

Local Leisure and Social Activities

For further information regarding activities and places to visit access Bromley's online directory of community and voluntary services: www.infobromley.org

To find your local leisure centre, go to: www.bromleymytime.org.uk

Contact relevant leisure centre to confirm attendance as dates and times are subject to change.

Darrick Wood (Orpington)

Lovibonds Avenue, Orpington, BR6 8EW
Tel: 01689 857 021

Baby Splash and Junior Splash Sessions Tuesday 9.30-10.30am, Saturday 3-4pm and Sunday 9-11.30am.

Pavilion Leisure Centre (Bromley)

Kentish Way, Bromley, BR1 3EF
Tel: 020 8313 9911

Toddler Splash on Wednesday mornings 11-12pm. Buzz Zone activities – soft play (check times and availability during non-term times).

The Spa Leisure Centre (Beckenham)

24 Beckenham Road, Beckenham, BR3 4PF
Tel: 020 8650 0233

Family Splash Sessions Wednesday 3-4pm and Thursdays 12-1.30pm.
Buzz Zone activities – soft play (check times and availability during non-term times).

West Wickham Leisure Centre

Station Road, West Wickham, BR4 0PY
Tel: 020 8777 5686

Family Splash Sessions for children with additional needs and disabilities and their families (fourth Saturday of every month 4.30-5.30pm) Contact the centre to make a booking.

Walnuts Leisure Centre (Orpington)

Lynch Gate Road, Orpington, BR6 0TJ
Tel: 01689 870 533

Exclusive play sessions for Burgess Autistic Trust and Bromley Mencap (second Wednesday of every month 4-6pm)

Biggin Hill Memorial Pool

Church Road, Biggin Hill, TN16 3LB
Tel: 01959 574468

Toddler Splash Saturday and Sundays 10-4pm.

Bromley Youth Support Programme

Activities and support aimed inclusively within the community for all young people aged 6-19 (up to 25 years of age for young people with an additional need or disability) who live in the London Borough of Bromley. There are various local youth hubs across the borough. Contact for more information.

North Hub at Castlecombe Youth Centre,
Castlecombe Road, Mottingham, SE9 4AT
Tel: 020 8857 0047

East Hubs at The Link Youth Centre, Midfield Way, St. Pauls Cray, Orpington, BR5 2QL
and at
The Duke Centre, Park Road, St. Mary Cray, BR5 4AS
Tel: 020 8300 6749

South Hub at Spitfire Youth Centre, Church Road, Biggin Hill, TN16 3LB
Tel: 01959 574835

West Hub at Streetwise Youth Centre,
1-3 Anerley Station Road, Anerley, SE20 8PY
Tel: 020 8778 4300

Also at:

Darrick Wood Youth Group, Broadwater Gardens, Farnborough, BR6 7UA
Tel: 07950 815063

The Phoenix Youth Group Disability Provision, Hawes Down Centre, Hawes Lane,
West Wickham, BR4 9AE
Tel: 07940 577646

Mobile Team at Central Library, 1st Floor,
Central Library, High Street, Bromley
Tel: 07983 430396
Admin tel: 020 8466 3067
Email: youthactivities@bromley.gov.uk
www.bromley.gov.uk/youthactivities

Avenues Trust – Sports and Active Lifestyles

‘leisure and activity guide’

Tel: 0800 292 2762

www.avenuesgroup.org.uk

Gambado - Beckenham

Children can play and learn in a safe, clean and fun environment. The parent or carer of a child with a disability can enter free if proof can be provided. Offers exclusive play sessions for children with additional needs and disabilities. Contact provider for more details.

Tel: 020 8662 6910

www.gambado.com/clubs/beckenham

Bromley Youth Music Trust

Southborough Lane, Bromley BR2 8AA
Tel: 020 8467 1566
Email: contact@bymt.co.uk
www.bymt.co.uk

Churchill Theatre

High Street, Bromley BR1 1HA
Tel: 08448 717 620
Customer service: 0844 871 7627
Email: customercare@theambassadors.com
www.atgtickets.com

FOR MORE INFORMATION ON THEATRE VENUES:

Go to: **www.officallondontheatre.co.uk**

Aqua Kids

Specialist swim sessions for children with additional needs and disabilities.

Marjorie McClure, Hawkwood Lane, Chislehurst BR7 5PS
Tel: 07802 660516
Email: I.crust@ntlworld.com

Ability Sports

Multi-sports after school club for children with pan disabilities of primary age, including; Boccia, Seated Volleyball, Basketball, Zone Hockey, Football, Polybat, Teeball, Benchball, Table Tennis and Cup Stacking.

Tel: 07947 700262
Email: susanj.bushell@btinternet.com
www.abilitysports.co.uk

OE Bears (Old Elthamians CC)

Cricket for children with additional needs and disabilities. A structured training programme with qualified and specialist coaching, regular matches and tournaments.

Foxbury Avenue, Perry Street, Chislehurst
Tel: 020 8694 0347
Mob: 07751 133 190
Email: francesdriscoll@hotmail.com

Bromley Lions Club

Social and leisure activities for all age groups throughout the year.

Sundridge Park Working Mens Club, Burnt Ash Lane
Bromley, Kent, BR1 5AF
Tel: 020 8857 6624
Email: MikeDeves69@gmail.com

British Disabled Angling Association (BDAA)

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

Tel: 01922 860912
Email: terry@bdaa.co.uk
www.bdaa.co.uk

Angling Trust

The trust represents all game, coarse and sea anglers and angling in England.

Tel: 0844 770 0616

Email: admin@anglingtrust.net

www.anglingtrust.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 Katakana'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.

Tel: 020 7248 7171

Email: info@thames21.org.uk

www.thames21.org.uk

Wheels for Wellbeing

Supporting disabled people to cycle.

Tel: 020 7346 8482

Email: info@wheelsforwellbeing.org.uk

www.wheelsforwellbeing.org.uk

Mousetrap Theatre Projects

Exploring London Theatre – subsidised tickets for those who would normally be unable to access the theatre due to financial difficulties. Runs school workshops to support the theatre experience.

Tel: 020 87240 6606

Email: ffn@mousetrap.org.uk

www.mousetrap.org.uk

Riding for the Disabled Association

Norfolk House, 1a Tournament Court, Edgehill Drive Warwick, CV34 6LG

Tel: 0845 658 1082

Email: info@rda.org.uk

www.rda.org.uk

The Diamond Centre – horse riding for disabled riders

Contact centre for further details and cost per term. There is a waiting list, but early application is beneficial.

Woodmansterne Road, Carshalton, Surrey, SM5 4DT

Tel: 020 8643 7764

Fax: 020 8643 8720

www.diamondcentre.org.uk

Email: diamondcentre@tiscali.co.uk

Riding for the Disabled Association

New Lodge Centre, Mottingham Lane, Eltham, SE9 4RW

Southborough Lane Stables

321a Southborough Lane, Bromley, Kent BR2 8BG

Tel: 020 8467 5236

www.southboroughstables.blogspot.co.uk

Remark

Offers support to deaf, hard of hearing and blind individuals through events and initiatives and the sponsorship of individuals and clubs.

18 Leather Lane, London, EC1N 7SU

Tel: 020 7269 2620

Email: info@remark.uk.com

www.remark.uk.com

Kidspace (Croydon)

Indoor adventure park. Includes two multi-sensory zones. Discounted for blue badge holders and up to two helpers. Fun for all children.

Tel: 020 8686 0040

Email: croydonenquiries@kidspaceadventures.com

www.kidspaceadventures.com

Ayda Centre

African Youth Development Association – supporting the development of all young people, including those with Special Educational Needs and their families, through training and support activities. Runs workshops, intergenerational activities and support for isolated parents and young people. Facilitated parenting workshops and mentoring scheme for parents and carers.

Ayda Centre, Day Lewis House, 2nd Floor,

324-340 Benson Lane, Thornton Heath,

Surrey, CR7 7EQ

Tel: 020 8239 0009

Email: admin@aydacentre.org

www.aydacentre.org

Christmas Tree Farm

Wide range of farm animals to see and interact with, through feeding and in some cases, make contact with. Food is available to purchase on the farm. Tea gardens, café and farm shop on site.

Cudham Road, Downe Village, TN16

Tel: 01689 861 603 – opening times: Monday - Sunday between 10.00 - 4.30pm.

www.xmastreefarm.co.uk

Godstone Farm and Play Barn

Tilburstow Hill Road, Godstone, Surrey, RH9 8LX

Tel: 01883 742 546 – opening times: Monday – Sunday between 10.00am - 5.00pm (last admission 4.00pm).

www.godstonefarm.co.uk

Bromley Mencap Family Fun Days and Cinema Mornings

During half-terms and summer holidays, events and outings are organised for all the family. This includes cinema mornings at the Beckenham Odeon, exclusively for children with learning and physical disabilities and their families. The lights are kept on during the showing. Wheelchairs and buggies can access the building and can be taken into the film area.

Details can be obtained through the Bromley Mencap Bulletin or contact:

Gill Eldridge on 020 8466 0790.

Beckenham and Penge Gateway Club

A social club for people with learning disabilities. The Club meets up for regular activities, such as, disco, games, puzzles, coach outings, meals out and trips to the theatre.

Royston School, High Street, Penge, SE20 Thursdays between 7.30-9.30, aged 16+.
Tel: 07914 678409

Email: info@thegatewayclub.co.uk
www.thegatewayclub.co.uk

Orpington and Bromley Gateway Club

A social club for people with learning disabilities.

The club provides special events and takes members on outings, holidays, theatre trips, discos, sporting activities, quizzes and many more social activities, to improve member's quality of life and provides a welcome break for parents and carers.

Crofton Halls, York Rise, Orpington BR6 8PR
Fridays between 7.30-9.30, aged 16+.
Tel: 0794 980 2993

Email: enquiries@orpingtongatewayclub.org.uk
www.orpingtongatewayclub.org.uk

Magpie Dance Youth Group

The Magpie sessions are fully inclusive and aimed at people with a wide range of learning needs, aged 14+. These sessions are held weekly during school term-times (places must be booked in advance) Wednesdays 4.30pm - 6.30pm at the United Reform Church, 20 Widmore Road, Bromley, BR1 1RY. Sessions for 14-25 year olds - free). Saturdays – 10.30am-12.30pm

Harris Academy Bromley, Lennard Road,
Beckenham, BR3 1QR.
Tel: 020 8290 6633

Email: admin@magpiedance.org.uk
www.magpiedance.org.uk

Scouts

9th West Wickham Specialist Needs Group

Friday (during term-time) 6.30-7.30pm – Cubs (8-11years) and Scouts (11-13years); 7.45-9.00pm – Explorers (14-18 years) and Network (19-25 years). Age groups 5-13; 14-18.

Criteria is any child, or young adult with a disability. The group is run along the lines of traditional scout groups, but with a programme favoured to meet the needs and abilities of all members.

The emphasis is on encouragement, participation, teamwork and fun.

Hawes Down Centre, Hawes Lane, West Wickham BR4 9XE
Contact Caroline Stone on Tel: 020 8462 4432

The Phoenix Youth Club

Runs a social evening for young people with disabilities on a Mondays and Thursdays between 6.45pm-9.15pm (low cost entry).

Age range 10-25 years.

The Phoenix Youth Club, Hawes Down Centre, Hawes Lane, West Wickham BR4 9XE
Tel: 01689 827601

Special K Club for Children with Disabilities

Co-ordination skills through ball games. Age range 5-18. Saturdays only.

Park Langley Club

Contact Tel: 020 8658 9028 (Jill Saunders)

Sharks Swimming Club (Mottingham and Eltham)

The Sharks is a competitive club providing swimming training sessions, as well as swimming lessons for people with physical and learning disabilities. The aim is to encourage fitness in athletes and help them to take part in gala competitions, up to international level.

Opening times;

7-9pm Mondays and 8.30-9.30 Thursdays.

Meeting location at the Eric Liddell Sports Centre, Grove Park, Mottingham and The Eltham Leisure Centre, ages: from 6+

Tel: 07913 075373 (Marilyn Peciuch)

Email: sharkssc@hotmail.co.uk

www.sharksofmottinghamdisabilityswimming.org.uk

Bromley Valley Specialist Needs Gym Club (St. Pauls Cray)

Monday 6-7pm under 16 years; 7-8pm ages for over 16 years (ages 14-25) Gymnastics club for young people with disabilities

Contact centre for further details.

Bromley Valley Gymnastics Centre, Chipperfield Road, St. Pauls Cray, Orpington, BR5 2QR

Tel: 020 8300 5964

Email: specialneeds@bromleyvalley.co.uk

Uphill Ski Club (St. Pauls Cray)

The Uphill Ski Club aims to provide the possibility for people with a disability to participate in winter sporting activities; e.g. skiing. Skiing may be either standing or sitting.

The Uphill believe in SKI-ABILITY not disability. Specialist adaptive equipment is provided where necessary. Skiers work with volunteer 'adaptive techniques' instructors, assisted by 'ski-buddies'.

Also promoting snow sports for people with disabilities with the potential for Special Olympic opportunities.

Contact for further details.

Tel: 020 8460 4060

Email: the_dempsey@hotmail.com

www.uphill-skiing.org.uk

Green Dragon & Biggin Hill Judo Club

Judo classes for children with balance and co-ordination difficulties. Please contact for further details. Introductory first session.

Green Dragon (Orpington): Sunday 10-11.30am

Biggin Hill Judo Club: Wednesday at Biggin Hill Squash Club: ages 5-10 at 7-8pm; ages 10-25 at 8-9.30pm
Saturdays at Darwin Leisure Centre: all ages (family) 3.30-5pm

Little Dragons Judo Club: Saturday afternoon ages 3-5 years at 2.15-3.15pm

Tel: 01959 542 898

www.dojudo.co.uk

Conquest Swimming Club

(Spa - Leisure Centre)

Provides voluntary instruction in swimming and relative water recreation. All ages and disabilities acceptable with doctors certificate. Membership required.

Session Times: 2.00-4.00pm

Apply in writing:

Mrs Carol Davis, Honorary Secretary,
26 South Bank, Westerham, Kent TN16 1EN

Cinema Exhibition Association Ltd

If you require information regarding subtitles and audio description for cinema visits.

www.yourlocalcinema.com

Applications can be made for a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. Terms and conditions of use apply.

Tel: 0845 123 1292

Email: info@ceacard.co.uk

Tel: 0845 123 1296

www.ceacard.co.uk

