



DISABILITY SPORT IN NEWHAM

in partnership with



active
newham



activeNewham is very proud to be developing wider opportunities for disabled people in Newham to participate in sports and physical activity. We work closely with a number of partners across Newham to support disability sports and hope that this guide will help you to find a sport to suit you and enable you to enjoy being more active.

Throughout the year we run sessions in many popular sports and have established Newham's first Pan Disability Sports Club, which provides sports coaching and competitions.

One of our priorities is to provide more opportunities for adults to participate in sport because research shows that 72% of disabled adults do not play as much sport as they would like. With our home Olympic and Paralympic Games still fresh in our minds activeNewham is committed to inspiring disabled people in Newham to participate in more sport.

For further details about getting involved please call our Help Desk on 0844 414 2728[†] or visit www.activeNewham.org.uk

TIME TO GET *active*

0844 414 2728[†]



www.activeNewham.org.uk



activeNewham and Motivate East

activeNewham is now working in partnership with **Motivate East**, an inclusive sports participation project for disabled people living in the Host Boroughs inspired by the Paralympic Games. This will particularly focus on developing these sports:

- Sitting volleyball
- Golf
- Wheelchair basketball
- Ice skating
- Rambling
- Table cricket
- Polybat
- Tenpin bowling
- Table tennis
- Cricket
- Swimming
- Wheelchair curling

The funding and support that this project provides will bring significant benefits to disabled people in Newham:

- Specialised equipment that will be available for community use for schools, festivals and clubs
- An annual free Festival of Disability Sport in Queen Elizabeth Olympic Park
- Opportunities for existing sports coaches to receive paid specialist coaching courses
- Volunteering opportunities for disabled people in the borough

Clubs and events in Newham are highlighted on the Motivate East website www.motivateeast.co.uk



Newham Ability Camp

This new sports programme is run by Newham's first Pan Disability Sports Club. There are coaching sessions and competitions in a wide range of sports for disabled young people.

- Football
- Boccia
- Golf
- Trampolining
- Seated volleyball
- Rugby
- Badminton
- Judo
- Cricket
- Table tennis

Age: 11-25 years

Days: Wednesday 5.30 – 6.30pm

Friday 4.45 – 6pm (Term time only)

Holiday period 10am – 1pm

Cost: Free

Venue: NewVIc 6th Form College, Prince Regent Lane, E13

No need to book in advance – just turn up and have fun!

For more information please call Paul Archer: 07811 671 082



Athletics

These sessions are run in partnership with Newham & Essex Beagles Athletic Club, and are for disabled children aged 8 –18 years old. The friendly and fully qualified staff will help you to develop new run, wheel, jump and throw skills and along the way we are sure you will become more confident and make new friends. New members are always welcome.

Day: Tuesday (term time only)
Time: 4.30 – 6.00pm
Age: 8 -18 years
Cost: Free
Venue: Brampton Manor Academy, Roman Road, E6 3SQ
Contact: Coral Nourrice – cnourrice@englandathletics.org
07718 394 756

Days: Thursday (term time only)
Time: 4.30 – 6.00pm
Age: 8 -18 years
Cost: Free
Venue: St Angela’s Ursuline School, 1 St George’s Road,
Forest Gate, E7 8HU
Contact: Coral Nourrice – cnourrice@englandathletics.org
07718 394 756

No booking required – just turn up to the sessions and begin having fun.

0844 414 2728[†]

Swimming

Otters swimming club

This session is open to all disabled residents of any age and their family or friends, regardless of their ability as long as they want to splash in the pool! Everyone is welcome! The session is supported by qualified lifeguards, swimming instructors and volunteers helping to provide a safe and friendly environment. Our aim is to make swimming accessible to all. As well as the regular sessions, we also hold special events throughout the year, which we publicise on the activeNewham website.

Days: Saturday
Time: 4.30 - 5.30pm
Age: All ages welcome
Cost: Free
Venue: Newham Leisure Centre
Contact: Alex Davis – alex.davis@activeNewham.org.uk

Swim for families living with autism

Come along with your parents or carers to this free session organised by Families Living with Autism in Newham (FLAIN)

Days: Wednesday
Time: 4.00 - 5.00pm
Age: All ages welcome
Cost: Free
Venue: Balaam Leisure Centre, E13 8AQ
Contact: FLAIN – 020 8498 0444 / 07962 409 104
No booking required – just drop in.

www.activeNewham.org.uk

GETactive

Wednesday: 12.00 - 1.30pm
Thursday: 11am - 12pm
Friday: 11.30am - 1.30pm
Age: Any age. Swimmers must be accompanied by a carer or supervised by a competent adult swimmer.
Cost: £1.25 per session
Venue: East Ham Leisure Centre, E6 2RT
Contact: louise.ainsworth@activeNewham.org.uk

Football

Football sessions

Days: Tuesday
Age: 11 - 24 years
Time: 3.30 - 5.30 pm
Cost: Free
Venue: Newham Leisure Centre
For more information please call 0844 414 2728[†] or contact abul.hussain@activeNewham.org.uk

Trampolining

Trampolining session

Days: Mondays
Time: 4.30 - 5.30pm
Age: 8 years and older
Cost: Free
Venue: Newham Leisure Centre
Contact: lynette.ottley@sarahbonnell.net

Inclusive Tennis

Tennis is a completely inclusive sport and almost all disabled people can participate in either its full format or when adapted.

Love Tennis Academy

Days: Saturdays
Time: Adults 12 - 3pm
Under 8s 12 - 1:30pm
Age: All ages welcome
Cost: Free
Venue: Tennis Courts, Canning Town Recreation Ground, E16 3JP
Booking is required in advance - please contact lovetennisacademy@gmail.com
Website: www.lovetennisacademy.com

activeNewham inclusive tennis

Days: Fridays 8th November to 13th December 2013
Time: 4:45 - 6.00pm
Age: 11 - 25
Cost: Free
Venue: NewVIc 6th Form College, Prince Regent Lane, E13
No booking required, just turn up, get active & have fun!
Contact: paul.farthing@activenewham.org.uk or call 0203 373 9000

Fitness

Get fit for free

Free gym use for people with learning disabilities.

Days: Fridays
Time: 10am -12pm
Age: 16+
Cost: Free
Venue: Newham Leisure Centre
Contact: ateeq.rashid@activeNewham.org.uk

Multi sports sessions

Supervised adult multi-sports session where you can take part in basketball, badminton, short tennis, tenpin bowling and enjoy the bouncy castle.

Days: Tuesdays
Time: 10.30am – 12pm
Age: 16+
Cost: 70p per session
Venue: Newham Leisure Centre
No need to book – just drop in!

Wheelchair Basketball



Learn how to play wheelchair basketball

Wheelchair basketball is one of the most popular Paralympic sports. Fast, physical and challenging it is played worldwide in hundreds of countries in both amateur and professional leagues. The sport is played by athletes with spina bifida, amputees, brittle bones and a mixture of other disabilities.



Days: Mondays
Time: 5 - 6pm
Age: 16+
Cost: Free for students, just £1 for non-students
Venue: UEL SportsDock, UEL Docklands Campus, Beckton, E16 2RD
DLR: Gallions Reach or Cyprus
Bus: 101, 173, 262, 300, 366, 376, 474

UEL SportsDock also run a range of fully inclusive sports sessions aimed at people of any ability. For more details please email uelsports@uel.ac.uk

Walking for health

We have a programme of daily walks and monthly rambles many of which are popular with disabled people. To check the accessibility of the walks please visit our website www.activeNewham.org.uk or phone Dan Hooper on 07741 292 899.

Holiday sessions

During every school holiday activeNewham organises a special programme of disability sports. Most of these activities are free and are all provided by friendly, highly qualified coaches and staff who will ensure that you and your family will have the best possible experience, make new friends and have lots of fun. Our sessions are all advertised on our website: www.activeNewham.org.uk

London Youth Games

activeNewham is proud of our commitment to disability sports in Newham, and every year we support young disabled athletes from Newham to take part in the London Youth Games – Europe's largest annual youth sports event. This has been reflected in some outstanding achievements from our young athletes with many gold medals being won each year in a range of disability sports. To find out about the London Youth Games, visit www.londonyouthgames.org

RECOGNITION AND AWARDS:



WE'RE PROUDLY WORKING WITH:



Join Now, Book Now, Start Now!

Visit our website www.activeNewham.org.uk or call our Help Desk on **0844 414 2728[†]** for more information.

[†]Local charges apply from a BT landline but charges from other networks may vary.

BALAAM LEISURE CENTRE

14 Balaam Street,
Plaistow E13 8AQ

EAST HAM LEISURE CENTRE

324 Barking Road,
East Ham E6 2RT

NEWHAM LEISURE CENTRE

281 Prince Regent Lane,
Plaistow E13 8SD

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