



# COMMUNITY SPORTS

CLUB TOWER HAMLETS



[www.pulsesocial.co.uk](http://www.pulsesocial.co.uk)



## Community Sports Club Tower Hamlets

Pulse Social was founded in 2018, with the social purpose of increasing involvement, inclusion, and confidence with all our participants playing sports throughout London.

As a not-for-profit community sports group, we provide a variety of inclusive sports activities for all ages to enjoy with the social aim of Creating a Sporting Smile on all our participants' faces.





## Community Sports Club Tower Hamlets

Community Sports Club Tower Hamlets (Club Tower Hamlets) is a community disability sports project supported by Access Sport.

Club Tower Hamlets provides the opportunity for D/deaf, disabled and neurodivergent club members aged between 10 - 17 years old to participate in an array of monthly inclusive sports activities in Whitechapel, East London.

We are a friendly and fun community multi-sports club that love to deliver a supportive and a social non-competitive environment.

### Sports Activities:

- Boccia
- Dodgeball
- Multi sports
- Inclusive games

Siblings are welcome to join in and parents/carers are encouraged to stay, watch and even take part!

All disabilities and impairments welcome.



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## MONTHLY SESSIONS

**Location:** Whitechapel Sports Centre, 55 Durward Street, London E1 5BA

**The first Sunday of each month.**

**Time: 11am to 12pm**

**Costs per session:** First session FREE, then £5.00 per session thereafter.



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## TRANSPORTATION LINKS FROM WHITECHAPEL STATION

**Trains:** District Line, Hammersmith City Line, London Overground and the Elizabeth Line (6 minutes walk).

**Buses:** 25, 106, 205, 254 and D3 (6 - 7 minutes walk).

**Access from outside:** The main entrance is flat through double automatic doors. They are very wide.

**Getting around inside:** The minimum doorway is 765mm wide. Whitechapel Sports Centre is ground level with plenty of space to move around and it has good lighting.

## CHANGING ROOMS & ACCESSIBLE TOILETS

There are accessible showers with a fold-down seat. There is a lot of space to move around.

There are a lot of accessible toilets in the centre.





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## IMPORTANT INFORMATION

These inclusive multi sports sessions are delivered by qualified Sports Coaches.

These sessions are inclusive to anyone who is neurodivergent (including autism and ADHD), has a learning disability/difficulty, visual impairment, D/deaf or hard of hearing, a mental health or long term health condition or physical impairment.

Once registered your interest via the Pulse Social website. You will be sent a link to register on Spond. You'll then receive the booking link to register for each session.





# Community Sports Club Tower Hamlets



**BOCCIA**



**DODGEBALL**



**INCLUSIVE GAMES**



**MULTI SPORTS**



## Community Sports Club Tower Hamlets



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