

Inclusive Activity Groups

Listed below are some sports and activity groups that are located in or near to the Islington and Harringay area. COVID-19 may have affected the running of some of these groups so it would be best to contact the provider and see what sessions they are offering.

Martial Arts

<https://www.mmarap.co.uk/>

Every Tuesday, 4.30pm–5.15pm, 6–12yrs; 5.30pm–6.30pm, 13-25+yrs

These sessions are open to everyone, including the blind, deaf, disabled, disadvantaged, and non-disabled.

Basketball

SafeHaven Hackney - Inclusive Basketball

Fun and welcoming basketball team for young people with learning disabilities. No experience of basketball needed.

Where: Kings Hall Leisure Centre, E5 0NU

Email: Emmacolverd@safehavenbasketball.co.uk

Website: <https://www.facebook.com/safehavenbasketball/>

Phone: 07813778409

Football

Disability Football

Venue: Acland Burghley, Churchill Road, NW5 1AN

INDOOR SPORTS HALL

Times: 10:30am - 11:30am

Age Group: 6 - 14 years

Dates: Saturdays

Price: Free

OPEN TO ALL ABILITIES

Website: <https://bloomsburyfootball.com/disability-football>

Weekly football for children with disabilities

Venue: Arsenal Hub N77BA

Times: Various

<https://www.arsenal.com/the-club/community/disability>

Hockey

Created: 02/09/2021

East London Hockey Club

'Flyerz' hockey is the name widely associated with Access Sport's disability inclusive hockey movement in Great Britain. There are now more than 20 Flyerz sections across England, Wales and Scotland, providing inclusive hockey for disabled people.

East London Hockey Club helps run sessions for a Flyerz team.

For more information on sessions:

https://elhc.clubbuzz.co.uk/contact_us

<https://www.accesssport.org.uk/flyerz-hockey>

Tennis

Highgate Tennis Club - Inclusive Tennis

Highgate Inclusive Tennis club welcomes young disabled people and their families to come and join us for a taster of tennis! We also support V.I and Wheelchair tennis. Sessions are held on Saturdays and run by qualified coaches. Each session is £3 with your first session free. All equipment is provided. Ages 6+.

For more information:

Email: coaching@highgatetennis.co.uk

Website: <https://www.highgate-tennis.co.uk/inclusive-tennis-at-highgate/>

Phone: 020 7993 9883

Cycling

Tottenham Bike Club - BMX and Disability BMX

Renovated in 2016, the Tottenham BC promises a well built track to hone ones skills. With coached sessions, and based around a very friendly local community, the bike club promises to offer development to any rider of any experience level.

Access Sports supports the disability inclusive sessions that are run here, too. Coached sessions at the Lordship Rec using club bikes cost £2 per rider (first session is free), with qualified coaches who have enhanced DBS and first aid certificates.

For more information on sessions:

Facebook: https://www.facebook.com/pg/tottenhambmxclub/about/?ref=page_internal

Email: bmx@accesssport.co.uk

Website: <https://www.accesssport.org.uk/>

Phone: 020 7993 9883

Brake Thru Disability Cycling

Brake Thru disability cycling uses specially adapted bikes so adults with disabilities can ride steadily and safely. Cycle rides take place most days but are sometimes weather dependant!

Tel: 020 8808 0203

Email: info@rockstonebikealley.org

Multi-sports club

Taking place on Saturday's at Sobell Leisure Centre, members can enjoy an array of sports. Club Islington is a friendly fun multi-sports club that love playing all different types of sports from Basketball to Badminton so there's always something for anyone.

Specialist taster sessions also take place in the club from time to time including boxing, dance, golf and more.

Siblings are welcome to join in and parents/carers are encouraged to stay, watch and even take part! A café is also available on site.

All disabilities and impairments welcome.

Date: Saturday (term-time only)

Time: 11.00am - 1.00pm

Venue: Sobell Leisure Centre, Hornsey Road, London, N7 7NY

Price: £4

Complete participant registration form on:

<https://disabilitysportscoach.co.uk/community-clubs/club-islington/>

Swimming

Swimming Lessons for Disabled Children, Archway Leisure Centre

These structured swimming lessons cover Stages 1 and 2 of the ASA Learn to Swim Pathway and are for children with disabilities aged 5-14. They are a great introduction to the swimming lesson journey.

If one-to-one support is needed in the water, it is down to whoever makes the booking to arrange this support.

Who to contact

Contact Name

Katy Summers

Telephone

020 7607 4492

E-mail

katy.summers@gll.org

Website

www.allinislinton.org.uk/

Opening times/date

To be confirmed

Who is this service for?

Children with disabilities aged 5-14.

Local Offer

Created: 02/09/2021

How will you support my child?

The pool has a sloped beach entry making it very accessible and there are accessible changing facilities.

Information from:

<https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=0lZqB0ra8Tc>

Club for wheelchair users

Our Whizz-Kidz Clubs (youth clubs) are a place for young disabled people to meet up, make friends and have fun! We do everything from music, dance, art, sports, beauty therapy, cooking, trips and a whole lot more. We even run campaigns to help improve the lives of young disabled people by raising awareness of disability issues and campaigning for better facilities.

To have access to the whizz-kidz club information you need to register on their website on

<https://www.whizz-kidz-formz.co.uk/wkcsypz.asp>

If you would prefer a paper version of the application form or have any questions about Whizz-Kidz's services, please contact us on 0800 151 3350 or email kidzservices@whizz-kidz.org.uk.

Website: <https://www.whizz-kidz.org.uk/kidz/young-peoples-services>

Adventure playgrounds

Play is an important part of every child's development and essential both to their health and happiness.

Islington's adventure playgrounds are open for outdoor play sessions with social distancing and other Covid secure measures in place to ensure the safety of children, families and staff.

Islington's adventure playgrounds are open to children aged six and up who live or go to school in Islington and are safe, welcoming and fun. They give children the opportunity to safely socialise with others outside their household, burn off energy and boost their physical and emotional health.

<https://www.islington.gov.uk/children-and-families/things-to-do/adventure-playgrounds>