

Wandsworth Disability Sport

<https://enablelc.org/els>

Cricket

Cricket is an inclusive sport that is adaptable and accessible for all abilities. The sessions below cater for a large range of disabilities and coaches strive to ensure all sessions are accessible to all.

Disability Cricket (Term Time)

Burntwood School SW17 0AQ

For; Open to all Disabilities
Day; Monday
Time; 4pm-5pm
Age; 13-25

Contact; Alain Jason alain@goglycricket.com

Disability Cricket (May-July)

Spencer Club SW18 3HF

For; Open to all Disabilities
Day; Monday
Time; 4pm-5pm
Age; 13-17

Contact; Alain Jason alain@goglycricket.com

Disability Cricket

Spencer Club SW18 3HF

For; Downs Syndrome
Day; Monday
Time; 5pm-6pm
Age; Open to all ages

Contact; Emma O'Connor emmaoconnor@downs-syndrome.org.uk

Surrey County Cricket (May-July)

Spencer Club SW18 3HF

For; Low Level Ability Learning and Physical Disabilities
Day; Thursday
Time; 5pm-6pm
Age; Open to all ages

Contact; Alain Jason alain@goglycricket.com

Surrey County Cricket (May-July)

Spencer Club SW18 3HF

For; High Level Ability Learning and Physical Disabilities
Day; Thursday
Time; 6pm-8pm
Age; Open to all ages

Contact; Alain Jason alain@goglycricket.com

Inclusive Cricket

Spencer Club SW18 3HF

For; Open to all Disabilities
Day; Friday
Time; 4.30pm-5.30pm
Age; 4-11

Contact; Alain Jason alain@goglycricket.com

Tennis

Tennis is an incredibly inclusive sport, catering for all abilities and disabilities. Each session has specially trained coaches who know how to adapt and cater for all in their sessions.

Tennis

National Tennis Centre SW15 5JQ

For; Downs Syndrome
Day; Tuesday
Time; 6pm-7pm
Age; Open to all Ages

Contact; Katy Shephard ksheward@fulhamfc.com

DSActive Team

dsactive@downs-syndrome.org.uk

Tennis

National Tennis Centre SW15 5JQ

For; Visual Impaired
Day; Tuesday
Time; 7pm-8.30pm Fortnightly from 8/1/19
Age; Open to all Ages

Contact; Matt Grover matthew.grover@lta.org.uk

David Hardman David.hardman@lta.org.uk

Tennis

National Tennis Centre SW15 5JQ

For; Wheelchair
Day; Tuesday
Time; 7pm-8.30pm Fortnightly from 15/1/19
Age; U18

Contact; Matt Grover matthew.grover@lta.org.uk

David Hardman David.hardman@lta.org.uk

Tennis

National Tennis Centre SW15 5JQ

For; Wheelchair
Day; Tuesday
Time; 8.30pm- 10pm
Age; Adult

Contact; Matt Grover matthew.grover@lta.org.uk

David Hardman David.hardman@lta.org.uk

Dance

DanceAbility (Please contact for dates)

George Shearing Centre, Este Road, SW11 2TF

DanceAbility is aimed at all children with a disability to participate in a fun session of music and dance lead by our wonderful instructor Kasia!

For; Open to all Disabilities

Day; Sunday

Time; U10 10.40-11.25am, 11+ 11.30-12.15pm

Age; U10 and 11-18

Contact; Kaity Hall Khall@enablelc.org

Swimming

Dolphins Swimming Club

The Latchmere Leisure Centre, Burns Road, SW11 5AD

The Dolphins Swim Club is for children and young people with learning Disabilities. All club members may attend swimming galas throughout the year to compete against swimmers of similar ability from other boroughs.

For; Learning Disabilities

Day; Friday

Time; 7.30-9pm

Age; 5+

Contact; Pam Hall pamhall35@aol.com

Eileen Beard **020 8672 1761**

WASA Disability Swimming

Ernest Bevin School, SW17 7DF

Swimming lessons for disabled children of all abilities to learn to swim in a safe, supportive environment with qualified and friendly instructors. Swimmers are given 30 minute sessions with 1:1 support if needed.

For; Open to all Disabilities

Day; Saturday

Time; 1.30-4pm

Age; 5-12

Contact; Will Collins wblc11@Hotmail.com

For more information on Disability Sport contact Kaity Hall
khall@enablelc.org 0203 959 0038



Football

DSActive Girls Only Football and Multi-Sports Session (Term Time)
Aspire Centre, Southfields Community Academy, SW18 5JU
For; Downs Syndrome (Girls Only)
Day; Wednesday
Time; 5-6pm
Age; Open to all Ages
Contact; Kasha Petit
Kasha.petit@afcwimbledon.org.uk
DSActive Team
dsactive@downs-syndrome.org.uk

Badminton

Wimbledon Racquets Club, SW19 4HD

Pan Disability badminton session. First three sessions are free, and you can bring along a buddy. The club has 2 sports wheelchairs if needed. Any ability, including beginners Welcome!

For; Open to all Disabilities
Day; Saturday
Time; 5-6.30pm
Age; 8+
Contact; Lorraine Brydie lorrainebrydie@hotmail.com

Tai Chi

Thomas Pocklington Resource Centre, SW12 9PZ

Two 45-minute Tai Chi sessions for those with a visual impairment. The class can be done chair based or standing.

For; Visual Impairment
Day; Thursday
Time; 3-5pm
Age; 16+
Contact; Andrew Law Andrew.law@pocklington-trust.org.uk

Archery

Aspire Centre, Southfields Community Academy, SW18 5JU

Professional instructor to give one-to-one coaching and all equipment is provided along with a tactile aiming guide and foot locator. We welcome all members and the age of shooters ranges from as young as ten if accompanied. Please do check the event calendar as sometimes the date needs to be changed.

For; Visual Impairment
Day; Sunday (every second Sunday from 13/1/19)
Time; 12-2pm
Age; Open to all ages
Contact; Fred Carpenter fredy2cokes@yahoo.co.uk



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For more information on Disability Sport contact Kaity Hall khall@enablelc.org.uk
0203 959 0038

Watersports (Please contact for more details)

Watersports centre, Wimbledon Park

These sessions give children and young people with special educational needs and or disabilities, the opportunity to try a variety of watersports such as sailing, kayaking and canoeing.

For; Open to all Disabilities
Day; please contact for dates
Time; please contact for times
Age; 8-16
Contact; Kaity Hall Khall@enablelc.org



Cycling

London Recumbents

Battersea Park, Carriage Drive, North SW11 4NJ

At London Recumbents in Battersea Park you can hire a range of modified cycles including trikes, side by side bikes, wheelchair bikes, tandems and more. Anyone with a WAND card can get free hire for 1 hour and one parent, carer or friend.

For; Open to all Disabilities
Day; Weekends and School Holidays
Time; 10am-4.30pm or one hour before dusk in Winter
Age; 3 +
Contact; Nigel info@londonrecumbents.com

Wandle Recreation Centre Gym

Mapleton Road, SW18 4DN

The Wandle Recreation Centre Gym have provided easy access specialist fitness equipment and implemented staff training to ensure fitness is accessible for all. Our accessible features include;

- disabled parking at the entrance of the centre
- accessible shower and changing rooms
- a full range of accessible equipment

For; Open to all Disabilities
Day; Gym Opening hours contact 020 8871 1149
Age; 16+



Multi-Sports

Lilian Baylis School, SE11 5QY

Free sports and games sessions for children with disabilities. Sessions are 2 hours long with structured sports-related activities in the first half and supported free play for the second half.

For; Open to all Disabilities (siblings welcome)
Day; Saturday
Time; 10.30am-12.30pm
Age; 5-14
Contact; Andrew Andrew@keenlondon.org

Youth Clubs

Generate Youth Clubs

George Shearing Centre, Este Road, SW11 2TF

Generate is a youth club for young people with mild to moderate special needs and learning difficulties. Youth Clubs run during term time and provide opportunities for social activities and interactions

For; Boys Youth Club, Learning Disabilities
Day; Monday
Time 6-8pm
Age; 11-17
Contact; Tim Aldcroft tim.Aldcroft@generate-uk.org

For; Mixed Youth Club, Learning Disabilities
Day; Tuesday
Time 7-9pm
Age; 18-25
Contact; Tim Aldcroft tim.Aldcroft@generate-uk.org

For; Girls Youth Club, Learning Disabilities
Day; Wednesday
Time 6-8pm
Age; 11-17
Contact; Tim Aldcroft tim.Aldcroft@generate-uk.org

Disability Sports Coach Community Club

Caius House Centre, SW11 3RL

Disability Sports Coach's award-winning Community Clubs are specialist, weekly sports activities for all disabled people. The purpose of the Community Club network is to ensure disabled people are more active, more often, whilst being integrated in their local community with the opportunity to develop independency and social skills.

For; Open to all Disabilities
Day; Tuesday
Time; 4.30-6pm
Age; 8+
Contact; Laura Abrahams laura@disabilitysportscoach.co.uk

Adventure Playground

KIDS Lady Allen Adventure playground, SW11 1HT

Lady Allen Adventure Playground provides opportunities for adventurous play for disabled children and their siblings from the Borough of Wandsworth. It offers outdoor and indoor facilities on a secure site including:

- soft play area
- video games room
- arts and crafts
- an indoor slide

For; Open to all Disabilities
Day; Check Webpage for opening times
Age; 5-14
Contact; Sarah Oram sarah.oram@kids.org.uk
<https://www.kids.org.uk/lady-allen-adventure-playground1>

For prices and session availability please contact the session providers.