**News & Events**

**Leisure Link – Club Soda Meeting**

Tue 26th July 2016
2 – 4pm
Braithwaite Hall

Leisure Link is a group of people who meet to share information about leisure activities for people with learning disabilities in Croydon. Leisure Link meetings take place once every two months. Everyone is welcome to come along to our meetings. We’d love to hear what you’ve been doing and you may get some good ideas about things you’d like to do.

Our next meeting will be on Monday 3rd October, 2 – 4pm in Braithwaite Hall, Croydon Clocktower.

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#BOCFEST  Beautiful Octopus Club Festival  #TheBig30

**Friday 9 September, 7 - midnight** at the Southbank Centre

Join the Beautiful Octopus Club to celebrate their 30th birthday

**FREE** and open to all

**LIVE ACTS:**

- The Fish Police • Lizzie Emeh
- Pino Frumiento • Tilley and Del • Too Hot For Candy
- Electric Fire • Peter Brown • Aldean Blair
- The Heart n Soul Choir • Sauna Youth • David Sawyer
- Billy Saga • Team Trabant • Allsorts Showcase
- Nathan Persad • Robyn Steward • Rikki Jodelko
- Do Your Own Thing Showcase • DJ Dolphin • Will Dickie

**DJS FROM CLUBS:**

- The Squidz Club • Allsorts • Bubble Club
- Funky Llama • Fresh Track • Club Soda
- Kiss My Disco • Groovy Cat Club • Funky Nite

**GET INVOLVED!**

- Art Market • Just Dance • Catwalk Show
- Marketplace • Meeting Points • Toni Tits
- The Chat Up • Quiet Space • Big 30 Living Archive
- SoundLab Playspace • Goggieland Chillout Area

To find out more please visit [heartnsoul.co.uk](http://heartnsoul.co.uk)
Where is a good place to go on holiday?

Andrew – Walking along the cliffs at Lands End in Cornwall and eating pasties and cream teas
Sedley – Visiting the museums in the city of York
Amanda – Going to Wales
Rachael – Camber Sands with the family, making sandcastles and eating icecream
Holly – Not going away this year
Phoebe – Canada and the stampede cowboys
Elliot – Florida where the home of Disney is
Tom – A trip to Margate
Paul S – Going to Brighton and eating fish and chips

What have we been doing or are looking forward to doing?

Amanda went to Club Soda’s Soda Beat event at the HOODOOS (Matthews Yard) on Monday 25th July. They had live music from The Carbonators and We Rise From the Fallen as well as a film screening of Basically, Johnny Moped. She said it was different from previous events but she enjoyed it. To find out more about Club Soda visit Clubsoda.org.uk

Rachael spoke about an independent arts bar, venue and recording studio in Wallington (SM6 0AD) called The Brook. It is where Club Soda DJs have performed recently. Its facilities and events include a coffee and cocktail bar, recording studio, pop-up cinema, open mic nights, fitness classes and art exhibitions. Open Mic every Thursday from 7:30pm. To find out more call 0203 620 5237

Phoebe told Leisure Link about the drama group that she attends on Tuesdays, 5 - 6.30pm at Matthews Yard. She said its great fun and she has had the opportunity to perform at venues in Croydon and London. She said that there are more places available if people are interested in joining. Find out more by calling 0208 253 1034 or emailing info@clubsoda.org.uk
WALKING FOOTBALL

Monday 5th September, 12.30 - 2.30pm
at Waddon Leisure Centre, Purley Way, Croydon CR0 4RG

Football for anybody who finds it difficult to run. So it is played more slowly, but can be just as exciting. Also good for your health and a great way to make new friends.

Sessions run by the fantastic and friendly coaches from Crystal Palace Football Club Foundation.

Everybody is welcome to come along and the event is FREE

Improve health / Lose weight / Make new friends / Learn new football skills

So what is walking football? Well, it’s football where, instead of running all over the pitch, you walk. It’s becoming more popular because there are lots of people who love playing football, but for different reasons, they find it difficult to run. So if you find running difficult and like to move at a slower pace, then this is the game for you. There is still tackling, passing and scoring great goals, but just no running.

After the ‘launch’ event, on Monday 5th September there will be weekly walking football sessions at Waddon Leisure Centre so you can keep enjoying the game and hopefully play it every week.

The regular weekly sessions will run from Monday 12th September to the end of October from 1.30pm - 2.30pm.

Contact Andrew Slegg on andrewslegg@croydon.gov.uk or 020 8239 4393 to book your place or if you would like to ask any more questions.

Enterprise Swimming Club

This swimming club for disabled people meet on Friday evenings from 8pm - 9.30pm at Purley pool, High Street, Purley, CR8 2AA

For more information
www.enterprise-club.org.uk

British Disabled Angling Association (BDAA)

To develop opportunities for disabled people of all ages and abilities to access the activity of fishing in the UK.

For more information call 01922 860912 or visit www.bdaa.co.uk
Croydon Night of Dance 2016
Tuesday 16th August, 7 - 11pm
Displays of Morris dancing at The Builders Arms and The Oval in Croydon. Find out more on Facebook.

Thornton Heath Festival
Sunday 4th September, 12 - 6pm
Food stalls, arts and crafts, fun-fair and carnival parade & much more
Music:
- Triniboi Joocie (Soca)
- Dan-I (Reggae)
- Kimberley SK (reggae, R&B)
- Suzie Jay (reggae)
- Dillon Wyte (reggae)
- Felicity Triner (R&B)
- Ben Brown
- Warren Campbell
- Slav-Ya-Nee, Russian Folk Band
- DJ Cassy M (DJ for the day)
Dance:
- Flagz Mas Band
- Chantel Phillips, Hipsinc
- Ruth Ferguson, Salsa Naturally
- April Christie, The Dance Studio Crystal Palace
- Scariofunk Collective
- Tamil Cultural Dancers
For more information visit www.thorntonheathfestival.com

Bluebell Railway
Through the heart of Sussex
Vintage Transport Weekend
13th - 14th August
Displays of vintage and classic cars, stationary engines, commercial vans, steam and road engines and motorbikes will be on show at Horsted Keynes Station from 10.30am - 4.30pm. The Disabled Persons Railcard available from the railway offers discounted rates and can be issued to an individual or recognised care home for residents and staff. T&C’s apply.
For more information call 01825 720800, email info@bluebell-railway.co.uk or visit www.bluebell-railway.co.uk

Lavender Line
Isfield Station, East Sussex
Every Tuesday & Thursday in August.
A 2 mile round trip through beautiful Sussex countryside.
For more information call 01825 750515 or visit www.lavender-line.co.uk

Watercress Line
Mid Hants Railway
Real Ale Train (R.A.T)
Real ales from local breweries are available on tap on a steam train! Ticket sell out fast so book early to avoid disappointment. Next trips available are 17th & 24th Sept.
For more information call 01962 733810 or visit www.watercressline.co.uk

For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk
GOAL!!

Football in Croydon

For people with learning disabilities (aged 16 and above)

Led by coaches from the Crystal Palace Football Club Foundation

Develop your football skills • Make new friends • Get healthy • Have fun…

Three different sessions at two venues for people with different football abilities:

**Tuesday 11.30am - 12.30pm**
Waddon Leisure Centre

**Thursday 11.30am - 12.30pm**
Waddon Leisure Centre

**Thursday 12 - 1pm**
Thornton Heath Leisure Centre

**Advanced**

**Thursday 5 - 6pm**
Selhurst Sports Arena

£2 per person charge for each session at the Waddon Leisure Centre to be paid, in cash only, at the beginning of each session a person attends.

No charge for the ‘Advanced’ group session at Selhurst.

Contact Andrew Slegg on andrew.slegg@croydon.gov.uk or 0208 239 4393 to book a place or if you have any questions.

Please leave enough time to get changed for a prompt start at the times stated above.

Wheels for Wellbeing (WfW) is an award-winning charity supporting disabled people of all ages and abilities to enjoy the benefits of cycling. Running regular inclusive cycling sessions in South London for disabled children and adults to try two, three and four wheeled cycles.

**Herne Hill Velodrome**
07578 746 448

**Croydon Arena**
07806 334 770

**Ladywell Sports Hall**
07561 166 949

For more information call 0207 346 8482 or visit www.wheelsforwellbeing.org.uk

Airbourne Eastbourne’s International Airshow
11th - 14th August FREE
For more information visit www.visiteastbourne.com/airbourne

Beulah Hill Pond
Ornamental pond and seats
Upper Norwood, beside Beulah Hill opposite Norbury Junction
Places to go & things to do

The Museum of Croydon
Open Tuesday - Saturday, 10.30am - 5pm (except public / bank holidays)
All galleries are free to enter.
‘Museum of Croydon Collections’ is the new online catalogue, providing public access to the collections. With over 6,500 individual items from 304 archive collections. This searchable catalogue will enable users to discover historic material from the Borough’s archive collections which can then be viewed in the Museum’s newly refurbished Research Room.
Over time, this will develop into a comprehensive catalogue of the Borough’s collections, increasing access to, and understanding of, our shared histories.

For anyone who has an interest in local history, a visit to the FREE exhibition or a look at the fascinating online catalogue would surely be most enjoyable.

To find out more about all the museums work, visit www.museumofcroydon.com or follow on Twitter @museumofcroydon

Exhibition Gallery
Until Saturday 1 October 2016
Your paintings our favourites’ exhibition

Riesco Gallery
Now home to Croydon’s Roman and Anglo-Saxon collections, as well as over 200 items from the Riesco Collection of Chinese ceramics.

Events
Free, family workshops are planned throughout the summer.

Healthy Living Hub
If you want to lose weight, stop smoking (one-to-one consultations available on Thursdays), become more active or just get some information on what you can do to keep you and your family healthy, the Healthy Living Hub is the place to go. The service is free!
Opening times
Monday - Thursday 11am - 5pm

For more information call 0208 253 1009 or email healthy.living@croydon.gov.uk

Central Library, Croydon Clocktower, Katharine Street, Croydon, CR9 1ET
**Places to go & things to do**

**HOODOOS / Matthews Yard**
A unique café/music/arts venue in the heart of Croydon’s Old Town it has a varied schedule encompassing theatre, film, comedy, live music and community events.

For more information email info@matthewsyard.com or visit matthewsyard.co.uk

**Frontiers ‘Buzzz Hub’**
A purpose designed environment in Croydon which provides a safe and welcoming space for people with Learning Disabilities, Asperger’s, Autism, Challenging Behaviour and Mental Health Issues.

A place to be active and creative in a relaxed and supportive environment.

**Nutritious Cooking**
**ICT and Communication Workshop**
**Art Therapy**
**Massage & Reflexology**

For more information call 0208 603 7230 email tracy.Crockford@frontiersupportservices.org or visit www.frontiersupport.co.uk

96D Southend, South Croydon, CR0 1DQ (opposite richer sounds - music shop)

**Autism Friendly Screenings**
Autism Friendly screenings have subtle changes to the traditional cinema environment.

- Lights are left on low
- Sound is turned down
- Trailers and adverts are not played
- It is ok for people to move around during the screening and make a bit of noise

Vue Cinemas will host an Autism Friendly Film at 10am on the last Sunday of every month.

www.myvue.com

Next screenings at Vue Croydon Grant’s & Croydon Purley Way: Sun 28 August - The Angry Birds Movie

**The Beckenham & Penge Gateway Club**
Social club for adults with learning disabilities and their families.

Thursdays between 7.30pm-9.30pm

Regular activities such as disco, games and puzzles. Coach outings, meals out and trips to the theatre are also arranged.

Based at Harris Primary Academy, Kent House, High Street, Penge, SE20 7QR

For more information visit thegatewayclub.co.uk

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For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk
SPECIAL BLEND
Croydon Young Peoples Service
Monday Nights from 6.45pm - 9pm
Running activities for young people with LDD aged 18-25 which include Thai Fit, football, Skills for work, Zumba cooking and visits to the pub or Club Soda nightclub.
Sir Phillip Game Centre, 38 Morland Avenue, Croydon, CR0 6EA
For more information visit www.croydonyps.org.uk or contact Paul Funnell on 07990790183 or email paul.funnell@croydon.gov.uk

Monday Evening Social Club
Addington Community Centre, CR0 OJB
Mondays from 7 - 9pm
£3.50 per session
A popular social club, with around 120 members, for adults of all ages with a learning disability. This club provides leisure activities that include snooker, darts, music and special events.
To find out more visit www.croydonmencap.org.uk or contact info@croydonmencap.org.uk or call 0208 684 5890

South London Me Time
Empowering people to enjoy a variety of meaningful activities in their community. For adults with a learning disability who want to take part in social and leisure activities either on their own, or as part of a group.
Find out more at www.mencap.org.uk or call Mencap Direct on 0808 808 1111

For more info call 020 8239 4393 email andrew.slegg@croydon.gov.uk or visit www.clubsoda.org.uk
Clocktower Café
The café is open
Monday to Saturday 9:30am - 5:30pm
Free live jazz
Thursday lunchtime 12:15 - 2:15pm
The café also exhibits work by local artists

Dance with SLiDE!
Created to offer safe places for the local community to explore dance and movement.
Play and accessibility is at the core of their approach. So far SLiDE has reached over 180 people with and without disabilities, aged 5-70.
Monthly dance workshops for adults with learning disabilities on the first Saturday of the month.
Braithwaite Hall, Croydon Clocktower, CR9 1ET - 11am - 3pm
£10 per session drop in or £34 for 4 sessions (Support staff/carers are FREE)
To book: info@slidedance.org
07887 781361

Providence Lincs United Services
PLUS is a south east London based charity providing residential, respite, leisure and employment services for adults with learning disabilities.
For more information about what they do visit plus-services.org

Gardening at Spa Hill Allotment
Mondays, 10am - 12pm
£5 per session
This workshop helps to develop employment skills and learn about healthy eating.

Pretty Little Cupcakes - Workshop
Tuesdays
1st session 10am - 12pm (Baking)
2nd session 1pm - 3pm (Decorating)
£5 per session
The morning and afternoon will cost £10 and you take some cakes (2) home.
Penge office, 23 High Street, Penge SE20 7HJ
To find out more call Janette
0208 297 1250

TURF Gallery
Weekly art workshops on Tuesday evenings from 5-7pm, for adults with learning difficulties.
Opening times: Tuesday - Saturday
11am - 5pm during exhibitions
Turf, Keeley Road, Croydon. CR0 1TF
£5 per session
For more information visit turf-projects.com
or email info@turf-projects.com
Soda Beat Sessions are for young people with learning disabilities aged 14 to 25 who want to be in a band and perform at gigs.

Big White Light Theatre @ Matthews Yard
Mondays 5 - 6:30pm £5 a session
Come along and enjoy playing theatre games and making fun performances!

Opportunities to join Club Soda
We have some spaces left in our theatre group and are looking for new members. Get the opportunity to work with professional artists and be part of exciting projects. Some experience of performing or making art is necessary. If you are interested in joining please contact us by: Phone: 0208 253 1034 or Email: info@clubsoda.org.uk

Who came: Andrew Slegg, Rachael Phandey, Sedley, Amanda, Holly, Phoebe, Paul S, Elliot, Tom