LEISURE ACTIVITIES - 18 AND OVER

Accessible Venues

DISABLEDGO
Lists the accessibility of leisure and entertainment venues in Croydon (and around the UK), including pubs, restaurants, cinemas and shops.
☎ 0845 270 4627
🌐 www.disabledgo.com

GOOD ACCESS GUIDE
Information on holidays, travel, leisure and accommodation for disabled people.
☎ 01502 566 005
🌐 www.goodaccessguide.co.uk

LONDON FOR FUN
London attractions and sights for people with disabilities.
🌐 www.londonforfun.com/info-for-London-attractions.htm

OPEN BRITAIN
Information on accessible places to stay, eat, drink and shop in the UK.
☎ 0845 124 9971
🌐 www.openbritain.net

THAMES 21
Waterway Walks (a guided nature walk) are specially created for people with disabilities. Thames 21 also runs canoe trips for disability groups using Katakau’s, which have been designed with safety in mind, to provide a water-based activity with a high safety level and a lower fear level than existing crafts.
☎ 020 7248 7171
✉ info@thames21.org.uk
🌐 www.thames21.org.uk

WHEELMAP
Wheelmap is an online map filled with useful information about wheelchair accessibility. It uses a simple traffic light system, where buildings can be colour-coded on the map to display their level of accessibility. These markers can be supplemented with comments and photos to give extra helpful details. It’s really easy to collect data, which can be uploaded via the Wheelmap app on a smart phone, or on a computer.
If you’re not a wheelchair user, or you’ve never used Wheelmap before and aren’t sure what to look for, don’t worry - the Council will give you all the information you need before you set off. For more information or to register.
☎ 020 8726 6000 ext 63265
✉ yvonne.okiyo@croydon.gov.uk

Angling

BRITISH DISABLED ANGLING ASSOCIATION (BDAA)
Developing opportunities for disabled people of all ages and abilities to access the activity of fishing in the UK.
☎ 01922 860912
✉ terry@bdaa.co.uk
🌐 www.bdaa.co.uk

Animals

LONDON ZOO AND WHIPSNADE ZOO
Hold ‘Special Children’s Days’ a unique annual event at ZSL London Zoo welcoming children with special needs and their families and friends. With increased specialist facilities and number of staff, as well as special interactive events and discounted entry, Special Children’s Day is an exciting and exceptional event not to be missed.
Dogs are not permitted inside ZSL London Zoo. Please contact the Contact Centre in advance of your visit to make alternative arrangements.
☎ 0344 225 1826
✉ info@zsl.org
🌐 www.zsl.org/zsl-london-zoo/whats-on/special-childrens-day-2015

Camping

WOODLARKS CAMPSITE
Camping for adults and children with disabilities.
Contact: Tilford Road, Farnham, Surrey, GU10 3RN
☎ 01252 716 279
🌐 www.woodlarks.org.uk

Cinema

Details of local screenings of films with subtitles or audio description.
🌐 www.yourlocalcinema.com

CINEMA EXHIBITOR’S ASSOCIATION CARD
Enables people receiving Disability Living Allowance, Attendance Allowance, Personal Independence Payment, or who are registered blind to get one free ticket for someone accompanying them to the cinema.
☎ 0845 123 1292
🌐 www.ceacard.co.uk

DIMENSIONS
Details of autism-friendly screenings at Cineworld, VUE, ODEON and Showcase cinemas.
VUE CINEMA
Autism friendly screens and Audio description equipment for Visually impaired.
www.myvue.com/accessibility
Customer Services team on 08712 240 240 pressing 0 (zero) to speak to an operator between the hours of 09.00-22.00 (Calls cost 10p a minute from BT, other networks may vary).

Cycling
WHEELS FOR WELLBEING
Cycling opportunities for disabled adults.
020 7346 8482
info@wheelsforwellbeing.org.uk
www.wheelsforwellbeing.org.uk

Dance
MAGPIE DANCE
Weekly adult dance classes and regular Youth Group (age 15-25).
020 8290 6633
www.maggiedance.org.uk
and Youth Group Junior (age 11-16) sessions for people with learning disabilities.

SOUTH LONDON INCLUSIVE DANCE EXPERIENCE (SLIDE)
Dance workshops and projects for all ages and abilities.
Telephone: Anita on 07949 136485 / Gemma on 07887 781361
info@SlideDance.org
www.slidedance.org

Football
CROYDON LEARNING DISABILITIES FOOTBALL FOR ALL
Enables adults with Learning Disabilities from in and around Croydon to have access to the enjoyment and benefits of the game of football. The sessions are for people of all levels; those who maybe love watching football and might currently only enjoy kicking a ball around for a short period of time, those who want to learn new football skills, right up to those who want to play competitively with others at a high level. The sessions are led by Disability Trained, Police DBS checked professional coaches from the CPFC Foundation, who help people develop a range of skills whilst having fun and enjoying their football.
www.crowdfunder.co.uk/croydon-learning-disabilities-football-for-all-2

Grants
There are various charitable organisations that can provide funding for equipment. See the section on Money for more information.

Gymnastics
ANTI-GRAVITY
Gymnastics and trampolining for young people with special needs. Based in Caterham and Coulsdon.
01883 620971
www.ag-tc.co.uk

Holidays
BRUCE WAKE TRUST
Wheelchair accessible boating holidays on rivers and canals.
0844 879 3349
www.brucewaketrust.co.uk

CARAVANABLE
Information on caravan sites and beaches around the UK suitable for wheelchairs.
www.caravanable.co.uk

DISABILITY HOLIDAYS GUIDE
www.disabilityholidaysguide.com

HOLIDAYS FOR ALL
Group of holiday providers offering accessible holidays in the UK and abroad for disabled people with or without their carers.
0845 124 9971
www.holidaysforall.org

JUMBULANCE TRUST
Provides vehicles and drivers at subsidised rates to groups supporting disabled children and adults for days out and holidays.
01582 831444
info@jumbulance.org.uk
www.jumbulance.org.uk

MENCAP
Mencap has produced a resource list which contains information about holidays and short breaks for people with learning disabilities including holidays for children. This is available from their website:
www.mencap.org.uk

SUPPORTED HOLIDAYS
Supported short breaks and holidays for those with learning disabilities are provided by a number of organisations, including:
• Breakaway Supported Holidays
01245 260 330
www.breakawaysupportedholidays.co.uk

• Jolly Days Holidays
01277 355 565
www.jollydaysholidays.co.uk

• Options Holidays
01285 740 491
www.optionsholidays.co.uk

• Smile Holidays
01273 597 995
www.smilehols.com

TOUR OPERATORS
There are a number of tour operators specialising in arranging holidays for disabled people, including:
• Accessible Travel and Leisure
01452 729 739
www.accessibletravel.co.uk
• Disabled Access Holidays
  ☎ 0800 622 6000
  🌐 www.disabledaccessholidays.com
  • Enable Holidays
  ☎ 0871 222 4939
  🌐 www.enableholidays.com

TOURISM FOR ALL
Holiday and travel information and support for disabled children and their carers. Covers all aspects of accessible holidays and travel in the UK and at selected overseas destinations. Enquiries welcome from individuals with physical, sensory and learning disabilities as well as carers.
  🌐 www.tourismforall.org.uk

Horse Riding
THE DIAMOND CENTRE FOR DISABLED RIDERS
Therapeutic horse-riding for disabled children and adults. (There is currently a 3-year waiting list)
  ☎ 020 8643 7764
  🌐 www.diamondcentre.org.uk

Ice Hockey
The Werewolves of London Special Ice hockey club offers a special needs ice hockey programme for children and adults who have Developmental Disabilities such as Autistic Spectrum Disorders, Down Syndrome and other Learning Disabilities.
Beginners and Non-skaters aged from 5 years up to and including adults are all welcome! If you are not sure whether this hockey program is suitable then for more information you can contact Mike Dwyer.
  🌐 www.werewolvesoflondon.org.uk

Leisure Centres
LEISURE CENTRES (CROYDON COUNCIL)
Discounted rates for all leisure centre activities for people with disabilities. If a disabled person needs a carer with them in order to access leisure centre services the carer is entitled to free entry. These concessions only apply to Croydon residents, and proof of disability will be required in both instances.
All of Croydon’s leisure centres are accessible, with accessible toilets, changing areas, lockers and parking. All swimming pools have a hoist and offer disabled swimming sessions. There is a range of accessible activities on offer such as trampolining, exclusive gym sessions, boccia, table tennis and seated aerobics. Not all activities are offered at all centres so call for details.
  • New Addington ☎ 01689 842 553
  • Purley ☎ 020 8668 7251
  • South Norwood 020 8662 9464
  • Thornton Heath ☎ 020 8689 5300
  • Waddon ☎ 020 8760 0657
  🌐 www.fusion-lifestyle.com

Museums
Some museums offer autism friendly events and workshops in and around London. For more information visit:
  🌐 http://tinctureofmuseum.wordpress.com/autism-in-museums-events

Online
DISABILINET
Groups, blogs, chat, events
  🌐 www.disabilinet.com

SPECIAL FRIENDS ONLINE
Online community for people with learning disabilities and their parents and carers.
  🌐 www.specialfriendsonline.com

Social Events / Clubs
ACTIVE MINDS
For people with mental health problems. Provides taster activities (may be waiting lists) and drop-ins for swimming, badminton, table tennis, football.
  🌐 activeminds@mindincroydon.org.uk
  🌐 www.mindincroydon.org.uk

ASSOCIATION OF PASTORAL CARE IN MENTAL HEALTH:
Drop-in sessions, creative workshops and social activities for people with mental health problems.
  ☎ 020 8654 4010
  🌐 www.croydon-apcmh.co.uk

BLAST HOLIDAY CLUB
Eligibility: young people aged 11-25 with learning disabilities
The Blast School Holiday provision is available Monday to Friday 10am – 4pm for specific weeks of the school holidays except bank and public holidays. Blast provides young people with the opportunity to mix with their peers during school holidays. Blast provides an environment and base for activities to take place in, or facilitates activities in the community. Activities on offer include; Boccia, Table tennis, Arts and Craft, Cycling at Croydon Arena, Drama, Cooking Sessions, Trampolining, Music group, 10 Pin Bowling, Basketball and Swimming.
Referrals including self-referrals can be made directly to Blast on:
  ☎ 020 8689 7352
CROYDON CONTACTS
A Croydon based charity that helps adults aged 18+ with disabilities or learning difficulties to participate in their local community. Activities include weekly drama classes; bowling, cinema & lunch clubs; Summer BBQs; day trips to local museums & parks; visiting local pantomimes & musicals.
Contact: 62 Brighton Road, Purley CR8 2LJ
020 8645 9448 / croydoncontacts@gmail.com / www.croydoncontacts.com

CROYDON’S LEARNING DIFFICULTIES AND DISABILITIES YOUTH PROJECT
Eligibility: Children and young people aged 9 – 25 with learning difficulties and disabilities
Referrals: Self -referral or from parents, carers, schools, colleges, Children with Disabilities team or Adult Services.
Provides specialist social and positive activities for children and young people with learning difficulties and disabilities. There are 6 youth projects running per week around the borough including after school and evening provisions. The service tries to be as inclusive as possible and is offered to all young people with additional needs; however they cannot offer 1-2-1 support. Carers are welcome to attend to support those individuals so that they may still socialise with other young people.
The service offers:
• Information advice and guidance around education, employment, training and relationships.
• Teams games and sports – to promote healthy living and working together
• Planning and cooking healthy meals- to encourage healthy eating and independent skills
• Youth forums – to encourage decision making from our y/p which in turn, it is hoped, will influence decision makers
• Off -site trips and residential – to promote independent travel and being away from home
• Arts and music projects-to build confidence and help young people discover new skills.
Contact: For suitability of placement contact Paul Funnell on 07990 790183
paul.funnell@croydon.gov.uk
info@croydonvision.org.uk / www.croydonvision.plus.com

CROYDON YOUTH SUPPORT SERVICE
www.croydon.gov.uk/ community/youthsupport/ intyouthsupport
www.croydon.gov.uk/ community/youthsupport/ yprojects

DISABILITY CHALLENGERS
An independent charity providing inclusive play and leisure for disabled children and young people. A wide range of activities for disabled children and young people from the age of 2 - 25.
01483 579390
information@disability-challengers.org / www.disability-challengers.org

DUKE OF EDINBURGH AWARD SCHEME
Youth Charity the DoF gives all young people aged 14-24 the chance to develop skills for life and work, fulfil their potential and have a brighter future.
www.dofe.org/takepart/ authority.aspx?id=573

FUTURE-4-US
A support group for people with learning difficulties aged 16 and over. Provides social activities.
07713 358275
info@croydonpeoplefirst.org.uk

HEALING WATERS
Healthy Minds Productions offers a range of creative and social activities for BME mental health/ learning disability service users.
020 8668 2419
www.healingwaterscroydon.org.uk

IMAGINE MENTAL HEALTH CROYDON
Services for Croydon residents experiencing mental health problems.
User-Led Groups (020 8253 7078) at a range of venues across the borough provide social interaction and activities. These groups are self-referral and open to anyone with a mental health problem.
Befriending Service (020 8253 7079) helps people to access social activities of their choice by providing trained volunteers. People will need to be assessed and referred by their care co-ordinator.
020 8253 7078
www.imaginementalhealth.org.uk/Croydon.php

LEISURE LINK
Leisure Link publishes a newsletter and holds meetings to share information about leisure activities for people with learning disabilities in Croydon.
020 8239 4393
andrew.slegg@croydon.gov.uk
LESLIE PARK CENTRE
Eligibility: Adults aged 18-35 years with learning disabilities.
Referral: Has to be referred through a Care Manager.
What the service does: Provides a range of different leisure activities in the community, to suit individual needs. Up to 18 people each day are supported, attending between one and five days per week.
Local activities are accessed by using the centre’s mini-bus or public transport. Activities that are currently on offer are: dance with a dance tutor, drama at the Secombe Theatre, bowling, boccia, cycling, art and craft, games, keep fit, cookery skills, computer skills, pamper sessions and tennis at Shirley Tennis Club. Visits are made to places of interest that are suggested by members and there are joint activities and community days with Sutton Mencap. There is also a focus on everyday living skills such as travel training and numeracy and literacy where a need is identified.
☎ 020 8662 9201
lesliepark@btconnect.com

MENCAP (Croydon)
Monday evening social club: For adults of all ages with a learning disability providing leisure activities such as snooker, darts, tabletop activities, music and special events such as discos and barn dances.
Contact: Addington Community centre, Central parade, New Addington, Croydon, CR0 0JB
Time: Mon 7pm - 9pm
☎ 020 8684 5890
www.croydonmencap.org.uk

SODA BEAT
Produces art events and activities led by people with learning disabilities. They provide free high quality band, art, film drama and DJ workshops and give opportunities for emerging artists with learning disabilities to develop and present their work.
☎ 02082531034

www.clubsoda.org.uk
info@clubsoda.org.uk
Club Soda also has live music night produced by people with learning disabilities and they also produce a radio show broadcast on Croydon Radio and produced by people with learning disabilities.
www.sodabeat.co.uk for more information.

SPECIAL BLEND AT SIR PHILIP GAME CENTRE
Eligibility: Young people with learning difficulties, disabilities and special needs.
Age range: 18-25 but we will take 17 year olds whose 18th birthday is approaching.
Various activities including sports, cooking, talks, trips to the pub and meals out. We have a tuck shop selling things such as toasted sandwiches, hotdogs, crisps, chocolates and drinks. The youth centre is all on one level and is accessible for young people who use a wheelchair. There is a disabled toilet for those who are able to self-transfer.
Time: Most Mondays at 7pm to 9pm. Cost: £2 per session
Contact: Please contact Paul Funnell on 07990 790183 for further details and suitability.

STARS IN THE SKY
Friendship and dating service for adults with learning difficulties, run by adults with learning difficulties. Activities include sports, outings to clubs and pubs, theatre and music nights, picnics and restaurants. Transport is not provided but they try to match members who live in the same area so that they can support each other to events.
Eligibility: Adults with learning difficulties, aged 18+.
There is a £25 membership fee.
Contact: Stars in the sky (London), Tottenham Town Hall, Town Hall Approach, London N15 4RY
☎ 020 8275 6552
info@starsinthesky.co.uk
www.starsinthesky.co.uk

YOUNG CARERS
Eligibility: Aged 7 -25; caring for parent or sibling with a physical disability, mental health issue, long-term illness or learning difficulty.
Organise trips and activities, provide support and counselling, education and family support and monthly get togethers.
Contact: Young Carers Support Project, Carers Support Centre, 24 George Street, Croydon, Surrey, CR0 1PB
☎ 020 8649 9339 (option 2)
youngcarers@offtherecordcroydon.org
www.offtherecordcroydon.org/our-services/young-carers-project.aspx

YOUTH CENTRES
There are a number of youth centres, specialist centres, neighbourhood youth clubs and one night a week Clubs in Croydon providing a wide range of drop-in activities for young people in the area.
☎ croydonyps@croydon.gov.uk
www.croydon.gov.uk/community/youthsupport

YOUTH PROJECTS
Croydon provides a range of activities including holiday schemes for young people. For further information please go to:
www.croydon.gov.uk/community/youthsupport/yprojects

Sports
CROYDON SPORT AND PHYSICAL ACTIVITY TEAM
Encourages participation in physical activities, and offering reasonably priced activities at local facilities. Projects include Cycling on Referral, Exercise Referral Scheme and Walking for Health. Produces Get Up & Go! - a guide to the range of physical activity opportunities in Croydon.
☎ 020 8726 6900
www.croydon.gov.uk
DISABILITY SPORTS CLUB
Sports club offering disabled people (16 and over) the opportunity to try indoor sports with professional coaching. Based at de Stafford Sports Centre, but Croydon residents are welcome.
☎ 07787 555 338
✉ www.tandridgetrust.co.uk

Swimming
ENTERPRISE SWIMMING CLUB FOR DISABLED PEOPLE:
Eligibility: People of all ages with a disability.
Friday evenings from 8-9.30 pm
Contact: Purley swimming pool,
High Street, Purley, CR8 2AA
☎ 020 8644 4851
✉ pkathp@aol.com
✉ www.enterprise-club.org.uk/index.html

Trampolining
ANTI-GRAVITY
Trampolining and gymnastics for young people with special needs.
Based in Caterham and Coulsdon.
☎ 01883 620971
✉ www.ag-tc.co.uk

Additional Information
If you would like more information about up and coming events in and around Croydon please see the ‘What’s New and Useful information Page on the Local Offer.
✉ www.croydon.gov.uk/sendoffer

We would like to thank
Croydon Carer’s Information Service for their help in preparing this information.

Disclaimer
Whilst every effort has been made to ensure the accuracy of information provided, we cannot accept responsibility or liability for any errors which may have occurred. It is therefore, recommended that you always check details with providers to ensure their service meets your requirements.