

THE SCHOOLGATE

Directory of Leisure and Recreational Activities



Photograph courtesy of Fishing for Fun.

SchoolGate is a live document; updates are made with contributions from parent groups, families, teachers, voluntary organisations, charities and public sector organisations and departments. We need you all of you to let us know what's going on. There is a form at the back of this directory that you can use or visit the website. Thank you for all your work so far.

www.school-gate.org

Developed in partnership with The University of Winchester and parents, teachers and governors of Oaklodge, Shepherds Down, Mary Rose, Whitedown, Wolverdene, Mark Way & Norman Gate Schools.

Disclaimer

Every effort has been made to ensure the accuracy of the information contained in this directory. Opinions are those of the contributors and not necessarily of any partner organisations.

CONTENTS

| | |
|--|----|
| Introduction | 3 |
| Key Information | 4 |
| Hampshire North & East | 5 |
| Art & Music | 5 |
| Dance & Drama | 5 |
| Play | 6 |
| Residential | 9 |
| Sports | 10 |
| Youth Clubs | 12 |
| Hampshire West | 14 |
| Art & Music | 13 |
| Dance & Drama | 16 |
| Play | 18 |
| Residential | 26 |
| Sports | 28 |
| Youth Clubs | 38 |
| Hampshire South East | 42 |
| Art & Music | 42 |
| Dance & Drama | 42 |
| Play | 42 |
| Residential | 48 |
| Sports | 48 |
| Youth Clubs | 53 |
| Outdoor Play Areas and Country Parks | 56 |
| Sports and Leisure Centres | 57 |
| Forums and Support Groups | 59 |
| Countywide and Nationwide Leisure & Recreational Activities | 66 |
| Notes | 71 |
| Update Form | 72 |

www.school-gate.org

Introduction

Welcome to the 2010 edition of the new and improved SchoolGate Directory of Leisure & Recreational Activities for Children and Young People with a disability in Hampshire.

This third issue sees a lot of changes and this has been done to make The SchoolGate the directory for families in Hampshire.

This publication is designed to improve access to, and awareness of, leisure and recreational opportunities and facilities for young people with learning difficulties and disabilities, across Hampshire.

Information about leisure and recreational activities has been divided into the following three categories based on location:

Hampshire North & East

Basingstoke & Deane Borough
Hart District
Rushmoor Borough

Hampshire South East

Fareham Borough
Gosport Borough
Havant Borough
Portsmouth City District
East Hampshire District

Hampshire West

Eastleigh Borough
New Forest District
Test Valley Borough
Winchester City District
Southampton City District

In each of the three location categories, activities are divided into the following six categories:

Art & Music

Dance & Drama

Play

Residential

Sports

Youth Clubs

In addition there are four other categories situated towards the back of the directory:

Outdoor Play Areas & Country Parks

Sports & Leisure Centres

Forums & Support Groups

Countywide and Nationwide Leisure & Recreational Activities

Key Information

SYMBOL



WHAT IT MEANS

Children & YP with Learning Disabilities Welcome

This symbol indicates that children and young people with a learning disability are welcome.



Targeted at Children & YP with Learning Disabilities

This symbol indicates that the activity is targeted at children and young people with a learning disability.



Children & YP with Physical Disabilities Welcome

This symbol indicates that children and young people with a physical disability are welcome.



Targeted at Children & YP with Physical Disabilities

This symbol indicates that the activity is targeted at children and young people with a physical disability.



Siblings Welcome

This symbol indicates that Siblings are welcome to join the activity.



Parents/Carers Welcome

This symbol indicates that parents and carers are welcome to support children/young people during the activity.



Wheel Chair Access

This symbol indicates that the activity is accessible to wheelchair users.



Disabled Toilet

This symbol indicates that there are disabled toilet facilities at the activity location.



Trained Staff

This symbol indicates that the activity organisers provide staff trained in disability awareness. To find out the level of staff training please contact the activity organisers directly.



Transport Provided

This symbol indicates that the activity organisers may provide transport. For more information please contact the activity organisers directly.



Noisy Environment

This symbol indicates that the activity takes place in a noisy environment which may upset some children with special needs.



Disability Access Rating

The Disability Access Rating is based on participant experience of facilities and support. If you or your child have participated in any activity and would like to rate it, and tell us about the facilities, please complete the tear-out page from this brochure or email daisybrookman@yahoo.co.uk.

HAMPSHIRE NORTH & EAST

Basingstoke & Deane Borough, Hart District & Rushmoor Borough

ART & MUSIC

PAGs MADD Club



Telephone Number: 07538 506546

Email: pag.specialplay@googlemail.com

Contact Person: Heather

Website: www.pagforspecialplay.co.uk

What We Do: Parents Action Groups for Special Play (PAG) is a local charity for families with Special Needs children. We have a committee of 10 parents who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. MADD Club is aimed at 9-16 year olds who have special needs. Siblings within the age band can also be included.

Services Offered: The session runs term time only: Monday is Music, Tuesday is Drama and Thurs is Dance from 5.30pm. Venues may vary however are always in Rushmoor.

How much does the services Cost? £15 per child for each half-term, max £45 per family - this may vary depending on funding.

DANCE & DRAMA

Centre Act



Address: Drama Studio 2, Yateley Centre, School Lane, Yateley GU46 6NW

Website: <http://www.yateleys.com>

Contact Person: Ms Liv Stokkan, Extended Services Manager

Telephone Number: 01252 877190

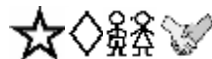
Email: community@yateleys.com / yateley.centre@yateley.hants.sch.uk

What We Do: "Centre Act" drama club for children with learning difficulties, aged 9-12 years and 12-15 years.

Services Offered: Tues 6.15 - 7.30pm.

How much does the Service cost? £30-38 per term for drama.

PAGs MADD Club



Telephone Number: 07538 506546

Email: pag.specialplay@googlemail.com

Contact Person: Heather

Website: www.pagforspecialplay.co.uk

What We Do: Parents Action Groups for Special Play (PAG) is a local charity for families with Special Needs children. We have a committee of 10 parents who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. MADD Club is aimed at 9-16 year olds who have special needs. Siblings within the age band can also be included.

Services Offered: The session runs term time only: Monday is Music, Tuesday is Drama and Thurs is Dance from 5.30pm. Venues may vary however are always in Rushmoor.

How much does the services Cost? £15 per child for each half-term, max £45 per family - this may vary depending on funding.

The Phoenix Arts & Theatre Centre



Address: The Phoenix Theatre, Station Road, Bordon, Hampshire GU35 0LR

Telephone Number: 01240 472664

Contact Person: Jane Dawes

Email: info@phoenixarts.co.uk

Website: www.phoenixarts.co.uk

What We Do: Dramability Youth Theatre for children aged 14-19 yrs of all abilities including those with physical or learning difficulties.

Services Offered: Tues (term-time) 6.30-8pm.

PLAY

Basingstoke Play Council



Address: Basingstoke Play Council, Winklebury Community Centre.

Winklebury Way, Basingstoke RG23 8BN

Telephone Number: 01256 844847

Email: playcouncil@btclick.com

What We Do: Basingstoke Play Council run a variety of play schemes during the summer holidays, including one specifically for children aged 4-14 and 14-19 with learning and/or physical disabilities.

Disability Challengers (RUSHMOOR)



Address: St James Ave, Farnham, GU9 9QF

Telephone Number: 01483 579390

Email: info@disability-challengers.org

Website: www.disability-challengers.org

Contact Person: **Paul Wilson**

What We Do: **Situated on a two acre site in Farnham providing play opportunities for disabled children aged 4-12 years in the newly built play centre and 13-18 yrs in the Youth Centre.**

Fizzy Kids Playspace



Address: **10 Camp Road, Farnborough GU14 8EW**

Telephone: **01252 669977**

Email: info@fizzykids.co.uk / fizzykids@btconnect.com

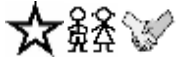
Website: www.fizzykids.co.uk

What We Do: **Fizzy kids is a purpose-built children's play space for children 0-11 years. There is a café and a separate toddler area for the under 4s, as well as an exclusive soft play area with slides and ball pool, trikes, see-saws and sit-on rides. Fizzy Kids welcomes children with special needs.**

Services Offered: **Mon to Sat 9.30am - 6pm, Sun & bank holidays 10.30am - 5pm with last entry an hour before closing. Special Needs Evening from 5 -7 pm on the first Tuesday of every month. It is just a turn up session for any Special Needs Child and their siblings.**

How much does the Service Cost? **We charge a reduced rate of £3.50 per child for the Special Needs evening.**

The Gaming Zone



Address: **Mayfield Community Centre, Farnborough GU14 8TX**

Telephone: **0784 134 0442**

Email: thegamingzoneatmayfield@gmail.com

Contact Person: **Tracy Clement**

What We Do: **Every other Saturday 10.30-1pm for children on the autistic spectrum and their families.**

Helping Hands Basingstoke



Address: **Maple Ridge School, Maple Crescent, Basingstoke RG21 5SX**

Telephone Number: **01256 323639**

Email: paulajrf@hotmail.com

Contact Person: **c/o Miss Paula Fretwell**

What We Do: **To support families/carers of Autistic Children in and around Basingstoke. To raise awareness of the needs of children and their families.**

Services Offered: **Coordinator runs special evenings to learn, exercise and develop through play.**

KIDS Rushmoor Playscheme



Address: **Henry Tyndale School, Ship Lane, Farnborough GU14 8BX**

Telephone Number: **01962 848026**

Email: kim.campbell@kids.org.uk

Website: www.kids.org.uk

What We Do: **It is a venue based day play scheme with a variety of activities provided for children with moderate to complex impairments, including ASD (Autistic Spectrum Disorder).**

Services Offered: **This scheme runs for three full weeks during the school holidays and is for children aged 4 to 13 years. The activities are varied and include cookery, art and outside play.**

How much does the Service cost? **£12.50 per session**

Additional Information: **Siblings are welcome to attend (subject to availability).**

Mencap Holiday Scheme (RUSHMOOR)



Address: **Mencap Holiday Scheme, Parkside, Guildford Road, Aldershot GU12 4BP**

Telephone Number: **01252 313103**

Email: parkside57@btconnect.com

What We Do: **Summer schemes for children/young people with a learning disability aged 5-10 and 11-18 including activities and trips.**

Mencap Saturday Club (RUSHMOOR)



Address: **Parkside, Guildford road, Aldershot, GU12 4BP**

Telephone Number: **01252 313103**

Email: parkside57@btconnect.com

What We Do: **Saturday club for 5-16 year olds with learning/physical disabilities.**

Services Offered: **Saturdays 10am-12.30pm in term-time.**

Merry Go Round Toy Library



Address: **Frimley Children's Centre, Church Rd, Frimley GU16 7AD**

Telephone Number: **01483 782936**

Email: peter.wilkins10@btinternet.com

What We Do: **Hire of Toys and Educational Equipment. Birth to Adult.**

Services Offered: **Mon - Thurs 10am - 12noon.**

How much does the Service Cost? **£3 pa membership + 50p-£2 per item or toy.**

National Autistic Society, Rushmoor and Hart Branch



Address: 26 Fleet Road, Farnborough, Hampshire, GU14 9RA

Telephone: 01252 694934

Email: branchofficer@nashandr.org

Website: www.nashandr.org

What We Do: Day and Evening Support Groups for parents/carers of children with ASD. Exclusive use of Fizzy Kids in North Camp the first Tuesday in every month from 7pm for ALL children with ANY kind of special need and their siblings. The Gaming Zone at Mayfield Community Centre every other Saturday 10am-1pm. The sessions are for children & teens with an Autistic Spectrum Disorder and their siblings. Half Term and Holiday Fun activities and coffee mornings every Tues & Thurs in school holidays. Fleet, Aldershot, Farnborough, Hook, Yateley.

Parity for Disability



Address: Parity for Disability, 94 Whetstone Road, Cove, Farnborough Hants GU14 9SX

Telephone Number: 01252 375581

Email: info@parityfordisability.org.uk

Website: www.parityfordisability.org.uk

What We Do: Holiday play schemes/activities for teenagers with severe disabilities. Parity for Disability also provide a music therapy service.

Parkside After School Club (Aldershot MENCAP)



Address: Parkside, Guildford Rd, Aldershot GU12 4BP

Telephone Number: 01252 313103

Email: parkside57@btconnect.com

Website: www.parksidealdershot.co.uk

What We Do: After School club for children aged 5 - 13 with a learning disability Mon 3.30-7pm.

RESIDENTIAL

Help! We don't know of any residential activities taking place in North or East Hampshire. If you know of any please contact us using the tear-out page at the back of this directory.

SPORTS

Accessible Boating Association



Address: Midway Villa Upper Street Fleet, Hampshire GU51 3PF

Telephone Number: 01252 615785

Website: <http://www.accessibleboating.org.uk/>

Contact Person: Mr Tony Carter, Chairman

Email: bookings@accessibleboating.org.uk

What We Do: Accessible Boating is a Charity offering opportunities for people with access difficulties to go boating on the Basingstoke Canal from Colt Hill Wharf, Odiham in Hampshire, UK. Many activities as well as opportunities for volunteering!

Services Offered: 2 Different boats with special facilities. The first boat can hold 6 wheelchairs and carers, it has central heating, a hydraulic lift and a flushing toilet. The second boat can hold 7 people and has a full sized bed for severely disabled individuals.

Aldershot Town Football Club, Football In the Community



Address: Aldershot Town Football Club, Aldershot, Hampshire GU11 1TW

Telephone: 01252 339384

Email: enquiries@theshots.co.uk

Contact Person: Kirk Wheeler

Website: www.theshots.co.uk/

What We Do: The Community Scheme offers coaching support to local boys and girls clubs. The flexible approach of our coaches enable them to fit in with clubs requirements and so can work with players on a short or long term basis. All coaches are F.A. qualified and attend sessions fully equipped. The cost being to receive coaching is £25.00 per hour. The scheme also runs week long coaching courses in partnership with youth teams during the school holidays. If you are interested in either of these initiatives please contact the community scheme. The Scheme has coaches who are skilled and experienced in working with groups with special needs. Many different groups and day centres currently benefit from the schemes involvement, through both the invitation to attend first team matches and participating in coaching sessions.

Basingstoke Dis-Sport Beavers



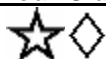
Address: Basingstoke Sports Centre, Festival place, Basingstoke, RG21 7LE

Telephone Number: **01256 410974**

Email: jules.thomas@ntlworld.com

What we do: **Sports Events for disabled people and their helpers. Also hold social events.**

Four Clubs United



Address: **Mill Chase Leisure Centre GU35 0ER**

Telephone Number: **01420 476550**

Email: s_bicknell@sky.com

Website: www.fourclubs.co.uk

Contact Person: **Sean Bicknell**

What We Do: **Football for boys and girls age 7+ with disabilities. Mondays 6-7pm on astro turf.**

Hart Herons Disabled Swimming Club



Address: **Hart Leisure Centre Hitches Lane, Fleet, Hampshire, GU51 5HS**

Telephone Number: **01252 629974**

Email: pgj@waitrose.com

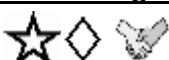
Contact Person: **Carole Johnson**

What We Do: **Recreational and therapeutic swimming for people with disabilities & their families. Sunday 5.00 - 6.10pm.**

Services Offered: **We always have water helpers to assist you if required and a hoist available for easy access to the water.**

How much does the Service cost? **Annual membership - Single £4; Family £8.50p per swim.**

RDA Riding for the Disabled



Telephone: **01252 850282 / 0845450 7040**

Email: rachelplumbe@googlemail.com

Contact Person: **Mrs A Davies, County Chairman**

Website: www.riding-for-disabled.org.uk

What We Do: **Enabling People with disabilities to improve their health, well-being, confidence and self-worth whilst having fun riding.**

Rushmoor Mallards Sports Club for the Disabled



Address: **2 Dinorben Close, Fleet, Hampshire, GU52 7SW**

Telephone Number: **01252 627021**

Email: rushmoormallards@yahoo.co.uk

[/secretary@rushmoormallards.org.uk](mailto:secretary@rushmoormallards.org.uk)

Website: [http:// www.rushmoormallards.org.uk/](http://www.rushmoormallards.org.uk/)

Contact Person: **Jonathan Ball**

What We Do: **We are a disability sports club based at Farnborough, offering a wide range of sporting and recreational activities for people with any impairment and of any age, together with their friends and family.**

Services Offered: **We provide facilities, including qualified coaching, in almost all sports and games. We boast a number of National and International sportsmen and women and encompass those who only participate for social or medical reasons. We have our own minibus to transport members to events. Farnborough Leisure Centre Fri 8-10pm Dry Indoor Sports, Sun 12.15-1.30pm Swimming, Sundays 6-8pm Wheelchair Basketball; Weds 6.00-8.00pm - Field sports (April-Sept).**

How much does the Service cost? **Adults £1.20; Under 18 80p; Family members £1 and 60p respectively. Relative/carer free - No membership fee.**

YOUTH CLUBS

Basingstoke Gateway Award Project



Address: **Richard Aldworth Youth Wing, Western way, Basingstoke, RG22 6HA**

Telephone Number: **01256 327915**

Email: christinefisher@aol.com

Contact Person: **Christine Fisher**

What We Do: **For young people aged 16-25 with learning disabilities. Similar to the Duke of Edinburgh Award Scheme, and includes Leisure Activities.**

Bordon Youth Centre



Address: **Area Youth Centre, Mill Chase Community Technology College, Mill Chase Road, Bordon GU35 0ER**

Telephone Number: **01420 487056**

Email: jan.scard@hants.gov.uk

Contact Person: **Jan Scard**

What We Do: **Open access youth provision. Many activities including: Youth Clubs, Young Carers Group.**

Services Offered: **Youth Club 6.30 - 8pm Tues for Yr 8; 6.30 - 8pm Wed for Yr 8,9 & 10.**

Bordon Youth Service



Address: **Mill Chase Community School, Mill Road, Bordon GU35 0ER**

Telephone Number: **01420 487057**

Email: jan.scard@hants.gov.uk

Contact Person: **Jan Scard**

What We Do: **Focus Group for 11-16 year olds with Aspergers on 1st & 3rd Monday of month 6.30-8pm.**

Disability Challengers (RUSHMOOR)



Address: **St James Ave, Farnham, GU9 9QF**

Telephone Number: **01483 579390**

Email: info@disabilit-challengers.org

Website: www.disability-challengers.org

Contact Person: **Paul Wilson**

What We Do: **Situated on a two acre site in Farnham providing Youth Centre for disabled children 13-18 yrs.**

Oak Farm Leisure & Activities Club (OFLAC)



Address: **Oak Farm Community School, Farnborough, Hampshire, GU14 8SS**

Telephone Number: **07787783903**

Email: jan_seahorse@hotmail.com

Contact Person: **Jan Tart**

What We Do: **For young adults 18-25 with learning disabilities. We offer drama, dance, computers and arts & crafts. Additional courses in healthy cookery and budgeting.**

Services Offered: **Mondays & Fridays 10.00 -4.00pm Alternate Wednesday**

Social Club 8.00 - 10.00pm

How much does the Service Cost? **£2.00 per day for lunch and all drinks.**

PAGs MADD Club



Telephone Number: **07538 506546**

Email: pag.specialplay@googlemail.com

Contact Person: **Heather**

Website: www.pagforspecialplay.co.uk

What We Do: **Holiday family fundays and festivals are regularly organised by Parents Action Groups for Special Play (PAG) which is a local charity for families with Special Needs children. We have a committee of 10 parents**

who each have at least one child with a disability. Our aim is to create more and better play opportunities for Special Needs children, in Rushmoor and the surrounding area. MADD Club is aimed at 9-16 year olds who have special needs. Siblings within the age band can also be included.

Services Offered: **The session runs term time only: Monday is Music, Tuesday is Drama and Thurs is Dance from 5.30pm. Venues may vary however are always in Rushmoor.**

How much does the services Cost? **£15 per child for each half-term, max £45 per family - this may vary depending on funding.**

HAMPSHIRE WEST

Eastleigh Borough, New Forest District, Test Valley Borough,
Winchester City District & Southampton City District

ART & MUSIC

Abbotts Ann Players



Address: **Abbotts Ann War Memorial Hall**

Telephone: **01264 710393**

Contact Person: **Margaret Brooks, Secretary**

What We Do: **We normally do three productions a year, one of which is a pantomime. Age 7+. Tuesdays at 7.30pm. Other times by arrangement e.g. extra rehearsals. The local village hall is catering for disabled in various ways - e.g. ramp for wheelchairs.**

How much does the Service Cost? **£1 per year for children and young people.**

Active Arts



Address: **Flat 2 St Anns Court, Southampton, Hampshire SO17 1UU**

Telephone: **02380 554445 / 07769 901615**

Contact Person: **Richard Parker**

Job Title: **Co-ordinator**

Email: mail@activeartists.org.uk

Website: www.activeartists.org.uk

What We Do: **Active Arts gives the opportunity to explore diverse activities in a fun, friendly and open environment where we can be inspired to take part in new things, and gain expressive and creative confidence. Our activities are designed for all ages whether young or old, whatever your ability, you are welcome to come on you're own, or with friends / family, and have the chance to meet new people from all walks of life.**

Services offered: **We offer a range of workshops, events and performances in**

and around the Southampton area, activities include: Music & Rhythm, Drumming, Didgeridoo, Singing & Chanting, Movement & Dance, Natural Living & Holistic Therapy, World Music & Culture Events, Arts & Craft, World Tree Vegetarian Cafe. Through our website you can see our Events Diary or subscribe to our Events Mailing List to find out what's on in the coming months.

How much does the Service Cost? Our prices vary depending on the event. For most it is around £8 for the activity.

Additional Information: We have full disabled facilities at some of our regular events.

Arts4All, Southampton Mencap



Address: Great Oaks School, Vermont Close, Winchester Road, Southampton, SO16 7LT

Telephone: 02380 584088

Email: admin@southamptonmencap.co.uk

Website: www.southamptonmencap.org

What We Do: The Art4All Project is an After School Club which enables young people aged 11 – 16 with learning disabilities to access a range of creative opportunities and new experiences within a supportive environment. It offers a programme of creative opportunities for up to 16 young people with disabilities aged 11 – 16, through five-week workshop activity blocks. Great Oaks School on Thursdays, 3.15-6pm.

How much does the Service Cost? £3.50 invoiced in advance.

Coat of Many Colours



Address: D@rt Centre, Wildern School, Wildern Lane, Hedge End SO30 4EJ

Telephone Number: 02380 627815

Email: vicki.hargreaves@eastleigh.gov.uk

What We Do: A multi-arts group working across all art disciplines, including dance, drama, music and visual arts and crafts for young people aged 8 to 12 with disabilities.

Services Offered: Tuesdays 5pm-6.30pm

How much does the service cost? Free

Sing-a-Rainbow Music & Movement



Address: 4 Melville Close, Lordwood, Southampton, SO16 8DE

Telephone Number: 02380 736180

Contact Person: Margaret Longley

Email: margaret@longley6592.freeserve.co.uk

What We Do: Music and movement for children from 12 months to school age, although older children can be included in school holidays.

How to Access the Service: Please call for information.

How much does the Service Cost? £13.50 Membership fee; £3.30 weekly fee or £14 for 5 consecutive weeks. Tea, coffee & squash for sale after classes (provided by church volunteers at Shirley). Shirley Tuesday 10.00-10.50am, Chandlers Ford Monday 10.00-10.50am

Additional Information: Sessions are held in a variety of places in Shirley, Totton and Chandler's Ford.

Teen Access to Leisure



Address: Great Oaks School, Vermont Close, Winchester Road, Southampton, SO16 7LT

Telephone: 02380 584088

Email: admin@southamptonmencap.co.uk

Website: www.southamptonmencap.org

What We Do: Pottery, Dance, Drama, Puppet Making, Steel Drums and Arts & Crafts for young people with learning disabilities 14-18. Alternate Saturday's term-time 10.30am - 5.30pm.

How much does the Service Cost? £ £5 per session, plus spending money, payable on the day.

DANCE & DRAMA

Blue Apple Theatre Company



Address: The Tower Arts Centre, Romsey Road, Winchester SO22 5PW

Telephone Number: 01962 867986 (Monday - Friday 10am - 5pm).

Email: info@blueappletheatre.com

Website: <http://blueappletheatre.hampshire.org.uk/>

What We Do: Blue Apple Theatre is an integrated theatre opportunity for able & learning disabled performers aged over 16 to have fun devising & putting on fully costumed shows.

How much does the Service cost? Small termly fee approx £50.

Coat of Many Colours



Address: D@rt Centre, Wildern School, Wildern Lane, Hedge End SO30 4EJ

Telephone Number: 02380 627815

Email: vicki.hargreaves@eastleigh.gov.uk

What We Do: **A multi-arts group working across all art disciplines, including dance, drama, music and visual arts and crafts for young people aged 8 to 12 with disabilities.**

Services Offered: **Tuesdays 5pm-6.30pm**

How much does the service cost? **Free**

Ignite Youth Theatre



Address: **The Lights, West Street, Andover SP10 1AH**

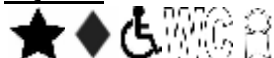
Contact Person: **Michael Johnson**

Email: **stop@thelights.org.uk**

What We Do: **Ignite Youth Theatre - ages 13 - 16 years.**

Services Offered: **Expect to participate in a range of drama skills and stagecraft including improvisation, characterisation, audition techniques, movement for the stage, vocal techniques and much more. The only joining requirement is an enthusiasm for theatre! Experienced drama professional will lead the group and at times we welcome visiting theatre professionals.**

Jajouka



Address: **The Point, Leigh Road, Eastleigh SO50 9DE**

Telephone Number: **02380 627804**

Contact Person: **Jodie Rodaway**

Email: **Jodie.rodaway@eastleigh.gov.uk**

What We Do: **Movement, games and creative dance for young people aged 14 or over with learning disabilities.**

Services Offered: **Mondays 5-6pm**

How much does the service cost? **£20 for 5 weeks £40 for 10 weeks**

Solent Wheelers Dance Club



Address: **Millbrook Community School, Green Lane Millbrook,**

SOUTHAMPTON, Hampshire, SO16 9RG

Telephone Number: **023 8052 2704**

Contact Person: **Mrs Eileen Dwyer**

What We Do: **Dancing for disabled all ages. All types of dancing - Country, Ballroom, Line Dancing, Formation for anyone in a wheelchair. Manual, powered chairs or even with a pusher - All can take part, and it is fun to do.**

How to Access the Service: **Every Tuesday evening from 7.00- 9.00pm.**

How much does the Service cost? **£2 per dancer (includes refreshments) to pay for hire of hall each week.**

PLAY

Baby Sensory



Address: **Scout Hall, Kings Rd, Chandlers Ford, West End Parish Centre, Chapel Rd / West End Parish Centre, Chapel Road, West End SO30 3FE**

Telephone Number: **02380 325982**

Email: **southamptoneast@babysensory.co.uk**

Website: **www.babysensory.co.uk**

What We Do: **An exciting journey of discovery for babies from birth to 13 months from sign language to fibre optic light shows, amazing bouncy balls, rainbows, bells & massage.**

Coxford Adventure Playground



Address: **Coxford Adventure Playground, Olive Rd, Coxford, Southampton SO16 5FQ**

Telephone: **Play Services 02380 832692 Coxford Adventure Playground 0230 783546**

Website:

www.southampton.gov.uk/education/communityeducation/playservices

What We Do: **Open Access - come and go when you like. Children up to 14 years are welcome (under 5s must be accompanied by an adult). Children can make friends, let off steam, use their imagination, try new things, be loud, be quiet, be fast, be slow and have fun. Play-workers will smile and welcome your child, listen to them, help and support them, join in when they want, keep them safe, make things exciting, and make their ideas happen.**

Services Offered: **Term times: Tues-Fri 3.15-6pm, Sat 10-1pm/2.15-4.30pm.**

School Holidays: Mon-Thurs 10-1pm/2.15-4.30pm, Fri 10-1pm/2.15- 4.30pm.

Eastleigh PlayScheme



Address: **Eastleigh Playscheme, Eastleigh Community Services, ECS House, 16 Romsey Road, Eastleigh S050 9AL**

Telephone Number: **023 8090 2400 / 02380 902465**

Email: **info@ecs-vol.org / jsteventon@1community.org.uk**

What We Do: **Holiday Play Scheme for children with learning disabilities & other special needs aged 5-16 (split into three groups: 5-8, 9-12 and 13-16).**

Services Offered: **Runs three times a year, providing activities for 3-4 weeks in the summer, 9 days at Easter and 3 days at Christmas.**

How to Access the Service: **Referral from Children's Services.**

First Opportunities



Address: **Ashley Junior School, New Milton BH25 5BP**

Telephone Number: **01425 629632**

Contact: **Janice Smith**

Email: firststops@hotmail.com

What We Do: **Programme of educational experience through play for children with special needs 0-5 yrs.**

KIDS Winchester Play Scheme



Address: **KIDS, Shepherds Down School, Shepherds Lane, Compton, Winchester SO21 2AJ**

Telephone Number: **01962 848026**

Email: kim.campbell@kids.org.uk

Contact Person: **Kim Campbell**

What We Do: **We operate 2 Saturday Schemes. Each scheme offers a 1:1 staff to child ratio enabling us to support children with complex additional needs.**

Services Offered: **Saturday club one is for children aged 4 to 19 in full time education. Saturday club two is designed for children that attend Shepherds Down School and operates once a month.**

How to Access the Service: **Referral for this club comes via the school and is for children with moderate requirements aged 4 to 11 years old.**

How much does the Service cost? **£15 per session**

Lanterns Children's Centre



Address: **Lanterns Children's Centre, Bereweke Rd, Winchester SO22 6AJ**

Telephone: **01962 860393**

Email: adminoffice@lanterns.hants.sch.uk

Website: www.lanterns.hants.sch.uk

What We Do: **A range of activities and groups, please contact for more info. Also provides a wide range of support and guidance for those with additional needs.**

Longdown Activity Farm



Address: **Longdown Activity Farm, Longdown, Ashurst, Near Southampton, Hampshire SO40 7EH**

Telephone: **02380 292837**

Email: enquiries@longdownfarm.co.uk

Website: <http://www.longdownfarm.co.uk/>

What We Do: **At our family run farm, there are lots of friendly farm animals to meet and with our daily schedule of hands-on activities there is plenty of opportunity to touch and feed them. Bottle-feeding kid goats and calves, small animal handling, duck feeding and meeting the pigs are just some of the activities on offer. There are lots of other animals to meet, farmyard buildings to explore and loads of play areas to run around in.**

How much does the Service Cost? **Disabled all ages £3.95 Adults £7.00**

OAP/Children £6.00 Under 3s go free.

Additional Information: **Open from 14th February to 1st November, Weekends in November and December, plus: 12th to 24th December.**

Mencap Holiday Scheme (TEST VALLEY)



Address: **Mencap Holiday Scheme, Bonhomie Centre, Southend Road, Andover SP10 2DN**

Telephone Number: **01264 321 847**

Email: emma.sharratt@andovermencap.org

Website: www.andovermencap.org

What We Do: **Summer play scheme for children aged 5-16 with learning disabilities.**

Mencap Saturday Club (TEST VALLEY)



Address: **Bonhomie Centre, Southend Road, Andover, SP10 2DN**

Telephone Number: **01264 321847**

Email: emma.sharratt@andovermencap.org

What We Do: **Saturday Club for children with learning disabilities aged 5-16.**

Services Offered: **Meets twice a month during term-time: Saturdays 10-4pm.**

Mountbatten Activity Club



Address: **Mountbatten Activity Club, The Mountbatten School, The Community Office, Whitenap Lane, Romsey SO51 5SY**

Telephone Number: **01794 523037**

Email: donna.carroll@mountbatten.hants.sch.uk

Contact Person: **Donna Carroll**

What We Do: **Activity scheme for children aged 5-14 years.**

Newtown Adventure Playground



Address: **Newtown Adventure Playground, Northumberland Rd (opposite Maygree Infants School playground), Southampton SO14 0EL**

Telephone: **Play Services 02380 832692 Newtown Adventure Playground 02380 221260**

Email: coreen.forbes@southampton.gov.uk

What We Do: **Open Access - come and go when you like. Children up to 14 years are welcome (under 5s must be accompanied by an adult). Children can make friends, let off steam, use their imagination, try new things, be loud, be quiet, be fast, be slow and have fun. Play-workers will smile and welcome your child, listen to them, help and support them, join in when they want, keep them safe, make things exciting, and make their ideas happen.**

Services Offered: **Term times: Tues-Fri 3.15-6pm, Sat 10.30-1pm/2.15-5pm.**

School Holidays: Mon-Thurs 10.30-1pm/2.15 - 5.30pm, Fri 10-1pm/2.15-5pm.

Rainbow Mini-Gym



Address: **152 Pitmore Road, Allbrook, Hampshire SO50 4LT**

Telephone Number: **01794 399870**

Email: ceri@rainbowminigym.co.uk

What We Do: **Fun activity sessions for under fives.**

Services Offered: **Sessions are held in Colden Common, Otterbourne, Romsey, Shirley, Totton & Valley Park.**

Resources for Autism



Telephone: **0208 483259**

Email: admin@resourcesforautism.org.uk

Website: www.resourcesforautism.org.uk

What We Do: **Resources for Autism aims to fill the gaps in practical services for those on the autistic spectrum by providing specialist music and art therapy, weekend and after school play and youth clubs, holiday play schemes, home based family support, adult social groups, parent groups, volunteering, information, advice and training.**

Romsey Opportunity Group



Address: **Appletree centre, Princes Road, Romsey, SO51 8DS**

Telephone: **01794 511927**

Website: <http://www.romseynet.org.uk/rog.htm>

What We Do: **Special Needs playgroup from birth to 5 yrs, visits from professionals. Tues & Thurs 10am-12 Noon. It is a charity recognised by the District Health Authority, Local Education Authority and Social Services and receives referrals from all three. Run by a committee of parents and helpers, the group meet twice weekly on Tues and Thurs mornings at the Appletree Centre, Princes Road (Behind the Library in Station Road). The majority of the staff are voluntary and are supported by visiting professionals such as Doctors, Health Visitors, Social Workers, Speech Therapists, Psychologists and Physiotherapists. The children are provided with a structured and stimulating play environment with specialised equipment to suit their needs. There is a high ratio of helpers to children. Parents gain friendship and mutual support as well as specialist advice and can use a library of books and magazines on the care of children with special needs.**

Rose Road Association



Address: **Bradbury Centre, 300 Alder Moor Road, Southampton SO16 5NA**

Telephone Number: **023 8072 1234**

Email: LucyFripp@roseroad.org.uk

Website: www.roseroad.org

Contact Person: **Lucy Fripp**

What We Do: **Provides a wide range of services for children with a wide range of disabilities.**

Services Offered: **Holiday schemes run for children with aged 5 and over.**

Organised play and activities for the first two full weeks of the summer holiday and other school holidays.

Additional Information: **We have a range of transport options with a fleet of modern vehicles. These range from an adapted car for one young disabled person, a modern people carrier for up to three young people through to a full-sized mini bus with all relevant adaptations to ensure children are able to travel in safety and comfort. Siblings welcome by arrangement. All of our staff undertake a range of training and development programmes and are subject to a full Criminal Records Bureau check.**

Salterns Playscheme



Address: **92 Fairview Drive, Hythe SO45 5GY**

Telephone Number: **023 8084 9259**

Email: donna.carroll@mountbatten.hants.sch.uk

What We Do: **New Forest-based play scheme for children aged 8-19 with special needs.**

Services Offered: **Runs for the first two weeks of the summer holidays, and takes up to 50 children from Southampton, New Forest and Waterside areas.**

Saturday Club One



Address: **Nedderman Centre, Marryat Road, New Milton BH25 5NY**

Telephone Number: **01425 610204**

What We Do: **Fortnightly Saturday activities from 2.30-4.30pm for children aged 3-13 with learning disabilities (closed in August).**

Saturday Fun Club



Address: **Springwell School, Thornhill, Southampton, SO19 6DH**

Telephone Number: **02380 445981**

Contact Person: **Jackie Carpenter**

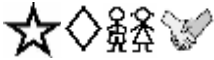
Email: **info@springwell.southampton.sch.uk**

What We Do: **All children with special needs (and their siblings) are welcome to attend Fun Club every Saturday from 10am – midday. All children have to be accompanied by a parent/carer.**

Services Offered: **Soft play room, multi-sensory room, films, art activity, bikes, scooters and playground equipment. Also half hour fun sessions in the hydrotherapy pool. Max 8 in the pool, first come first served.**

How much does the Service cost? **Fun Club only £3 plus £2 for the hydrotherapy session if the child has one.**

SCARF



Address: **Rose Cottage, Wootton Road, Tiptoe, Lymington SO41 6FT**

Telephone Number: **01425 611199**

Email: **info@scarfuk.org**

Website: **www.scarfuk.co.uk**

What We Do: **A parent run organisation, that hosts events for disabled children and their families during school holidays. Play schemes most holidays for children with special needs and their siblings, ages 0-16 years.**

Southampton Children's Play Association (SCPA)



Address: **9 Acorn Enterprise centre, Empress Road, Southampton, SO14 0JY**

Telephone: **02380 337888**

Email: **office@scpaplay.org.uk**

Website: **www.scpaplay.org.uk**

What We Do: **SCPA develops supports and delivers "open access" Junior clubs and summer playschemes for all children over 5 years. Under 5s are welcome but must be accompanied by a parent or adult over 18 years. The**

play opportunities available include arts and crafts, messy play, sports, games, role play, music and multi-cultural activities.

Services Offered: **Junior Clubs open during term time at various locations across Southampton between the hours of 3.30pm and 5pm. Summer playschemes run for five weeks through July and August, session times are 10am - 12pm and 1pm - 3pm.**

Southampton Mencap Junior Gateway



Address: **Southampton MENCAP, 187a Portswood Rd, Portswood, Southampton, SO17 2NF**

Telephone: **02380 584088**

Email: **admin@southamptonmencap.co.uk**

Website: **www.southamptonmencap.org**

What We Do: **For children aged 5-16 with learning disabilities, living in Southampton. The club is held on Saturday mornings from 10am to noon during school terms. A wide range of play and creative activities are available. Collage, Cooking, Sand & Water Play, Drawing, Parachute Games, Board Games, Preparing drinks and Snacks, Outdoor Sports Activities. The club is OFSTED registered.**

How much does the service cost? **£2.80 per session in advance.**

Southampton Mencap Junior Scheme



Address: **Southampton MENCAP, 187a Portswood Rd, Portswood, Southampton, SO17 2NF**

Telephone: **02380 584088**

Email: **admin@southamptonmencap.co.uk**

Website: **www.southamptonmencap.org**

What We Do: **For children and young people aged 5 to their 14th birthday with learning disabilities, living in Southampton. A wide range of play activities available.**

Services Offered: **Held during the first two weeks of the school summer holidays from 10am-3pm. Some transport to and from scheme is available.**

SNAPS (Special Needs Activity Playscheme)



Address: **Kids Winchester Project Management, Team 68, St Georges Street, Winchester SO23 8AH**

Telephone Number: **01962 848026**

Email: **winchestersnaps@care4free.net / vivienne.culpepper@kids.org.uk / kim.campbell@kids.org.uk**

Contact Person: **Vivienne Culpepper / Kim Campbell**

What We Do: **A specialist scheme for severely disabled children, and some children are also integrated into local schemes with the help of volunteers.**

Services Offered: **Currently includes Saturday Club which meets at Shepherds Down School, Thumbs Up Youth Club and 18up for young adults with meetings and organised outings. SNAPS also organises days out for teenagers during the holidays.**

Weston Adventure Playground



Address: **Weston Adventure Playground, Hurstbourne Place (behind Canberra Towers), Weston, Southampton, SO19 9QE**
Telephone: **Play Services 02380 832692 Weston Adventure Playground 02380 80445100**

Email: trish@liddan.fsnet.co.uk /
weston@adventureplayground.wanda.co.uk

Website:

www.southampton.gov.uk/education/communityeducation/playservices

What We Do: **Open Access - come and go when you like. Weston has been adapted for disabled children. Children up to 14 years are welcome (under 5s must be accompanied by an adult. Children can make friends, let off steam, use their imagination, try new things, be loud, be quiet, be fast, be slow and have fun. Play workers will smile and welcome your child, listen to them, help and support them, join in when they want, keep them safe, make things exciting, make their ideas happen, and show them new things.**

Services Offered: **During school term it is possible to pre-book sessions between 10am and 3pm on Wed-Fri, and is regularly used by under 5s groups. Term times: Wed-Fri 3pm - 6pm (Thurs 2-3pm under 5s) Sat 10am-1pm & 2-5pm, Sun 1-5pm. School Holidays: Mon-Thurs 10am-1pm & 2-5pm, Fri 10am-1pm, 2-4.30pm.**

Wildern Opportunity Group



Address: **Hedge End 2000 Centre, St John's Road, SO30 4AF**
Telephone Number: **01489 787968**

Email: info@wildernopportunitygroup.co.uk

What We Do: **Special Needs and intergrated playgroup. Special needs sessions need a referral from Children's Services or Health; parent normally stays with child.**

Services Offered: **Mons,Tues,Thurs 9.30am-12 Noon: mixed ability sessions. Weds & Fri 9.30am-12 Noon: special needs children from birth to 5 yrs.**

Zoe Braithwaite Play Centre



Address: **Zoe Braithwaite Play centre, Frazer Close, Lordshill, Southampton, SO16 8GP**

Telephone: **02380 740668**

Email: clare.croucher@southampton.gov.uk

What We Do: **Provides open access after school sessions, A Saturday Club and holiday playscheme on the Lordshill estate for children 5-14.**

Services Offered: **Term times: Tues, Wed, Thurs, Fri 3.15-6pm, Sat 10-1pm & 2.15-5pm. School Holidays: Mon-Thurs 10-1pm & 2.15-5pm, Fri 2.15-4.30pm.**

RESIDENTIAL

Curdridge YMCA



Address: **YMCA Fairthorne Manor Curdridge Southampton S030 2GH**

Telephone Number: **01489 785228**

Email: info@ymca-fg.org

Website: www.ymca-fg.org

What We Do: **The YMCA runs camps for 4-16 year olds, and residential camps for 8-14 year olds.**

Services Offered: **Children with special needs can be integrated into most day and residential camps with help from the Children's Support Team.**

Additional Information: **When you book you should give full details of the help your child might need.**

Queen Elizabeth II Silver Jubilee Activities Centre



Address: **Manor Farm Country Park, Pylands Lane, Bursledon SO31 1BH**

Telephone Number: **023 8040 4844**

Email: qe2activitycentre@aol.com

Website: <http://www.qe2activitycentre.co.uk/>

What We Do: **Day and residential activity courses for disabled people of all ages, including canoeing, climbing, archery, horse riding, caving, motor boating, rope work, zipwires, problem solving and environmental study.**

Services Offered: **Courses run 9am-5pm and cater for all abilities.**

Additional Information: **Cater to all abilities if with parents/family/carers.**

Tall Ship Voyages with Jubilee Sailing Trust



Address: **Jubilee Sailing Trust Ltd, 12 Hazel Road, Woolston SO19 7GA**

Telephone Number: **023 8044 9108**

Email: info@jst.org.uk

Website: www.jst.org.uk

What We Do: **The 2 tall ships, Lord Nelson and Tenacious are both designed to accommodate physically disabled and non-disabled individuals 16+ including wheelchair users and those with visual impairment.**

Services Offered: **We cater to a very wide range of physical and mental disabilities with special adapted equipment: signs in Braille; lifts between decks; vibrator pads fitted to the bunks to alert people with a hearing impairment in the event of an emergency; power assisted and 'joystick' steering; an induction loop in the mess room; wide aisles below decks and low level fittings; speaking compass with digital screen, and much more.**

How much does the Service cost? **The program of voyages runs all year round, an average voyage costs £600.**

Additional Information: **Our Medical Purser (who is a registered nurse) will help you with any (or all) of the features on board that will help you take part fully in your voyage.**

The Oaks and The Acorns



Address: **The Rose Road Association The Bradbury Centre, 300 Aldermoor Road Southampton SO16 5NA**

Telephone: **023 8072 1234**

Email: kirstywaterhouse@roseroad.org.uk

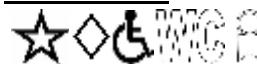
Contact Person: **Kirsty Waterhouse**

Website: www.roseroad.org.uk

What We Do: **Oaks and Acorns provides short breaks for young people aged 2-25years. There is availability for 12 young people to stay in two 6 bedded areas which are: Acorns for young people up to 16 years and Oaks for young people aged 16-25. The length of each stay at Oaks and Acorns can vary from day care, an overnight stay or a few nights. During the holidays, young people receive short breaks up to a week. All young people who stay at Oaks and Acorns have severe learning difficulties which also may include those with additional physical disabilities. The service is not appropriate for young people with severe challenging behaviour or those who need one to one supervision. Oaks and Acorns provides a warm and stimulating environment in which individual health, social and emotional needs are identified, planned for and met through individual care plans.**

Also available for use are a hydrotherapy pool, multi-sensory room, a soft play area and gardens. All staff receive training and are skilled in caring for young people with a wide range for disabilities. The aim is to provide each person with an enriching experience, as well as giving the family a chance to recharge their batteries. Oaks and Acorns is open seven days a week throughout the year, except for a short time over Christmas.

Take a Break



Address: **The Rose Road Association, The Bradbury Centre, 300 Aldermoor Road, Southampton SO16 5NA**

Telephone: **023 8072 1234**

Email: JaneKaill@roseroad.org.uk

Contact person: **Jane Kaill**

Website: www.roseroad.org.uk

What We Do: **Take a Break is registered with Ofsted as a Fostering Agency. The Scheme offers short break placements for children and young people 0-18 years with learning disabilities, autism, health needs and/or physical disabilities. Placements are in the homes of approved short break foster parents who have been assessed and trained in line with statutory requirements. Typical placements are one weekend a month but other options are possible. Parents retain their full legal rights for their children whilst they are with the foster carers. The Scheme is supported by a grant from Southampton City Council and Hampshire County Council purchase placements individually.**

SPORTS

Activity Buddy Scheme at Fleming Park Leisure Centre



Address: **Fleming Park Leisure Centre, Eastleigh SO50 9NL**

Email: daisybrookman@yahoo.co.uk

Contact Person: **Daisy Brookman, Activity Buddy Coordinator**

What We Do: **The ABS Scheme pairs disabled young people with an able-bodied volunteer Buddy to take part in a variety of activities at Fleming Park in partnership with EDLAG. The Buddy acts as a mentor and motivator for sport including Swimming, Squash, Badminton, Tennis, Table Tennis, Exercise Classes, Bowls and the Gym.**

Andover Table Tennis League



Telephone: **01264 352083**

Contact Person: **B Dyke**

Email: bjdyke@hotmail.co.uk

What We Do: **Encouraging the playing of table tennis. We have a coaching evening at John Hanson school during term-time. 10 tables, everyone welcome. We have 3 divisions, with 20+ clubs and can place players in teams. We also use The Depot for matches and coaching. Access: Available**

to all - We have disabled members. All ages. Friday evenings from 6.30-9.00pm during term-time. League matches Nov-April.

How much does the Service Cost? £2 for adults; £1.50 for U18's.

Applemore Multi-Sports Club



Address: **Applemore Health & Leisure Centre, Claypits Lane, Dibden, Southampton SO45 5TN**

Telephone Number: **02380 844 288 / 02380 665435**

Email: sarah.schlesinger@hants.gov.uk

Website: <http://www.applemorehealthandleisure.com/index.cfm?articleid=821&CFID=15542812&CFTOKEN=11792734>

Contact Person: **Sarah Schlesinger**

What We Do: **A weekly sports night for young people aged 11-19 with learning and other disabilities.**

Services Offered: **Wed 4-5pm Term-time. Feel free to drop in to any session.**

How much does the Service Cost? **£2 per session**

Additional Information: **We also hold a Saturday Club at Colors Youth Centre, Holbury from 10-12:30 for ages 13-20yrs and costs 50p.**

Bagnum Riding Centre



Address: **Bagnum, RINGWOOD, Hampshire, BH24 3BZ**

Telephone Number: **01425 476263**

Email: johnshelton@onetel.com

Contact Person: **Anna Wentworth**

What We Do: **Hacking, Riding for the Disabled, Pony Club, Late night Summer Rides. Tuition to a high standard. Parties catered for, Pub rides. A wide range of horses + ponies available. Fully Insured.**

Services Offered: **Tuesday, Wednesday, Thursday, Friday, Saturday & Sunday 9.00am-5.30pm (Late night Wednesday & Thursday)**

How much does the Service cost? **1 hour hack - £20, 2 hour hack - £35**

Additional Information: **From 5 years to 90 if fit**

British Disabled Water Ski Association (South West Region)



Address: **Ellingham Water Ski Club, Ellingham, Ringwood BH24 3XX**

Telephone Number: **01425 471470**

Email: Pviney@aol.com

Website: <http://www.ellinghamwaterski.co.uk/disabledteaching.html>

Contact Person: **Mr P C Viney**

What We Do: **Teaches water skiing to the disabled including leg/arm**

amputees, paraplegics, blind, deaf, and those with learning difficulties. Services Offered: **Caters to a range of abilities. For those able to use their legs we utilise the Triple Bar which enables two able bodied skiers to help a disabled skier on a pair of skis get themselves out of the water. Once up they are then able to be supported on either side aiding both their confidence and their stability. For those not able to or unwilling to stand on a pair of skis we use the Root 5 ski which is like a large sit-on canoe. Two helpers are then positioned either side to aid the skier and ensure they enjoy their time whizzing around behind the boat. Use a launch slipway and pontoon dock specifically to aid disabled skiers. We have a fully operational club house with changing facilities and hot showers.**

How much does the Service cost? **£9 per tow & £10 annual admin fee.**

Buddies



Address: **16 Romsey Rd, Eastleigh SO50 9AL**

Telephone: **02380 650574**

Email: sarah@solentyouthaction.org.uk

Website: www.solentyouthaction.org.uk

What We Do: **Buddies is a scheme which provides a mentor to a primary school aged child to access an out of school activity of their choice. This could be anything from a sports club to Brownies or Scouts. Volunteers help the children to settle into the club and the overall aim is for the child to develop enough confidence and social skills so that they can attend independently. Office open 9.30-6pm Mon-Fri.**

Dynamo School of Gymnastics



Address: **Satchell Lane, Hamble, Hampshire SO31 4NE**

Telephone Number: **02380 455007**

Email: debbie.hampton@ntlworld.com

Website: www.dynogym.co.uk

What We Do: **Gymnastics, trampolining & movement training. All ages, Children with special needs welcome.**

Eastleigh & District Sports Association for the Disabled



Address: **Fleming Park Leisure Centre, Eastleigh SO50 9NL**

Telephone Number: **02380 263503 / 01794 515172**

Contact Person: **Veronica / Paul**

Email: paul.kirkpatrick@virgin.net

What We Do: **Swimming Club**

Services Offered: **Meet on Tuesdays in the Main Pool at Fleming Park Leisure Centre, Eastleigh between 8 and 9pm. Exclusive hire of the pool. Hoist and pool side steps available.**

How much does the Service cost? **£3.00 per session or £10.00 per month.**

Eastleigh Disability Leisure Access Group (EDLAG)



Address: **Eastleigh Borough Council, Civic Offices, Leigh Road, Eastleigh Hampshire SO50 9YN**

Telephone: **023 8068 8489**

Contact Person: **Janine Millard, Sports Development Officer**

Email: janine.millard@eastleigh.gov.uk

What We Do: **EDLAG provides information for residents wanting to take part in sport and recreation. The main aim of EDLAG is to help people with a disability to access leisure. EDLAG is actively involved in organising taster sessions in a variety of sports including football, cricket, golf, basketball and aquacise. EDLAG also provides support and information for sports clubs wishing to provide appropriate facilities and qualified instructors.**

Eastleigh Multi-Sports Club



Address: **Wyvern College SO50 7AN, Thornden School SO53 2DW, Wildern School SO30 4EJ, Crestwood Community Centre SO50 4FZ**

Telephone Number: **07814 135565 / 02380 487789**

Email: sally.eshraghi@hotmail.co.uk

Website: www.multisportsclub.org.uk/

Contact Person: **Sally Eshraghi**

What We Do: **Multi-Sports Club also offering organised activities during school holidays. All club members have learning difficulties (ranging from moderate to severe), some have physical disabilities, and most attend schools or college courses for people with special needs.**

Services Offered: **For 11-25 year olds. Football Fridays - football skills coaching 6-7pm Crestwood Community Centre; Aquafit -Wildern Leisure Centre Sundays 5-6pm; Wildern Gym Private sessions Saturdays 5-6pm @ Wildern Leisure Centre Hedge End; Multi-Sports: coaching (term-time) Thursdays 5-6pm/6-7pm Wyvern Technology College, Sundays 10-11am/11am-12pm Thorden School. Different Sports each half term. Organised activities during school holidays at QEII Silver Jubilee Activities Centre including climbing, rope work, zip wire, boat trips, canoeing, archery and horse riding.**

How much does the Service cost? **Multisports coaching £10 for 6 weeks. Football Friday, Aqua Fit & Wildern Gym £2/session.**

Epona Trust



Address: **Russells Equestrian Centre, Allington Ln, West End, SO30 3HQ**

Telephone Number: **02380 473693**

Email: caroltheboulton@yahoo.co.uk

Website: russells-equestriancentre.org

What We Do: **Tuition in Horse handling and riding. Use of horses and ponies for therapeutic work.**

Services Offered: **Individual clients and groups.**

Hampshire Harriers Wheelchair Basketball Club



Address: **Chamberlayne Leisure Centre, 150 Weston Lane SO19 9SJ**

Telephone Number: **02392 352824 / 02380 254630**

Contact Person: **Terry Marsh/Annette Marsh/Geoff Green**

Email: terry.marsh@hampshireharriers.org.uk

Website: hampshireharriers.org.uk

What We Do: **Hampshire Harriers play and train most Sundays 12 to 3pm. Beginners are welcome. Males and females from approx 14 years upwards. Sports w/chairs are available and parents and friends can join in. Access and toilet facilities at Chamberlayne are excellent and staff supportive. Transport is not provided specifically but lifts are possible. We suggest new players read the website and arrange to visit us one Sunday. Our coach Terry Marsh can arrange fun or team demonstrations at schools or colleges. The club receives no official grants and is reliant on subs and fund raising. Beginners are allowed two free weeks and currently pay £4 each week thereafter. Our aim is to promote the sport and help people to keep fit and healthy lose weight, and recuperate. Experienced players can join the team and play league games. Children from 7 years upwards should try the Hampshirehornets.co.uk who offer other games as well.**

Hampshire Hornets Wheelchair Basketball Club



Address: **Crestwood Leisure Centre, Crestwood College, Shakespeare Road, Eastleigh, Hampshire SO50 4FZ**

Telephone Number: **07798852784 / 07767436340**

Contact Person: **Nass Dadkah / Toni Dare (Mrs)**

Email: hampshirehornets@live.co.uk

Website: www.hampshirehornets.co.uk/

What We Do: **The club provides wheelchair basketball training for physically disabled children and youths aged 7-19 years. All abilities welcome and catered for. Sports wheelchairs provided. Every Sunday 10 –12am.**

How much does the Service Cost? **Free Membership with monthly subs of £9.00. First session free.**

Hampshire Riding Therapy Centre Eastleigh



Address: **Moorlands Copse Farm, Hensring Lane, Fishers Pond SO50 7HH**

Telephone Number: **01962 777714**

Email: hrtc@btinternet.com

Website: www.hampshire-riding-therapy-centre.org.uk

What We Do: **Riding therapy for children 5+ & adults with special needs.**

Riders up to 14 stone in weight but currently there is no lifting equipment.

Hawks Cricket Team



Address: **Fleming Park, Eastleigh SO50 9NL**

Telephone Number: **023 8026 0616 / 07760347669**

Contact Person: **Leon Badger**

What We Do: **The Hawks are a cricket team for people with disability.**

Fortnightly on Sunday afternoons, 1-3pm.

How much does the Service cost? **£2 per session. All standards.**

Lymington Sailability



Address: **Royal Lymington Yacht Club (Slipway) Bath Road, Lymington, SO41 3SE**

Telephone Number: **01425 612356**

Email: b.palmer@uwclub.net

Website: <http://www.lymingtonsailability.com/>

Contact Person: **Brian Palmer**

What We Do: **Sailing for the disabled**

Services Offered: **The Pioneer Multi allows conventional wheelchair users to get out on the water. It has a Ro-Ro bow enabling wheelchairs to be pushed straight on. Oxford hoist allows severely disabled individuals to board the larger boats. Have a fleet of boats and safety boats of varying sizes.**

How much does the Service cost? **£15 per annum.**

Mudford Phoenix Girls & Ladies Football Club



Address: **BAE Christchurch Sports & Social Club**

Telephone: **01425 274272**

Email: fra@newguard.fsnet.co.uk

Website: www.mudfordphoenix.com

What We Do: **Under 10, 12 & development squad - Mondays 4.45 - 6.15. Under 14 & ladies - 6.00 - 7.15 a football club for girls and women. Not specifically special needs focused.**

How much does the Service Cost? **£15 per annum**

Newforest MENCAP



Address: **The Nedderman Centre, Marryat Rd, Nw Milton, Hants BH25 5NY**

Telephone: **01425 621893**

Email: newforestmencap@lineone.net

Website: www.mencap.org.uk

What We Do: **Work with people with a learning disability and their families and carers. Weekly clubs for children and young adults with learning disabilities, and summer playschemes for all ages.**

Penguin Swimming Club for Orthopaedically Disabled (Southampton)



Address: **Bitterne Leisure Centre Dean Road, Bitterne, Soton SO18 6AQ**

Telephone Number: **023 8026 9080**

Email: mail@m-henry.freeseve.co.uk

Contact Person: **Ms Madeleine Henry**

What We Do: **Sheltered swimming environment for disabled people of all ages who do not wish to use public facilities. Preference is given to physically disabled people. We will accept other disabling conditions at the discretion of the committee.**

Services Offered: **Sundays 3.05pm to 4.05pm. No swimming lessons or personal assistance is given. Doctors' referrals are welcome for temporary membership after orthopaedic surgery.**

How much does the Service cost? **£5.00 adults and £3 children annually on joining and then annually in January.**

Additional Information: **All application forms must be approved and signed by a doctor. Children must be accompanied by an adult and severely disabled persons must be accompanied by their own carer(s).**

Riding for the Disabled Assn



Telephone: **Andover 0845 2411344, Bramshaw 0845 2411388, Broadlands 0845 2411395**

Email: Elizabeth.maclay@yahoo.co.uk (Andover)

suzanne@broadlandsgroup.org.uk (Broadlands)

Website: www.riding-for-disabled.org.uk /

www.broadlandsgroupda.org.uk (Broadlands)

What We Do: **Enabling people with disabilities to improve their health, well-being, confidence and self-worth whilst having fun riding. RDA is a federation of Member Groups, which are dedicated to improving the lives of people with disabilities, through the provision of opportunities for riding and/or carriage driving. Groups enable people to improve their health, delivering a real and lasting therapy that not only benefits mobility and co-ordination, but encourages confidence and self worth whilst having fun.**
Services Offered: **Groups in many areas including: Liphook, Headley, Basingstoke, Aldershot, Broadlands nr Alton & Romsey.**

Ringwood Disabled Swim Association



Address: **Ringwood Health & Leisure Centre, Reception, Parsonage Barn Lane, Ringwood, Hants. BH24 1PX**

Telephone Number: **01425 473933**

Contact Person: **Margaret Fox**

Email: **pjh.hols@btinternet.com**

Website: **www.r4u2.org.uk**

What We Do: **Disabled swim sessions Saturdays 12.15 -1.30. Our service is available for physically disabled people aged 65 and under. 25m ozone pool with disabled hoist available. Disabled changing room and toilet (direct access to poolside).**

How much does the Service cost? **£5 annual membership.**

Romsey Kyushindo Karate Club



Address: **Mountbatten School, Romsey, Romsey School, ROMSEY, Hampshire, SO51 8ZB.**

Email: **hancron@aol.com**

Contact Person: **Mr Ronald Hancock**

What We Do: **Help with Dyslexia; Help with Dyspraxia; Help with children with behavioural problems; Confidence problems; Martial arts instruction. Tuesdays & Friday 7.00-8.00pm 5 years and upwards - Saturdays 9.00-10.00am.**

How much does the Service Cost: **No charge for grading and membership; No annual charges or mat fees. £2.50 per hour. Students attending one class can go to the other free.**

Solent Ski Club (for the Disabled)



Address: **Alpine Centre, Southampton SO16 7AY**

Telephone Number: **023 8069 4545**

Email: **solentskiclub@otsystems.co.uk**

Contact Person: **Mr Chris Babbs**

What We Do: **Provides ski coaching for all people with a disability (physical and learning). Use volunteers and family members who ski and don't.**

Services Offered: **First Saturday of the month, 2-4pm. Closed August.**

How much does the Service cost? **Adult membership £10 per annum. Junior membership £5 per annum. Family membership £15 per annum. Skiing for Juniors and Adults £4 per session (or part of).**

Southampton Actionnaires Sports Club



Address: **Chamberlayne Leisure Centre, Southampton SO19 9SJ**

Telephone: **07793527031**

Website: **www.actionforblindpeople.org.uk**

What We Do: **Sports club for visually impaired children. Are you aged between 8 and 16, blind or partially sighted and keen to play sport, get fit, make friends and have fun?**

Our Actionnaires clubs could be what you're looking for. We offer multi-sports sessions run by professional coaches for blind and partially sighted children and young people of all abilities. If you have a favourite sport you want to improve; a new one you want to learn or even if you fancy just coming along to run around and let off a little steam, your local club will have something for you. Second and last Saturday of each month.

Sports and Leisure Association for the Disabled (Southampton & District)



Address: **Millbrook Community School SO16 9RG**

Telephone Number: **023 8042 0283**

Contact Person: **Mr Roger Steels**

What We Do: **Sports training (Field & Track), Keep Fit & Weight Training. Recreational Activities: Skittles, Petanque, Carpet Bowls & Darts. Social evenings: outings, day and weekend. Holidays: Britain and the Continent.**
Services Offered: **Monday evenings, 8-10pm.**

How much does the Service cost? **Annual Subs £5. Evening Activities £1 each. Transport £3.**

Streets Ahead Football Club



Address: **Andover**

Telephone Number: **01264 350420**

Contact Person: **Sue Simmonds**

Email: Simmonds.simmonds@btinternet.com

Website: <http://www.andoverstreetsahead.co.uk/>

What We Do: **Football Club** for all who love to play football but who are **unable for a variety of reasons to take part in mainstream clubs.**

Services Offered: **Sessions every fortnight supervised by the expert staff and coaches within Andover New Street FC and Youth Football Club.**

How much does the Service cost? **A termly fee equivalent to £1 per session will be charged. Participants will be invited to join the club paying £5 which entitles them to a t-shirt with the Streets Ahead logo.**

Sway Fencing Club



Address: **Sway Village Hall, Middle Road, Sway. North Common Lane, Sway SO41 6BB**

Telephone: **01590 683837**

Contact Person: **Robin Catling, Club Secretary**

Email: info@swayfencing.co.uk

What We Do: **Mondays Children 7.30 - 8.15 (term time). Aged 8-15. Adults 8.00 - 10.00. We have one qualified disabled coach. All Coaches are CRB checked, Sports Equity, Child Protection trained.**

Website: <http://www.swayfencing.co.uk/>

How much does the Service Cost? **Juniors: £39 per term (£3.00x13-week term) (inc. registered students) Adults: £56 per term (£4.00x14-week term)**

For all fencers having paid annual membership (£10 pa)

For non-members, separate visitor's fees will be: Juniors: £4.50 /session (incl registered students) Adults: £5.50 /session

Beginners Courses: structured 6-week beginners course is held once per term, commencing 2nd

week of term: Juniors: £30.00 (inc registered students) Adults £36.00

New Forest District Council/ Hampshire IOW Sport may be approached to assist disabled beginners with fees.

Test Valley Angling Club & Southampton Piscatorial Society



Address: **North Baddesley**

Telephone Number: **07972215843**

Email: secretary@tvacspsangling.co.uk

Website: <http://www.tvacspsangling.co.uk/>

Contact Person: **Mr. M. Coombes**

What We Do: **Disabled Anglers TVAC & SPS strive to improve and enhance the enjoyment of angling for its members. The Club has amongst its members, some persons who need a little assistance to enable them to gain access to swims and venues. It is to that aim that TVAC & SPS have instigated a scheme to provide where possible, level and mud free access.**

Although this scheme is in its infancy the club has already built many hard standing swims and have in many cases provided hard mud free access to these swims from the car parks such as Ice House Lake and Marchwood Lake. A purpose built car park for disabled and elderly anglers with level access to swims has recently been completed to the rear of Willow Lake.

Winchester & District Mencap Society



Address: **The Winchester Centre, 68 St. George's Street, SO23 8AH**

Telephone Number: **01962 848034 / 07875 021373**

Email: lifeopportunitiesconsultant@hotmail.co.uk

Website: www.winchestermencap.org.uk

Contact Person: **Anna**

What We Do: **Tuesdays: Low-level Aerobics at River Park Leisure Centre 01962 848700. Low-level aerobics 4pm-4.45pm Tuesdays in term-time.**

How much does the Service cost? **Low level Aerobics £2.00 or free with Kinetika Card.**

Additional Information: **Tues and Fridays: Life Opportunities, Consultant - drop-in sessions - get out the house, meet some friends, ask about employment, courses, housing and social events River Park Café Tuesdays 2.30 -3.30pm/Fridays 11am-12pm (Call Anna on 01962 848034/07875 021373).**

Wednesdays: Causeway Meetings Christchurch - call Charlotte 01962

711459. Gateway Social Group - call Wendy 01962 844522. Thursdays:

Badger farm Arts Club - call Judith 01962 881919. Badger Farm Friendly Group - call Jane 01962 861091.

YOUTH CLUBS

Access Club



Address: **Co-ordinator Crestwood College Shakespeare Road Boyatt Wood EASTLEIGH Hampshire SO50 4FZ**

Telephone: **023 8065 0197**

Contact Person: **Mrs Wendy Sandy**

What We Do: **Services and activities offered: A social club with both centre-based and community activities, we operate a waiting list. Activities, eg: keep fit, craft, games, bingo, parties - with occasions community activities such as skittles. 18+ who have learning disabilities,**

Services Offered: **Access Club Wed 7.30-9.30pm**

How much does the Service Cost? **Charges: £1 per meeting.**

Additional Information: **Our service is available to adults aged 18+ who have learning disabilities. They must be residents of Eastleigh/Southern parishes.**

The Allsorts Club



Address: **Youth Wing, Romsey School, Greatbridge Road, Romsey SO51 8ZB**
Telephone Number: **01794 511126**
Email: **wendy.herbert@hants.gov.uk**
Contact Person: **Wendy Herbert**
What We Do: **Special needs youth club, Wednesday evenings, 6.45-8.30pm; for children aged 11 and over.**

Colours Youth Club



Address: **Colours Youth Centre, Long Ln. Holbury, Southampton, SO45 2PA**
Telephone: **02380 665435**
Email: **sarah.schlesinger@hants.gov.uk**
What We Do: **A Saturday morning club for young people with special needs aged 13-19. Sat 10am-12.30.**
How much does the Service Cost? **50p per session**

Cornerstone Youth Club



Address: **St Patricks Centre, 45 Portsmouth Rd, Woolston, Soton SO19 9BD**
Telephone: **02380 425145**
What We Do: **We believe all young people must be supported. The aim of this group is for young people to socialise, play games, do craft activities, listen to music etc. Ages 10-25. Tues 6.30 & 8pm term times only.**
How much does the Service Cost? **Donation of £1 for each person attending.**

Friday Youth Club



Address: **Southampton MENCAP, 187a Portswood Rd, Portswood, Southampton, SO17 2NF**
Telephone: **02380 584088**
Email: **admin@southamptonmencap.co.uk**
Website: **www.southamptonmencap.org**
What We Do: **Friday weekly term-time Youth Club 7.30pm to 9.30 pm for Young People with learning disabilities aged 14-20. Activities Available: Karaoke, Pool, Video Nights, Theme Nights, Jewellery Making, Soccer Games, Darts, Group Games, Playstation, Computer, Music, etc.**
How much does the Service Cost? **£2.80 per session.**

Mencap Weekly Club



Address: **Harrow way Community Centre, Harrow Way, Andover SP10 3RH**
Telephone Number: **01264 321847**
Email: **Annette.pearce@andovermencap.org**
What We Do: **Youth Club for 8-16 year olds with learning disabilities. Meets every Monday in term-time 6.30-8pm.**
How much does the Service cost? **Small charge.**

National Autistic Society South Hampshire Branch



Telephone: **07767 618325**
Contact Person: **David Carter, Branch Officer**
Email: **shants@nas.org.uk**
Website: **www.shants.nas.org.uk**
What We Do: **We operate a monthly Saturday afternoon, Family Youth Club for these children, their siblings and parents. We run a fortnightly Children's social group and an Older teenagers' and adults' social group. We are able to signpost young people with autism (over 13) for referral to a weekly teenage youth club. Social events also take place for the benefit of individuals and their families.**

Phab Club Andover



Telephone: **01264 358817**
Contact Person: **Eileen Mills**
Email: **info@phab.org.uk**
Website: **www.phabengland.org.uk**
What We Do: **Phab club organises a diverse programme of activities - arts and crafts, quizzes and games, speakers, sports, discos, days out, group holidays and usually meets once a week. The clubs cater for juniors (under 18) and/or seniors. Members who joined as teenagers often remain or return as seniors. What the club offers is the opportunity for everyone to get together, enjoy each other's company and have fun, providing valuable support for families and carers who can sometimes feel isolated. Siblings belong to the same club and families are able to enjoy events and activities together. Last Friday & 2nd Tuesday of each month.**

SLAMS - Provided by Solent Youth Action



Address: **Crestwood College for Business and Enterprise, Shakespeare**

Road, Eastleigh, SO50 4FZ

Email: michelle@solentyouthaction.org.uk

Contact Person: **Michelle Power**

What We Do: **SLAMS** is a free youth club for young people aged 13 to 19 with learning difficulties or physical disabilities. It also has volunteering opportunities for young people to help run the club, which is also assisted by Solent Youth Action.

Services Offered: **Alternate Tuesdays 6.30pm to 8.30pm.**

Southampton Mencap Teen Scheme



Address: **Southampton MENCAP, 187a Portswood Rd, Portswood, Southampton, SO17 2NF**

Telephone: **02380 584088**

Email: admin@southamptonmencap.co.uk

Website: www.southamptonmencap.org

What We Do: **For young people aged 14-19 with learning disabilities living in Southampton. The scheme encourages the young people to make choices of activities to participate in, both on and off-site.**

Services Offered: **Held during weeks 3 and 4 of the summer holidays from 10am to 3.30pm (times and dates to be confirmed).**

Thumbs-Up Youth Club



Address: **Kyack Centre, Winnal, Winchester SO23 0NX**

Telephone Number: **01962 84802**

Email: winchestersnaps@care4free.net

What We Do: **A range of activities aimed at children & young people 13-19 yrs old with learning disabilities. Thursdays 6.30-8.30pm Term-time.**

How much does the Service cost? **£4 per session for Thumbs Up.**

Trax Club



Address: **Trax Club, Bonhomie Centre, Southend Road, Andover SP10 2DN**

Telephone Number: **01264 321847**

Email: Annette.pearce@andover.mencap.org

Website: www.andovermencap.org

What We Do: **Holiday club for young people aged 16+ which runs during school/college holidays: Mondays and Wednesdays 9.30am-5pm.**

How much does the Service cost? **There is a small charge for places (and young people need to be assessed for a place).**

Youth Club for Special Needs



Address: **Colors Youth Centre, Long Lane, Hardley SO45 2PA**

Telephone Number: **02380 665435**

Email: sarah.schlesinger@hants.gov.uk

What We Do: **Youth Club in Hardley for young people 13-19 yrs with special needs 10am-12.30 Saturdays.**

How much does the Service cost? **50p admission**

HAMPSHIRE SOUTH EAST

Fareham Borough, Gosport Borough, Havant Borough, East Hampshire District & Portsmouth City District

ART & MUSIC

Havant and District Socially Independent Disabled



Address: **Staunton Park Community School Community Centre, Wakefords Way, HAVANT, Hampshire, PO9 5JL**

Telephone: **023 9247 4765**

Contact Person: **Mrs D Selwood**

What We Do: **H.A.D.S.I.D. is open to any physically disabled person to provide those with a physical disability the chance to meet and make toys, fancy goods and ceramics. All members must be able & willing to take part in a craft activity and must be able to feed themselves and care for themselves independently. Mon / Wed 10.00am-3.00pm, Thursday 10.30am-4.00pm. £3.00 per quarter (+ £2.50-£3 for transport if needed) All ages.**

DANCE & DRAMA

Help! We don't know of any dance and drama activities taking place in South East Hampshire. If you know of any please contact us using the tear-out page at the back of this directory.

PLAY

COGS



Address: **Napier Hall, Portsmouth Road, Horndean PO8 9NL**

Telephone: **02392 596162**

Email: Helen.rodgers@btinternet.com

What We Do: **Communication Groups & Fun activities to improve communication and social skills for children 4-8years old. Particularly suitable for children with social communication difficulties and those on the autism spectrum. Wednesdays 4.30 – 6.00pm.**

Crusaders



Address: **The Petersfield School, Cranford Road, Petersfield GU32 3LU**

Telephone: **01730 300701**

What We Do: **Crusaders is a Christian group run by the Petersfield Churches Together. All inclusive activities include games, outdoor play, singing and crafts. Fridays 6.30 - 8pm.**

Detached Play Project



Address: **Peel Park, Clanfield and Rkdia Café Horndean PO8 9NN**

Contact Person: **Vicky Sawyer**

Email: vicky.sawyer@hants.gov.uk

What We Do: **For young people 11-16 with extra support needs. At Rkdia Café Horndean Oct-April and Peel Park, Clanfield April-Oct. 4-6pm.**

Enable Ability



Address: **311-313 Copnor Rd, Portsmouth, Hants PO3 5EG**

Telephone: **02392 671846**

Email: enquires@enableability.org.uk

Website: www.enableability.org.uk

What We Do: **Working with disabled people across the disability spectrum. Saturday Club & Summer Playscheme for 5-18 years.**

Fareham Opportunity Group Pre-School



Address: **Neville Lovett Community School, St Annes Grove, Fareham PO14 1JJ**

Telephone: **07902 904092**

Email: preschool@nevillelovett.hants.sch.uk

Website: www.farehamopportunitygroup.org.uk

What We Do: **An equal opportunities, all inclusive pre-school accepting children from 2yrs to 4yrs with additional needs. Our opening times are 9.00am - 3.00pm Monday - Friday during term time. Children are invited to**

attend 9.00 - 12.00, 12.00 - 3.00 or 9.00 - 3.00, these sessions include a lunch hour for which the children provide a packed lunch. All 3 and 4 year olds are eligible for government funding from the term after their 3rd birthday. Our current hourly rate is £2.75, for a minimum of 3 hours = £8.25.

FASS Fareham Autistic Spectrum Support



Address: **c/o Oak Meadow Centre, Tewkesbury Ave. Fareham PO15 6LL**

Telephone Number: **07900 297267**

Email: FASSadmin@googlemail.com

Website: www.farehamautisticspectrumsupport.org.uk

What We Do: **FASS is a local voluntary group of families who organise activities and outings that the whole family can enjoy.**

Services Offered: **Steam Train trips, Soft Play Sessions, Bowling, Horse Riding, and Parties.**

How much does the Service cost? **FASS members contribute what they can towards activities.**

Gosport Opportunity Group



Address: **Gosport Opportunity Group 1 Phoenix Way, off Green Crescent Gosport PO13 0BE**

Email: Jennifer.hardman@homecall.co.uk

Telephone: **01329 281927 (mornings)**

What We Do: **Term-time integrated playgroup for special needs children from babies to 5 years old (integrated with mainstream children from 2-5yrs).**

Summer holiday play schemes for 3-7 & 8-12 year olds. Term times: Mon-Fri 9-11.30am, Mon-Weds 12.30-3pm. Thurs Mother & Toddlers 1-2.45pm.

Havant District Holiday Venture



Address: **Prospect School, Freeley Rd, Havant, PO9 4AZ**

Telephone: **07926 381243 (number only checked weekly between May and August) otherwise please contact Dee on 07917711142**

Contact Person: **Dee Goring**

Email: dee@codial.co.uk

What We Do: **Summer Holiday Playscheme for physically disabled children aged 6-18 and their sibling or friend. Activities include sports, art, paintballing, dry ski slope, trips to theme parks, bowling & swimming. We meet for the last 3 weeks of the Summer holiday 9.15am - 3.00pm.**

How much does the Service Cost? **We charge a daily fee - approx £8.**

KIDS (South East)



Address: Delta House, Salterns Lane, Fareham P016 OQS

Telephone Number: 01329 312312

Email: aisia.howard@kids.org.uk

Website: www.kids.org.uk

Contact Person: Aisia Howard

What We Do: **Summer holiday play schemes in Fareham 5-8 yr olds, Saturday Fun Club Riverside school 5-8 years (bi-weekly).**

Services Offered: **The summer schemes operate for 2 weeks during the summer holidays. There are a wide variety of activities for the children. The programme is designed to enable children to have access to workshops and outings. It is run from the KIDS Family Centre, Fareham. There are two schemes each running for two weeks during school holidays. One for 5-11 yrs and one for young people 12-18 years. Each scheme runs from 10am-3pm and there are breaks for drinks and snacks as well as a lunch break. There are plenty of staff and volunteers on hand to support the young people as required. The action is non-stop, from trips to the bowling alley and zoo to messy play and a magic show. There is also the chance to chill out and relax with friends for those who want a slower pace. The soft play room and art room are accessible.**

How much does the Service cost? **£7.50 / £12.50 a session**

Let us Play Scheme (LUPS)



Address: 16 Fury Way, Hill Head, Fareham PO14 3RN

Telephone Number: 01329 315181

Email: Allen.lewis@sky.com

What We Do: **Holiday Scheme for children aged 2 1/2 to 19 yrs with profound and multiple learning difficulties requiring one-to-one care.**

Services Offered: **Mon-Fri 10-3pm School Holidays**

How to Access the Service: **For children living or attending specials schools in Fareham & Gosport.**

Oak Meadow Children's Centre Sensory Room



Address: **Oak Meadow Centre for Early Years and Families, Tewkesbury Ave, Fareham, PO15 6LL**

Telephone: 01329 841097

Email: oakmeadow.cc@hants.gov.uk

Website: www.strawberrymeadowchildrenscentre.co.uk

What We Do: **All parents or carers with children aged 0-11 can benefit from**

the sensory room at Oak Meadow, come and have a stimulating and exciting or calming experience. Please call to make a booking. 30 minute sessions daily.

How much does the Service Cost? **50p donation.**

The Oaks Playscheme



Address: **Froxfield Village Hall, Nr Petersfield GU32 1BH**

Telephone Number: 01730 818457

Email: lisa Finch65@btinternet.com

Contact Person: Lisa Finch

What We Do: **Playscheme for children with special needs aged 3-11 yrs.**

Partnership for Active Leisure Scheme (PALS)



Address: **Trospacc Children's Centre, Stockheath Lane, Leigh Park PO9 3BD**

Telephone Number: 02392 671846 / 07939 829021

Email: info@wearepals.org.uk

Website: www.wearepals.org.uk

What We Do: **PALS is a charity which enables young people aged 6-18 yrs with physical disabilities to get out and enjoy life. Varied programme of inclusive leisure, sport and recreational activities that build confidence & encourage independence.**

Services Offered: **Activities run in the evenings at weekends and during the holidays in East Hants, Havant, Portsmouth, Fareham and Gosport.**

How much does the Service Cost? **£1 plus tuck money.**

Petersfield Toy Library



Address: **Avenue Pavillion, The Avenue, Petersfield GU31 4JQ**

Telephone: 02392 268581

What We Do: **A large range of toys, puzzles, games and ride-on toys for children 0-5 yrs. Everyone welcome to stay and play. Drop in any time Friday's 10am-12pm.**

Rainbow Centre for Conductive Education



Address: **The Bradbury Building, Palmerston Drive, Fareham PO14 1BJ**

Telephone: 01329 289500

Email: enquiries@rainbowcentre.org

Website: www.rainbowcentre.org

What We Do: Provide conductive education for children with Cerebral Palsy and other motor impairment. Baby group, Nursery, & Saturday Club for School age.

RAPP - Rural Area Play Project



Telephone Number: 01703 234384
Email: debbie.watson@easthants.gov.uk
Contact Person: Debbie Watson
What We Do: A fully accessible mobile play project run by East Hampshire District Council.

Rural Areas Play Project



Address: Penns Place, Petersfield, Hampshire GU31 4EX
Telephone: 01730 234380
Contact Person: Alison Hemmings
Email: alison.hemmings@easthants.gov.uk
What We Do: Provided by East Hants District Council, Community Team a mobile project that takes play & leisure activities out to isolated rural villages in East Hampshire during School Holidays (except Christmas) Children under 8 must be accompanied by an adult. From ages 4 to 16, 10.00-11.55am/13.00-14.55pm.
How much does the Service Cost: £2:50 per session

Riverside Saturday Fun Club (KIDS)



Address: Riverside School, Scratchface Lane, Purbrook, Waterlooville
Telephone Number: 01329 312312
What We Do: Saturday Play Scheme for children with special needs age 5-8.
Services Offered: Saturdays 9.30am-12.30.

Thursday Club



Address: Odyssey Young Persons Centre, Portchester Community School, White Hart Lane, Portchester PO16 9DB
Telephone: 02392 364399
Contact Person: Jeanette Barker
Email: jeanette.barker@hants.gov.uk
What We Do: For those with special needs; Thursdays 3-4.45pm.

RESIDENTIAL

Help! We don't know of any residential activities taking place in South East Hampshire. If you know of any please contact us using the tear-out page at the back of this directory.

SPORTS

All Sports Club



Address: St. Lukes Community Sports Centre, Greatham Street, Portsmouth PO5 4ML
Telephone Number: 023 9268 8237
Email: Bronwin.Carter@portsmouth.gov.uk
Website: www.portsmouth.gov.uk/living/8360.html
Contact Person: Bronwin Carter
What We Do: All Sports Club for ages 8 upwards. 1 hour sports hall activities and 1 hour swim. Every Friday evening term time only, but other programme runs through the holidays. 5-7 pm at St Luke's Community Centre. Greatham Street Portsmouth. Archery, Boccia, Basketball, Trampoline, Football, Swimming, a fitness suite with specialised equipment and Portsmouth Penguins - a disabled swimming club (see Portsmouth Penguins).

Alton Aquatherapy Club



Address: Treloar College, Holybourne, Alton PO5 4ML
Telephone: 01420 82561
Contact Person: Mr Brian Crow
Email: b.crow664@btinternet.com
What We Do: To provide opportunities for members to use the benefits of extra warm water (33C) to exercise for orthopaedic benefit, improve general fitness and health, provide support in a friendly environment. Ages 5+ Tuesday evenings 7pm - 9pm during term time. Please ring to make arrangements as to time of session before coming.

Cycling for All - East Hampshire



Address: Alice Holt Forest, Bucks Horn Oak, Nr Farnham, GU10 4LS.
Telephone Number: 07717 721511
Contact Person: Clive
Email: Clive.andrews@bikeclub.org.uk

What We Do: **Cycling that aims to include everyone, including those with physical, sensory or learning difficulties.**

Services Offered: **Come and enjoy cycling in a beautiful forest environment, with a selection of cycles to suit a broad range of abilities, including tricycles, tandems and hand powered bikes. Expert assistance to get you riding.**

Disability Sports Club



Address: **Staunton College, Havant PO9 5JD**

Telephone: **023 9247 3031 extn 208**

Email: admin@scsc.hants.sch.uk

What We Do: **Staunton College in Havant have just started a new disability sports club, on Mondays 4 - 5.30pm. Run by qualified coaches. Mondays 4-5.30pm.**

GADSAD Gosport & District Sports Assoc for the Disabled



Address: **GADSAD Centre 175 Elson Rd, Gosport PO12 4AD**

Telephone: **02392 588209 / 07749 265959**

Contact Person: **Mr Mick Hollis**

Email: michaelhollis@talktalk.net

What We Do: **A sports club to give disabled people a chance to do sports.**

Gosport Ice Rink



Address: **Gosport Ice Rink/Planet Ice Gosport, Forest way, Off Fareham Rd, Gosport PO13 0ZX**

Telephone: **02392 511217**

Email: gosport@planet-ice.co.uk

What We Do: **Ice-Skating On Wheels: Gosport Ice rink welcome wheelchair users on to the ice. A great way to get fit and have fun, every day between 10am-12pm, a cost of £2.70 with a carer going free.**

Gosport School Sports Partnership Sportsability Club Multi-Sports



Address: **Brune School, Brune Park Community School, Military Road Hampshire PO12 3BU**

Email: zsoltberes@hotmail.com

Contact Person: **Zsolt Beres**

What We Do: **Multi-Sports Club Sat 10-12pm for 9-14 yrs (free).**

Horizon Angling Club for the Disabled



Address: **The Bastion 3 Scott Road, Hilsea, Portsmouth PO9 4DG**

Telephone: **07908 160313**

Contact Person: **Ray Pringle (Chairman)**

Email: horizondac@gmail.com

Website: <http://homepage.ntlworld.com/marlinstanley/horizondac/index.html>

What We Do: **The Horizon Angling club is independent and is run by a committee of disabled anglers. The Club has its own equipment, most of which has kindly been donated for the prospective new angler to use, thus saving the initial expensive outlay for tackle. Tuition is available, subject to negotiation by both parties, from experienced members for novice anglers. For registered physically disabled persons only. Able bodied helpers welcome as associate member. Eastleigh, Fareham, Gosport, Havant, Portsmouth, Southampton. All ages Every Thursday 5.00 - 7.00pm.**

Janet King and Caroline Shanley Swim School



Address: **Treloar College, London Road, Holybourn GU34 4EN**

Telephone: **01420 88273 / 01420 89958**

Email: janet.king3@btinternet.com

Contact Person: **Janet King**

What We Do: **Swimming lessons for children aged 6 months to adults - contact for further details.**

Langstone Sailability



Address: **Langstone Sailing Club, Langstone Road, Havant PO9 1RD**

Contact Person: **Mike Bartholomew (Chairman) / David Nicholls (Secretary)**

Email: chairman@langstonesailability.org.uk

secretary@langstonesailability.org.uk

Website: www.langstonesailability.org.uk/contact.html

What We Do: **Langstone Sailability is a club affiliated to the Royal Yachting Association Sailability Scheme, which exists to provide the opportunity for people with disabilities to experience the fun and friendship of sailing with other like minded people in a safe, well-supervised environment. Well-trained helpers are available to assist and accompany disabled people in our fleet of boats. If you would like to try sailing, contact us and we will arrange for you to visit us and discuss any aspect of sailing with others who already enjoy the sport, or take part in one of our sailing sessions. How much does the Service Cost? Disabled members: The annual subscription is £42. The annual subscription for helpers is £32.**

Portsmouth Actionnaires Sports Club



Address: **St Lukes Community Leisure Centre, Portsmouth**

Telephone: **077935 27031**

Contact Person: **Nicky Holloway**

Email: **nicky_h@afbp.org**

What We Do: **Sports club for visually impaired children. Portsmouth Actionnaires is a multi-sports club for blind and partially sighted children, young people, and their siblings and friends. Portsmouth City Council's Sports Development Team has worked in partnership with Action for Blind People to set up the club. The club caters for children/young people (aged 6-16) with visual impairments of all abilities and, from participation to competition. Friends and family members are welcome. 1st and 3rd Saturday of each month. Sessions now run on a fortnightly basis, from 12-2pm. How much does the Service Cost? Currently free of charge.**

Portsmouth Gymnastics



Address: **Portsmouth Gymnastics Centre Alex Way, Portsmouth PO2 9AD**

Telephone: **023 9266 0589**

Email: **mountbatten@parkwood-communityleisure.co.uk**

What We Do: **This has now re-opened. It is held close to the "Mountbatten" centre, North End. Parking is available in "Canons" Car Park and the gymnastics centre is clearly visible. The facilities are superb and the children will hopefully enjoy the new facilities as much as they did Pitt Street gym. No booking required just turn up on the night. Socks need to be worn at all times, essential that adult supervision is maintained at all times as you will be responsible for your own children.**

How much does the Service Cost? **The cost is still £2.00 per child.**

Portsmouth Penguins



Address: **St Lukes Community Sports Centre, Greetham Street, PO5 4ML**

Telephone Number: **02392 838798**

Email: **enquires@stluke'scommunitysportscentre.co.uk**

What We Do: **An organised disabled swimming club that meets every Sunday from 3-4pm.**

Ro Ro Sailing Project - Thomas Morley Trust



Address: **DSA 53 Wych Lane, Gosport, Hampshire PO13 OTA 53**

Telephone: **01329 317279 / 075066 86364**

Email: **dsahq@ntlworld.com**

Website: **www.disabledsailing.org/**

What We Do: **Sailing for all disabilities to include wheelchair users in wheelchair accessible yachts and special dinghies. See website.**

Sailability Frensham Pond



Address: **Frensham Pond, Farnham, GU10 2QB**

Telephone Number: **01252 850089**

Website: **www.sailability.org.uk**

Contact Person: **Brian Grimwood**

What We Do: **Sailability for people of all ages with disabilities. Providing a very wide range of dinghy and mini-keelboat sailing, from therapeutic cruising to fully competitive racing.**

Services Offered: **Organised sailing takes place on Thursday and Saturday mornings during April-October.**

Sportsability Club



Address: **Brune Park School, Gosport PO12 3BU**

Email: **zsoltberes@hotmail.com**

Contact Person: **Zsolt Beres**

What We Do: **Multi-sports club 10-12 Saturdays.**

Staunton Inclusive Sports Club



Address: **Staunton Community Sports College, Wakefords Way, Havant PO9 5JD**

Telephone Number: **02392 473031 ext 208**

Email: **sue.layton@scsc.hants.sch.uk**

What We Do: **Staunton Inclusive Sports Club is now in its second successful term and there are a small number of places available to students with a recognised disability aged 5-16 years. New Age Kurling, Boccia, Ten Pin Bowling, Seated Volleyball, Ball Games, Football & multi-skill activities.**

Services Offered: **Monday evenings 4-5.30pm. Parents are very welcome to stay for the session but asked to remain in the viewing area, alternatively, you may leave your child with our capable staff and return at 5.15pm. We have 3 qualified coaches in attendance, and volunteer helpers have experience of working with children with a wide range of special needs.**

How much does the Service Cost? **Membership-£20 p/yr & £1.50 p/session or £3 p/session. Come along for a trial session free of charge no need to book.**

Tradissar RDA - Riding for the Disabled Group



Address: **Crofton Manor Riding Centre, Stubbington, Fareham PO14 3EW**
Telephone: **02392 651598**
Email: billmatthews@ntlworld.com
Contact Person: **Rayna Matthews**
What We Do: **Horse Riding for the Disabled; Mondays 2pm till 4pm.**

Treloar Multi-Sports Club



Address: **Treloar School, Nr. Alton GU34 4JX**
Telephone Number: **01730 234396**
Email: kirsty.cope@easthants.gov.uk
Website: www.getactivenow.org.uk
Contact Person: **Kirsty Cope**
What We Do: **Multi-Sports Club for people with learning, physical and sensory difficulties. If you need support please bring someone with you.**
Services Offered: **Football, Basketball, Boccia, New-Age Kurling. Wed. 6.45-8pm Term-time.**
How much does the Service cost? **£1 per week.**

YOUTH CLUBS

11+ Special Needs Youth Club



Address: **Genesis Centre, Locks Heath, Fareham SO31 6DX**
Telephone: **01489 600830**
Email: glofish@ntlworld.com
What We Do: **A special needs youth club for aged 11 plus. Fridays 7-9pm Term time only.**

Anders House Clubs



Address: **Anders House, Jubilee Park, Milton Road, Waterlooville PO7 6AW**
Telephone Number: **02392 787302**
What We Do: **Friday Club for children with special needs age 14+: darts, pool, snooker, board games, music, cookery, football. Anders House disco club: held fortnightly for children with special needs.**

Focus Youth Special Needs Club 13-16



Address: **Focus Youth Centre, Lee on Solent PO13 9DL**
Telephone: **02392 550760 / 02392 550790**
What We Do: **Special Needs Club 13-16. Friday evenings 7-9.30pm.**

The Gateway C lub



Address: **Wecock Young People's Resource Centre, The Acorn Centre, 76 Eagle Ave, Wecock Farm, Waterlooville PO8 9UB**
Telephone: **02392 262014**
What We Do: **This is a youth provision which targets young people with special needs in the form of mild and severe learning difficulties age 13-24. Weekly meetings during term-time but also some events during holidays. Activities include cooking, computers, crafts. Wed 7-9pm.**

High 5



Address: **St. Johns Ambulance Hall, Frazer Road in Havant**
Telephone: **02392 381122**
Contact Person: **Olivia Furze**
Email: ofurze@caringforyou.uk.com
What We Do: **High 5 is a fun packed youth club set up by Caring For You Children's Services. High 5 is aimed at children and young adults with a variety of disabilities and needs. Activities aim to promote independence and confidence and include, sports, art and craft, cooking, team games, DVD nights, karaoke nights and more. It takes place on Wed 4.30-6.00 pm.**

Mill Hill Saturday Club (KIDS)



Address: **Mill Hill Early years Centre, Mill Hill Road, Waterlooville PO7 7DB**
Telephone Number: **KIDS family centre 01329 312312**
What We Do: **Social club for 9-13 yr olds. Held at Saturdays 9.30-12.30**

Petersfield Internet Café



Address: **United Reform Church, Petersfield GU31 4AG**
Telephone: **078679 23995**
Contact Person: **Cathryn**
Email: handpsnf@hampshirefamilies.org.uk

What We Do: This is a new group just started for anyone aged 11+ with any special need or disability. Numbers are limited so if you are interested please contact us. The group runs every other Saturday during term time from 10am – 12 noon.

Portsmouth Autistic Society



Address: **Portsmouth Autistic Society Buckland Community Centre, Malins Road, Portsmouth P02 7BL**

What We Do: **Internet Café for Teengaers with Autism Open every Thursday from 7 - 9 pm.**

How much does the Service Cost? **£2.00**

Southdown Thursday Club



Address: **South Downs College, College Road, Waterlooville PO7 8AA**

Telephone Number: **KIDS family centre 01329 312312**

What We Do: **Social Club for 16-25 year olds with disabilities. Held on Thursdays in term-time 6.30-8.30pm.**

Youth Two, Havant (KIDS)



Address: **Rachael Maddox School, Eagle Avenue, Cowplain PO8 9XP**

Telephone Number: **KIDS family centre 01329 312312**

What We Do: **For young people 9-18 yrs on autistic spectrum and with additional support needs. Saturdays 10-3.**

www.school-gate.org

OUTDOOR PLAY AREAS AND COUNTRY PARKS

HAMPSHIRE NORTH AND EAST

King George V Recreation Ground

Address: **Off Sycamore Road, The Grove, Farnborough (The Grove entrance - fish pond, ornamental gardens).**

What We Do: **Newly refurbished site with play items specifically designed for use by children with or without disabilities. Provides a multi play unit, which is wheelchair accessible, well equipped, challenging and exciting. Multi activity units, swings, springers, slide, safer surfacing, fenced, toilets, plus accessible toilets (access with radar key), Car Park, and Grass sports pitches (football).**

HAMPSHIRE WEST

Beaulieu

Address: **Beaulie National Motor Museum, Palace House, Beaulieu Abbey**

Telephone: **01590 612123**

Email: **info@beaulieu.co.uk**

Website: **www.beaulieu.co.uk**

How much does the Service Cost? **Adult £14.50 Senior £13.50 Family £40.00**

Itchen Valley Country Park

Address: **Itchen Valley Country Park, High Wood Barn Visitor centre, Allington lane, West End, Southampton, SO30 3HQ**

Telephone: **02380 466091**

Email: **ivcp@eastleigh.gov.uk**

What We Do: **440 acres of woodland and meadows beside the River Itchen. Trails, picnic sites, play areas and BBQs. Visitors centre is accessible to wheelchairs and has a café, exhibitions and shop. Forest trail is wheelchair accessible.**

Royal Victoria Country Park

Address: **Royal Victoria Country Park, Netley, Southampton, SO31 5GA**

Telephone: **02380 455157**

Email: **areasouth.countryside@hants.gov.uk**

Website: **www.hants.gov.uk/countryside/rvcp**

What We Do: **Adjacent to the café and toddlers playground there is a special area for disabled children. The roundabout and swing are designed to take wheelchairs which are locked with a RADAR key (available from Office above café or the chapel). The park also has a sensory garden. Disabled parking and toilets.**

HAMPSHIRE SOUTH EAST

I CAN PROJECT Queen Elizabeth Country Park

Address: **Queen Elizabeth Country Park Gravel Hill, Horndean, Hampshire PO8 0QE**

Telephone: **02392 595040**

Contact Person: **Tim**

Email: gecp.enquiries@hants.gov.uk

What We Do: **Queen Elizabeth Country Park now has a selection of tricycles, tandems, hand powered trikes as well as electric wheelchairs and buggies, including a Childs electric wheelchair with remote/duel control, to enable everyone to get out and experience the park. Pre booking is necessary as the bikes are not kept on site. They also have a Dial and Discover mobile phone walk, where there are 10 points along a walk where you can call and receive information on the areas flora and fauna. There is also a new facility within the visitor centre, which allows films to be shown about the park throughout the year, this has a loop hearing system. It can be used by the public or hired for groups at just £20 per half day.**

SPORTS AND LEISURE CENTRES

HAMPSHIRE NORTH AND EAST

Alton Sports Centre

Address: **Chawton Park Road, Alton, Hampshire, GU34 1ST**

Telephone: **01420 540040**

Contact Person: **Danny Churcher**

Email: enquiries@altonsportscentre.co.uk

Website: www.kinetika.org

What We Do: **Free swimming for registered disabled if you live in East Hants. You could be eligible for free swimming during any casual session at Alton Sports Centre.**

Mill Chase Leisure Centre

Address: **Mill Chase Road, Bordon GU35 0ER**

Telephone Number: **01420 472549**

Email: enquiries@millchaseleisurecentre.co.uk

Website: www.kinetika.org

What We Do: **Free swimming for registered disabled if you live in East Hants. You could be eligible for free swimming during any casual session at Mill Chase Leisure Centre.**

Taro Leisure Centre

Address: **Penns Place, Petersfield, Hampshire, GU31 4EX**

Telephone Number: **01730 263996**

Email: enquiries@taroleisurecentre.co.uk

What We Do: **Free swimming for registered disabled if you live in East Hants. You could be eligible for free swimming during any casual session at Taro Leisure Centre.**

HAMPSHIRE WEST

Applemore Health and Leisure

Address: **Claypits Lane, Dibden, Southampton SO45 5TN**

Telephone: **0845 659 0845**

Email: applemorehealthandleisure@nfdc.gov.uk

Website: www.newforest.gov.uk/leisure

What We Do: **Swimming & Fitness. Fully accredited inclusive fitness initiative (IFI) site with accessibility for all. The centre is fully accessible by wheelchair users, including a lift directly into the gym and a hoist for access to the pool and specifically designed accessible changing rooms.**

Fleming Park Leisure Centre

Address: **Passfield Avenue, Eastleigh SO50 9NL**

Telephone Number: **07968 133461**

Email: tessa.pittick@hants.gov.uk

Contact Person: **Tessa Pittick**

What We Do: **Various Sports activities and games for anyone with special needs age 2-12 years.**

Services Offered: **First Saturday of every month, Studio 1. 1-2pm.**

How much does the Service cost? **£2.00 per session.**

Lymington Recreation Centre

Address: **Lymington Recreation Centre, North Street, Pennington SO41 8FZ**

Telephone: **01590 670333**

Email: jeremy.rickard@nfdc.gov.uk

What We Do: **Therapy sessions held in the pool, hoists and wheelchairs available.**

Oaklands Pool

Address: **Oaklands Pool, Fairisle Rd, Lordshill, Southampton SO16 8BY**

Telephone: **02380 741414**

Email: oaklands.lc@southampton.gov.uk

Website: www.southampton.gov.uk/oaklands

What We Do: **Disabled people are welcome at Oaklands at anytime. A disabled swimming session is held on Wednesdays 11am to 12noon and during this time if you need to bring a helper they are admitted for free.**

Additional Information: **There is disabled parking available and the site is all on one level. A hoist is available to lower you into the pool.**

Quays Swimming / Diving

Address: **Quays swimming, 27 Harbour Parade, Southampton SO15 1BA**
Telephone: **02380 720900**

What We Do: **Beach effect Leisure pool. Hoist available for both pools. Specific disability sessions and Monday afternoon swimming lessons for people with disabilities. Accessible gym.**

Ringwood Health and Leisure Centre

Address: **Ringwood Health and Leisure Centre, Parsonage Barn Lane, Ringwood, BH24 1PX**
Telephone: **01425 478813**

Email: **ringwood.rec@nfdc.gov.uk**

Website: **www.newforest.gov.uk/leisure**

What We Do: **Swimming sessions for disabled persons on Saturdays from 12.15-1.30pm. Changing rooms, lifts, toilets and poolside hoists.**

Totton Health and Leisure Centre

Address: **Totton Health and Leisure Centre, Water Lane, Totton SO40 3GX**
Telephone: **02380 867474**

Email: **larry.nelson@nfdc.gov.uk**

Website: **www.newforest.gov.uk/leisure**

What We Do: **Swimming sessions on Mondays from 6.30-7.30pm and Tuesdays from 10.40-11.40am. Ramps, hoists, access to gym, sauna, and toilet facilities.**

HAMPSHIRE SOUTH EAST

Fareham Leisure Centre

Address: **Park Lane, Fareham, Hampshire PO16 7JU**

Telephone: **01329 233652**

Website: **www.everyoneactive.com**

FORUMS AND SUPPORT GROUPS

HAMPSHIRE NORTH AND EAST

Aldershot & Garrison Special Needs Group

Address: **Union Buildings, Hospital Hill, Aldershot**

Telephone: **07952 928278**

Email: **specialneeds.aldershotgarrison@googlemail.com**

Website: **www.aldershotspecialneedsgroup.hampshire.org.uk**

What We Do: **Support Group for parents and children with disabilities from both military and civilian families. The group organises several events and trips each year and offers advice and support to parents/carers.**

Basingstoke and District Disability Forum

Telephone: **01256 423814**

Contact Person: **Jane Halls**

Email: **jhalls@voluntaryservices.com**

Address: **The Orchard, White Hart Lane, Basingstoke, RG21 4AF**

What We Do: **A Forum where local disabled people and/or their carers, community groups and statutory providers can meet to share concerns, plan, deliver and evaluate services.**

Insight

Address: **Willems Park, Brewers Fayre Pub, 7 Wellington Ave, Aldershot**

Telephone: **01252 332684 (Please ring first to confirm meeting)**

Contact Person: **Sarah Lees**

Email: **sarah.lees3@ntlworld.com**

What We Do: **A parent support group for parents of children of all ages with autism and aspergers. Please ring first to check a meeting is on. Meets the last Monday of each month 7.30pm.**

Open Door Support Group

Address: **Maple Ridge School, Maple Crescent, Basingstoke RG21 5SX**

Telephone: **01256 323639**

Contact Person: **Sue Charlewood**

Website: **www.nasbasingstoke.co.uk**

What We Do: **This is a small group for parents and children under school age with social communication, social interaction or language difficulties. It is held on alternate Wednesdays during Term time.**

Parent Voice

Address: **North East Hub 4 Elmwood Parade, Elmwood Way, Winklebury Basingstoke RG23 8LL**

Telephone: **01256 472767**

Contact Person: **Elizabeth Goodyer**

Email: **elizabeth.goodyer@barnardos.org.uk**

Website: **www.parentvoice.info**

What We Do: **Parent voice is a free specialist information and participation service for all parents and carers of children with disabilities and/or additional needs in Hampshire. The aim of Parent Voice is to provide families with the right information at the right time, according to need, and to enable families to have their say about local services. This includes helping parents and carers to influence the way existing services are developed and to identify where services are needed but do not currently**

exist through their own experiences and by participating in consultations with the local authority. There is also opportunity to join the Parent Voice Steering Group to closely monitor the progression of the service and to agree priorities for the local area - anyone interested should contact their nearest hub.

Parents for Parents

Address: **Hollywater School, Mill Road, Bordon Hants GU35 0HA**

Telephone: **01420 474396**

Contact Person: **Stephanie Souidan**

What We Do: **Support Group for Parents at Hollywater School. Open to any parents with a child of any age who has a disability. Come along for coffee and a chat, whether just to relax, get some support or make friends. Held on the 2nd Tuesday of each month from 9.30 - 11am at Hollywater School.**

Rushmoor Access Group

Address: **Rushmoor Borough Council Offices**

Telephone: **01252 816416**

Contact Person: **Owen Durrett**

Email: **owen.durrett@ntlworld.com**

What We Do: **Advice, guidance and consultation with all issues relating to accessibility of services. Meet at Rushmoor Borough Council Offices once a month.**

Rushmoor Disability Forum

Telephone: **01252 518136**

Email: **rushmoor@hampshirefamilies.org.uk**

What We Do: **The Forum's aim is to look at gaps in provision in Rushmoor for children and young people with disabilities and to address these issues by trying to secure better facilities for them.**

Stepping Stones Down Syndrome Support Group

Address: **The Edward Hall (Victoria & Appleton Halls), corner of A30/West Green Road, Hartley Wintney.**

Telephone: **01252 664049 / 01256 763033**

Email: **enquiries@steppingstonesds.co.uk**

Contact Person: **Emma / Sharon**

Website: **www.steppingstonesds.co.uk/**

What We Do: **Open to all parents and carers of children with Down Syndrome who live within travelling distance of the group. A free relaxed informal coffee morning/play group. Refreshments and toys for the children to play with provided. Siblings are welcome. First Friday in every month 9.45am-11.45am. We also offer group communication groups, playball sessions, a free lending library and various training courses for parents and professionals take place during the year.**

HAMPSHIRE WEST

Eastleigh Friends of the Handicapped

Telephone: **023 8026 1854**

Contact Person: **Jacqui Rowley**

What We Do: **Offers support for families who have a dependent member with learning disabilities. We create opportunities for whole families to enjoy outings and other social events together. Informal meetings at various locations. Social support for families who have a dependant member with learning disabilities. We create opportunities for families/carers to enjoy outings, parties and other social events together in a community of friendship, sharing and equality. The group is primarily a social support organisation for parents/carers who are caring for their disabled children or their adult son & daughter at home or for those members living in supported homes in the community. No charge for membership. Outings are usually subsidised to our members and their accompanying family members or carers. Whole family outings.**

Children with Additional Needs

Address: **Trinity Church, West Totton, Soton**

What We Do: **Help for parents and children with Additional Needs, meetings during term time also. Wed 10am-12.30 most weeks.**

How much does the Service Cost? **50p per family.**

National Autistic Society South Hampshire Branch

Telephone: **07767 618325**

Contact Person: **David Carter, Branch Officer**

Email: **shants@nas.org.uk**

Website: **www.shants.nas.org.uk**

What We Do: **Monthly family youth club, Children's social group, Teenage Youth Club, Resource Library, Social Events. Our monthly Parent Support Group is for parents/carers of children and young people with autism to meet to exchange experiences, skills and understanding. We often invite guest speakers who can advise on aspects of autism spectrum disorders (ASD). We also welcome those who work with children with autism. Branch members have access to our extensive Resource library.**

Parent Voice

Address: **Western Hub Bradbury Centre 300 Aldermoor Road, Southampton SO16 5NA**

Telephone: **02380 721206**

Contact Person: **Lucy Fripp**

Email: **lucyfripp@roseroad.org.uk**

Website: **www.parentvoice.info**

What We Do: Parent voice is a free specialist Information and participation service for all parents and carers of children with disabilities and/or additional needs in Hampshire. The aim of Parent Voice is to provide families with the right information at the right time, according to need, and to enable families to have their say about local services. This includes helping parents and carers to influence the way existing services are developed and to identify where services are needed but do not currently exist through their own experiences and by participating in consultations with the local authority. There is also opportunity to join the Parent Voice Steering Group to closely monitor the progression of the service and to agree priorities for the local area - anyone interested should contact their nearest hub.

SOS (Share Our Strategies Group)

Address: **Lanterns Childrens centre Bereweke Rd, Winchester SO22 6AJ**

Email: jowesson@ntlworld.com / lucy.atkinson@lanterns.hants.sch.uk

What We Do: **Autistic Spectrum Support Group**

Southwest Autistic & Asperger Support Network

Address: **110 High Street Eastleigh Hampshire SO50 5LR**

Telephone: **023 8061 2392**

Email: info@nashandr.org.uk

What We Do: **Friendship and support for parents of autistic persons and Asperger Syndrome. Monday mornings 10am to noon term time only.**

Telephone calls taken at all other times.

WASSP (Waterside Autistic Syndrome Support for Parents)

Address: **Corner Stone Hythe United Reformed Church, New Road, Hythe, Southampton SO45 6BR**

Telephone: **07929 006706**

Contact Person: **Ann**

Email: wasspnet@hotmail.com

What We Do: **Support Group for Parents Thursday 10.00 to 12.00 noon in term time.**

Winchester ADHD Support Group

Telephone: **01962 626963**

Contact Person: **Jo Wesson**

Email: jo.wesson@ntlworld.com

What We Do: **Parent to parent support for families of children with ADHD.**

HAMPSHIRE SOUTH EAST

Bushy Leaze Children and Families Centre

Address: **Bushy Leaze Children and Families Centre, Eastbrook Road, Alton, Hampshire, GU34 2DR**

Telephone: **01240 87675**

Email: admin@bushyleaze.hants.sch.uk

What We Do: **A Sure Start Childrens centre providing opportunities for families with children from birth to school age. Support group for parents/carers of children and young people with Autism/social communication difficulties. Meet twice a month - phone for details.**

Ethnic Minority Learning Disability Project

Address: **Gosport Area Office, Adult services, Stoke Road, Gosport , PO12 1SD**

Telephone: **070515 084083**

Contact Person: **Dominique Rawlings**

Email: dominique.rawlings@hants.gov.uk

Website: www.hants.gov.uk/adult-services/disability/learndis/emld

What We Do: **Improving the Lives of Ethnic Minority People, adults and children, with learning disabilities. In particular, acting as a two way link between families and service providers. The project covers the whole of Hampshire and provides signposting and support to access services. The project also runs 3 clubs called Proud2B and other short term engagement projects. These are currently for adults but would consider starting others with demand and interagency support.**

FLASH – Family Liaison Autism Support – Havant

Address: **Mill Hill Childrens Centre, Mill Road, Waterlooville**

Telephone: **02393 261812**

Contact Person: **Margaret White (Chair)**

Email: margaret.white@flashonline.org.uk

Website: www.flashonline.org.uk

What We Do: **A voluntary organisation working to support children and families with Autism Spectrum Disorders (ASD's). Support group also providing events and activities. Coffee Meetings first Thurs of month.**

Haven Childrens Centre

Address: **Haven Childrens Centre Harris Road, Gosport, Hants PO13 0UY**

Telephone: **01392 232095**

Contact Person: **Julie Caldwell - Children's Centre Co-ordinator**

Email: julie.caldwell@haven.hants.sch.uk

Website: <http://www.havenchildrenscentre.co.uk/>

What We Do: **Information about family support services and activities Parenting advice and support for mums, dads and carers drop-in sessions**

including groups for parents, carers and childminders. Access to early education and childcare for children under 5. Access to child and family health services Links with Jobcentre Plus, further education and training opportunities. Antenatal and postnatal support. A home visiting service. Links to childminders Services for children with special needs Parents' forum.

Havant and Petersfield Special Needs Forum

Address: **Sharps Copse Children's Centre, Prospect Lane, Havant, PO9 5PE**

Telephone: **02392 263255/ 07867 923995**

Contact Person: **Cathryn Row Development Worker**

Email: **handpsnf@hcff.org.uk**

What We Do: **Special needs forum for children aged 0-19 with special needs/disabilities. Helping to find accessible services for children with a special need/disability. Newsletter produced 3 times a year.**

Parent Voice

Address: **South East Hub 194 West Street, Fareham, Hampshire PO16 OHF**

Telephone: **01329 823140**

Contact Person: **Elizabeth Goodyer**

Email: **elizabeth.goodyer@barnardos.org.uk**

Website: **www.parentvoice.info**

What We Do: **Parent voice is a free specialist Information and Participation service for all parents and carers of children with disabilities and/or additional needs in Hampshire. The aim of Parent Voice is to provide families with the right information at the right time, according to need, and to enable families to have their say about local services. This includes helping parents and carers to influence the way existing services are developed and to identify where services are needed but do not currently exist through their own experiences and by participating in consultations with the local authority. There is also opportunity to join the Parent Voice Steering Group to closely monitor the progression of the service and to agree priorities for the local area - anyone interested should contact their nearest hub.**

COUNTYWIDE & NATIONWIDE ACTIVITIES

ART & MUSIC

Living Paintings

Address: **Queen Isabelle House, Unit 8 Kingsclere Park, Kingsclere, Newbury, Berkshire, RG20 4SW**

Email: **library@livingpaintings.org**

What We Do: **We help Blind and partially sighted children, young people and adults; their families, carers, teachers and friends.**

Services Offered: **We make special versions of pictures with raised surfaces that come to life when fingers feel them. Sound recordings direct the fingers, telling the stories of the pictures and describing their features.**

How much does the Service cost? **People receive these special touch and sound pictures from our FREE, postal library service.**

Additional Information: **Our Library Catalogue is extensive and covers fun, exciting and informative topics designed for all ages.**

Write Away

Address: **1 Thorpe Close, London, W10 5XL**

Telephone Number: **02089 644225**

Website: **www.write-away.org**

What We Do: **A Penpal club for children and young people aged 8-18 particularly those with disabilities or special needs.**

Services Offered: **Members can communicate with penfriends using pen and paper, email, Braille, audio/video cassette etc. Regular magazine for members.**

PLAY

Disability Challengers (GUILDFORD)

Address: **Challengers - Stoke Park London Road, Guildford, Surrey, GU1 1TU**

Telephone Number: **01483 579390**

Email: **information@disability-challengers.org**

Website: **<http://www.disability-challengers.org/html/main.html>**

Contact Person: **Mr Jonathan Dobson**

What We Do: **Provide play and leisure opportunities for disabled children & young people. It takes children aged 4-12 and 13-25 and has a 'soft' indoor playroom, an art room and an extensive outdoor playground.**

Services Offered: **During school holidays and on Sats during term-time 9.30am-4.00pm. After school club runs from 3.30-6.00pm during term-time on Mon, Tues, Weds & Friday. Youth group meets Thursday evenings from 6.30-8.30pm. Please phone for more information and to be put on to the Disability Challengers mailing list.**

How much does the Service cost? **£4 per child per morning or afternoon session; £10 per child per day.**
Additional Information: **Although it is based in Guildford, the Disability Challengers scheme is open to disabled children with special needs from Hampshire.**

RESIDENTIAL

Bendrigg Trust

Address: **Bendrigg Lodge, Old Hutton, KENDAL, Cumbria, LA8 0NR**

Telephone Number: **01539 723766**

Email: **office@bendrigg.org.uk**

Website: **<http://www.bendrigg.org.uk/>**

Contact Person: **Jo Jolly**

What We Do: **Bendrigg Lodge is a residential outdoor activity centre running courses for disabled and disadvantaged groups. We mainly work with disabled or disadvantaged groups but we do run courses for able bodied groups also of all ages and abilities.**

Services Offered: **All courses are tailor made and include a wide variety of activities, run by our experienced and qualified staff. Training for staff is a combination of usual NGB awards but we have our own procedures and techniques we have developed over many years for example, abseiling with a wheelchair etc.**

How much does the Service cost? **We offer courses between 2 & 7 nights - Price on application.**

Additional Information: **Open throughout the year (except Christmas & New Year. Self catering annexe available.**

Liberty Child

Address: **c/o Vitalise, Shap Road Industrial Estate, Kendal, Cumbria LA9 6NZ**

Email: **bookings@vitalise.org.uk**

Website: **www.libertychild.org.uk / www.vitalise.org.uk**

What We Do: **Liberty Child provides free holidays for children living in the Southampton and Hampshire area with physical and learning disabilities.**

Services Offered: **On these holidays children enjoy a fun packed week of activities such as swimming, boating, trips to the beach.**

Scout Holiday Homes Trust

Address: **Gilwell Park, Chingford, London E4 7QW**

Telephone Number: **0208 433 7290**

Email: **scout.holiday.homes@scout.org.uk**

Website: **www.scouts.org.uk/holidayhomes**

Contact Person: **Mrs Lynda Peters**

What We Do: **The Trust provides holidays for any family or group with**

special needs, or low income and one parent families.

Services Offered: **The Trust has 15 caravans/chalets on 12 fully commercial holiday parks (e.g. Haven).**

SPORTS

British Wheelchair Archery Association

Address: **4 Churchway, Crofton, WAKEFIELD, Yorkshire, WF4 1HG**

Contact Person: **P Betteridge**

Email: **gfj42@dial.pipex.com**

Website: **<http://www.british-wheelchair-archery.org.uk/index.html>**

What We Do: **Contact point for information on availability of archery local to the person. We also organise and run training weekends for wheelchair & other disabled archers through the Winter months.**

Services Offered: **Monthly Oct-April**

How much does the Service cost? **£15 year and also for training weekends.**

Cycling for All

Address: **Alice Holt Forest, Bucks Horn Oak, Nr Farnham GUI0 4LS**

Telephone: **07717 721511**

Contact Person: **Clive**

What We Do: **Come and enjoy cycling in a beautiful forest environment, with a selection of cycles to suit a broad range of abilities, including tricycles, tandems and hand powered trikes. Expert assistance to get you riding.**

Disability Snowsport UK

Address: **Cairngorm Mountain, via Aviemore, INVERNESS-SHIRE, PH22 1RB**

Telephone: **01479 861272**

Contact Person: **Fiona Young**

Email: **admin@disabilitysnowsport.org.uk**

Website: **www.disabilitysnowsports.org.uk/**

What We Do: **Provide winter sporting activities for people with a wide range of disabilities, all ages.**

Additional Information: **Admin Office Mon - Fri 10.00am - 4.00pm. Ski School 9.00am- 4.00pm through the winter season.**

How much does the Service Cost? **Membership is £20 p.a. for individual; Family £30; and £300 for lifetime membership.**

English Table Tennis Association

Address: **Queensbury House Havelock Road Hastings East Sussex TN34 1HF**

Telephone: **01424 722525**

Website: **<http://www.englishtabletennis.org.uk/>**

What We Do: **The Association promotes table tennis as a sport for all disabled people from all cultures and ages. Training manual available for staff dealing with a wide range of disabilities.**

How much does the Service Cost? **Cost will vary from club to club, but support and advice is free.**

Fishing for Fun

Telephone: **01489 505412 / 077755 14253**

Email: **roachcoach@hotmail.co.uk**

Contact Person: **James Rice**

What We Do: **Licensed angling and fishing in the south. "Fishing for fun" has a variety of venues to fish from in your area, which all have an up to date Risk Assessment, are peaceful and offer some excellent fishing.**

The Fishing courses are generally built around your requirements, whether it be basic fishing or more advanced lessons.

All tackle and baits are provided, only Environment Agency Fishing

Licenses are required for all pupils over the age of 12 years which can be arranged. All Licensed Angling Coaches both Male and Female, hold a minimum of an Enhanced CRB Check, a Child Protection Qualification, First Aid, and Sports Coach Qualifications.

The Fortune Centre of Riding Therapy

Address: **Avon Tyrrell, Brangore, Christchurch, Dorset BH23 8EE**

Telephone: **01425 673 297**

Email: **info@fortunecentre.org**

Website: **www.fortunecentre.org**

What We Do: **The Fortune Centre of Riding Therapy's mission is to enable horse-motivated students with special needs to relate more successfully to others and to have greater and more appropriate control over their own lives. This is done through their involvement with horses. This use of horses, to enable young people to learn and develop, is the core of our work.**

Handigolf Foundation

Address: **Stone Cottage, STRATTON AUDLEY, Oxfordshire, OX27 9AS**

Telephone Number: **01869 277369**

Website: **<http://handigolf.net/>**

Email: **andrewgreasley@hotmail.co.uk**

Contact Person: **A Greasley**

What We Do: **Promotion of competitive golf for physically disabled people who must play golf from the seated position.**

Services Offered: **Golf for people who are often in wheelchairs by providing hire of electric buggies from which all shots are play. Access to full-size courses that allow these buggies on to tees, fairways and greens is also organised.**

How much does the Service cost? **£25 per annum membership; £170 per year buggy hire. Able-bodied associates at £15 per annum.**

The National Association for Bikers with a Disability

Address: **Unit 20, The Bridgewater Centre Robson Avenue, Urmston, Manchester, M41 7TE**

Telephone Number: **0870 7590603**

Email: **nabd@nabd.org.uk**

Website: **<http://www.nabd.org.uk/>**

Contact Person: **Mr John Welsh**

What We Do: **The NABD is a Registered Charity, open to anyone with an interest in motorcycling. Our aim is to help get disabled people to enjoy independent motorcycling, however they came by their disability, whether by accident, through illness, or from birth. There is a common misconception that you have to be disabled to join the NABD - this could not be further from the truth - we welcome, indeed we rely upon, able bodied people to help carry out our aims, of assisting Disabled Bikers to get on the road under their own steam.**

How much does the Service cost? **Individual (UK & Ireland) £20; Individual (Europe) £25; Individual (World) £30; Family (UK & Ireland) £30; Junior (Postal applications only) £10.50; Club Affiliation (UK & Ireland) £25; Club Affiliation (Overseas) £35.**

NE Hants Water Activities Centre Association

Address: **Police Station Flambard Way, GODALMING, Surrey, GU7 1JN**

Telephone: **01252 573205 / 0796 7988840**

Contact Person: **Mr Peter Harris**

Email: **1767@surrey.pnn.police.uk**

What We Do: **Canoeing mainly for youth groups; all ages and abilities, disabled welcome; British canoe union star courses. Duke of Edinburgh Award Training bronze/silver/gold for: physical, recreation, expedition - canoe-kayak/camping, exploration.**

FORUMS AND SUPPORT GROUPS

Association for all Speech Impaired Children (AFASIC) Hampshire

Telephone: **0845 355577**

Website: **www.afasichampshire.org.uk**

What We Do: **A parent led support group for children and young people with Speech and Language Impairments in Hampshire.**

www.school-gate.org

