

# ACCESSIBLE ACTIVITIES

## BETTER LEISURE CENTRES IN LAMBETH

2020  
JANUARY

All Better activities are fully inclusive, but there are also multiple weekly sessions across Lambeth specifically catering for those with disabilities. For more information, visit [Better.org.uk](http://Better.org.uk) or email [sue.robinson@gll.org](mailto:sue.robinson@gll.org)



**MONDAY**



## **ISPA SUPPORTED SWIMMING LESSONS AT STREATHAM ICE AND LEISURE CENTRE**

**11am – 1pm**

For disabled adults.

**11am - 12pm** specifically for visual  
impaired adults;

**12pm – 1pm.** for adults with mixed abilities

The sessions take place in the main pool.

**£2 .05 per session**

Email [streatham@gll.org](mailto:streatham@gll.org) or call the centre on **020 7627 7900**.



**MONDAY**



## **AUTISM MOVEMENT THERAPY AT FERNDALE COMMUNITY SPORTS CENTRE**

**4.30pm – 6.30pm**

Classes for 7 – 16 year olds with autism and  
their neurotypical peers.

The classes target the function of the brain using music and  
Independent movement to strengthen body and brain connection.

Email [info@movementworks.org](mailto:info@movementworks.org) website

[www.movementworks.org](http://www.movementworks.org)



**TUESDAY**



## **COMMUNITY CLUB MULTI SPORTS AT BRIXTON RECREATION CENTRE**

**4:30pm - 6pm**

Suitable for all disabled people aged 11 to  
adults.

Delivered by **Disability Sports Coach**.

The sessions take place on level 5 in the sports hall.

**£3.00 to be paid to the coach on arrival at the session**

Email [clubs@disabilitysportscoach.co.uk](mailto:clubs@disabilitysportscoach.co.uk) or call **07508 044435**.



**TUESDAY**

## **CLUB LAMBETH KIDS AT BRIXTON RECREATION CENTRE**

**5pm - 6pm**

Suitable for all disabled children aged 5-11 years.

A multi-sports session delivered by **Disability Sports Coach**. The sessions take place on level 5 in the sports hall.

**£3.00 to be paid to the coach on arrival at the session**

Email [clubs@disabilitysportscoach.co.uk](mailto:clubs@disabilitysportscoach.co.uk) or call **07508 044435**.



**TUESDAY**

## **INDOOR ROWING HUB CLUB AT FERNDALE COMMUNITY SPORTS CENTRE**

**4:30pm - 6pm (term time only)**

Suitable for all disabled people aged 11 – 17 years.

Delivered by **London Youth Rowing, Brixton Wings, and Lambeth Council**. The sessions take place in the studio.

**FREE to attend**

Email [sports@lambeth.gov.uk](mailto:sports@lambeth.gov.uk) for more information.



**WEDNESDAY**

## **ISPA MULTI SPORTS AT STREATHAM ICE AND LEISURE CENTRE**

**10am – 12pm**

Suitable for all.

A range of sports and physical activity options are available

**FREE to attend**

Email [Streatham@gll.org](mailto:Streatham@gll.org) for more information.





**WEDNESDAY**

**BETTER**  
the feel good place

**sense**  
**dasl**   
disability advice service lambeth

## **ISPA SUPPORTED ICE SKATING SESSIONS AT STREATHAM ICE AND LEISURE CENTRE**

**11:30am – 12:30pm (term time only)**

Suitable for anyone with a disability.

Ice Skate at this inclusive quiet session with support from a skate marshall.

**£5.70 per disabled person** (one carer/family member/friend can skate for free)

Email [Streatham@gll.org](mailto:Streatham@gll.org) for more information.



**THURSDAY**

**BETTER**  
the feel good place

**dasl**   
disability advice service lambeth

## **ISPA SUPPORTED SWIMMING LESSONS AT CLAPHAM LEISURE CENTRE**

**12pm – 2pm**

For disabled adults.

**12pm-1pm** specifically for visual impaired adults;

**1pm – 2pm** for adults with mixed abilities

The sessions take place in the main pool.

**£2 .05 per session**

Email [clapham@gll.org](mailto:clapham@gll.org) or call the centre on **020 7627 7900**.



**THURSDAY**



**sense**

## **BLIND & PARTIALLY SIGHTED FOOTBALL SESSIONS AT BRIXTON RECREATION CENTRE**

**6pm - 7pm (term time only)**

Suitable for children (5+) and adults, who are blind or partially sighted and of all ability levels. A Meet & Greet is available from Brixton Station at 5:30pm.

**£18 for 6 sessions.**

To book visit Fulham Football Clubs website or call 0208 336 7547.



  
**Lambeth**

**BETTER**  
the feel good place

**FRIDAY**



## **PAN DISABILITY FOOTBALL AT FERNDALE COMMUNITY SPORTS CENTRE**

**6-7:30pm**

Football for children and young people with any form of physical and / or learning disability.

**Free taster session.**

To book visit [www.fulhamsoccerschools.com](http://www.fulhamsoccerschools.com)



**SATURDAY**



## **WHEELCHAIR BASKETBALL DROP IN SESSIONS AT BRIXTON RECREATION CENTRE**

**2pm - 3pm**

Suitable for all ages and abilities.

Delivered by **BETTER** coaches.

The session takes place on level 5 in the sports hall.

**£3.00 per session**

Email [sue.robinson@gll.org](mailto:sue.robinson@gll.org) or call **020 7095 5100**.



**SATURDAY**



## **BRIXTON BALLERS WHEELCHAIR BASKETBALL CLUB AT BRIXTON RECREATION CENTRE**

**3pm - 5pm**

Suitable for all ages and abilities.

Delivered by **Brixton Ballers Wheelchair Basketball Club**. The sessions take place on level 5 in the sports hall.

**Membership fees apply**

Email [austinkentebe@hotmail.com](mailto:austinkentebe@hotmail.com) or call **07946 157023**.



**SUNDAY**



## **INCLUSIVE SWIMMING AT WEST NORWOOD HEALTH AND LEISURE CENTRE**

**3pm - 4pm**

For young people 8-18 years who have a learning disability or a physical, hearing, or visual impairment.

For more information email [westnorwood@gll.org](mailto:westnorwood@gll.org) or call **020 8761 1159**.



**MONDAY -  
SUNDAY**

## **SPORTS LESSONS AND COURSES**

Our weekly, and holiday, courses are open to everyone regardless of ability level disability. Visit the centre pages to find out more information.



# AVAILABLE MEMBERSHIPS

## ALL INCLUSIVE

For those that want unlimited access to swimming, gym workouts, and fitness classes, as well as racquet court bookings, an all inclusive membership is for you.

- The All Inclusive Disability memberships provides unlimited swim, gym, and fitness classes at any Better centre in the UK (excluding Camden) for people with a disability - **£20.95/month**
- There is also a concessionary rate for those without a disability wanting to access activities in Lambeth - **£23.75/month**

Eligibility includes:

- 60+
- Income allowance
- Jobseeker's Allowance
- Housing Benefit
- Family working Tax Credit
- Employment and Support Allowance
- Personal Independence Plan
- Disability Living Allowance



## PAY & PLAY MEMBERSHIPS

Pay & Play memberships grant members discounted entry to activities within your local Lambeth centre, including swim, gym, fitness classes, and racquet bookings.

Adult (16+)	<b>£40.20</b>
Junior (under 16)	<b>£5.60</b>
Family (2 adults & 3 juniors)	<b>£51</b>
Concessionary	<b>£5.60 – £11.10</b>

This membership will be a one-off annual fee.

Sign up today at [join.better.org.uk/signup](https://join.better.org.uk/signup) or speak to our staff at reception



# HOW TO CONTACT YOUR LEISURE CENTRE

## ARCHBISHOPS PARK

Carlisle Lane, London, SE1 7LE

**Tel:** 020 7738 6834

**Email:** [Ferndale@gll.org](mailto:Ferndale@gll.org)

**Web:** [www.better.org.uk/2311-lambethparks](http://www.better.org.uk/2311-lambethparks)

**Train:** Waterloo

**Tube:** Lambeth North (Bakerloo Line)

**Bus:** 3, 12, 53, 59, 77, 148, 159, 344, 453, 507, C10

**Bikes:** Bicycle racks available

**Opening hours:**

**Monday-Friday:** 8:00am-8:00pm

**Saturday-Sunday:** 10:00am-6:00pm



## BRIXTON RECREATION CENTRE

27 Brixton Station Road, London, SW9 8QQ

**Tel:** 020 7095 5100

**Email:** [Brixton@gll.org](mailto:Brixton@gll.org)

**Web:** [www.better.org.uk/brixton](http://www.better.org.uk/brixton)

**Train:** Brixton

**Tube:** Brixton (Victoria Line)

**Bus:** 2, 3, 35, 45, 109, 118, 133, 250, 333, 432

**Parking:** Pay and display off-street parking

**Bikes:** Ten bicycle racks available

**Opening hours:**

**Monday-Friday:** 6:30am-10:30pm

**Saturday-Sunday:** 8:00am-8:00pm



## CLAPHAM LEISURE CENTRE

141 Clapham Manor Street, London SW4 6DB

**Tel:** 020 7627 7900

**Email:** [Clapham@gll.org](mailto:Clapham@gll.org)

**Web:** [www.better.org.uk/clapham](http://www.better.org.uk/clapham)

**Train:** Clapham High Street

**Tube:** Clapham Common, Clapham North (Northern Line)

**Parking:** Two disabled parking spaces and Pay and display Off-Street parking

**Bikes:** Nine bicycle racks available

**Opening hours:**

**Monday-Friday:** 6:00am-10:00pm

**Saturday-Sunday:** 8:00am-6:00pm





## FERNDALE COMMUNITY SPORTS CENTRE

Nursery Road, London, SW9 8BP

Tel: 020 7738 6834

Email: [Ferndale@gll.org](mailto:Ferndale@gll.org)

Web: [www.better.org.uk/ferndale](http://www.better.org.uk/ferndale)

Train: Brixton

Tube: Brixton (Victoria Line)

Bus: 2, 3, 35, 45, 109, 118, 133, 250, 333, 345, 432

**Parking:** Seven parking spaces which includes two disabled parking spaces

**Bikes:** Ten bicycle racks available

**Opening hours:**

**Monday-Friday:** 9:00am-10:00pm

**Saturday-Sunday:** 9:00am-6:00pm



## FLAXMAN SPORTS CENTRE

Carew Street, London, SE5 9DF

Tel: 020 7926 1054

Email: [Flaxman@gll.org](mailto:Flaxman@gll.org)

Web: [www.better.org.uk/flaxman](http://www.better.org.uk/flaxman)

Train: Loughborough Junction

Bus: 35, 45, 345

**Parking:** Limited spaces. Pay and display off-street parking

**Bikes:** Six bicycle racks available

**Opening hours:**

**Monday-Friday:** 7:00am-10:30pm

**Saturday-Sunday:** 9:00am-6:00pm



## HERNE HILL LIFESTYLE CENTRE

Ferndene Road, London, SE24 0AG

TEL: 020 3795 5156

Email: [HerneHill@gll.org](mailto:HerneHill@gll.org)

Web: [www.better.org.uk/herne-hill](http://www.better.org.uk/herne-hill)

Train: Loughborough Junction, Denmark Hill

Bus: 42, 68, 468, N68, P4

**Parking:** Street parking is available

**Bikes:** Twelve bicycle racks available

**Opening hours:**

**Monday-Friday:** 7:00am-10:00pm

**Saturday-Sunday:** 8:00am-6:00pm





## STREATHAM ICE AND LEISURE CENTRE

390 Streatham High Road, Streatham, SW16 6HX

Tel: 0208 677 5758

Email: [Streatham@gll.org](mailto:Streatham@gll.org)

Web: [www.better.org.uk/Streatham](http://www.better.org.uk/Streatham)

Train: Streatham, Streatham Hill, Streatham Common station

Bus: 50, 109, 118, 133, 159, 249, 250, 255, G1, P15, N133

Parking: 138 spaces, blue badge disabled bays available

Bikes: Storage for 16 bikes

### Opening hours:

Monday - Friday: 6:00am - 10:00pm

Saturday - Sunday: 8:00am - 7:00pm



## VAUXHALL LEISURE CENTRE

50 South Lambeth Road, Vauxhall, London, SW8 1DY

Tel: 020 3887 3575

Email: [Vauxhall@gll.org](mailto:Vauxhall@gll.org)

Web: [www.better.org.uk/vauxhall-leisure-centre](http://www.better.org.uk/vauxhall-leisure-centre)

Train: Vauxhall

Tube: Vauxhall (Victoria Line)

Bus: 2, 88

Bikes: Storage for 32 bikes available

### Opening hours:

Monday-Friday: 6:30am – 10:00pm

Saturday-Sunday: 8:00am – 6:00pm



## WEST NORWOOD HEALTH AND LEISURE CENTRE

25 Devane Way, West Norwood, London, SE27 0DF

Tel: 020 8761 1159

Email: [WestNorwood@gll.org](mailto:WestNorwood@gll.org)

Web: [www.better.org.uk/westnorwood](http://www.better.org.uk/westnorwood)

Train: West Norwood

Bus: 2, 68, 196, 315, 322, 432, 468, X68

Bikes: Storage for 44 bikes available

Parking: Pay and Display surrounding roads

### Opening hours:

Monday-Friday: 6:30am – 10:00pm

Saturday-Sunday: 8:00am – 6:00pm

