

Fact sheet 12: Fun things to do for all ages



Children and young people with additional needs want to take part in activities they enjoy, but they also want to feel welcome, safe and supported. This fact sheet lists a wide range of local leisure activities - some for children and young people with disabilities or additional needs, some that are inclusive and others that are open to all. **Please be aware that some of this information may be out of date and details can change, so do check before you turn up!** If you have a Compass Card B&H and want to keep up to date with the latest leisure information, download the Compass Card app, sign up for Amaze's weekly e-bulletin, Compass News B&H or call the helpline on 01273 772289.



The Compass Card in Brighton and Hove

The Compass is the city's 'disability register' and it's run by Amaze. It's for 0-25s with disabilities or special educational needs that have a significant impact on every day life (eligibility ends after 25th birthday). Children and young people on the database get a Compass Card that offers a range of discounts at leisure outlets across the city. For full details of all the offers, download the free Compass Card app to your iPhone or Android smart phone (search for 'Compass Card'), or see our Compass Card guide. If you want to apply for or renew a Compass Card, call the Amaze helpline on 01273 772289 for a Compass Registration Form or visit www.amazebrighton.org.uk. You can also call the helpline for the latest Compass Card guides, or visit www.amazebrighton.org.uk and click on the Compass Card link.

Additional benefits and discounts

Carers' Card. If you care for someone with a Compass Card B&H, you automatically qualify for a Carers' Card to look after your own health and wellbeing. Amaze develops the offers on the card, around 60 of them, including local leisure centres, the Duke's cinemas, complementary therapies and a range of classes. To apply, call 01273 295153 and have the Compass Card to hand because you'll be asked for the number on the back. Young carers aged 8 to 25 also qualify for a Carers' Card - call the Young Carers Project on 01273 746222.

Gully's Days Out. Established by Albion in the Community in partnership with American Express®, Gully's Days Out provides young people and adults with additional needs with opportunities to experience many of Sussex's greatest attractions including Sea Life Brighton, Butlin's, Cineworld, Frankie & Benny's, Brighton Pier, Inspire Leisure and many more. Gully's Days Out membership is available to both individuals and organisations (Day Centres and SEND Schools) and Compass Card holders are automatically eligible. Members can request up to five tickets to attractions and enjoy a day out with friends and family as well as benefit from the support trained Albion in the Community employees and American Express volunteers at 'supported days out' throughout the year. For further information or to apply for membership, call 01273 668590 or email gullysdayout@albioninthecommunity.org.uk

City Leisure Card. Brighton & Hove City Council has a Leisure Card that provides a 40% discount on swimming, fitness suites, fitness membership, squash, badminton and table tennis in Freedom leisure centres in the city. You'll need to be a student with an NUS Extra Card or be receiving certain benefits to be eligible. Ask at your local Freedom leisure centre for an application form.

Arts, music, film and drama

Autism-friendly screenings at the Duke of Yorks and The Duke's at Komedia: 0871 902 5728 /01272 818549

Regular Saturday and Sunday cinema club for children and young people with additional needs and their families.

Tickets cost £3 for all. Screenings at Preston Circus usually third Sunday of the month, screenings at Komedia usually first Saturday of the month.

Autism-friendly screenings at Cineworld Brighton: Marina 0800 188 4044

Monthly Sunday morning cinema club for children and young people with autism or learning disabilities. Tickets can be purchased about two weeks in advance of the screening on the number above.

Autism-friendly screenings at the Odeon Brighton: 0800 138 3315

Monthly Sunday morning cinema club for children and young people with autism or learning disabilities. Tickets can be purchased from 11am on the Wednesday before the screening on the number above (Odeon's Accessibility Helpline).

Beacon Arts: 01273 557124 info@beaconarts.co.uk www.beaconarts.co.uk

Range of dance, art, drama, ballet and music classes for children of all ages and over 18s too.

Brightonshed: 07710 261704 www.brightonshed.com

Local inclusive theatre group that runs weekly sessions for 7-11s and 11-18s at Vardean School, Balfour Road, BN1 6NP in term time.

Brighton Carousel: 01273 234734 enquiries@carousel.org.uk www.carousel.org.uk

Local charity, Carousel, helps over 18s with learning disabilities to reach their potential in the arts. Activities include music technology, radio, live music events, clubbing (Blue Camel - see below) and the Oska Bright Film Festival.



Make Your Mark art workshops: 07400 963087 sue.winter@icloud.com

Sue Winter runs her Make Your Mark art workshops for 16-25s with additional needs on the first Saturday of the month from 10am to 1pm (venue varies, so check for details). Young people can try printing, painting, drawing and sculpture. £15 for Compass Card holders (standard price £18). Book in advance.

National Cinema Exhibitors' Association (CEA) card: 0845 123 1292 www.ceacard.co.uk

Cost £6, valid for a year, the CEA photo card can be used at many cinemas, to show a disabled person is entitled to a free ticket for their carer. Applies to over 8s only. Application from cinemas, or at www.ceacard.co.uk



Theatre offers at Komedia, Theatre Royal, T.O.M and Brighton Dome

Compass Card holders get special offers on selected shows. Offers are often last minute, so if your child has a Compass Card, you need to provide an email address and we'll give you the latest offers in our weekly e-bulletin, Compass News B&H.

Clubbing

Blue Camel Club: 01273 234734 enquiries@carousel.org.uk www.carousel.org.uk

Club night with live music and DJs for over 18s with learning disabilities and their friends. Run by Carousel (see above).

Kiss My Disco: 07730 685775 ncarling@hotmail.co.uk

Run by Fresh Track and people with learning disabilities and open to all over 18s. Club night with DJs for over 18s in Brighton, Bexhill, Crowborough, Eastbourne and Lewes.

Farms, fishes and animals

Drusillas: 01323 874100 discounts@drusillas.co.uk www.drusillas.co.uk

Zoo and adventure park near Alfriston. Wheelchair accessible and a nominal discount for disabled people and carers. Online booking cheaper. To receive info about discounts, email discounts@drusillas.co.uk

Middle Farm: 01323 811411 www.middlefarm.com

Dairy farm near Lewes, with farm shop, restaurant, gift shop, cider barn and open farm.

Mohair Centre Holiday Workshops: 01825 872457 mohairchildcare@hotmail.co.uk

Holiday workshops, farm based nursery, holiday club and afterschool club for children aged 1-13. Dedicated to inclusion.

Riding for the Disabled Association (RDA): 0845 2416343 pip.sampson@googlemail.com

Three local riding groups that provide sessions for disabled children, young people and adults - call for details.



Sea Life Centre: 0871 423 2110 www.sealife.co.uk

A sensory day out for all ages. Compass Card holders pay standard entry fees (£9.95 at least a day in advance on the Sea Life website, £14.50 on the day), but there's a free carer's ticket. Also discounts on annual pass.



Spring Barn Farm Park: 01273 488450 www.springbarnfarm.com

Farm near Lewes with animals, picnic/play area, maze and cafe. Compass Card holders and one parent/carers (over the age of 16) get discounted entry to Spring Barn Farm Park (see <http://www.springbarnfarm.com/farm-park/farm-park-entrance-prices/> for more details).



Stoney Wish Nature Reserve: 01273 843498 www.stoneywish.com

Once a working farm, a trail runs around the country park with ponds, picnic area and tea rooms. Continued...

Near Ditchling. 50p discount to Compass Card holders and one parent/carer goes free.



Washbrooks Farm: 01273 832201 www.washbrooks.co.uk

A family farm near Hurstpierpoint. 50p discount to Compass Card holders and one parent/carer goes free. N.B. Most facilities are aimed at children 7 years and under.

Indoor soft play



Funplex: 01273 690888 www.funplex.co.uk

Indoor adventure play centre in Bevendean. Funplex offers a £1.50 discount on entrance fee to Compass Card holders.

Magic Castle: 01273 588858 www.waveleisure.co.uk/peacehaven-leisure-centre/magic-castle

A two level soft play area for children under 10 with lots of different equipment at Peacehaven Leisure Centre.



Monkey Bizness: 08458 739645 www.monkey-bizness.co.uk

Indoor play centre outside Lewes. Café and three play areas. Compass Card holders go half price.



Westows: 01273 721338 www.westows.com

Indoor soft play for kids up to 4ft 10ins, plus astroturf pitches and bouncy castle. £1.50 discount for Compass Card holders, including party bookings and monthly special needs sessions on Friday evening 6.30pm to 8pm (check for info).

Sensory Studio: 01273 405800 www.southdownhousing.org/services/community-services/sensory-studio

Sensory room designed to stimulate the senses in Lewes, run by Southdown Housing Association. Call for info.

Libraries, museums and local authority stuff

Libraries: 01273 290800 libraries@brighton-hove.gov.uk bookstart@brighton-hove.gov.uk

www.citylibraries.info Facebook: Brighton & Hove City Libraries Twitter: @BHLibraries

Baby Boogie sessions and Bookstart packs at libraries across the city. Storytime sessions at Jubilee and Hove, including some signed storytimes. Regular family events and activities.



Free CDs, DVDs and audio book hire

Compass Card holders can hire CDs, DVDs and audio books for free at Brighton and Hove's libraries. Once you've joined the library, just show your Compass Card to staff the first time you borrow a CD, DVD or audio book.

Mobile Play Bus: 01273 294264 kurt.birkenbeil@brighton-hove.gov.uk www.brighton-hove.gov.uk/playbus

Free, accessible play sessions run by the council's play team in specially designed bus with hydraulic lift for wheelchairs.

Whitehawk Toy Library: 01273 296924 whitehawklibrary@brighton-hove.gov.uk www.citylibraries.info

'Stay and play' session every Thursday (term-time only 1.30-3pm) and Baby Boogie on the first Tuesday of the month (term-time only 10.15-10.45am). Wide variety of toys and games and pre-school musical instruments on loan.



Royal Pavilion and Museums: 03000 290900 www.brightonmuseums.org.uk

16-24 year olds with a Compass Card get free entrance at the Royal Pavilion, Preston Manor and Brighton Museum & Art Gallery and carers of all Compass Card holders also get free entry (children up to 15 from Brighton and Hove already get free entry if they visit with an adult who lives in the city). Call 01273 292865 for details of children's and family events at the city's museums and the Pavilion. Early years and family sessions aim to be inclusive.

Play groups, after school and holiday schemes

Cherish: 01273 295171 / 01273 295530 chris.kerridge@brighton-hove.gov.uk

Part of Brighton and Hove Council's disability team, providing Easter/summer holiday all-day mini bus based schemes and term time evening youth clubs and young adults service. Dedicated specialist service for mixed ability groups of learning disabled young people, aged 16-25. Staffing 1:1

Extratime: 01273 420580 info@extratimebrighton.org.uk www.extratimebrighton.org.uk

Inclusive after school clubs and holiday play schemes at Hillside, Woodingdean, St Luke's and West Blatchington schools. 1-to-1 support available. Plus, in association with YMCA Downslink Group, holiday youth schemes for 11-19s with disabilities at Crew Club Brighton and Hove YMCA, and Wednesday evening (4-7pm) Access to Youth club at Hove YMCA, Hove (page 8).

Honeycroft 3: 01273 220323 marion.silsby@googlemail.com www.honeycroft.co.uk

Inclusive playgroup 8.30am-5pm on Sackville Road, Hove, for children 6 months to school age. Inclusive holiday club for children ages 4-11. High staff ratio and long-standing experience of working with children with additional needs.

Whoopsadaisy: 07588 555761 info@whoopsadaisy.org www.whoopsadaisy.org

Conductive education to help children with Cerebral Palsy and other motor disorders lead independent lives. Parent and Child groups for babies and children up to five; and Saturday Sessions and Holiday Clubs for 5-12 year olds. Inclusive playgroup daily 8.30am-5pm on Sackville Road, Hove, for children from 6 months up to school age. Continued...

High staff ratio and long-standing experience of working with children with special needs. Also inclusive holiday clubs.

Social and support groups for parents, children and young people

Autism Sussex: 0345 450 0060 www.autismsussex.org.uk

Range of social groups for children and young people and full programme of arts activities based at the new Open Market development on the London Road for over 18s.

**Brighton, Hove and West Sussex Deaf Children's Society 07519 869878 bhwsdcsoc@btinternet.com
www.bhwsdcs.org.uk [facebook.com/bhwsdcs](https://www.facebook.com/bhwsdcs) [twitter: @bhwsdcs](https://twitter.com/bhwsdcs)**

A charity run by parents of deaf children bringing family friendship and fun. Organises fun events for children of all ages to enable deaf and hearing impaired children to make friends and have fun. Also offers a network of help and support for parents.

Brighton Pebbles: 07506 105265 brightonpebbles@tiscali.co.uk

Parent-run social group for families with disabled children and young people who live in Brighton and Hove.

Little Wheels: Ruby 07971 541001

Parent-run group for parents and carers of children aged 0 to 8 with physical disabilities. Provides early support and info, regular swimming sessions and meet-ups.

Little Darlings: 07799 414837 sharondebra@hotmail.co.uk

Parent-run group for children aged 0 to 10 with additional needs and their parents/carers and siblings.

Link UP: Gail 07969 306607 www.linkupbrighton.org

Parent-run project that organises social activities for children with additional needs who attend mainstream schools, have statements, EHC Plans, or who are on School Action.

Sweet Peas: Kerry 07875 377961

Parent-run parent and children's group for children 0-6 with additional needs. Fri 12.15-3pm, Tarner Children's Centre.

T21: 07810 567626 emmaparker148@btinternet.com

Parent-run group for families of children with Down Syndrome. The group shares information and runs family activities.

Sports and physical activities and other leisure activities

GENERAL:

Assert 01273 234850 /07766 837259 lifeskills@assertbh.org.uk

Relaxed, supportive walking group for over 16s with High Functioning Autism (HFA) or Asperger's Syndrome.

City Synergy: 01273 697339 www.citysynergy.org.uk citysynergy@yahoo.co.uk

Sporting and social activities for adults with visual impairments. Children welcome with carers. Also see 'Tennis' (page x).

English Federation of Disability Sport: 01509 227750 federation@efds.co.uk www.efds.co.uk

Information about sports opportunities for disabled children and adults.



Forest View Holiday Home: 01273 295530 forestview@brighton-hove.gov.uk

Fully accessible holiday home in the New Forest for disabled children, young people and adults and their families. Compass Card holders get a 10% discount. Discounted prices from £180 for an off-peak short break (Friday 4pm to Monday 10am or Monday 4.00pm to Friday 10am), to £482.50 for a week in high season.

Futures Life Skills Centre: 01825 723723 futureslifeskills@chs.org.uk www.futureschailey.org.uk

Part of Chailey Heritage School, Future Life Skills Centre has range of accessible facilities for disabled people over 19 inc. gym, spa, sauna, cooking and living skills sessions, multi-media suite, arts/crafts, salon, treatment room and café.

**Grace Eyre Sports for All in Sussex: Gabbi Simmonds 01273 222097/07436093171
www.sportsforallsussex.co.uk**

Range of sports for young people and adults 16+ with learning disabilities, including table tennis (page 7), indoor cricket (page 6) and football (page 6).

Healthwalks: 01273 292564 www.brighton-hove.gov.uk/healthwalks healthwalks@brighton-hove.gov.uk

Outdoor walks led by trained volunteers across the city. Many suitable for wheelchair users or young children. Carers welcome.

Inclusive Multi Sport Club 01273 510784 www.waveleisure.co.uk

Inclusive multi sport club for disabled 6-17s at Shakespeare Hall, Fort Road, Newhaven, Wed 4.30-6pm. £1.50 per session and siblings and friends welcome.

The Magic Garden: magicgardenbrighton@gmail.com www.facebook.com/groups/magicgardenallotment

Community allotment for families with disabled children and young people. Friendly drop-in sessions for parent carers run by an experienced gardener, which meet 10am to 12 noon on Fridays in term time. On plot 13 at Lower Roedale allotments in Hollingdean.

**Paradise Park: 01273 512123 www.paradisepark.co.uk**

Part theme park, part gardens, Compass Card holders and up to five other family members get half price entry.

Saturday Active Club 01273 292729/01273 292569

Monthly multi-sport club for 5 to 11s with additional needs and their friends and family 10am to 11.30am on the first Saturday of the month at King Alfred Leisure Centre. Run the Council's Active for Life Team and Freedom Leisure, activities include soft play, badminton, table tennis, basketball, boccia and fitness circuits.

Sussex Wasps: 01273 701235 archerphil@ntlworld.com

Sports club for people with disabilities 8 years and over, including archery at Lewes Leisure Centre.

Sport for Choice 10-25s with visual impairment: Jamie Morgan 07584 583563 jamie.morgan@rlsb.org

Multi-sport activities for children and young people with visual impairment during school holidays and some weekends, including goalball, football, cricket, tennis, gymnastics, judo, trampolining, athletics, hockey and more.

ADVENTURE:**Adventure Unlimited: 01273 681058 www.aulld.org info@aulld.org**

Adventure Unlimited provides adventure activities, from bushcraft to climbing.

Outdoors Project: 07597 396087 info@theoutdoorsproject.co.uk www.theoutdoorsproject.co.uk

Outdoor activities for 5-12s, including camps, Nerf wars, rock climbing and bush craft.

BASKETBALL:**Brighton Tigers: 01273 494419 stephen@swbctigers.com**

Wheelchair basketball for 14+ on Mondays 7 - 9pm at Moulsecoomb Community Leisure Centre. New players welcome.

Spiral Sussex basketball: 030 30 40 2860 info@spiralsussex.co.uk www.spiralsussex.co.uk

Basketball classes for over 18s with learning disabilities, Mondays and Thursdays 6.30 to 8pm.

Tornados 07568 574535 www.tornadoswheelchairbasketball.co.uk

info@tornadoswheelchairbasketball.co.uk

Wheelchair basketball for juniors/new players Fridays 7-8.30pm at Littlehampton Academy, Fitzalan Road, Littlehampton, West Sussex BN17 6FE.

BEACH SPORTS:**Yellowwave beach sports venue: 01273 672222**

Compass Card holders get 10% discount in the Barefoot Café and £5 weekday daytime volleyball court booking discount.

BOWLING:**Brighton Bowlplex: 01273 818180**

Ten pin bowling at the Marina. The Compass Card holder and up to three others pay £3.50 per person, per game Monday to Friday from 10am to 6pm during term time.

BOWLS:**City parks: 01273 292704**

18 to 24 year old Compass Card holders get a concessionary rate if they want to use bowling greens in the city's parks.

CLIMBING:**Boulder Brighton: 01273 422408 www.boulderbrighton.com**

Rope and harness-free bouldering wall in Portslade offers Compass Card holders over the age of 16 its concessionary rate of 15%.

High Sports at Withdean Sports Complex: 0845 363 1177 www.high-sports.co.uk

Climbing wall for all levels at Withdean. Compass Card holders get a 10% discount on all High Sports instructed sessions, individual entries and pre-pay monthly, quarterly and yearly passes. Mention the Compass Card when you book and show it on the day to validate the discount.

CRICKET:**Disability Multi Skills Cricket: Roger Newman 01273 827104 roger.newman@sussexcricket.co.uk**

www.sussexcricket.co.uk/scitc-disability

Weekly multi Skills Cricket sessions in Portslade for children and young people and adults with additional needs aged 7 to 70+ in Portslade.

Cricket for people with a visual impairment (VI) Toby Collins: 07760 400800 toby.collins193@btinternet.com

Junior training at various locations, training for 18+ at Wish Park in Hove.

Indoor cricket for over 16s with learning disabilities [gsmmonds@grace-eyre.org](mailto:gsimmonds@grace-eyre.org) www.grace-eyre.org

An evening cricket club open to adults with learning disabilities in Brighton and Hove. The session runs from 5 to 6pm at Portslade Leisure Centre and is led by a Sussex County Cricket Club coach.

CYCLING:**We Cycle Too: 07572 985 176 wecycletoo@hotmail.co.uk**

Based in Brooklands Pleasure Park in Worthing, there are specially adapted bikes to suit everyone. You have to book well ahead. Brooklands also has an inclusive playground.

Charlotte's Tandems: info@CharlottesTandems.co.uk www.CharlottesTandems.co.uk

National charity that hires out tandems/tag-alongs for free for use by disabled children and adults.

DANCE:**Streetfunk street dance: (Marina Studios) 01273 253679 www.marinastudios.co.uk**

Marina Studios runs a full range of dance classes, including street dance classes.

Spiral Sussex dance: 030 30 40 2860 info@spiralsussex.co.uk www.spiralsussex.co.uk

Spiral Jets Flashback Dance Crew for over 18s with learning disabilities, Tuesdays 7 to 9pm, Carden Primary School.

FOOTBALL:**Albion in the Community www.albioninthecommunity.org.uk**

Albion in the Community runs football clubs and other sports for kids and adults with additional needs. They also run a number of inclusive sessions and impairment specific sessions for children and adults with additional needs and disabilities, including wheelchair football.

**Brighton Seagulls : 07876 898031 /01273 668590 disability@albioninthecommunity.org.uk**

Seagulls train fortnightly throughout the season on Saturdays from 11am-12noon and 12noon-1pm, depending on age. Compass Card holder can play for free at AITC's fortnightly Saturday sessions 10.30am to 11.30am (Juniors 5-16s) and 12 noon to 1.30pm (Adults 16+).

Grace Eyre Sports For All in Sussex football sessions for adults 16+ with learning disabilities

gsmmonds@grace-eyre.org www.grace-eyre.org 07436093171

Football coaching sessions delivered by Albion in the Community at Portslade Leisure Centre on Thursday mornings from 10.30 to 11.30am.

The FA Talent Centre: 07880 195515 paul.brackley@albioninthecommunity.org.uk

For blind, partially sighted and deaf footballers - offers opportunity for players to progress on the FA's 'Emerging Talent Pathway', with the potential to achieve full England International status.

GYMS & WORKING OUT:**King Alfred Leisure Centre: 01273 290290 www.freedomleisure.co.uk**

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

**Longhill Leisure Centre: 01273 391683 www.longhillsportscentre.co.uk**

Free gym sessions for Compass Card holders aged 16-24 and discounted rate for one adult carer. Card holder pays for initial induction, then all sessions are free.

**Moulsecoomb Community Leisure Centre: 01273 622266 www.freedomleisure.co.uk**

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

**Portslade Sports Centre www.freedomleisure.co.uk**

Free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

**Prince Regent Swimming Complex: 01273 685692 www.freedomleisure.co.uk**

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

**Stanley Deason Leisure Centre : 01273 694281 www.freedomleisure.co.uk**

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

**Sussexsport, University of Sussex: 01273 877687 l.o.terrell@sussex.ac.uk www.sussex.ac.uk/sport**

Free gym sessions for Compass Card holders aged 16-24 after induction and discounted rate for one adult carer.

**Withdean Sports Complex: 01273 685692 www.freedomleisure.co.uk**

Compass Card holders aged 12-15 go free at 'Junior Health and Fitness' sessions, after induction. Continued...

Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

KAYAKING:

Brighton Kayak Experience: 07906 075172 robleatham@tesco.net www.brightonkayakexperience.co.uk

Additional needs-friendly courses and one to one coaching.

Marlet Kayak Club : martletkayakclub@hotmail.com www.marletkayakclub.org.uk

Small local club based on Brighton seafront. Instruction is provided by volunteer coaches and membership includes use of all the equipment you need.

MARTIAL ARTS:

Sama Organisation: 01273 607090 www.samagroup.co.uk

Karate and kick-boxing classes for children and adults at venues across Brighton and Hove.

RUNNING:

Preston Park Junior Run: juniorsoffice@parkrun.com www.parkrun.org.uk/prestonpark-juniors
www.facebook.com/prestonparkjuniorparkrun

Fun, free 2km run for 4 to 14 year olds of all abilities every Sunday at 9am in Preston Park. Buggy and wheelchair-friendly course.

SAILING:

Lagoon Watersports: info@lagoonwatersports.co.uk

Lagoon Watersports runs occasional six week Disability Sailing courses for 14 to 25 year olds April-November.

Sussex Sailability: 01798 812265 sussexsailability@gmail.com www.sussexsailability.org

Accessible sailing for disabled people aged 14 and over, run by Sussex Sailability at Sussex Yacht Club.

SWIMMING:

Aqua Movers+ 01825 724444 office@chf.org.uk www.chf.org.uk

Chailey Heritage Foundation School in North Chailey is running Aqua Movers+ swimming sessions for parents and disabled children aged 0-3 at the school's specialist hydrotherapy pool. The sessions are supported by a physiotherapist and speech and language therapist. Regular term time sessions every Tuesday 10.30am to 1.00pm. Call or email Claire Hall for more information.

Downs View Special School Gillian 07788 924940 Ruby 07971 541001

Swimming for physically disabled children and siblings in the hydrotherapy pool at Downsview Special School, Warren Road, Brighton BN2 6BB. Mondays 4-5pm.



Impulse Leisure - Wadurs, Shoreham: 01273 238000 www.impulseleisure.co.uk

Aquatherapy sessions on Mondays and Thursdays 11.30am to 12.30pm. Compass Card holders pay £3.50.



King Alfred Leisure Centre: 01273 290290 www.freedomleisure.co.uk

Compass Card holders get free swimming for themselves and up to four others. Also hosts Marlins Swimming Club for all ages with physical disabilities on Sundays 6.30 to 7.30pm (01273 416600).



Prince Regent Swimming Complex: 01273 685692 www.freedomleisure.co.uk

Free swimming for Compass Card holders and up to four others. Hosts Spiral Goldfins club for disabled swimmers (01273 295180).



St Luke's Swimming Pool: 01273 602385 www.freedomleisure.co.uk

Compass Card holders get free swimming for themselves and up to four others.



The Triangle Burgess Hill: 01444 876000 www.freedomleisure.co.uk

Compass Card holder pays £1 and a carer goes free in the leisure pool; and card holder and a carer go free in the competition pool.

WetWetWet Swim School: 01273 388247/07811 848046 info@wetwetwetswimschool.co.uk

WetWetWet Swim School provides group swimming and water safety lessons to children aged 3 plus and private lessons for adults who are deaf. Classes run in term-time and are BSL assisted.

TABLE TENNIS:

Hollingbury Table Tennis Club: Christine Wicks 07982 250988 cjwicks1@yahoo.co.uk
www.hollingburyttc.co.uk

Junior and adult coaching and practice sessions at Bevendean Primary School.

Table Tennis (Grace Eyre, Sports for All in Sussex)Tim Holtham: tim@brightontabletennisclub.com

Friendly table tennis club for people with learning disabilities over 16 run in partnership with Brighton Table Tennis Club, Fridays 4.30 to 6pm at The Fitzherbert's Centre, 36 Upper Bedford St, Brighton BN2 1JP.

TENNIS:

City parks: 01273 292704 www.brighton-hove.gov.uk

18 to 24 year old Compass Card holders get concessionary rates at tennis courts in city parks. Under 18s get the standard junior rate.

Sound Tennis/Blind Tennis for over 16s: Christine 07870 934336/Paul at City Synergy 01273 697339 sue@eastsussexblind.org

Sound Tennis Sussex is part of the East Sussex Association for the Blind and Partially Sighted People supported by Tennis in Sussex. Sessions from 4.30 to 6.30pm at King Alfred Leisure Centre. Rackets and balls supplied. £3 a session.

TRAMPOLINING:

Portslade Sports Centre trampolining: 01273 411100

Sessions for 10 to 15 year olds (drop-in 10.15-11.30am on alternate Saturdays) and 6 to 15 year olds (course 4.30 to 5.30pm on Mondays).

Youth clubs and groups

Access 2 Youth: 01273 420580 info@extratimebrighton.org.uk www.extratimebrighton.org.uk/access-2-youth-club

The project provides a weekly youth club for 13-25s with additional needs (until 16 December 2016). The club is from 4 to 7pm at Hove YMCA, on Wednesday evenings term time only. To book, complete the A2Y (Access 2 Youth) Club registration form on the Extratime website.

Brighton Youth Centre: 01273 681368 office@brightonyouthcentre.org.uk www.brightonyouthcentre.org.uk

Activities for 5 to 19 year olds including youth club, skateboarding, table tennis, dance music production and more.

Cherish Youth Club: 01273 295171 / 01273 295539

Term-time and evening groups for young people with a range of learning disabilities, aged 16-25.

Duke of Edinburgh Awards: 01273 294234 rachel.paget@brighton-hove.gov.uk

www.brightonandhovedofe.org

Awards programme of voluntary activities for young people aged 14 to 25. Non-competitive and inclusive.

FAB at Patcham Youth Centre 01273 293638 joe.prodger@brighton-hove.gov.uk

A youth club for 13-25s with learning disabilities or special educational needs, Mondays 7-9pm in term time.

Girlguiding: 0800 1695901 www.girlguiding.org.uk

For information about local groups, visit the Girlguiding website.

Right Here: 07850 500420 rh.activities@ymcadlg.org www.right-here-brightonandhove.org.uk/activities

Local youth emotional wellbeing project that runs activities for 18-25s - walks, anger management and creative arts. Booking essential.

Scouts Association: 0845 300 1818 info.centre@scouts.org.uk www.scouts.org.uk

Offering 6 to 25 year olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others. There are around 20 local scout groups - call or email for details.

Spiral Sussex: 030 30 40 2860 info@spiralsussex.co.uk www.spiralsussex.co.uk

Social clubs, leisure and sports activities for adults with learning disabilities, including basketball (page 5), dance (page 6) and social trips. Also have media centre for film and radio and run Spiral Wave Radio.

Young Carers Project: 01273 746222 earlyhelp@brighton-hove.gcsx.gov.uk accesspoint@brighton-hove.gcsx.gov.uk www.thecarerscentre.org

Social activities for young people (8-25) who help care for someone ill or disabled, including a sister or brother. The Carers' Centre is the organisation that usually issues Young Carers' Card s for 8-25 year olds with regular caring responsibilities (see front page).

Leisure support

Active for Life 01273 292724 sports.info@brighton-hove.gov.uk www.activeforlife.org.uk

If your child has a Compass Card and you're interested in physical activity for them, Active for Life, a local project funded by Brighton & Hove City Council, can help identify a suitable sports clubs or sports provider. Active for Life can put you in touch with coaches/teachers/organisers so you can discuss your child's needs, or can talk to them on your behalf.

Gig Buddies : 07827 228171 info@stayuplate.org

Run by local charity, Stay Up Late, Gig Buddies is a project that pairs up people with and without learning disabilities in Sussex to be friends and to go to events together.

Travel training from Grace Eyre : 01273 222053 bgardiner@grace-eyre.org

Disabled over 18s can feel anxious about travelling around the city independently – but there's help at hand! There's a choice of a rolling programme of six week courses for young people, plus one-to-one sessions to help with a particular journey.

Further information

If you can't find what you're looking for call the Amaze helpline on 01273 772289 to see if we can help. Alternatively, the following contacts and publications may offer further information:

ABC Magazine www.abcmag.co.uk

Free from libraries, town hall, etc. Good for details of music groups, playgroups and days out for young children.

Active for Life 01273 292724 sports.info@brighton-hove.gov.uk www.activeforlife.org.uk

The Active for Life website lists hundreds of sports clubs and providers in the city.

Child Friendly Brighton www.childfriendlybrighton.co.uk

Useful website with lots of info on things to do for children in the city. Includes a special needs section.

Family Information Service (FIS): 01273 293545 www.brighton-hove.gov.uk/fis

FIS offers information and advice on a wide range of local services that can support families, as well as information on childcare (including inclusion funding to help children with special needs attend mainstream settings), parent and toddler groups and activities for children and young people. FIS also provides an At Home Childcare Service for parents looking for Ofsted registered childcare in their own home and can offer help and advice with applying for school places in the city. You can search the FIS online directory for childcare and services www.familyinfobrighton.org.uk, call to speak to an adviser, or email familyinfo@brighton-hove.gov.uk

If you can recommend a group or activity not included on this fact sheet, let us know and we'll try and include it!

Amaze

Community Base
113 Queens Road
Brighton BN1 3XG



Helpline: 01273 772289

Email: info@amazebrighton.org.uk

Web: www.amazebrighton.org.uk

This fact sheet is one of a wide range produced by Amaze and available via our helpline or website. Others you may find particularly useful are: Leisure; and Short breaks or Respite Care.
