

# Inclusive Sport in Bristol




**Ignite**  
BRISTOL  
Active. Inclusive. Together.

**Updated: May 2022**



# Important Information

- For ease, we have indicated what ages the activities are suitable for at the top of the page.
- Where possible we've included links to take you directly to website and/or booking forms. Just click on the symbol at the top of the page. 
- Please contact providers before attending as details may change at the last minute due to COVID-19
- If you require an alternative version, or any assistance please contact [lizzie.edgecombe@accesssport.co.uk](mailto:lizzie.edgecombe@accesssport.co.uk) or call 0117 941 5829
- To keep up to date, make sure you've signed up to receive the Ignite Bristol newsletter [here](#)

**Something missing? Let us know!**

Email [info@ignitebristol.co.uk](mailto:info@ignitebristol.co.uk) with details



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★ All Ages

● Adults

♥ Children & Young People

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# Contents



All Ages



Adults



Children & Young People

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- Blind Rowing







## ONLINE SESSIONS

### BEGINNER MARTIAL ARTS

Who: all abilities and disabilities, aged 6 up

Where: Tuesday nights 6pm-7pm on Zoom

Cost: Free

Register: [https://my.coacha.app/member\\_signup/C80C0EF14C](https://my.coacha.app/member_signup/C80C0EF14C)

Contact: [info@adaptivema.co.uk](mailto:info@adaptivema.co.uk)

### FITNESS CLASS

Who: all abilities and disabilities, aged 6 up

Where: Thursdays 5:15-6:15pm on zoom

Cost: Free

Register: [https://my.coacha.app/member\\_signup/C80C0EF14C](https://my.coacha.app/member_signup/C80C0EF14C)

Contact: [info@adaptivema.co.uk](mailto:info@adaptivema.co.uk)

**1:1 CLASSES ALSO AVAILABLE**

**GET IN TOUCH FOR DETAILS**

**[INFO@ADAPTIVEMA.CO.UK](mailto:info@adaptivema.co.uk)**

CLICK

All Ages



**AMA**  
ADAPTIVE MARTIAL ARTS

**AT  
HOME**



## REGISTER TODAY! [ADAPTIVEMA.CO.UK/AMA-HOME](https://adaptivema.co.uk/ama-home)

Professional instructors have designed a 12 week disability inclusive programme suitable for all experience levels. Kit loan and up to 3 sessions a week! All for only £20 per month direct debit. Plus £25 delivery.

### Zoom Classes:

- Group Exercise Classes
- Striking Training
- Self Defence Training
- Brazilian Jiu jitsu Training
- and so much more



**Kit can include:** Boxing gloves, focus mitts, elbow pads, shin pads, resistance bands, grappling dummy, slam ball, aqua ball, agility markers and kit bag! RRP over £780.

CLICK



# Children & Young People

Gympanzees

## EASTER POP UP

Visit Gympanzees this Easter for inclusive  
fun, fitness, and friendship!



A Pop Up activity centre for children and young people with disabilities.

**11th – 22nd April 2022**



SGS Pegasus School, Patchway,  
Bristol, BS32 4AJ

**Gympanzees sessions are for children and young  
people (0-25 years) with sensory, physical, learning  
difficulties, SEN and any mild to profound disability.**



@GympanzeesUK

**visit [gympanzees.org](https://gympanzees.org) to book**

# **Visually Impaired Body Conditioning**



**Kingswood Leisure Centre,  
Church Road Staple Hill, BS16 4RH**

- £8 per Session
- Every Monday at 2pm from 17th May
- Book 6 for £30
- Low Impact
- Provides full body workout for strengthening and toning muscles and burning calories
- Contact Hayley or Marcella for more info
- [resultft@gmail.com](mailto:resultft@gmail.com)



CLICK



# Children



## Yoga Time with Emma

In-person disability inclusive yoga sessions for children and their families.

### Weekly Sessions

**Imperial Sports Ground, BS14 9EA**



#### Yoga for 5-11 years

- Thursdays, 4.15 - 5.00pm
- Parents welcome to join in!

#### Yoga for Girls 12-16 years

- Thursdays, 5.15 - 6.00pm

### Key Information:

- Suitable for children with impairments or additional needs - siblings welcome too!
- No experience or equipment needed
- First session free, £2 there after
- Limited spaces available, sign up in advance by completing the online form <https://bit.ly/Yoga-With-Emma-Thursdays>
- If you have any questions, please contact [emma@yogaclasesbath.co.uk](mailto:emma@yogaclasesbath.co.uk)





CLICK

Children



# CHILDREN'S YOGA

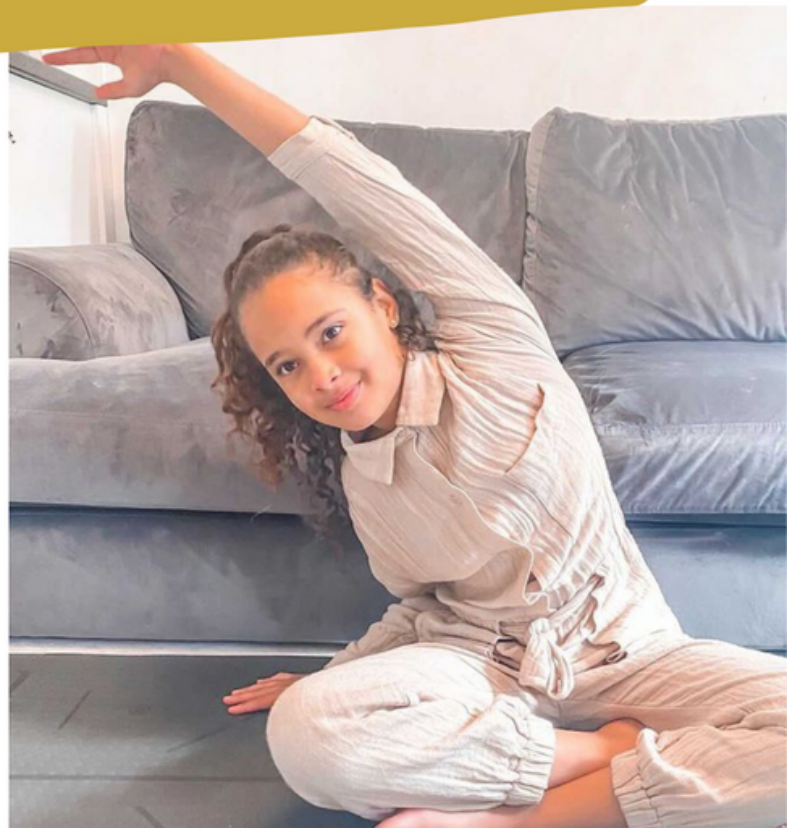
## Tuesdays

**5pm**

(6-9 Yrs)

**6pm**

(10-12 yrs)



**LA Community Centre (Club Room)**

**BS41 9DP**

Contact Jaz to book:

02086388627

[soleilsalutations@gmail.com](mailto:soleilsalutations@gmail.com)

[www.soleilsalutations.com](http://www.soleilsalutations.com)

CLICK

# Young People



## INCLUSIVE YOGA

All abilities welcome



### Thursdays

### 4.30pm

(16-19yr olds)

### 5.15pm

(Chair Yoga)

All ages welcome

Shirehampton Public Hall  
BS11 9TX



### Book now:

<https://bit.ly/shirehampton-yoga>

Pay by donation



Contact Jaz:

02086388627

[soleilsalutations@gmail.com](mailto:soleilsalutations@gmail.com)

[www.soleilsalutations.com](http://www.soleilsalutations.com)



# Roll & Stroll

## Walking and rolling group for disabled people.

A great way to not only get some exercise and fresh air, but also make new friends young and old.

### What to expect:

- Walks last between 40 minutes and 2 hours
- Fully accessible
- Light-hearted atmosphere with plenty of laughter and respect amongst others



### Key Information:

- FREE!
- Wednesday and Friday
- 1:30pm
- Various locations across Bristol

**Express your interest!**

**Contact Dan:**  
**[mch.bristoldef@gmail.com](mailto:mch.bristoldef@gmail.com)**  
**or 07552680678**

Supported by:







# Roll & Stroll

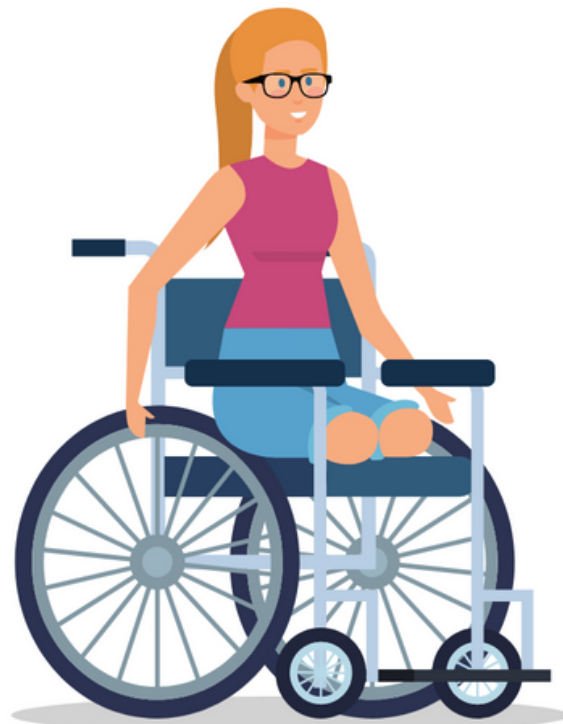
## Upcoming dates:

**Friday 27th May**

1pm at Castle Park, meet by the main entrance on union street.

**Wednesday 1st June**

1pm at Ashton Court Estate, meet by the cafe near carpark of Kennel lodge road.



Supported by:



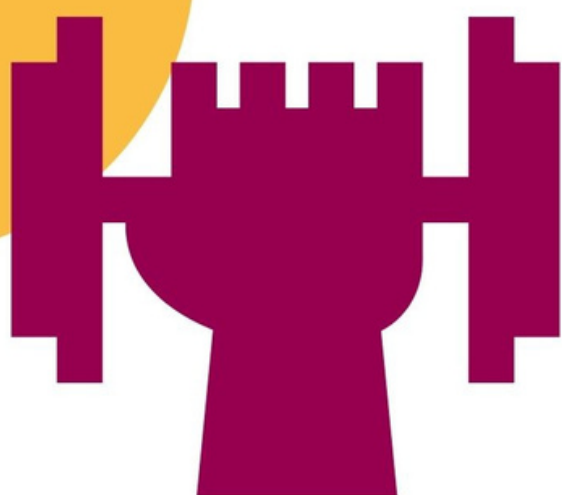
CLICK

**All Ages**

# Online Disability Strength And Conditioning



**Mondays 7pm  
Open to all Ages  
Bring along friends family and pets!**



**Contact Mike**

**info@functionaladaptivemovement.com  
to express interest**

Donation of £4 - £6 per session for those able to.

**[Donate For The Cost of The Session Here](#)**



CLICK

# Children & Young People

Visit our online  
Activity Finder  
for more fun  
activities &  
resources!



## Children's Inclusive Dance

**Tuesdays 5.30 – 6.15pm**

**Sense Woodside Family Centre**

**Kingswood Foundation Estate, Britannia Road, BS15 8DB**

**A fun and inclusive dance session with Flamingo Chicks incorporating a mix of active learning, story telling and magical music!**

- Open to all children age 5+ with complex disabilities and/or sensory impairments along with their siblings/families
- £3 per session – please bring cash with you
- Accessible toilets & changing facilities available
- All participants must be accompanied by an adult/carer

**CLICK HERE TO REGISTER  
OR SCAN THE QR CODE**



**For more information or any questions please contact Alice Miller:**

**Email: [alice.miller@sense.org.uk](mailto:alice.miller@sense.org.uk)**

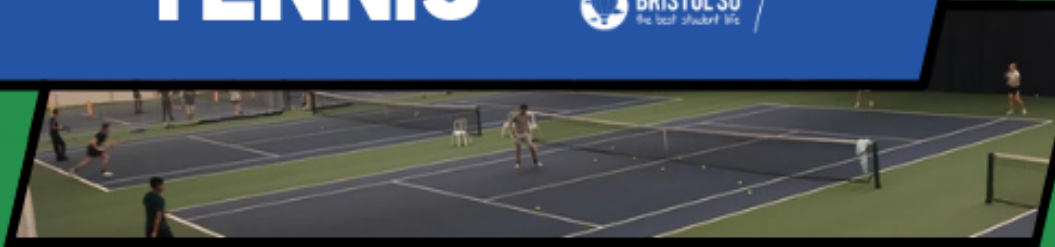
**Phone: 07599 104405**

Charity number 289868

# TENNIS



Sport



## Wheelchair Tennis

with Wheely Good Tennis Club

### Key Information:

- Wednesdays, 7-8pm
- Coombe Dingle Sports Complex - Indoor Courts
- £5 per session
- All ages and abilities



Contact [andy.trott@bristol.ac.uk](mailto:andy.trott@bristol.ac.uk) for more information or to book on to a session



**Open Court**  
Disability Tennis

## ABILITY TENNIS SESSIONS

**Why not have a go?**

These sessions are aimed at adults with a learning disability to develop your tennis and ball skills and to improve your overall fitness.

**No need to have played before.**

The sessions are for beginners upwards run by a qualified tennis coach and are fully inclusive and tailored to the needs of the participants.

**COTHAM PARK TENNIS CLUB**  
80 Redland Road BS6 6AG

**FOR MORE INFORMATION CONTACT:**

Helen Abbott-07872945664

[info@abilitytennis.com](mailto:info@abilitytennis.com)



**AN INCLUSIVE SESSION  
FOR 16+**

**Thursdays 2pm -3pm  
Starting April 28<sup>th</sup>- 30<sup>th</sup> June**

**£3 PER SESSION**

It is outdoors so please wear trainers  
& suitable clothing.

Refreshments are available



CLICK



# Children & Young People

## Accessible Tennis for Kids



- Inclusive Tennis Sessions
- Children age 6-10 with SEN
- Six Week Block
- Runs During half term
- [Book Here](#)



**Kings Tennis Club  
Maplemeade,  
Bishopston,  
Bristol**

Run by



**ELLY SHEARMAN  
TENNIS COACHING**



## FREE WALKING TENNIS Taster Session

A fun game accessible to EVERYONE...  
Why not come and have a hit?

### SUNDAY 29 MAY

2PM - 3.30PM

Bristol Central Tennis Club, Happy  
Lane (off Derby Rd)  
St. Andrews, BS7 9AQ

Walking Tennis is for anyone who wants to play tennis, but at their own pace. It's ideal for those who:

- Used to play tennis
- Have never played tennis before
- Are looking to get more active
- Are recovering from an injury

You can play tennis at any age, and Walking Tennis offers an easy way for older people to keep their body and mind active – while also enjoying the social side

**Come and try a new sport in a friendly, supportive environment.**

**All equipment provided.  
Refreshments are available.**



Please register for free by emailing  
**info@abilitytennis.com**  
if you can. Otherwise, just drop in on the day!





CLICK



# All Ages

FUN COMMUNITY INCLUSIVE MOVEMENT

## What is ... ?

**Flyerz** is leading a movement across the UK to make disability inclusion the norm in hockey

**Who?** Flyerz is for everyone! Disabled and non-disabled people and their families, inclusive to any disability and long-term health condition. Parents, carers and siblings are encouraged to join in the fun!

### Free Monthly Sessions

**Every Other Wednesday  
6-7pm**

**Shine Sports Community  
Ground, Brecon Road,  
Bristol, BS9 4DT**

**Next session: June 15th**



**Sign up online: [www.accesssport.co.uk/forms/bristol-flyerz](http://www.accesssport.co.uk/forms/bristol-flyerz)**

For more information on Flyerz, please get in touch with us at:

E: [lizzie.edgecombe@accesssport.co.uk](mailto:lizzie.edgecombe@accesssport.co.uk)

T: 0117 941 5829



# PROJECT INC



## FREE PAN DISABILITY FOOTBALL!!!

Youth Pan Disability Football &  
Multi Skills  
Monday 5pm - 6:30pm  
Ashton Park Sports Centre BS3 2JL  
Outside Ages 5 - 18 years old

Youth Pan Disability Football Hub  
Tuesday - 6pm - 7pm  
Imperial Sports Ground BS14 9EA  
Outside Ages 6 - 15 years old

Adult Pan Disability Football Hub  
Tuesday - 7pm - 8pm  
Imperial Sports Ground BS14 9EA  
Outside Age 16+

### MAKING FOOTBALL

Youth Pan Disability Football &  
Multi Skills  
Wednesday 5pm - 6:30pm  
Bridge Learning Campus BS13 0RL  
Indoors Ages 5 - 18 years old

Youth Pan Disability Football Hub  
Friday - 5pm - 6pm  
Bradley Stoke Community School BS32 9BL  
Outside Ages 6 - 15 years old

### EVERYONES GAME

For more information and if there are any adjustments, we need to make to accommodate you at our sessions, contact [sam.smith@bfc.co.uk](mailto:sam.smith@bfc.co.uk) or call 0789 9991 983

# Children & Young People

## **BRISTOL CITY CEREBRAL PALSY FOOTBALL CLUB**

**FUN AND FRIENDLY JUNIOR SESSIONS**

A GREAT WAY TO BOOST CONFIDENCE, GET FIT,  
SOCIALISE AND EXPERIENCE SUPPORT FROM A  
TEAM OF UNDERSTANDING COACHES &  
PLAYERS



**FOR MORE DETAILS  
VISIT [WWW.BCCPFOOTBALL.CO.UK](http://WWW.BCCPFOOTBALL.CO.UK)  
OR EMAIL  
[INFO@BCCPFOOTBALL.CO.UK](mailto:INFO@BCCPFOOTBALL.CO.UK)**

**IMPERIAL SPORTS GROUND  
SAT 10AM-12PM**

**OPEN TO BOYS AND GIRLS  
ALL SKILL LEVELS**





# Children & Young People



Unique version of the  
beautiful game

Have fun, play football

Saturday Mornings  
10:00 - 11:00

£4 pay as you play

## Bristol Frame Football Club

**Every Saturday**

Football for children who need a frame to walk or exercise.

Ages 3 – 16. Delivered by Bristol Frame Football Club in partnership with  
Bristol City Robins Foundation.

Contact Nick Dewfall Email: [nickdewfall@aol.com](mailto:nickdewfall@aol.com)

Merchants Academy Sports Centre,  
Molesworth Drive, BS13 9BJ



**ROBINS  
FOUNDATION**



CLICK



# Children & Young People

## FREE FOOTBALL

FOR MALES & FEMALES AGED 8 - 16 YEARS OLD  
WHO HAVE/ARE

**CEREBRAL PALSY  
VISUAL IMPAIRMENT  
DEAF OR HEARING IMPAIRED**

BI-WEEKLY (TERM TIME ONLY)

**TUESDAY 5PM-6PM**

**LOCKLEAZE SPORTS CENTRE  
BONNINGTON WALK (BS7 9XF)**

FOR MORE INFORMATION & TO REGISTER, VISIT;  
[BRISTOLROVERSCOMMUNITY.ORG.UK/PARATALENTHUB](http://BRISTOLROVERSCOMMUNITY.ORG.UK/PARATALENTHUB)

PART OF THE FA PARA TALENT PATHWAY



## FREE FOOTBALL

FOR MALES & FEMALES AGED 10 - 18 YEARS OLD  
WHO ARE EITHER

**REGISTERED BLIND OR  
SEVERELY SIGHT IMPAIRED**

SESSIONS INVOLVE THE USE OF AUDIO FOOTBALLS WHICH MAKE A  
NOISE SO PLAYERS CAN FOLLOW THE BALLS MOVEMENTS.

BI-WEEKLY (TERM TIME ONLY)

**TUESDAY 5PM-6PM**

**LOCKLEAZE SPORTS CENTRE  
BONNINGTON WALK (BS7 9XF)**

FOR MORE INFORMATION & TO REGISTER, VISIT;  
[BRISTOLROVERSCOMMUNITY.ORG.UK/BLINDFOOTBALL](http://BRISTOLROVERSCOMMUNITY.ORG.UK/BLINDFOOTBALL)





# LONGWELL GREEN INCLUSIVE FOOTBALL

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## YOUTH (6-16 yrs)

Thursday 6.00pm - 7.00pm

Brunel Fitness Centre (Brunel Academy)  
Speedwell Road, Bristol, BS15 1NU

Male and Female, All disabilities

FREE SESSIONS

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Contact; Paul Griffin

Email: [goaliegriff@tiscali.co.uk](mailto:goaliegriff@tiscali.co.uk)

Tel: 07813256875



**All Ages**



# BRISTOL PFC

## POWERCHAIR FOOTBALL SESSIONS

TRAINING DATES SUBJECT TO CHANGE

**SATURDAYS**  
**12:00 TO 14:00**

FUNDED AND SUPPORTED BY...



**VISIT OUR WEBSITE FOR  
CONFIRMED DATES**

[WWW.BRISTOLPOWERCHAIRFC.CO.UK](http://WWW.BRISTOLPOWERCHAIRFC.CO.UK)

**CONTACT GBG FOR MORE  
INFO**

[INFO@GOALSBEYONDGRASS.CO.UK](mailto:INFO@GOALSBEYONDGRASS.CO.UK)

# TRY

# POWERCHAIR

# FOOTBALL

WED 18TH MAY  
16:30 - 17:15

@ WARMLEY PARK SCHOOL,  
BRISTOL, BS30 8XL

## Everything you need to know:

- Suitable for children and adults with a physical disability. Ages 4+
- FREE
- Football powerchairs provided
- Hoist available, bring your own sling

Contact Jenny to book your place:  
[jenny@novasportsandcoaching.co.uk](mailto:jenny@novasportsandcoaching.co.uk) / 07880743453





CLICK

Adults



## Mental Health Football Sessions

Mental Health Football Sessions are for those who are currently struggling with their Mental Health or are at risk of developing Mental Health problems.

Sessions will be games-based, with an emphasis on positivity towards other players. Sessions will be led by a qualified coach and activator.

The football sessions will help with physical health issues that are associated with Mental Health. Participants will also be encouraged to stay after each session for tea/coffee and an opportunity to talk.

Venue: Pen Park Pavilion, Jarratts Road, Southmead, Bristol, BS10 6WF

Start Date: Wednesday 3 November 2021

Times: Every Wednesday 1 – 2pm

Age: 16+

Price: FREE

[CLICK HERE TO SIGN UP](#)

For further information contact [Support@GloucestershireFA.com](mailto:Support@GloucestershireFA.com).







## INCLUSIVE ADULT DISABILITY FOOTBALL

### ARE YOU LOOKING FOR SOMETHING ACTIVE, FUN AND SOCIAL TO DO?

Then our inclusive football sessions could be for you. The Round The World Challenge is all about turning hours of fun sports and physical activities into a round the world adventure.

**Tuesday 7pm - 8pm (Outdoors)**  
**Imperial Sports Ground, BS14 9EA**

**Thursday 12pm - 1pm (Indoors)**  
**Horfield Leisure Centre, BS7 0XW (Term Time Only)**

In partnership with Mencap's Round The World Challenge our inclusive football sessions are aimed at adults with a learning disability but open to all! Sessions are free to take part in.

For more information please email [sam.smith@bcfc.co.uk](mailto:sam.smith@bcfc.co.uk) or phone 07899 991983.  
Please let us know if there are any adjustments we need to make to accomodate you at our sessions.



# Children & Young People

Visit our online  
Activity Finder  
for more fun  
activities &  
resources!



## NEW Sensory Football Sessions!

Thursdays 5 – 6pm

Warmley Park School

Tower Road North, Warmley, Bristol BS30 8XL

Our new innovative and engaging Sensory Football sessions offer a fully inclusive way for children with any disability to play football! Sessions will be tailored to suit everyone's individual needs.

- Open to all children aged 5-16 with complex disabilities and/or sensory impairments
- £3 per session – payable online upon booking
- Accessible toilets & changing facilities available
- All participants must be accompanied by an adult/carer

**CLICK HERE TO REGISTER  
OR SCAN THE QR CODE**



For more information or any questions please contact Alice Miller:

Email: [alice.miller@sense.org.uk](mailto:alice.miller@sense.org.uk)

Phone: 07599 104405

Charity number 289888



# **INCLUSIVE**

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## **SPORT & PHYSICAL ACTIVITY CLUB**



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**WHEELCHAIR RUGBY | WHEELCHAIR BASKETBALL  
SENSORY FUN | MULTI-SPORTS & BALL GAMES**

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**EVERY SUNDAY 11:00-12:00**

**ALL ABILITIES - SIBLINGS & FAMILIES WELCOME**

**AGES 4-18 | MIXED GENDER | FREE FOR ALL**

**ADDRESS:**

**UWE CENTRE FOR SPORT, COLDHARBOUR LANE, BRISTOL, BS16 1QY**

**FOR MORE INFORMATION:**

**[iblundell@bristolbearsrugby.com](mailto:iblundell@bristolbearsrugby.com)**

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CLICK



# Children

Be part of something fun, well-organised and inclusive

SHINE

## SHINE SHARKS

BASKETBALL INCLUSION SQUAD



- ★ Ages 5 - 18
- ★ Led by qualified coach
- ★ Essential technique and skills of basketball
- ★ Be part of a growing squad

Starts from  
**Sunday November 7th**

**Every Sunday**  
**13:30 - 14:30**



Held at  
**Shine Community Sports Hall**  
Brecon Road, Henleaze, BS9 4DT

Book Now on [MyShine.co.uk/my-team](https://MyShine.co.uk/my-team)

BRISTOL  
ACTIVE CITY

Childcare  
Vouchers

[MyShine.co.uk](https://MyShine.co.uk)

DBS  
CHECKED

Ofsted

CLICK

All Ages

The logo is a blue circle with a white border of bicycle silhouettes. Inside the circle, the text "Bristol Family Cycling Centre" is written in white. The word "Bristol" is in a smaller font, "Family" is in a larger, bold font, and "Cycling Centre" is in a medium font.

# Bristol Family Cycling Centre









**Bristol Family Cycling Centre  
offers cycling activities to people of  
all ages and abilities**

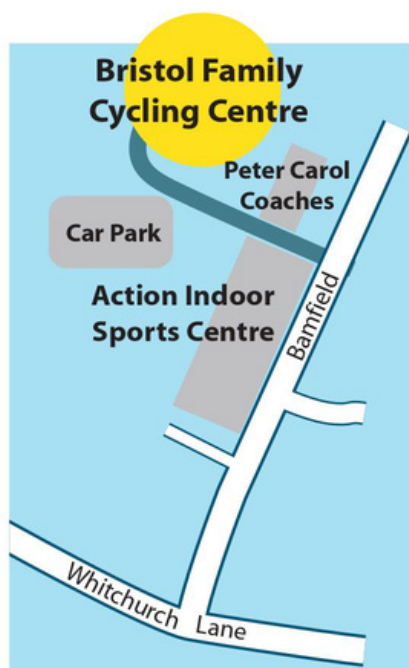






## We offer:

-  A traffic-free site
-  A wide range of bikes
-  Bikeability training – from balance bikes and learn to ride to confidence-boosting sessions for adults
-  Inclusive cycling on our specialist bikes including trikes, a wheelchair accessible platform bike, bicycles for two and hand cycles
-  Bike maintenance sessions for adults and children
-  Cycle sport coaching for children and adults
-  New for 2017: Adult and toddler sessions with trailer bikes, bike seats and tag-alongs
-  Volunteering opportunities



Bristol Family Cycling Centre,  
Bamfield,  
BRISTOL, BS14 0FE

### For more information:

[www.betterbybike.info/familycyclingcentre](http://www.betterbybike.info/familycyclingcentre)

Email: [cyclingcentre@bristol.gov.uk](mailto:cyclingcentre@bristol.gov.uk)



familycyclingcentre

Tel: 01275 832800





CLICK

All Ages

# Two's Company

*Fun and enjoyment through cycling*

*Two's Company is a tandem cycling project for adults and young people in Bristol who are blind or visually impaired.*

*By enabling people to get out into the countryside and experience the joys and freedoms of cycling, we offer the opportunity to take part in a sociable, fun and healthy activity, meet new people and make new friends.*

*"It's brilliant to get back on a bike again. I never thought I would be able to do this after I lost my sight"*

*"Two's Company has been empowering for me to meet other people, both visually impaired and sighted, in a social environment."*



Call: 0117 353 4580  
Email: [tandemrides@lifecycleuk.org.uk](mailto:tandemrides@lifecycleuk.org.uk)  
Visit: [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

Life Cycle  UK

start cycling • keep cycling • love cycling

CLICK



# All Ages

## Tandem rides

*Exercise, company and fresh air*

### *What to expect:*

*You will ride on the back of a tandem bicycle with a friendly, sighted volunteer at the front. All rides are led by an experienced ride leader.*

### *We offer:*

- *Taster days*
- *Tandem rides for young people*
- *Tandem rides for adults*
- *Routes to suit all abilities*
- *Volunteering opportunities*



### *Want to know more?*

**Call:** 0117 353 4580

**Email:** [tandemrides@lifecycleuk.org.uk](mailto:tandemrides@lifecycleuk.org.uk)

**Visit:** [www.lifecycleuk.org.uk/tandem-rides](http://www.lifecycleuk.org.uk/tandem-rides)



**Life Cycle UK**

Start cycling • keep cycling • love cycling



**The Queen's Award  
for Voluntary Service**  
The MBE for volunteer groups





We offer specialist one-to-one cycle rides, enabling everyone to explore the outdoors in a safe, pressure free and fun way



DO YOU LIVE IN SOUTH BRISTOL AND KNOW...

A disabled adult or child.

or

Someone with a long-term health condition.

or

Anyone whose mental or physical health has been affected by lockdown.

For example:

- autism
- learning disabilities
- sensory impairments

For example:

- depression
- anxiety
- epilepsy

For example:

- social isolation
- bereavement
- fatigue

**Fully funded 1 hour cycle rides available until March 31st 2022**

**Get in touch!**  
**07497887695**  
**hello@rideoutrideon.com**





CLICK



# All Ages



## Cycle Minded

Community Well-being Cycling

Cycling is good for your health and fitness and it is good for your mind too. Cycle Minded is all about better well-being through getting out and about. Being active outdoors helps you feel happier and more positive, you can achieve something new, feel better about yourself and meet other people.

Take some time to look after yourself.....

**Community Cycle Rides**

**Thursday Morning Rides 10.30am.**

**Tuesday Evening rides 6.00pm**

**Evening rides starting soon**

Join our trained guided ride leaders for a cycle along the Strawberry Line Cycle Path. Bring your own bike or use one of ours. Email [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com), call 07983816426 or visit [www.strawberrycycles.com](http://www.strawberrycycles.com) for further details.

**Or rent a wide range of bikes including adaptive bikes, tandems and hand cycles and cycle at your leisure down the Strawberry Line Cycle Path**

**Book online:**  
**[www.strawberrycycles.com](http://www.strawberrycycles.com)**



**We are pleased to announce we are now working in partnership with Sport England and Wesport, through their Tackling Inequalities fund, to deliver a wider range of cycling opportunities to people with disabilities.**

**Whether you are looking to start cycling, to develop your cycling skills, increase your fitness, make new friends or support your well-being through outdoor exercise – please do give us a call or email us to book. We can offer free use of our bikes and ride leaders to support you with your cycling. (07983816426, [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com)).**





We have a range of specially adapted bicycles for people with disabilities or additional needs – these include battery-assisted bikes, bikes with platforms for wheelchairs, recumbent bikes and a variety of trikes. Our tandem bikes mean that carers can be part of the ride too. You can ride the bikes on the Bristol to Bath railway path or in a safe area in Warmley Forest Park.

You must book in advance. Please also download and complete our [Equipment Hire Agreement](#) and bring it with you to your first session.

You can book now by calling Project Coordinator Andy Underdown on 07587 034 366 or emailing [warmleywheelers@milestonetrust.org.uk](mailto:warmleywheelers@milestonetrust.org.uk)

[Visit the website.](#)





# Children & Young People



SOMERSET CRICKET  
FOUNDATION

# Join the Super 1s

## Free cricket sessions!

Make new friends!

All disabilities welcome | Ages 12-25

Every Thursday from 5pm-6pm (starting 13 January)  
Hengrove Promenade, Hengrove Park, Hengrove,  
Bristol, BS14 0DE

To book a place, please email:  
[steve.gass@somersetcricketfoundation.org](mailto:steve.gass@somersetcricketfoundation.org)



Registered Charity No. 306054 | OSCF No. SCO46238



**LORD'S TAVERNERS**  
Giving young people a sporting chance

# Children & Young People

# Super is



## 2021 Winter Activities! Free cricket sessions!

All disabilities welcome | Ages 12-25

**MONDAYS | MENDIP HUB | 6PM-7PM**

Millfield School, Street, BA16 0YD

**MONDAYS | SEDGEMOOR HUB | 6PM-7PM**

Robert Blake & Elmwood Sports Centre, Bridgwater, TA6 6AW

**WEDNESDAYS | BATH HUB | 5.45PM-6.45PM**

Hayesfield Girls School, Bath, BA2 3LA

**WEDNESDAYS | TAUNTON HUB | 6PM-7PM**

Bridgwater & Taunton College, Taunton Site, TA1 5AX

**THURSDAYS | NORTH SOMERSET HUB | 6PM-7PM**

The Priory School, Weston Super Mare, BS22 6BP

**THURSDAYS | SOUTH SOMERSET HUB | 6PM-7PM**

Westfield Academy, Yeovil, BA21 3EP

**For more information contact:**

**Steve Gass via [steve.gass@somersetcricketfoundation.org](mailto:steve.gass@somersetcricketfoundation.org)**

or visit [www.lordstaverners.org](http://www.lordstaverners.org)

Registered Charity No. 306054 | OSCF No. SCO46238



**LORD'S TAVERNERS**  
Giving young people a sporting chance





## WALKING CRICKET



**Thursdays | 2 - 4pm | Seat Unique Stadium**



For more information, please contact [jess.jones@glosccc.co.uk](mailto:jess.jones@glosccc.co.uk)



CLICK

# Children & Young People



## Table Cricket

Funded by



**After school table cricket sessions, accessible to all!**

**Lead by Jeanette Tate  
from Gloucestershire Cricket  
Foundation**

Table cricket is an adapted version of cricket, played on a table tennis table and specially designed to give young people with any disability the chance to play and compete in a fully accessible activity.



**Every Monday,  
4.30-5.30pm**

**at Thornbury Cricket Club**

Book at  
[www.jigsawthornbury.org.uk/events](http://www.jigsawthornbury.org.uk/events)

# Children & Young People

**EVERY SATURDAY FROM 7th MAY**  
**10:15 - 11:00 AM**  
**FOR AGES 7 - 16**  
**@ GOLDEN HILL CRICKET GROUND**  
**(BS6 7YA)**



## **INCLUSIVITY** **CRICKET**



**All Ages**

# **Gloucestershire Growlers VI Cricket**



Sunday 29th May 1-3pm  
Sunday 3rd July 1-3pm  
Sunday 7th August 1-3pm



**Knowle Cricket Club  
Broad Road  
Knowle  
Bristol  
BS4 2HD**

**Just bring yourself  
and comfy trainers!**

**For any further details please email Phil Gingell  
[bristolbluephil@googlemail.com](mailto:bristolbluephil@googlemail.com)**





## Glorious Sporting Memories

Conversation and fun activities

Join us for free, every Thursday:

12PM - 1:30PM

SEAT UNIQUE STADIUM

NEVIL RD

BS7 9EJ

Dedicated to bringing people together to tackle dementia, depression and loneliness through the power of remembering sport

Contact: [jess.jones@glosccc.co.uk](mailto:jess.jones@glosccc.co.uk)

07719 030 010



[www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)

CLICK

All Ages

**Enjoy running but lacking  
the confidence to get out there?**



**VI runners bristol can support  
you to reach your goals and  
fulfill your dreams...**

**f VI Runners Bristol**



### **VI Runners Bristol was set up in March 2017 by Colin Johnson.**

The group was created for both VI runners and running guides in and around Bristol to connect up for training runs and races. The group also share ideas and thoughts on VI guiding.

**Tracey Paling** (pictured right) took up running in 2017 after hearing about the group through RNIB Guide Dogs. Tracey is blind, diabetic and was previously house-bound, living as a recluse. She made the decision to make a healthy change and start on a new adventure, her first venture out was a guided 2 mile run/walk.

*'I've got the bug! I just love the freedom, and being outside come rain, snow or sun I run. Being blind, it was something I thought I could never do. It motivates me to get up in the morning, whereas before I had no drive. Now I run, swim and have joined the gym. I run parkruns regularly and have just entered my first half marathon! I also attend evening sessions with VI Runners Bristol where I am guided on Tuesdays and Wednesdays each week.'*



If you would like to find out more about the group just visit the Facebook page VI Runners Bristol and send us a message if you have any queries.

Alternatively, just come along to one of our weekly sessions and have a go! We're a really friendly bunch who just love running!

We look forward to welcoming you soon!





## Yate Adaptive and Para-Athletics

From January 2022, Adaptive Athletics is expanding to include older school children as well as adults with a wide range of disabilities. We concentrate on what people can do and adapt our athletic challenges to match. We have a range of new equipment for fitness and a range of racing wheelchairs, frame runners and seated throws.

We welcome those who are just beginning their journey .. as well as those with aspirations for International Paralympic success.

Sessions are:

Mondays 10.30 to 12.00 adults with physical disability  
Mondays 12.00 to 1.30 pm wheelchair racing and frame running  
Fridays 4.15 to 5.15: Primary school age adaptive athletics  
Fridays 5.30 to 6.30pm 12 to 15 year old adaptive athletics  
Fridays 6.30pm to 8pm - youth and adult para-athletes

The sessions are based at Yate Outdoor Sports Complex, and are funded by Sport England and Yate Town Council.



For more information contact Jim  
[adaptive4athletics@gmail.com](mailto:adaptive4athletics@gmail.com)

Yate Outdoor Sports Complex, Broad Lane, Yate, BS37 7LB



# Children & Young People



## Deaf Athletics Summer Term Update

Deaf Studies Trust together with Bristol and West Athletics Club provides weekly sessions for young deaf people from secondary school age to 90 years ...

April 30th,

May 14th, 21st, 28th (possible full day programme),

June 11th, 25th

9.00 to 10.30am

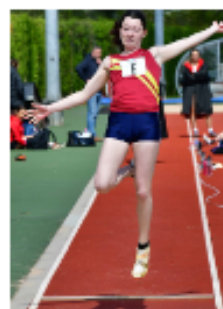
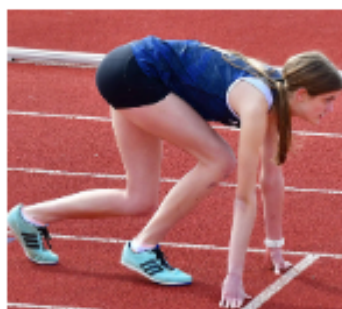
At the Wise Campus, South Gloucestershire College, Filton

Parents and even brothers and sisters can join in

As well as developing general fitness, the programme each week covers two disciplines of athletics, explaining the techniques and giving you a chance to try out your skills and measure your performance. It's fun but it can also point you in the direction of development in the world of athletics. We will be covering: sprinting, middle distance running, long jump, high jump, javelin and also warm-up and fitness. We use video and demonstrations. The coaches are UK Athletics licensed and all the necessary equipment is supplied at the college (apart from your trainers!).

There is also a course for parents and partners which is part of the college provision Remember you need to register with the college - and that makes the parking free.

Dates through the summer are still to be fixed.



For more details and to join the sessions, please contact

[jim.kyle@deafstudiestrust.org](mailto:jim.kyle@deafstudiestrust.org)

# Children & Young People

## Information for Deaf Athletics

At Kip Keino Stadium, Wise Campus, Filton Avenue, Filton, Bristol BS34 8LP

On the first session you may have to pay & display the parking fee at machine unless you are already registered.

Your lead coaches (licensed by UK Athletics) are Eugene Hechaverria and Jim Kyle from Bristol and West Athletics Club.

The session will be on the track - see the map below. The college reception is shown. You can go through the college to the track.



Drive in here



CLICK

# Children & Young People



**SATURDAY  
28TH MAY  
2022**

**COME ALONG TO OUR  
HIDDEN TALENT  
EVENT.  
WE HAVE SPRINTS,  
ENDURANCE,  
THROWS AND JUMPS  
FOR YOU TO TRY**



**HIDDEN TALENT**

**SCHOOL YEARS 7-11**

**THIS EVENT IS FOR  
THOSE THAT ARE  
NOT CURRENTLY IN  
CLUBS BUT MAY  
HAVE A HIDDEN  
TALENT FOR  
ATHLETICS**



To book please  
scan or visit  
website



[www.sgscol.ac.uk/athletics](http://www.sgscol.ac.uk/athletics)



# Frame Running

Monthly Frame  
Running and Fun  
Games!  
All Welcome!  
Come along and take  
part.



For children aged 2+ and adults  
with a disability which affects your  
mobility and ability to walk or run  
independently.



Get In Touch to find out more.  
[jenny@novasportsandcoaching.co.uk](mailto:jenny@novasportsandcoaching.co.uk)  
07880743453

CLICK

All Ages

# FRAME RUNNING 'HAVE A GO' DAY

Sunday  
29th May  
12-4pm  
Gloucester

With Gloucester  
Athletics Club at  
Blackbridge  
Jubilee Athletics  
Track,  
GL1 5TX



**FREE  
EVENT!**

For all ages from  
4+ to adults, all  
abilities

Register at  
[cpsport.org/events](https://cpsport.org/events) or  
just join us on the day!

Contact  
[info@cpsport.org](mailto:info@cpsport.org) for  
more information

Try Frame Running  
& other activities  
including wheelchair  
racing & adapted  
cycling



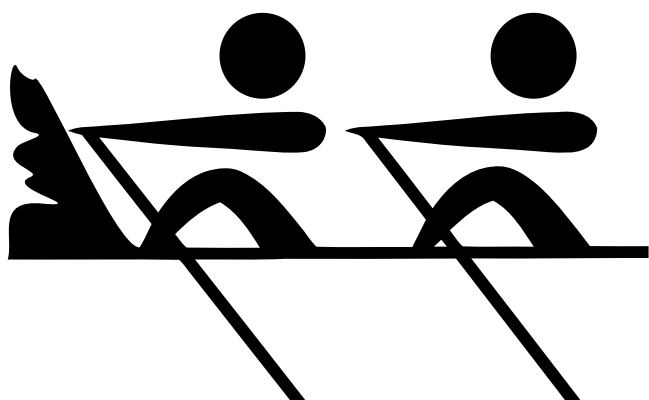
**boost**  
BUILDING ON OVERLOOKED SPORTING TALENT

**CP SPORT**  
cerebral palsy sport





## Blind Rowing



## Free Open Day for Visually Impaired

Date : Sunday 27th March 2022

Price: FREE

Time slots: 10.00 am, 11.00 am, 12.00 pm, 2.00 pm, 3.00 pm.

Minimum Age: 14 years

Location: All-Aboard Watersports, Cumberland Road, Bristol, BS16XG

You will enjoy a 45 min row up Bristol Harbour supported by experienced rowers in a GIG rowing boat.

## Book Now

Email your preferred time slot to [volunteering@allaboardwatersports.co.uk](mailto:volunteering@allaboardwatersports.co.uk)

## Who are we?

All-Aboard Watersports and Bristol Gig Club are partnering up to offer a FREE experience to the Visually Impaired community.

All-Aboard is a Watersports charity who work to remove barriers to watersports.

Bristol Gig Club is a local Gig rowing club who rows regularly on Bristol Harbour.

## Enjoyed your time with us?

All-Aboard wants to start weekly Visual Impairment friendly rowing sessions.

If you enjoyed rowing with us there will be an opportunity for you to sign up to join new weekly sessions. These sessions can be delivered over a 6-week Learn to Row Course and or weekly fun social rowing sessions with an instructor.

Experienced rowers can then apply to join Bristol Gig Club.

Come and have a fun day out with us and discover if Rowing is a new passion for you!