

DISABILITY SPORT AND PHYSICAL ACTIVITY PROGRAMME

Get involved in activities for disabled people in Southwark



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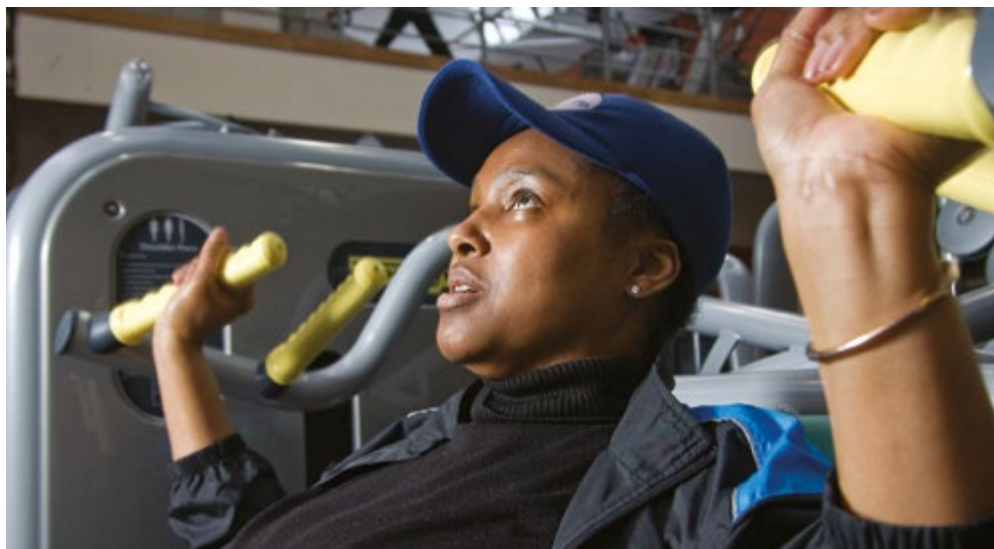
SOUTHWARK LEISURE CENTRES

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 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:

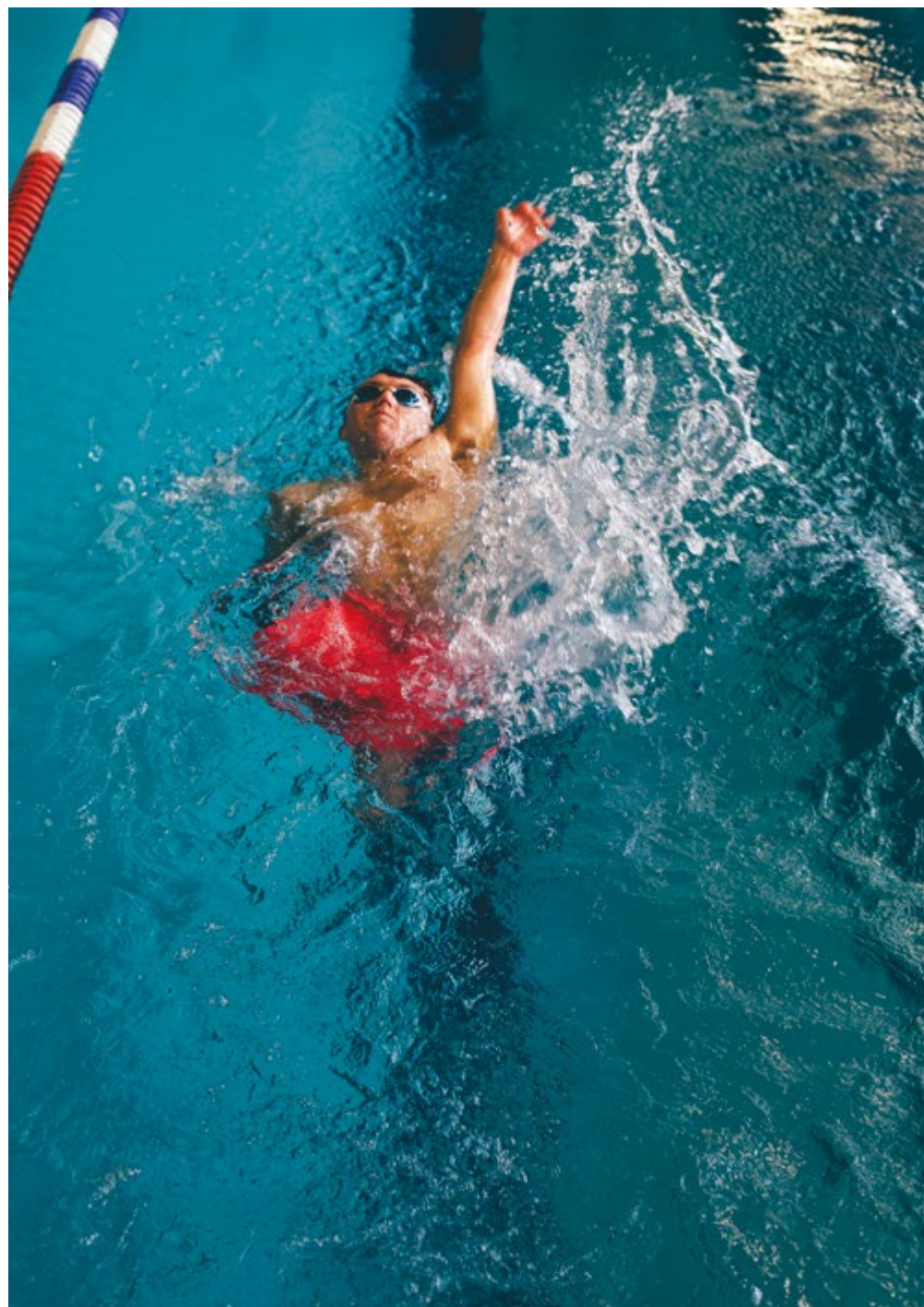
- Visit southwark.gov.uk/freeswimandgym
- Or, visit your local library to register online
- If you have no access to internet and cannot visit a library, please visit your local leisure centre to complete an application form

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

To find out more visit southwark.gov.uk/freeswimandgym

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. Cost: £5 per session (includes free membership)	Burgess Park BMX Track 39 Wells Way SE5 0PX

✉ 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. Cost: Free	Camber Tennis Club Dulwich Common SE21 9HE

✉ 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. Cost: £2	The Castle Centre 2 St Gabriel Walk SE1 6FG

✉ lauren@disabilitysportscoach.co.uk ☎ 020 7928 4267

Tai Chi and Zumba – Docklands Settlements Community Centre

Day and time	Information	Location
Thursday 11am to 12pm	Tai Chi sessions will run for six weeks followed by six weeks of Zumba sessions. Contact Docklands Settlements Community Centre for more information. Cost: Free	Docklands Settlements Community Centre Rotherhithe Southwark SE16 5AA

✉ 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. Cost: Free	Lions Centre Bolina Road SE16 3LD

✉ lnewstead@millwallcommunity.org.uk ☎ 020 7740 0503

Disability Swimming – Dulwich Dolphins

Day and time	Information	Location
Sunday 2pm to 3.30pm	For children in school years five to 13. Cost: Free	Dulwich Leisure Centre 2B Crystal Palace Road SE22 9HB

✉ amala.poulier@southwark.gov.uk ☎ 020 7525 7304



Goalball – Goalball UK

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

✉ becky@goalballuk.com ☎ 0114 223 5670

Disability Football – Millwall Community Trust

Day and time	Information	Location
Friday 5pm to 6pm Term time only	Ages 11 to 16 years with a disability. Wheelchair users welcome. Cost: Free	St Pauls Sport's Ground Salter Road London SE16 5EF

✉ disability@millwallcommunity.org.uk ☎ 07973 794 823



Disability Football – SDA Active

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

✉ ali@sdail.org ☎ 020 7525 1596

Sailing – Tideway Sailability

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

✉ 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 ☎ 020 7735 5850

Southwark Council

Leisure centres


Camberwell Leisure Centre

Artichoke Place
SE5 8TS

 03330 050 401

Dulwich Leisure Centre

2b Crystal Palace Road
SE22 9HB

 03330 050 402


Geraldine Mary Harmsworth Sports Facility

St Georges Road
SE1 6ER

 03330 050 403

Peckham Pulse Healthy Living Centre

10 Melon Road
Peckham
SE15 5QN

 03330 050 406


Seven Islands Leisure Centre

Lower Road
Rotherhithe
SE16 2TU

 03330 050 407

Southwark Athletics Centre

Hawkstone Road
Rotherhithe
SE16 2PE

 03330 050 408

Surrey Docks Fitness and Watersports Centre

Rope Street, off Plough Way
Rotherhithe
SE16 7SX

 03330 050 409

The Castle Centre

2 St Gabriel Walk
SE1 6FG

 03330 050 211

everyoneactive.com