# **ACCESSIBLE ACTIVITIES**

# ANUARY

# BETTER LEISURE CENTRES IN LAMBETH

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 or email 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 or call the centre on 020 7627 7900.







# 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 website

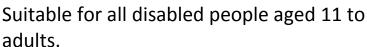
www.movementworks.org





# COMMUNITY CLUB MULTI SPORTS AT BRIXTON RECREATION CENTRE

4:30pm - 6pm



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@disablitysportscoach.co.uk or call 07508 044435.



DISABILITYSPORTSCOACH

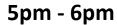








# CLUB LAMBETH KIDS AT BRIXTON RECREATION CENTRE





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@disablitysportscoach.co.uk or call **07508 044435**.



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



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



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



**FREE to attend** 

Email <a href="mailto:sports@lambeth.gov.uk">sports@lambeth.gov.uk</a> for more information.



# BETTER 10am

## ISPA MULTI SPORTS

#### AT STREATHAM ICE AND LEISURE CENTRE



Suitable for all.

A range of sports and physical activity options are available



Email Streatham@gll.org for more information.



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### WEDNESDAY



# 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 <u>Streatham@gll.org</u> for more information.



### **THURSDAY**





# 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 or call the centre on 020 7627 7900.

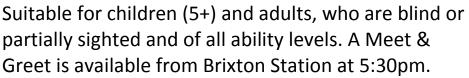


### **BLIND & PARTIALLY SIGHTED FOOTBALL SESSIONS**

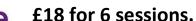




AT BRIXTON RECREATION CENTRE







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







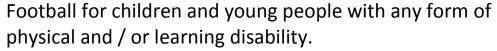




### PAN DISABILITY FOOTBALL

#### AT FERNDALE COMMUNITY SPORTS CENTRE

#### 6-7:30pm



Free taster session.

To book visit www.fulhamsoccerschools.com



# 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 or call 020 7095 5100.





### 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.



Email austinkentebe@hotmail.com or call 07946 157023.









# 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 <a href="westnorwood@gll.org">westnorwood@gll.org</a> 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**

#### **AII 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



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#### **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+) £40.20

Junior (under 16) £5.60

Family (2 adults & 3 juniors) £51

Concessionary **£5.60 – £11.10** 

This membership will be a one-off annual fee.

Sign up today at <u>join.better.org.uk/signup</u> 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

Web: 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: <u>Brixton@gll.org</u>

Web: 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: <u>Clapham@gll.org</u>

Web: www.better.org/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

Web: 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

Web: www.better.org.uk/flaxman Train: Loughborough Junction

Bus: 35, 45, 345

Parking: Limited spaces. Pay and display off-street

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 OAG

TEL: 020 3795 5156 Email: HerneHill@gll.org

Web: 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

Web: 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

Web: 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

Web: 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









