

Transition and beyond - A guide for parents or carers of young people with a disability (part 6)

Sport and leisure

Sport and leisure

Taking part in leisure activities provides young people with the opportunity to make new friends and also promotes a healthy mind and body.

This leaflet provides basic information on the range of specialist activities that young people with a disability can access locally, and also gives contacts to find out about other opportunities.

Details about more activities as well as those featured in this leaflet can be found in the Three Wings Trust's 'Guide to Services for Children'. It is available on request from their information helpline. (See the other information and contacts page)

Funding and support

To access activities can be expensive, especially if extra support is needed to go out into the community. Ask the young person's social worker or care manager for information about support options including carers vouchers.

A Leisure Card offers discounts for sports facilities, restaurants, shops, theatres and others. Phone: 020 8831 6106. E-mail: leisurecard@richmond.gov.uk



Social clubs and groups

There are many clubs and groups open to young people with disabilities. Some groups are drop-in, others are accessed through a social worker or care manager.

Clarendon Club: Clarendon School, Hanworth Road, Hampton TW12 3DH. Wednesday evenings for people 14-30. Phone Kevin on 020 8898 3135.

Crofters Club: Wednesdays at the Croft Centre for people aged 10-15. Windham Road, Kew TW9 2HP. Phone: 020 8831 6044. Thursdays at Heatham House for people 14-23. Whitton Road, Twickenham TW1 1BH. Phone: 020 8288 0950. For people registered with the Disabled Childrens Team.

PHAB: These clubs integrate people with and without disabilities. There are two clubs: Hounslow club is from 7.00–9.30pm on Thursday evenings. Phone Lorna on 020 8570 1318. Whitton club is 7.00–9.30pm on Mondays for young people aged 11–25. Phone Bill on 07956 296578.

Twickenham Brunswick Club: Clarendon Crescent, Twickenham TW12 5LN. Saturdays 11.30am-2.00pm for people 8–18 in Twickenham. Phone David on 020 8894 2571.

Hard of Hearing Club: United Reformed Church Hall, First Cross Road, Twickenham TW2 5QA. Meet every Wednesday between 7.15–9.15pm. Phone Evelyn Platt on 020 8384 0615, or Rod Read on 020 8570 3772.

Deaf club: Supports adults with a hearing impairment.
Phone: 020 8487 1760 Minicom: 020 8487 1762
E-mail: senservteam@richmond.gov.uk

Twickenham Club for the Blind (for partially sighted or blind people): United Reformed Church Hall, First Cross Road, Twickenham TW2 5QA. Meet every Thursday between 2.00 and 4.00pm. Phone Pam Hammond on 020 8941 0050.

Local mainstream clubs: There are many youth centres, scouts groups, girls and boys brigades or sea scouts available that may be of interest or suitable. You can get more details from the Youth Office. Phone: 020 8891 7537.

Macular Degeneration Society: Vestry Hall, 21 Paradise Road, Richmond TW1 1SA. Meet the last Tuesday of every month. Phone Jill Mason on 020 8332 0917.

Arts and culture

Theatre, drama, art, music

Artsline: Access information service for people with disabilities.

www.artsline.org.uk

Orleans House Gallery: The gallery runs informal and formal activities for children with learning disabilities, one-to-one and in groups.

Phone the Education Coordinator 020 8831 6000.

Drama and Theatres:

- Watermans, 40 High Street, Brentford TW8 0DS
www.watermans.org.uk Phone: 020 8232 1010.
- Polka Theatre for children, 240 The Broadway, Wimbledon SW19 9SB
www.polkatheatre.com Phone: 020 8543 4888.
- Interact. Inclusive drama workshops for people with and without learning disabilities for people aged 10-18 during term-time.
www.interactnetwork.org.uk
Phone Mike on 07939 208234 or Chris on 01932 254333.

Places to visit

Kew Gardens – Climbers and Creepers – interactive soft play or just visit the gardens www.kew.org Phone: 020 8332 5655.

The Look Out – Hands on science and nature centre.

Nine Mile Ride, Bracknell, RG12 7QW

www.bracknell-forest.gov.uk Phone: 01344 354400.

Holly Lodge Centre – organised activities for groups, Richmond Park.

www.thehollylodgecentre.org.uk Phone: 020 8948 3209.

English Heritage – Access Guide – download from their website

www.english-heritage.org.uk Phone: 0870 333 1181.

National Trust – Access guide - download from their website

www.nationaltrust.org.uk Phone: 0870 458 4000.

Sports opportunities

Sport and exercise

There are vast numbers of opportunities for sport and exercise that are specific for people with disabilities.

They include:

- Cycling
- Trampolining
- Basketball
- Swimming
- Yoga
- Football
- Dance
- Gymnastics
- Horse riding
- Boating/sailing
- Walking
- Summer schemes
- Supported holidays
- Table tennis
- Short tennis
- Badminton
- Competitive opportunities
- Short mat bowls



For up-to-date information about any of these activities, please use the contacts on the last page of this leaflet or visit www.richmondlibraries.info

Other activities

Gyms and sensory rooms

Heathrow Gymnastics Club: Green Lane, Hounslow TW4 0LZ. Free to families with children with special needs 4.30–9.30pm Monday to Friday, Sunday 9.00am–2.00pm. To book call Phone: 020 8569 5069.

Reflections sensory rooms, Hounslow Urban farm
Phone: 020 8893 2429.

Thames Valley Adventure Playground: Bath Road, Taplow, Maidenhead SL6 0PR. Includes multi-sensory room, interactive soft-play area and sound room. Open Tuesday to Saturday 10.00am–3.30pm (Friday for adults).
Phone: 01628 628599.

The Croft Centre also has a sensory room. To book, contact your Disabled Children's Team social worker or The Three Wings Trust.

National contacts

www.disabledgo.info – Free access information on goods and services.

www.whizz-kidz.org.uk – Guide to activities for young people.

www.sportability.org.uk – Charity providing activities for people with paralysis.
Phone: 020 8959 0089.

www.nib.org.uk – Charity for the blind and visually impaired.
Advice Phone: 0845 766 9999.

www.nad.org.uk – Charity for deaf and hard of hearing people.

Other information and contacts

These other services and organisations may also be helpful:

Local contacts

Richmond website www.richmond.gov.uk

Disability Advice & Action Centre

4 Waldegrave Road, Teddington TW118HT

Phone: 020 8831 6070

E-mail: richmondaid@richmond.gov.uk

Three Wings Trust

16 Windham Road, Richmond TW9 2HP

Phone: 020 8831 6175

www.threewingstrusts.org



Library Service

Contacts for the 13 libraries in Richmond upon Thames can be found on www.richmond.gov.uk

Sensory Team

The Sensory Services Team support adults with visual or hearing impairment.

Room None, Centre House, 68 Sheen Lane, Sheen SW14 8LP

Day tel: 020 8487 1760. Fax: 020 8487 1761. Minicom: 020 8487 1762.

E-mail: senservteam@richmond.gov.uk

VISOR

An organisation run by, and for, the blind and partially sighted people in Richmond upon Thames. 4 Waldegrave Road, Twickenham TW11 8HT – or see Disability and Advice & Action Centre (same address).

Phone on Wednesdays only 020 8831 6074.

www.visor.org.uk E-mail: visor.daac@yahoo.co.uk

Local information database www.richmond.gov.uk/inforich

Access guide and reviews

Looks at venues in Richmond upon Thames with reviews by disabled researchers.

www.disabledgo.info

What did you think of this leaflet?

Do you need more information?

Contact the Public Information Officer on

Phone: 020 8487 5093

Visit us online at www.richmond.gov.uk

Translation advice

If you have difficulty understanding this publication, please visit reception at the address below, where we can arrange a telephone interpreting service.

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.

Arabic

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:

Farsi

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

Punjabi

Please contact us if you need this publication in Braille, large print, on audio tape or in another language.
Phone 020 8891 7500 or Minicom 020 8891 7539

Produced September 2007