropriate, Carers Assessments are carried out at the same time as assessments of children and young people.

How we use assessments
We use each assessment to make informed decisions on short breaks for the child concerned. Additionally, other needs can be identified and referrals and recommendations can be made to other services which may also be able to support the child and their family.

Collectively, assessments are used to inform service planning decisions about future short breaks commissioning, to ensure that the provision available appropriately reflects the needs of the children who will be benefitting from them.

How we make decisions about the amount of service or funding.
Decisions about care packages are made by managers within the Children with Disabilities Service, in consultation with colleagues in other Council services and from Health, as necessary.

When we are deciding how much funding or service to offer we look at:

- The needs identified in the assessment
- The circumstances of the family (including any carers assessment)
- The wishes and feelings of the child, young person and parents.
- The needs of any brothers or sisters arising from the disability of their sibling
- The resources and support available in the extended family
- Whether there are services other than short breaks that could meet the needs more effectively
- In the case a young person aged 14 or more, their transition plan and preparation for life as a young adult.
How much funding or service?
We recognise that every family situation is unique. We make each decision on the basis of individual, identified need. This means there is no "one size fits all" formula applied to every case. However, there are some guiding principles, as set out below:

1. We have to use public money responsibly, to ensure we can continue to support families who are assessed as needing short breaks. In each case, we have to look at the most efficient way of using limited financial resources to meet needs. This includes considering
   - any informal resources and support available to the child/young person and family in the wider community;
   - how far needs can be met by general services making reasonable adjustments;
   - which way of meeting identified needs to a reasonable standard gives the best value for money

2. Where the identified need comes under access criterion 2 (i) in Section 4 (a child’s need for opportunities outside formal education to reduce social isolation and promote healthy social development) ten sessions per year is our baseline offer. Some will get more than this on the basis of their assessment of need.

3. Where a child who is eligible for short breaks from the local authority also has continuing healthcare needs, the London Borough of Sutton and South West London Primary Care Trust work together to offer the family an integrated, joint-funded package of care.

4. We share openly with families the assessments on which we base decisions, and provide a costed summary of the services agreed.

Each short breaks support package is decided on a case by case basis. Support packages vary widely because children and families have very different needs from each other. This wide variation can be seen in the diagram below. It shows that in the year 2010-11 the average cost of short breaks was £3,842 per child. 75% of children had short break that cost less than the average. Only 8% had support packages that cost more than £10,000 per year.
Duration of Short Breaks
Traditionally, short breaks support packages are offered indefinitely, with no “end date”, and are reviewed six-monthly or annually and adjusted if necessary. We will continue to do this for children and families with the highest needs, but for others we are introducing a new approach. The new approach will be different in two ways: first, we will offer the support package for a set length of time; second, the timing of reviews will be flexible, and will in most cases be less frequent. Generally, the duration of support packages and the timing of reviews will be linked to “life transitions” such as moving from nursery to school, or from primary to secondary school. These are often the times when support needs can change significantly. This change is designed so that our assessment and review process is appropriate for the level of need and not unnecessarily repetitive.

In all cases, a review must be undertaken at any time when the circumstances of the child or family change significantly.

Appeals and Complaints: what to do if we get it wrong
If a person affected by a decision based on these criteria thinks we have made the wrong decision, they may contact the Head of Children with Disabilities to explain why they think the decision was wrong. The case will be reconsidered if it appears that the decision was based on incomplete or inaccurate information, or that proper account was not taken of the information available.

The services and decision-making covered by this document are covered by Sutton’s Children and Families complaints procedure.
6. How the range of services is designed to meet the needs of Sutton families

All our services for disabled children, young people and their families are aimed at empowering families to lead as normal family lives as possible, and at raising the life chances of disabled young people. Short breaks are just one part of a range of services that help to achieve these outcomes.

Our provision is designed to meet the needs of families in the following ways:

- In any one year, about 1.1% of the child population in Sutton actively uses some form of short breaks service. That is approximately 65% of those registered on ICOUNT as disabled. This is in line with national expectations for an area like Sutton.
- We do not know how many disabled children and young people access universal services directly, but through our childcare and short breaks programmes we support and encourage providers to respond fully to their needs. There are some good examples of inclusive practice by providers and we believe the numbers accessing services directly to be rising.
- We have a good range of services across the whole spectrum of short breaks, as the table on page 2 shows.
- We have effective arrangements for commissioning services and monitoring contracts, in which the parents and children who use services play an active part. This enables us to continually drive up quality and effectiveness.
- In Sutton, the local authority and Health work well together at all levels, including joint funding of short breaks and joint support for providers.
- Our Short Breaks service works closely with disabled children, young people and their parents and carers to ensure that services offered are well matched to identified need.
- We have increasing numbers of children and young people with more complex needs regularly accessing mainstream children’s services.
- Over 200 families receive Direct Payments, which gives them control over some or all of their own short breaks. This is a high proportion compared to other areas, and is due in large part to the excellent support provided by Sutton Centre for Independent Living and Learning (SCILL).
- In recent years, intensive support to families with high level and complex needs has enabled a number of children to remain with their families who otherwise would have come into care.

Here are some examples of what parents and young people told us, and how we responded:

“There is a gap in services for children who are 12+”

Sutton commissioned the “SMILE” project, which organises day trips every week for this age group, everything from flying lessons, touring the BBC studios to bowling and cinema. They also launched a Youth Club at the Phoenix Centre specifically for learning disabled teenagers.
“We don’t always feel confident with the staff in universal settings”
Sutton developed a Workforce Development Strategy. This has led to a programme of staff training reaching a wide range of the short break workforce which has improved staff competence and parents’ confidence

“It is really hard for the staff at Cedar Lodge to take our children out whilst they are there for their short breaks”
Sutton bought a mini bus and a specially adapted car to enable children to access community activities

“We need wider range of services both specialist and non specialist to give us more choice”
Sutton now works with 4 different organisations to support personal short breaks for children with autism, challenging behaviour and complex needs. Sutton also increased their support to specialist play providers which means more children can be included and enjoy play provision and community activities.

“Community activities that are suitable for disabled teenagers, please”
Sutton Short Breaks service assisted the Phoenix Leisure Centre to invest in accessible gym equipment. All short breaks providers are now asked to ensure that community, cultural and leisure activities are accessed as part of the break.

7. Future plans

Despite the progress we have made already, there are further improvements that we intend to make during the three years of this statement:

- **Quicker and better support for families of children and young people with poor sleep patterns.** This is a significant factor contributing to the need for short breaks, which can make a big difference to families. However on their own, short breaks deal with the symptom, not the cause; alongside short breaks, we need better support for families in resolving problem sleep patterns.

- **More effective services for families of children and young people displaying extremely challenging behaviour.** We have been increasingly successful in providing short breaks to young people with challenging behaviour, although we know we still need to make further progress in this. However, as with sleep, families need better access to skilled help in dealing with such behaviour at home.

- **Family based overnight care.** Despite diversifying our provision and making some progress in the last year, we need still more short break foster care, particularly for children who use wheelchairs or have manual handling needs.

8. How we will keep this Statement under review

In keeping services for disabled children and young people under review, we ask ourselves:
• **Reach**: are we reaching the right children/families in Sutton? Are there groups in the community or parts of the Borough we are less effective at engaging?

• **Quantity**: do we have the capacity to meet all the needs we know about? Are families waiting too long for some services? Are there some types of need we consistently struggle to meet?

• **Range and diversity**: is there sufficient choice for families in the services provided, in terms of when, how and by whom services are provided?

• **Quality**: do our service providers apply safe and best practice?

• **Effectiveness**: Do services work? Is there evidence that they contribute to good outcomes for children and families?

• **Value for money**: How to unit costs compare across services? How do our costs compare with other local areas? Could we achieve even better outcomes for children and families by spending less on some things and more on others?

We use a wide range of methods to get answers to these questions. Here are the main ones:

• **Assessments of need**: assessments such as CAFs, Initial and Core Assessments, and Carers Assessments.

• **Service data**: monthly or quarterly reports from providers on service use and waiting times; data on children and young people living away from home or with child protection plans.

• **Demographic data**: analysis of information about population level trends from ICOUNT register, statements of Special Educational Needs, Children Trust Board need analyses and the Joint Strategic Needs Assessment.

• **Focus groups and surveys**: we regularly commission focus groups and surveys in which we seek feedback from children, young people and parents on specific issues or services.

• **Parents Forum**: we fund a local voluntary organisation, Contact a Family, to facilitate parent participation by supporting the Sutton Parents Forum. The Parents Forum steering group is the main parents group we consult with.

• **Children and Young People**: we fund a local voluntary organisation, Jigsaw4u, to facilitate participation by children and young people. A wide range of methods for gathering and communicating their views are employed.

The **Sutton Disability Partnership for Children and Young People** is the body that will ensure our short breaks provision is kept under review and is responsive to the changing needs and wishes of families. The Board comprises Councillors, Senior Managers from the Council and PCT, Sutton Parents Forum, Voluntary Organisations, and representation on behalf of children and young people. Over time the Board has proved to be an effective vehicle for improving services and holding them to account.
When finalised, this Statement is intended to last for 3 years, until October 2014. We will review it annually between now and then and make any necessary adjustments.

9. Contacts, Comments and Queries

To enquire about services for children, young people and families in Sutton contact the Sutton Family Information Service as follows:

Phone: 020 8770 6000  
Email: familyinfo@sutton.gov.uk  
Complete the online FIS Enquiry Form

To enquire about short breaks services for a disabled child, please contact AccessPoint as follows:

Phone: 020 8770 4690  
Email: accesspoint@sutton.gov.uk

For feedback and general queries about this document, please contact Don Atkinson, Head of Children with Disabilities, or Toby Price, Head of Learning Difficulties and Disabilities as follows:

Email: don.atkinson@sutton.gov.uk  
or toby.price@sutton.gov.uk  
Phone: 020 8770 4690
APPENDIX ONE: How are Short Breaks making a difference?

Over the next few pages, 4 families share their own experiences of Short Breaks.

Heather’s Story

16 year old Heather lives with her Mum and Dad, Amanda and Chris, as well as her two sisters. Heather loves life, and is an incessant chatterbox as well as being a very good cook. If ever Heather is quiet, she’s probably doing the other thing she really enjoys – reading. She is Harry Potter’s undisputed Number One fan. Heather also loves being outdoors, and is an active member of her Girl Guide Group.

Heather also has a serious, lifelong medical condition which means she has a lot of disabilities, including blindness, epilepsy, speech difficulties and she cannot walk far, so she also sometimes uses a wheelchair.

Her supportive, loving family do everything they can to keep life as normal as possible, to ensure Heather is doing everything other teenagers do, but by necessity, she is the central focus of the family. Everything the family does together has to be geared around Heathers’ needs, and all outings, even just to go shopping, have to be well planned; the extent of her disabilities add an extra dimension to every aspect of family life.

Heather has a package of short breaks that works very well for her and the whole family. They have a very good relationship with Heather’s Social Worker, who has arranged for Crossroads to provide someone to help Heather do the things she loves doing. Charlotte, the Support Worker, is only a few years older than Heather, and Amanda, Heather’s Mum, feels that this is really a bonus. “It really helps that Charlotte has become like an extra member of our family, she’s like another big sister to Heather, and they get on really well.”

The Short Break package means that Heather has Charlotte with her during Guide meetings, to enable her to really get the most out of her time there, and there is also a session at the weekend so they can go out and about together. Twice a month, Charlotte stays with Heather in the evening so that her parents can go out.

The family has been having some form of Short Break for about 8 years, and they feel very happy about the level of support and help they receive. It means that Heather gets a one-to-one focus that is sometimes difficult to provide in a busy family life, and Heather’s family can step back from their caring role on a regular basis, knowing that Heather is happy, well cared for, and having a great time without them.

Heather’s view: Heather says she loves playing games with Charlotte best of all, and would spend more time with her if she could. She also thinks her confidence has improved a bit since she’s known Charlotte, and that she has had support to make even more friends. She admitted that she can get upset at the end of the session and gets grumpy when Charlotte can’t come. If she did not have Charlotte she would have to play with her sister, “and that would be grim”!

* * * * *
Tara’s Story

Tara is 11 years old, and loves everything girly. She lives with mum and dad, Linda and Greg, and her two big brothers, Ryan and Daniel, aged 18 and 20.

Tara has a medical condition called Tuberous Sclerosis, which causes multiple benign tumours, and she also has autism, suffers from epilepsy, and has a learning disability. As part of her conditions, she is also extremely anxious, and gets very frightened and worried easily, and she can only feel the world is a safe place by asking the same questions over and over and over again for reassurance. Tara is often very reluctant to be left in a room alone for even a few seconds, and needs constant attention, reassurance and emotional support.

She finds going out confusing and upsetting, and unfamiliar routines are very difficult for her to come to terms with. Her mum has to prepare her for even simple, short shopping trips by making visual shopping lists and explaining exactly what they will be doing, which shops they will be visiting and what they will be buying, and then responding to her never-ending questions about the forthcoming outing and giving lots of calming reassurance. When they eventually get to the shops, Tara cannot cope with even a small change to the agreed schedule, and can become extremely distressed and frightened if it turns out they may need to pop into another shop because the original shop had run out of something.

If Tara becomes very frightened, she may have a meltdown; crying, shouting, screaming and refusing to move from the spot she’s rooted to. Her mum has to stay calm amidst all the stares and negative comments from strangers, and gently cajole Tara back to mental stability.

Tara and her brothers could not ask for more committed parents. Loving, caring and committed, Linda and Greg carry an enormous sadness not just for Tara and her future, but also for her brothers, who they feel have had their childhoods blighted by the difficulties Tara’s disabilities have caused their family.

Short breaks are an essential part of Tara’s family life. Without them, Linda says life would be unbearable, and she feels that their family would have broken down some years ago without the respite they get from Tara’s short breaks. Tara also benefits enormously from her Short Breaks, because she can spend time with carers she adores, doing fun things her parents and family simply don’t always have the resources left to undertake.

Tara gets a regular Direct Payments sum every month, with an additional annual allowance to be used over school holiday periods. She also attends Mencap one afternoon a week after school and one Saturday a month, as well as about one day a week in the school holidays.

Tara has two Personal Assistants through Direct Payments. Both have been involved with the family for a very long time, and Tara likes and trusts both of them. She has a very different, but equally positive time with both of them. With one, she spends time at their house with their children, and sometimes goes swimming. She feels very “at-home” there, and this works well. With the other Personal Assistant, Tara goes out for more structured, carefully planned days out, doing things like fruit-picking, going bowling, or attending ceramics workshops.

Tara also loves Sutton Mencap, where the staff are well trained and sensitive, and have a very good understanding of wide spectrum of disabilities and their associated emotional
and medical difficulties, which Linda finds very reassuring. The staff help her to play, and support her to join in group games and activities like parachute games and doing the Congo or the Hokey Cokey. Socialisation is something that is very difficult for Tara, so this help is invaluable. She also comes home shattered, and nearly always sleeps very soundly. This is a real bonus – Tara normally has a very disturbed sleeping pattern, which means that so do her parents.

All in all, Linda and Greg are very happy with Tara’s Short Breaks Package, although they feel that some sort of overnight short break might be needed in the future. Their only suggestion for improvement would be to organise a specialist “girl’s group”, because as Tara approaches puberty, they know that there are several issues facing disabled girls, and finding a peer group for these girls is very difficult, but also very important to help her make sense of her changing body and emotions.

Tara says: “I really like spending time with my two grown up friends. I can go horseriding, or sleepover or go to Krispy Kreme. It’s good just because it is.” She loves her time at Mencap. She likes the staff because “they get the toys out and the dinner lady gets dinner ready.” What she likes best is being helped to make new friends, and she thinks the only thing that could make Mencap better is “If I could take Mummy with me!”

* * * * *

Theo’s Story

Theo is 10 years old and loves football. He lives with his mum and dad, Madeline and Walter, and his younger sister and brother, Rosabella and Chido, who are 6 and 4.

Theo has Autism as well as learning difficulties. He is a very loving little boy, who tries hard to please people and make them happy, almost as if on one level he understands that his difficulties impact on everyone else in the family, and he is trying very hard to over-compensate.

His autism means that he can become very fearful and anxious, and finds new places and people very difficult to accept. Any change in a routine has to be discussed, agreed and carried out exactly. He has very rigid thinking, everything is black and white, and he cannot cope with being flexible, which is an essential part of the give and take of normal family life. When he becomes overwhelmed with his feelings, he becomes very withdrawn into himself and cannot deal with things, or co-operate with others.

To help him make sense of the world and to feel safe, he has to ask his parents question after question, often repeating the same question again and again. His parents have huge resources of patience, love and care, and they understand and support his need for constant reassurance.

Theo also makes his world feel safer by zealously guarding his possessions and physical space; his brother and sister know they have to keep away from certain areas of the household.

With two other very young children in the family, this makes everything much more difficult. Family life revolves around Theo’s needs, simply because if his needs aren’t met quickly, his behaviour will impact on everything else. Like every parent of a disabled child,
Madeline and Walter feel that their other two children are being short-changed, and they do all they can to make time to nurture both Rosabella and Chido, without compromising Theo’s needs.

Short Breaks are an essential part of making their family life workable. Theo goes to the Lindbergh play scheme one afternoon after school every week, which means that Rosabella and Chido can have their mum to themselves while he is there. In school holidays, he is able to go two full days a week. The Short Breaks service fund extra staff to support Theo at the play scheme, which means he gets the care, attention and support he needs to interact with other, non-disabled children. The Short Breaks service has also recognised that Rosabella needs some special time too, so they also pay for her to attend the Lindbergh one day a week during school holidays.

As well as the playscheme, Theo has 2 hours a week with a Direct Payment Personal Assistant, who is a close family friend, who Theo knows well, likes and trusts.

Generally, the Short Breaks package works well, but there is one thing that would make it work better. When Theo is at the Lindbergh after school, there isn’t enough time to drive home and back to collect him, so Madeline, Rosabella and Chido stay close by until he is finished. This is just about OK when the weather is nice, because they can play in the park, but sometimes they are cooped up in the car watching the rain for those 2 hours. They are trying to find somebody to bring him home after the Lindbergh session to make those precious Short Break hours with her two smaller children much more enjoyable.

**Theo says:** “I love it at Lindbergh. If I could I’d go every single day.” He likes everything about it, from the reading corner to being able to play outside. He thinks he is more confident since he’s been going there, and really has a lot of fun. Sometimes he thinks he has too much fun because sometimes “I go loony and just play lots!”

* * * * *

**Vaahin’s Story**

Vaahin is seven years old, with Mitochondrial complex 1 deficiency that has severely affected his neurological functioning, which means he is blind, deaf, and unable to move. He is oxygen dependent at night, and he has continual abnormal brain activity which causes frequent fits, so is unable to be left unsupervised for even a moment. He is also unable to swallow so is fed by a tube, but he is also liable to choke on his own saliva, so he also needs his airways cleared countless times every day.

Vaahin lives with his devoted mum and dad, John and Kothai, and his big sister, Shivaani, who is 10. The family’s whole existence revolves around keeping Vaahin as comfortable as possible, and they have had to learn how to manage his condition themselves, becoming very skilled at understanding how to use all his equipment and administer his medication. Vaahin needs someone to stay awake with him all night long, to keep him safe. His mum stays up all night 3 times a week, and his dad does Saturday nights. They also have a carer from Cedar Outreach on two nights each week, and Vaahin spends one night a week at Cedar Lodge.

John and Kothai have learnt to live from one moment to the next, never daring to plan even which TV programme they might be able to watch. They also do everything they can to
ensure that Shivaani’s childhood is still fun and happy; although they learnt a long time ago that being able to go out as a family is impossible, even to do mundane chores like supermarket shopping.

So they also get 20 hours a week for Direct Payments, when they employ someone they now know well and trust completely, to look after Vaahin so that Kothai can be at the school gates for Shivaani both morning and afternoon, and there is a little extra time spare to use so they can have quality time with their daughter.

At school holidays, the direct payment hours are doubled, so that Shivaani, just like her schoolmates, can also have fun days out with her parents, and so that Kothai can catch up on at least some of her missed sleep.

John describes the Short Breaks package, which is jointly funded by the Council and by Health, as the only way they can cope, without it, they would have gone to pieces, and even with it, the level of stress and sadness is often unbearable. Short Breaks not only ensures that both parents are able to continue giving their all to both their children, but it does enable them to have at least a little bit of “normal time” with their daughter. John echoed what a lot of parents feel when he talks about the guilt they feel that Shivaani and Vaahin’s childhoods are so different from what they had planned and wished for.

The family moved to Sutton from another London Borough 4 years ago, and overall they have been very pleased with the Sutton Short Breaks service, although because of Vaahin’s health it is sometimes not possible to use short breaks as flexibly as they would like.

Acknowledgements

We would like to say thank you to the following:

- Heather, Tara, and Theo for their comments on their short breaks;
- Jigsaw4u, a voluntary organisation in Sutton, who spoke to these children and noted their comments;
- The parents of Heather, Tara, Theo and Vaahin who generously allowed us to use their stories to illustrate how short breaks work in practice.
- Yvonne Newbold, a parent of three disabled children, who interviewed the parents concerned and wrote up the case studies. Yvonne has also helped considerably in the writing of the rest of the Short Breaks Services Statement.

APPENDIX TWO: I COUNT

How to apply for I COUNT registration
Contact Access Point on 020 8770 4690 (or email AccessPoint@sutton.gov.uk) and ask for an application form.

What Families say about their ‘I Count’ card:
“My family and I have not long returned from a Extended holiday (due to Volcano!!) from Florida Orlando. My son Luke has an I COUNT CARD. I thought it would be nice to let you know that we were able to use it at Disney Parks. We were give a special needs card to gain special entry to rides, like a Fast Pass. The pass was valid for 2 weeks. Universal Studios also gave us a Fast Pass which was unlimited rides!! If you were to buy at the Park it would have
cost $60 each!! It was only valid for day of entry, but every time we went to Universal Studios, we were given a new Pass for that day. Sea world also gave us a Fast Pass for Special needs entry, also valid for 2 weeks. After we gained entry into parks we had to go to Guest Services with our family and the I COUNT CARD. They were all aware of the card and were very happy to help.

We are Crystal Palace supporters in our house I contacted CPFC Box Office and I was able to purchase season tickets for next season, for My sons Luke, Jake and myself all for £200 with the ‘I Count’ card. This is worth knowing for all Palace fans.”

“To our surprise our son was able to use the card in New York when he was taken there on holiday and it helped him to receive preference on visits to sightseeing venues”.

“Thanks to your card, I’m now a Season Holder of Crystal Palace Football Club. I get this cheap and also get a carer to come in ‘free’ with me. Usually my brother, Dad or best friend. I don’t have to be on my own and not know what’s going on. We’re put in a special nice section with wheelchair access, etc. It’s nice and safe and we all have a great time”.

“I wanted to let others know of the fantastic experience we had on a recent trip to the London Eye thanks to the “I Count” card. When we got there we explained about my son’s disability – he has ASD. Well from there on it was amazing! We were escorted to a priority desk where I showed the “I Count” card. The flight on the Eye was very reasonable, for my son, my daughter who is under 5 and me. We were then guided to a fast track queue at which I think we waited for 10 minutes at the most.”

“We went to Disneyland Paris and showed the ‘I Count’ card and got a blue card which meant we went straight in at the exit. Showing the blue card throughout the day meant we were fast tracked for rides and got the best seats at the front for the parade. Everyone in the party is included on the blue card and gets fast tracked.”

“What a really great idea the ‘I Count’ card is – it makes going out a real pleasure”

“I have been using the excellent ‘I Count’ card for some time to get carer/ concessionary discounts at a number of places, ranging from the Science Museum to Wimbledon Theatre (no booking fee either). The discounts don’t apply to everything – the golden rule is ask!”

“Thank you for coming up with this great opportunity. It is expensive as a lone parent and I can see us doing a lot more together and he would not feel so isolated when other kids go to places. Thank you.”

“Very many thanks for rescuing my daughter’s lost ‘I Count’ card and travel pass ... she was as pleased as I was when I told her it had been found! Just goes to show that all your hard work can turn up surprising new benefits that we couldn’t have imagined here! The only reason I keep her card with her travel pass is because it validates her rather “invisible” disability whenever we need “proof” of it.”

“When I lost my wallet at Kew Gardens, it was handed in to the Constabulary Office who sent it back to the Freepost address on the back of my ‘I Count’ card. The Manager of the Lambeth Registers was able to look up my name and address from the number on the card and return the wallet and its contents to me”.

“We got a concession for our son with disabilities at the Soho Theatre, Dean Street.”
“When I lost my ‘I Count’ card my mum called Register Services for a replacement and said that it was so useful she would have been willing to pay for it!! I use it all the time and would be lost without it – it has made such a difference at places such as the cinema and swimming baths”.

“When I lost all my cards in Kingston someone found them and telephoned Register Services because the only contact details he had were on the back of my ‘I Count’ card. They returned all the cards to Register Services who then returned them to me”.

“When I left my handbag at St Thomas’ Hospital in the Transport department they were able to telephone Register Services because the only contact details were on the back of my ‘I Count’ card.”

“We have used it at the pictures a few times now. The best use we have had has been at Thorpe Park and Alton Towers. Standing in a queue with a hyperactive child has never been a particularly enjoyable experience!!! We have season tickets for the Tussauds Group and often go to Thorpe Park and Chessington so going straight to the front of the queue makes a good day out absolutely brilliant. My husband has taken our daughters up to Alton Towers this weekend and they are having the time of their life. I just wanted to say thank you.”

“When my mum took me to Bocketts Farm and used my ‘I Count’ card I got in for a reduced rate and she got in free as my carer.”

“When my autistic son had a tantrum in Sainsburys I waved his ‘I Count’ card and was immediately given help and taken to the front of the queue.”

When I left my Travel Card Wallet containing my “I Count” card on the No. 12 Bus, a kind person found it and returned it to the address on the “I Count” card and Register Services were able to return it to me.

And finally …………. Comment from a professional working with disabled children and their families in Sutton – ‘The ‘I Count’ card has changed people’s lives’
Eligibility Criteria for I COUNT Registration

(Criteria developed by Don Atkinson and Dr Desmond Fitzpatrick in Sutton)

Some guidance is required with regard to registration of disabilities under the category ‘mild’. A child would not usually be registered unless there were a range of problems in a number of categories under ‘mild’. A child would be eligible for registration if they meet any single criterion with the moderate to profound dimensions. The dimensions of Personal Care should not be used to assess babies and infants. While it is recognised that children with disabilities already have additional personal care needs when they are very young, these issues should be taken up in other dimensions of the criteria.

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
<th>Profound</th>
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</thead>
<tbody>
<tr>
<td>Overall</td>
<td>Child under 5 functioning slightly behind the level expected for age. Child over 5, some limitation present but able to function independently.</td>
<td>Child under 5 functioning around 2/3 the level expected for age. Child over 5 where aids or assistance may be required to perform.</td>
<td>Child under 5 functioning around ½ the level expected for age. Child over 5 who is unable to perform tasks without aids or assistance most of the time.</td>
<td>Child under 5 requiring significantly greater care and attention because of the profound nature of health or learning condition. Significant failure to reach developmental milestones. Child over 5 completely dependent upon carer to perform tasks.</td>
</tr>
<tr>
<td>Mobility</td>
<td>Able to walk and function independently, but with some limitation of function. Poor co-ordination.</td>
<td>Walks, but only with aids or assistance. May have wheelchair for intermittent use.</td>
<td>Unable to walk. May be able to stand or transfer with support. Able to manoeuvre self at least some of the time.</td>
<td>Unable to walk. Wheelchair user. Totally dependent upon carer for mobility.</td>
</tr>
<tr>
<td>Motor Skills</td>
<td>Some Difficulties with play, writing or drawing e.g. tremor, unsteadiness, awkward release, lack of fine control.</td>
<td>Able to play, write, type or draw, but only with considerable difficulty or needing assistance.</td>
<td>Mostly unable to use hands effectively, but able to use switch systems e.g. toys, computer, communication aid.</td>
<td>Unable to operate even simple aids or switch systems.</td>
</tr>
<tr>
<td>Communication</td>
<td>Delayed language development only.</td>
<td>Delayed or disordered communication including language disorders causing significant difficulty in communicating outside the home. Speech supplemented by alternative method of communication. Inability to use communication in a socially</td>
<td>None or very little communication used, but can communicate at least basic needs using any method.</td>
<td>Unable to communicate needs by any method. Unable to use communication aid.</td>
</tr>
<tr>
<td>Dimension</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
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<tr>
<td>Consciousness</td>
<td>Occasional daytime seizure, up to one per month.</td>
<td>Some fits most weeks, day or night.</td>
<td>Many fits on most days or nights. Development or education adversely affected.</td>
<td>Comatose. Intractable seizures in frequent succession.</td>
</tr>
<tr>
<td>Health</td>
<td>Known health condition, which is under control and only occasionally interfering with everyday activities in a minor way.</td>
<td>Intermittent but regular limitations of normal activities, including self-care and personal hygiene. May interfere with development or education.</td>
<td>Frequent or daily interruption of normal activities, including self care and personal hygiene. Significant interference with normal development or education.</td>
<td>Unable to take part in any social or educational activities. Unable to manage any self-care or personal hygiene functions.</td>
</tr>
<tr>
<td>Vision</td>
<td>Severe or profound problem with one eye. Less than half visual field loss. Able to function independently.</td>
<td>Able to read print with simple aids or assistance. Defect of at least half visual field. May be eligible for registration as partially sighted.</td>
<td>Mobility restricted without special provision. Unable to read large print without intensive educational assistance or sophisticated aids. Severe visual field defect with impaired visual acuity. Eligible for registration as blind or partially sighted.</td>
<td>Mobility restricted without special provision. Requires education by non sighted method. Eligible for registration as blind.</td>
</tr>
<tr>
<td>Hearing</td>
<td>Severe or profound hearing loss in one ear. Hearing loss 20-40 dB</td>
<td>Hearing loss 41-70 dB</td>
<td>Hearing loss 71-95 dB</td>
<td>Hearing loss &gt;95 dB</td>
</tr>
<tr>
<td>Continence</td>
<td>Manages independently, without use of aids, but with slight difficulty. Over 6 and regularly wets the bed.</td>
<td>11+ with regular night time wetting. 8+ with occasional day time wetting. 6+ and soils occasionally. Marked interference with social and emotional well-being</td>
<td>Uses device to manage bladder and bowels. 8+ and wet every daytime. 6+ and soils regularly.</td>
<td>No control of either bowel or bladder. Child over 6 completely dependent upon carer to be clean and dry</td>
</tr>
<tr>
<td>Personal Care</td>
<td>Can wash, dress and feed self, but with slight difficulties.</td>
<td>Some supervision or assistance required to wash, dress and feed self.</td>
<td>Assistance required to wash, dress and feed self.</td>
<td>Over 5 and total care required. No assistance from the Child.</td>
</tr>
<tr>
<td>Safety and Supervision</td>
<td>Requires occasional supervision beyond that expected for that age. Poor</td>
<td>Needing supervision to perform daily activities. Limited perception of danger to self or others. Requires supervision</td>
<td>Needs constant supervision during the day. Would place themselves or others at risk without supervision.</td>
<td>Needs constant supervision both day and night. No ability to perceive danger.</td>
</tr>
<tr>
<td>Dimension</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
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<tr>
<td>Learning Difficulty</td>
<td>Assessment shows abilities will achieve within 70-80% of the expected attainment for age</td>
<td>Assessment shows abilities will achieve less than 70% of the expected attainment for age</td>
<td>Assessment shows abilities will achieve less than 50% of the expected attainment for age</td>
<td>Assessment shows abilities will achieve less than 35% of the expected attainment for age</td>
</tr>
<tr>
<td>Behaviour and Social Integration</td>
<td>Some behaviour difficulties – mild, transient or frequent. Can be managed without special provision. Able to sustain limited peer relationships and social integration with support</td>
<td>Behaviour problems severe or frequent enough to require some specialist advice or provision. Significant support required to achieve social integration. Only able to sustain peer relationships with support.</td>
<td>Long term behaviour difficulties making it difficult for the child to function within their family or peer group most of the time, unless special provision is made. Total dependence upon carer for social integration. Very limited awareness of impact of behaviour upon others</td>
<td>Long term behaviour difficulties, affecting all aspects of the child’s functioning. Frequent behaviour that may be of risk to the child or carers. Complete isolation from peers and carers. No awareness of impact of behaviour upon others</td>
</tr>
</tbody>
</table>
Contact a Family

Contact a family is the only national charity that supports the families of disabled children whatever their condition or disability. Our vision is that families with disabled children can live the lives they want to. We have over 30 years of helping disabled children reach their full potential. We are a force for change on behalf of over 340,000 families with disabled children.

Support, advice and information

Contact a Family helpline - for information or advice on any aspect of caring for a disabled child contact our national freephone helpline on 0808 808 3555, Monday-Friday, 9.30am-5pm.

SEN National Advice Service - our countrywide advice service for parents with, or who suspect their child may have, special educational needs (SEN). Call 0808 808 3555.

Local advice, information and support - Contact a Family works across the UK. Visit the ‘In your area’ section of our website to find out how close we are to you.

www.cafamily.org.uk/advice-and-support/in-your-area/