



Leisure Activities

This factsheet contains information on some leisure activities that are available for disabled people. It has been split into three sections:

- Indoor Activities
- Outdoor Activities
- Social Activities
- Creative and Performance Arts

Indoor Activities

The ASPIRE National Training Centre (ANTC)

Aspire's facilities include an integrated fitness studio, a 25m swimming pool with ramp access, sports hall and I.T. suite. The centre pro-actively encourages disabled people to join by subsidising their membership and activity costs.

Wood Lane, Stanmore, Middlesex, HA7 4AP

Tel: **020 8954 5759** Fax: **020 8420 6352** Textphone: **020 8420 6501**

E-mail: info@aspire.org.uk

Website: www.aspire.org.uk

British Wheelchair Cue Sports Association

British Wheelchair Cue Sports Association promotes cue sports for wheelchair users from all over the UK. The sports include snooker and 9 ball pool. The association runs open tournaments around the country for their members.

34/G2 Trafalgar St., Clydebank, Dunbartonshire, G81 4EE

Tel: **0141 941 0778**

E-mail: matthewduffy@mac.com

West Coast Indoor Karting

West Coast Indoor Karting has a full indoor racing circuit and they put on a series of races anyone can take part in. All the equipment needed is provided, including a fully adapted adult kart. There are also karts for children over the age of 8.

Solway Trading Estate, Maryport, Cumbria, CA15 8NF

Tel: **01900 816472** Fax **01900 812855**

E-mail: info@westcoastkarting.co.uk

Website: www.westcoastkarting.co.uk

Outdoor Activities

Angling

The British Disabled Angling Association (BDAA)

The British Disabled Angling Association help develop opportunities to improve access to angling for disabled people. The BDAA offers advice and support to disabled people as well as anyone else involved in the activity including fisheries, clubs and community centres. Terry Moseley, Chairman

Tel: **01922 860912**

E-mail: info@bdaa.co.uk

Website: www.bdaa.co.uk

National Federation of Anglers

The National Federation of Anglers is an organisation for any freshwater anglers, disabled or not. They organise the national championships for disabled anglers and have regional officers throughout the country.

National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU

Tel: **0115 9813535** Fax: **0115 9819039**

Email: office@nfadirect.com

Website: www.nfadirect.com

Wey Valley Disabled Anglers Association

The Wey Valley Disabled Anglers Association aims to promote and organise disabled angling opportunities alongside non-disabled anglers. The association can also provide information and advice to other clubs and associations on the provision of facilities for disabled people.

Dave Phillips, Hon Sec. and Membership Sec.

1 Lime Tree Walk, Farnborough, Hants , GU14 6HU

Tel: **01252 542540**

E-mail: honsec@wvdaa.demon.co.uk

Website: www.wvdaa.demon.co.uk

Diving

The Scuba Trust

The Scuba Trust promotes scuba diving to all disabled people regardless of their disability. The trust runs monthly induction lessons and organise accessible diving holidays to enable everyone interested to obtain a diving certificate.

13 Lade Fort Crescent, Lydd-on-Sea, Romney Marsh, Kent, TN29 9YG

Tel: **07985 025385** Fax: **01797 361565**

E-mail: scubatrust@btinternet.com

Website: www.scubatrust.org.uk

Flying

The British Disabled Flying Association

The British Disabled Flying Association offers a wide range of flying opportunities for disabled people. The association organises flying days at various airfields across the UK and can provide scholarships for some people wanting to obtain their pilots license.

c/o Lasham Gliding Society, Lasham Airfield, Alton, Hants, GU34 5SS

Tel: **07967 269 345**

E-mail: info@bdfa.net

Website: www.bdfa.net

Aviation for Paraplegics and Tetraplegics Charitable Trust (APT)

Aviation for Paraplegics and Tetraplegics Charitable Trust provides specially adapted aircrafts to enable paraplegics and tetraplegics to obtain their microlight pilots license. The APT also has some adapted mobile homes to enable students to stay on site when necessary.

Hanger 3, Old Sarum Airfield, Salisbury, Wiltshire, SP4 6BJ

Tel: **01722 410744** Fax: **01722 410678**

SGU Walking on Air

SGU Walking on Air provides opportunities for disabled people to experience gliding by offering trial flights. They also own a specially adapted glider to enable disabled people with enough strength to work towards a solo flight.

Scottish Gliding Centre, Portmoak Airfield, Scotlandwell, Nr Kinross, KY13 9JJ

Tel: **01592 840543**

Website: www.walkingonair.f9.co.uk

British Hangliding and Paragliding Association - Flyability

The British Hangliding and Paragliding Association aims to promote and provide opportunities for disabled people to experience hang gliding, paragliding and other related forms of flight. Flyability fund tandem first flight experiences for all disabled people and student pilot scholarships for those disabled people wanting to learn to fly.

The Old Schoolroom, Loughborough Road, Leicester, LE4 5PG

Tel: **0116 2611323**

E-mail: contact@flyability.org.uk

Website: www.flyability.org.uk

British Gliding Association

The British Gliding Association is the governing body for gliding in the UK and promote gliding for all. They have the details of all affiliated clubs and also have information on the airfields that have two seater gliders adapted for disabled people.

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Kimberley House, Vaughan Way, Leicester, LE1 4SE

Tel: **0116 253 1051** Fax: **02116 251 5939**

E-mail: bga@gliding.co.uk

Website: www.gliding.co.uk

Gardening

Fredshed

Fredshed aims to find and develop the best tools to enable any person, including disabled people, to enjoy gardening. Fred Walden (who owns the site) tests all the gardening tools with people of different ages, sex and ability and only tools that everyone can use make it onto the site.

Website: www.fredshed.co.uk

Herefordshire Growing Point

Herefordshire Growing Point aims to encourage those people that cannot manage their garden by traditional methods into gardening by teaching them alternative techniques. They have a fully accessible demonstration garden to visit.

Holme Lacy College, Holme Lacy, Hereford, HR2 6LL

Tel: **01432 870814**

E-mail: administrator@growingpoint.org.uk

Website: www.growingpoint.org.uk

Thrive

Thrive seeks to improve the well-being and social skills of disabled and disadvantaged people through gardening. They have three gardening projects specifically aimed at giving ideas on easier gardening for disabled people and the elderly.

Thrive National Office, The Geoffrey Udall Centre, Beech Hill, Reading, RG7 2AT

Tel: **0118 9885688** Blind gardeners' helpline: **0118 988 6668**

Website: www.thrive.org.uk

Golf

Handigolf Foundation

The Handigolf Foundation helps many disabled people play golf by hiring out handigolf buggies. These buggies are specifically designed to allow people to play golf whilst seated.

Mr Ray Lee, Secretary

404 Westthorne Avenue, Eltham, London, SE9 5TL

Tel: **020 8850 7407**

E-mail: rayandpam@hotmail.com

Website: www.handigolf.org

Horse Riding

Riding for the Disabled

Riding for the Disabled enables disabled people to horse ride or drive carriages to benefit their health and well-being. They have 500 groups around the country.

Lavinia Norfolk House, Avenue R, Stoneleigh Park, Warwickshire, CV8 2LY

Tel: **0845 658 1082** Fax: **0845 658 1083**

E-mail: info@rda.org.uk

Website: www.riding-for-disabled.org.uk

Windsor and Ascot Driving Group for the Disabled

Windsor and Ascot Driving Group for the Disabled enables physically disabled adults to learn how to drive ponies and to enjoy an outdoor activity. They only cover the Windsor, Slough, Ascot and Bracknell districts and meet weekly for social activities.

E-mail: editor@ascotdisableddriving.org.uk

Website: www.ascotdisableddriving.org.uk

Motorsport

Pararallying

Pararallying offers disabled people over the age of 17 the opportunity to drive a rally car. They run full rally days where you receive expert instruction on how to control the car. A full driving license is not necessary but if a person is not able to or does not want to drive they can experience the ride as a passenger.

Wood Farm, East Bank Road, Sunk Island, Nr Hull, East Yorkshire, HU12 0QP

Tel: **07946 262467**

E-mail: info@pararallying.com

Website: www.pararallying.com

X-treme Disabled Motorsport (XDM)

X-treme Disabled Motorsport gives disabled people the opportunity to experience off road motorsports. They have a fully adapted quadbike that allows the body to be positioned lower inside the vehicle to make balancing easier.

Tel: **0800 180 4850**

E-mail: info@xdm.org.uk

Website: www.xdm.org.uk

Walking

The Disabled Ramblers

The Disabled Ramblers are a group of disabled people who enjoy rambling, although most cannot walk. They organise walks across England and Wales

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and also campaign for easier access to the countryside.

Little Croft, Guildford Road, Shamley Green, GU5 0RT

E-mail: chairman@disabledramblers.co.uk

Website: www.disabledramblers.co.uk

Fieldfare Trust

The Fieldfare Trust works with disabled people and countryside managers to improve access to the countryside for everyone. They provide advice and training services, run projects for disabled people which can enable them to take action locally, and also provide information on accessible places to visit.

E-mail: info@fieldfare.org.uk

Website: www.fieldfare.org.uk

Social Activities

The Outsiders Club

The Outsiders Club is for people who feel isolated because of physical or social disabilities. The club aims to put people in touch with others who may have the same disability or who are in a similar situation to create friendships.

BCM Box Outsiders, London, WC1N 3XX

Tel: **020 7354 8291**

E-mail: info@outsiders.org.uk

Website: www.outsiders.org.uk

Phab

To promote and encourage people with and without physical disabilities to come together on equal terms, to achieve complete inclusion within the wider community and to make more of life together. There are over 200 local clubs across the UK.

Summit House, 50 Wandle Road, Croydon, Surrey, CR0 1DF

Tel : 020 8667 9443

Fax : 020 8681 1399

E-mail: info@phabengland.org.uk

Website: www.phabengland.org.uk

4dp

For Disabled People is a website where disabled people can share their experiences, find friends and search for people who have been through similar challenges. You can also find out about any adaptive products available today.

Website: www.4dp.com

Listening Books

Listening Books provide a postal audio book library for people who are unable to read a book or turn the pages. There are nearly 4000 book titles to

Arts Council England

The Arts Council England is the national development agency for the arts and have ten regional offices around the country. They aim to promote the arts at the heart of national life.

14 Great Peter Street, SW1P 3NQ
Tel: **0845 300 6200**

Textphone:
020 7973 6564

E-mail:
enquiries@arts
council.org.uk

Website:

www.artscouncil.org.uk

Crafts Council

The Crafts Council is responsible for promoting fine craftsmanship and increasing public awareness of contemporary arts and crafts. They have information on exhibitions and events happening throughout the year,

44a Pentonville Road, London, N1 9BY

Tel: **020 7806 2559**

Website:

www.craftscouncil.org.uk

choose from and they are all supplied in cassette format.

12 Lant Street, London, SE1 1HQ

Tel: **020 7407 9417** Membership Services: **020 7234 0522**

E-mail: info@listening-books.org.uk

Website: www.listening-books.org.uk

Creative and Performance Arts

Amici Dance Theatre Company

Amici Dance Theatre Company are a dance company integrating able-bodied & disabled artists and performers. They run regular classes through term-time, give workshop residencies, student placements, and perform throughout the year.

Turtle Key Arts, Ladbroke Hall, 79 Barbly Road, London, W10 6AZ

Tel: **020 8964 5060** Fax: **020 8964 4080**

E-mail: admin@turtlekeyarts.org.uk

Website: www.amicidance.org

Anjali Dance Company

Anjali Dance Company are a contemporary dance company of performers with a learning disability. They tour across the UK and also undertake educational and outreach work.

The Mill Arts Centre, Spiceball Park, Banbury, OX16 8QE

Tel/fax: **01295 251909**

E-mail: info@anjali.co.uk

Website: www.anjali.co.uk

Artsline

Artsline's aim is to increase participation in the arts by disabled people of all ages and to provide them with accurate information about access to arts and cultural events in London. They have a comprehensive information service on all aspects of the arts and have published access guides on activities in London.

54 Chalton Street, London, NW1 1HS

Tel: **020 7388 2227** Minicom: **020 7388 2227**

E-mail: access@artsline.org.uk

Website: www.artsline.org.uk

Blue Eyed Soul Dance Company

The Blue Eyed Soul Dance Company is a dance

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company integrating disabled and non-disabled people. They tour nationally and have an education, outreach and training programme. Pimley Barns, Sundorne Road, Shrewsbury, SY4 4SA

Tel: **01743 271900** Fax: **01743 271516**

E-mail: admin@blueeyedsouldance.com

Website: www.blueeyedsouldance.com

CandoCo Dance Company

The CandoCo Dance Company is a contemporary dance group with both disabled and non-disabled performers. They tour throughout the UK and abroad and also offer a year round programme of integrated dance education, training projects, international summer schools and an integrated youth dance company called Cando II.

2T Leroy House, 436 Essex Road, London, N1 3QP

Tel: **020 7704 6845** Fax: **020 7704 1645**

E-mail: info@candoco.co.uk

Website: www.candoco.co.uk

Chicken Shed Theatre

The aim of the Chicken Shed Theatre has always been to produce entertaining work and to open the performing arts to all whatever their ability or background. They have a childrens and youth theatre, run some educational courses and also give workshops across the UK.

Chase Side, London, N14 4PE

Tel: **020 8351 6161** Box Office: **020 8292 9222**

E-mail: info@chickenshed.org.uk

Website: www.chickenshed.org.uk

Drake Music Project

The Drake Music Project were established to enable disabled children and adults discover their musical abilities when they are unable to play conventional instruments. They offer workshops across England and contribute to research and development in assistive music technology.

The Deptford Albany, Douglas Way, Deptford, SE8 4AG

Tel: **020 8692 9000** Fax: **020 8692 3110**

E-mail: info@drakemusicproject.com

Website: www.drakemusicproject.org

Magpie Dance

Magpie Dance is a dance company for people with or without a learning disability. They have developed an innovative programme of education and performance for people with learning disabilities across Bromley, London and the surrounding areas.

Tel: **020 8657 0558**

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E-mail: enquiries@magpiedance.org.uk

Website: www.magpiedance.org.uk

National Disability Arts Forum (NDAF)

The NDAF aims to create equality of opportunity for disabled people in the arts. They support the development of disability arts agencies and promote the value of art by disabled people.

59 Lime Street, Newcastle upon Tyne, NE1 2PQ

Tel: **0191 261 1628** Minicom: **0191 261 2237**

E-mail: ndaf@ndaf.org

Website: www.ndaf.org

Orpheus Centre

The Orpheus Centre is an inclusive, residential performing arts centre for disabled people with any disability. They offer 3-year apprenticeships, week long residential courses, run workshops and also have a touring performance programme.

Orpheus Centre, North Park Lane, Godstone, Surrey, RH9 8ND

Tel: **01883 744 664** Fax: **01883 744 994**

Email: enquiries@orpheus.org.uk

Website: www.orpheus.org.uk

Shape

Shape is working to enable deaf and disabled people to access the arts. Their main scheme is the Shape Ticket Scheme which aims to enable disabled, deaf and elderly people to access art events in London by offering reduced price tickets and a free volunteer escort service.

LVS Resource Centre, 356 Holloway Road, N7 6PA

Tel: **020 7619 6160** Minicom: **020 7619 6161**

E-mail: info@shapearts.org.uk

Website: www.shapearts.org.uk

The Disabled Photographers' Society

The Disabled Photographers' Society encourage disabled people of all ages to take up photography as a 'therapeutic and creative pursuit'. The society

have information on photography and how a camera can be adapted to enable disabled people to use it. They also have a gallery for members to show their work.

P.O. Box 130, Richmond, Surrey, TW10 6XQ

Tel: **01256 351990** Fax: **0870 0542813**

E-mail: enquiries@dps-uk.org.uk

Website: www.dps-uk.org.uk

The Disability Foundation
RNOH, Brockley Hill
Stanmore, Middlesex,
HA7 4LP
Tel: 020 8954 7373
Fax: 020 8954 7414
Minicom: 020 8954 7413
info@tdf.org.uk
www.tdf.org.uk



See also TDF's 'Arts and Entertainment' Factsheet