

# DISABILITY SPORT AND PHYSICAL ACTIVITY PROGRAMME

Get involved in activities for disabled people in Southwark



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Summer 2018 edition

*Southwark*  
Council  
southwark.gov.uk

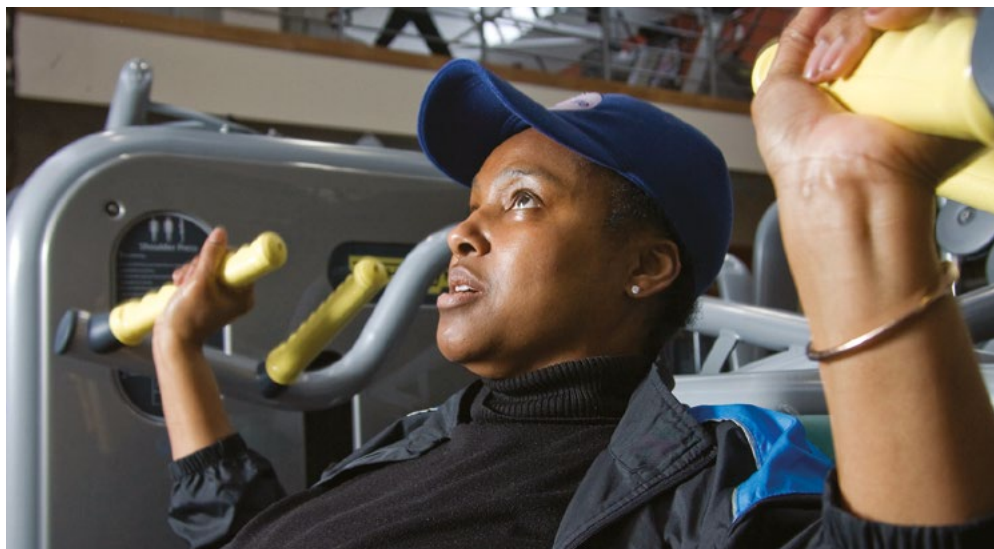
# SOUTHWARK LEISURE CENTRES

Our leisure centres are operated in partnership with Everyone Active and offer a wide range of facilities for everyone. These include inclusive gyms, swimming pools and group exercise classes. We have accessible gym equipment and changing facilities with hoists in every leisure centre, available at any time during opening hours.

However, if you feel more comfortable attending a disability specific session there are plenty to choose from.

Interested in swimming? We run disability swimming sessions listed opposite which you can take part in for free. See each centre's timetable for details. Please check timetables regularly as they can be subject to change.

If you have any questions or specific support requirements, please call your nearest centre. All leisure centre contact details and addresses are listed on the back of this booklet.



# FREE DISABILITY SWIM SESSIONS

## Camberwell Leisure Centre

Monday	10.30am to 12pm
Tuesday	11am to 12pm
Wednesday	6.30pm to 7.30pm
Friday	3pm to 4.30pm
Sunday	10am to 11am

## The Castle Centre

Tuesday	9am to 10am 6pm to 7pm
Thursday	6pm to 7pm

## Dulwich Leisure Centre

Sunday	2pm to 3pm
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## Seven Islands Leisure Centre

Monday	3pm to 4pm
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## Peckham Pulse Healthy Living Centre

Monday	12.30pm to 1.30pm 8pm to 9pm
Tuesday	7pm to 8pm
Wednesday	3pm to 4pm 8pm to 9pm
Thursday	8.30pm to 10pm
Friday	12pm to 1.30pm
Saturday	3pm to 4pm 5pm to 6pm
Sunday	11am to 12pm 3pm to 4pm 6pm to 7pm

# FREE INCLUSIVE CLASSES

Inclusive to all aged 16 and over and available to any person who is a member of the gym. Places are limited.

## The Castle Centre

Gym Floor Class (Bootcamp)	Monday 11am to 11.30am
Gym Floor Class (Row)	Tuesday 11am to 11.30am
Gym Floor Class (Legs, Bums & Tums)	Wednesday 11am to 11.30am
Gym Floor Class (HIIT)	Thursday 11am to 11.30am
Gym Floor Class (Bootcamp)	Friday 11am to 11.30am

# FREE SWIM AND GYM SCHEME

If you are registered disabled and a Southwark resident, you can become a member of our free swim and gym scheme. This entitles you to use all the council's leisure centre facilities for free everyday.

## To apply for this great offer:

- Visit [southwark.gov.uk/freeswimandgym](https://southwark.gov.uk/freeswimandgym)
- Or, visit your local library to register online
- If you have no access to internet and cannot visit a library, please visit your local leisure centre to complete an application form

Membership of the free swim and gym scheme requires renewal every 12 months.

To find out more visit [southwark.gov.uk/freeswimandgym](https://southwark.gov.uk/freeswimandgym)

If you have any questions or specific support requirements, please call your nearest centre and we will be happy to help.







# SPORT AND PHYSICAL ACTIVITY

There are lots of fantastic opportunities for disabled young people and adults in Southwark to live an active and healthy lifestyle. Keeping active has many health benefits for both your body and mind. Taking part in regular physical activity can help to reduce feelings of anxiety and depression.

So why not try one or more of these fun activities to help build physical activity into your daily life. Even a small change can boost your confidence and give you a sense of achievement.

Please contact clubs directly for further information.



## Wingz BMX – Peckham BMX Club (supported by Access Sport)

Day and time	Information	Location
Saturday 11.30am to 12.30pm	All ages and abilities welcome. No riding experience required. <b>Cost: £5 per session (includes free membership)</b>	<b>Burgess Park</b> BMX Track 39 Wells Way SE5 0PX

✉ [adam.thomas@accesssport.co.uk](mailto:adam.thomas@accesssport.co.uk) ☎ 020 7993 9883

## Wheelchair Tennis – Camber Tennis Club

Day and time	Information	Location
Saturday 2pm to 3.30pm	Participants aged 14 and over. All equipment, including sports wheelchairs are provided. <b>Cost: Free</b>	<b>Camber Tennis Club</b> Dulwich Common SE21 9HE

✉ [chris@tennis-at-camber.org](mailto:chris@tennis-at-camber.org) ☎ 07956 142 070

## Multi-sports – Disability Sports Coach

Day and time	Information	Location
Saturday 2.30pm to 4pm	Multi-sport session for disabled people aged 11 to adults. <b>Cost: £3</b>	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG

✉ [lauren@disabilitysportscoach.co.uk](mailto:lauren@disabilitysportscoach.co.uk) ☎ 020 7928 4267

## Inclusive Cycling – Wheels for Wellbeing

Day and time	Information	Location
Mondays 11am to 1.30pm (10.30am to 12.30pm during the school holidays)	All abilities welcome. <b>Cost: £3</b> <b>Carers go for free.</b> No booking required	<b>Herne Hill Velodrome</b> 104 Burbage Road SE24 9HE

✉ [info@wheelsforwellbeing.org.uk](mailto:info@wheelsforwellbeing.org.uk) ☎ 020 7346 8482

## Tai Chi and Zumba – Docklands Settlements Community Centre

Day and time	Information	Location
Tai Chi & Zumba for visually impaired adults Thursday 11am to 12pm	Zumba and Tai Chi for disabled adults aged 16 and over. <b>Cost: Free</b>	<b>Docklands Settlements Community Centre</b> Rotherhithe SE16 5AA
Zumba for disabled adults Tuesday 10.30am to 11.30am		

✉ [ben.north@docklandsettlements.org.uk](mailto:ben.north@docklandsettlements.org.uk) ☎ 07718 301 275

## US Girls! Multi-Sports – Millwall Community Trust

Day and time	Information	Location
Tuesday 10.30am to 11.30am	Multi-sport programme for girls aged 14 to 25 with a disability. <b>Cost: Free</b>	<b>Lions Centre</b> Bolina Road SE16 3LD

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 020 7740 0503

## Disability Swimming – Dulwich Dolphins

Day and time	Information	Location
Sunday 2pm to 3pm	For children in school years five to 13. <b>Cost: Free</b>	<b>Dulwich Leisure Centre</b> 2B Crystal Palace Road SE22 9HB

✉ [amala.poulier@southwark.gov.uk](mailto:amala.poulier@southwark.gov.uk) ☎ 020 7525 7304



## Cambridge House – Trampolining (Rebound Therapy)

Day and time	Information	Location
Tuesdays 3.45pm to 5.30pm (Term-time only)	Open to both male and female aged 11-25 years with a range of needs. <b>Cost: £2 per session</b>	<b>Salmon Youth Centre</b> 43 Old Jamaica Road SE16 4TE

✉ Rachel Zipfel rzipfel@ch1889.org ☎ 020 7358 7716

## Cambridge House- Swimming (Hydrotherapy)

Day and time	Information	Location
Fridays 3.45pm to 5pm (Term-time only)	Open to both male and female aged 11-25 years with a range of needs. <b>Cost: £2 per session</b>	<b>Peckham Pulse Healthy Living Centre</b> Hydrotherapy Pool 10 Melon Rd SE15 5QN

✉ Rachel Zipfel rzipfel@ch1889.org ☎ 020 7358 7716



## Goalball – Goalball UK

Day and time	Information	Location
Alternate Tuesdays 6pm to 8pm	For all to attend, new or experienced players welcome. <b>Cost: Free</b>	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG

✉ [becky@goalballuk.com](mailto:becky@goalballuk.com) ☎ 0114 223 5670

## Millwall Pan FC – Millwall Community Trust

Day and time	Information	Location
Friday 5pm to 6pm Term time only	Ages 18+ male or female with a disability. Wheelchair users welcome. <b>Cost: Free</b>	<b>St Pauls Sport's Ground</b> Salter Road London SE16 5EF

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## Millwall GMH FC – Millwall Community Trust

Day and time	Information	Location
Monday 1pm to 2pm	Participants aged 16 and over. <b>Cost: Free</b>	<b>Geraldine Mary Harmsworth Sports Facility</b> St Georges Road SE1 6ER

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## DS Lion Cubs – Millwall Community Trust

Day and time	Information	Location
Every two weeks Saturdays 1-2pm	FREE session for boys and girls with Down's Syndrome 5-9 years only. <b>Cost: Free</b>	<b>The Lion's Centre</b> Bolina Road SE16 3LN

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## DS Lions – Millwall Community Trust

Day and time	Information	Location
Every two weeks Saturdays 2-3pm	FREE session for boys and girls with Down's syndrome 10-22 years only. <b>Cost: Free</b>	<b>The Lion's Centre</b> Bolina Road SE16 3LN

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## Millwall Lions – Millwall Community Trust

Day and time	Information	Location
Friday 3pm to 4.45pm Term time only	FREE football for 18+ male or female with Mental Health issues / Secondary care only / please contact before attending Cost: Free	<b>St Pauls Sport's Ground</b> Salter Road London SE16 5EF

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## Sailing – Tideway Sailability

Day and time	Information	Location
Wednesday, Thursday and Sunday 1pm to 4pm	All welcome. Cost: various membership fees	<b>Surrey Docks Water Sports Centre</b> Greenland Dock Rope Street SE16 7SX

✉ [info@tidewaysailability.org.uk](mailto:info@tidewaysailability.org.uk) ☎ 020 7237 9001

## Various Activities – Alzheimer's Society

Day and time	Information	Location
Contact the Alzheimer's Society for information.	For people with formal diagnosis of dementia.	Various locations in Southwark

✉ [southwarkandlambeth@alzheimers.org.uk](mailto:southwarkandlambeth@alzheimers.org.uk) ☎ 020 7735 5850

## Disability Cricket – Surrey Cricket

Day and time	Information	Location
Fridays 10.30am to 12.00pm	For 11-25 years old Cost: Free	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG

✉ [greynolds@surreycricket.com](mailto:greynolds@surreycricket.com) ☎ 07725 203962

## Inclusive Wheelchair Basketball – London All Stars

Day and time	Information	Location
Sundays 2pm to 4pm	Open to both males and females and all ages Cost: £7 per session	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG

✉ [austinkentebe@hotmail.com](mailto:austinkentebe@hotmail.com) ☎ 07946 157023

# Southwark Council

## Leisure centres

### Camberwell Leisure Centre

Artichoke Place  
SE5 8TS

 [03330 050 401](tel:03330050401)

### Dulwich Leisure Centre

2b Crystal Palace Road  
SE22 9HB

 [03330 050 402](tel:03330050402)

### Geraldine Mary Harmsworth Sports Facility


St Georges Road  
SE1 6ER

 [03330 050 403](tel:03330050403)

### Peckham Pulse Healthy Living Centre

10 Melon Road  
Peckham

SE15 5QN

 [03330 050 406](tel:03330050406)

### Seven Islands Leisure Centre

Lower Road  
Rotherhithe  
SE16 2TU

 [03330 050 407](tel:03330050407)

### Southwark Athletics Centre

Hawkstone Road  
Rotherhithe  
SE16 2PE

 [03330 050 408](tel:03330050408)

### Surrey Docks Fitness and Watersports Centre

Rope Street, off Plough Way  
Rotherhithe  
SE16 7SX

 [03330 050 409](tel:03330050409)

### The Castle Centre

2 St Gabriel Walk  
SE1 6FG

 [03330 050 211](tel:03330050211)

[everyoneactive.com](http://everyoneactive.com)

Southwark Council's Sport & Physical Activity Team are responsible for creating this leaflet. If you would like to be informed when this leaflet is updated or have any questions about sport and physical activity in Southwark please email [sports@southwark.gov.uk](mailto:sports@southwark.gov.uk)