

# Inclusive Sport in Bristol

Session Directory  
May 2024



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

# About this Directory:

In here there's lots of wonderful activities and clubs for you to get involved in – hopefully, something for everyone! You don't have to have a diagnosis to attend, and it doesn't matter what your postcode is.

Sessions listed are at the request of the club. Whilst everyone in here has a passion for inclusion, checks and assurances haven't been made by Ignite Bristol; you should always enquire to ensure the suitability of opportunities.

## Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

## Keep up to date:



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



Sign up to the mailing list: [bit.ly/IB-signup](https://bit.ly/IB-signup)



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



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0117 450 9805



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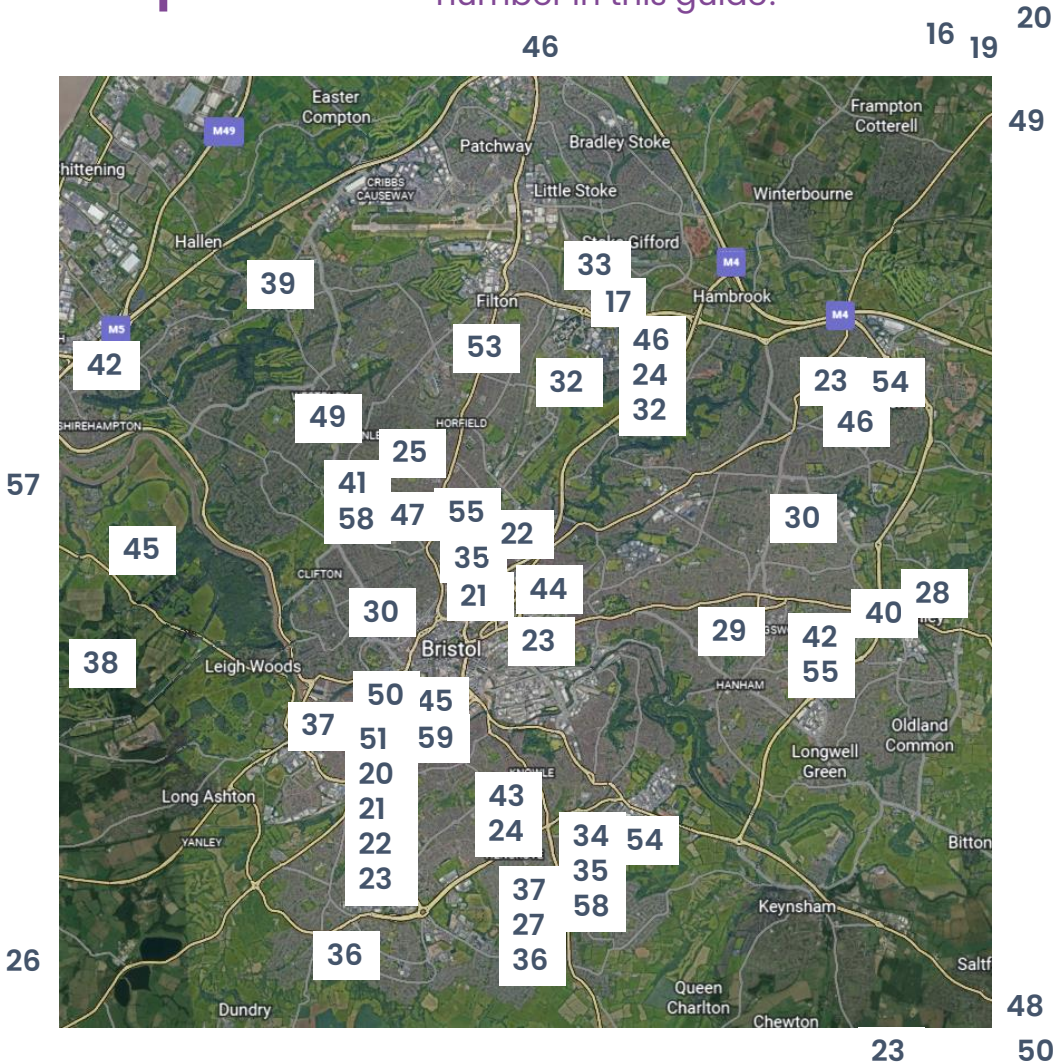
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# Map View

Each number represents the page number in this guide!



To open the interactive version of this map, go to: <https://bit.ly/Inclusive-Clubs-Bristol>

Or scan here



# Calendar View

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10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	<a href="#">21</a>
11.00am-1.00pm	Kings Tennis Club	<a href="#">47</a>
11.45am-12.30pm	Bristol Cycling Centre	<a href="#">27</a>
12.00pm-1.00pm	Recharge Up Fitness Class	<a href="#">30</a>
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5.30pm-6.15pm	Wrestle for Humanity (8-16yrs)	<a href="#">53</a>
6.00pm-7.00pm	Frenchay Falcons Cricket	<a href="#">23</a>
6.00pm-7.00pm	Waves Swim School	<a href="#">45</a>
6.15pm-7.00pm	Wrestle for Humanity (16+yrs)	<a href="#">53</a>
7.00pm-7.30pm	City of Bristol Gymnastics	<a href="#">37</a>
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12.00pm-2.00pm	SENDSenses	<a href="#">59</a>
4.00pm-5.30pm	Yate Athletics Club	<a href="#">16</a>
4.00pm-6.00pm	GEM Boccia Club	<a href="#">20</a>
4.00pm-6.00pm	Bristol Indoor Bowls Club	<a href="#">20</a>
4.00pm-8.00pm	Waves Swim School	<a href="#">45</a>
4.30pm-5.00pm	Soleil Salutation Yoga	<a href="#">54</a>
4.30pm-5.30pm	SENDSenses	<a href="#">59</a>
5.00pm-6.00pm	Bristol Rovers Community Trust	<a href="#">33</a>
5.00pm-6.00pm	BCRF- Visual Impairment Football	<a href="#">34</a>
5.45pm-6.30pm	Inclusive Dance	<a href="#">28</a>
6:00pm-7:00pm	Bristol Flyerz Hockey	<a href="#">38</a>
6.00pm-7.00pm	Peter Caseley Tennis (Visually Impaired)	<a href="#">49</a>
6.00pm-7.00pm	BCRF- Youth Football	<a href="#">34</a>
6.30pm-7.30pm	Bristol Blades Fencing (junior)	<a href="#">30</a>
7.00pm-8.00pm	BCRF- Adult Football	<a href="#">34</a>



# Wednesday

Time	Club	Page No.
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11.45am-12.30pm	Bristol Cycling Centre	<a href="#">27</a>
2.00pm-2.45pm	Blue Sky Tennis Foundation	<a href="#">48</a>
4.00pm-5.00pm	Sense Inclusive Climbing (Bouldering)	<a href="#">22</a>
4.00pm-6.00pm	Bristol Indoor Bowls Club	<a href="#">20</a>
4.30pm	Strawberry Line Cycles	<a href="#">25</a>
4.30pm-6pm	Bristol SUP	<a href="#">52</a>
5.00pm-6.00pm	Pentathlon GB	<a href="#">40</a>
5.00pm-6.00pm	Sense Inclusive Climbing (Clip'n Climb)	<a href="#">22</a>
5.00pm-7.00pm	Waves Swim School	<a href="#">45</a>
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10.00am-11.00am	Peter Caseley Walking Tennis	<a href="#">49</a>
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	<a href="#">21</a>
11.00am-1.00pm	Paul's Place Boccia	<a href="#">19</a>
11.00am-12.00pm	Peter Caseley Tennis (Adults)	<a href="#">49</a>
11.45am-12.30pm	Bristol Cycling Centre	<a href="#">27</a>
1.00pm-2.00pm	Axis Trampoline & Gymnastics	<a href="#">37</a>
4.00pm-5.00pm	David Lloyd Tennis Club	<a href="#">50</a>
5.00pm-6.00pm	Somerset Cricket Foundation	<a href="#">24</a>
5.00pm-6.00pm	Heart Within Yoga	<a href="#">54</a>
6.00pm-7.00pm	Avonmouth OBRFC Rugby	<a href="#">42</a>
6.30pm-7.30pm	Bristol Inclusive Climbing	<a href="#">21</a>
6.30pm-7.30pm	Bristol Blades Fencing Juniors (North)	<a href="#">30</a>
8.15pm-9.15pm	Bristol Blades Fencing Seniors (North)	<a href="#">30</a>
6.00pm-7.00pm	Avonmouth OBRFC	<a href="#">42</a>
6.30pm-7.30pm	Bristol Inclusive Climbing	<a href="#">21</a>
7:30pm-8:30pm	UWE Pirates Wheelchair Basketball Club	<a href="#">17</a>
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## Friday

Time	Club	Page No.
9.00am-5.30pm	Super Sense	<a href="#">58</a>
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11.45am-12.30pm	Bristol Cycling Centre	<a href="#">27</a>
2.00pm-2.45pm	Blue Sky Tennis Foundation	<a href="#">48</a>
5.00pm-6.30pm	Yate Athletics Club	<a href="#">16</a>
6.00pm- 7.30pm	Yate Athletics Club	<a href="#">16</a>
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10.00am-12.00pm	Bristol Indoor Bowls Club	<a href="#">20</a>
10.00am-3.00pm	Warmley Wheelers	<a href="#">28</a>
10.15am-11.00am	Elly Shearman Tennis Coaching	<a href="#">47</a>
11.00am-11.45pm	Yoga for Complex Needs	<a href="#">55</a>
11.45am-12.30pm	Bristol Cycling Centre	<a href="#">27</a>
1.00pm-1.45pm	Saltford Tennis Club	<a href="#">50</a>
12.00pm-2.00pm	Bristol City Cerebral Palsy Football Club	<a href="#">35</a>

# Sunday

Time	Club	Page No.
9.00am-2.00pm	Super Sense	<a href="#">58</a>
10.00am-12.00pm	Bristol Rovers Ability FC	<a href="#">33</a>
10.30am-11.30am	Bristol Downs Syndrome Football Club	<a href="#">35</a>
12.00pm – 1.00pm 1.00pm-2.00pm	Adaptive CrossFit Henleaze	<a href="#">25</a>
11.30am-1.00pm	Frame Running	<a href="#">37</a>
12.00pm-1.00pm	Super 1's VI Cricket	<a href="#">23</a>
12.00pm-2.00pm	Bristol Dragons Powerchair Football	<a href="#">41</a>
3:30pm-5pm	UWE Pirates Wheelchair Basketball Club	<a href="#">17</a>

## Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

# Ignite Bristol Supporters

In addition to the Ignite Bristol Steering Group, the events and directory wouldn't be possible without the following:

## Access Sport

Access Sport is a national charity but works intensively in Bristol to support community sports clubs to offer disability inclusive sport and activity for children and young people.

They coordinate the Ignite Bristol Network and are always looking for more clubs and partners to collaborate with.

### Contact:

- Email: [info@accesssport.org.uk](mailto:info@accesssport.org.uk)
- Phone: 0117 450 9805



## Cerebral Palsy Plus

Cerebral Palsy Plus is a Bristol area charity working with children and adults with Cerebral Palsy, their families and their carers. Our services are free of charge and we aim is to support our members so that no matter what their circumstances or needs, they can live as independently as they wish, living life to the full!

### Contact:

- Email: [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)
- Phone: 01179 655 028

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# Out & About

The Out and About Team offer a variety of different services to support Disabled/SEND Children and Young people.

These include:

- Specific provision for Sensory Impairments
- Specific provision for Neurodivergent Children & Young People
- Specific provision for BAME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Children and Young People with additional needs

We have been delivering our services for over 10 years, and as a Disabled People's Organisation, lived experience is at the heart of everything we do. Combined with the specialist experience of our partners, the services we offer are specifically tailored to meet the needs of the individuals in the sessions.

If you would like any more information about any of the sessions offered, please contact the Out and About referrals team.

## Contact:

Email: [outandabout@wecil.org.uk](mailto:outandabout@wecil.org.uk)

Phone: 07835 611 651/0117 947 9911



# Out & About

Short breaks for disabled children (5-19)



## Bristol Parent Carer Forum

The local parent carer forum provides information and support to families who have children with special educational needs and disabilities. No diagnosis is needed to access this support

[www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)



## Warmley Park School

As the Youth Sport Trust Lead Inclusion School in the West of England, Warmley Park actively promotes inclusivity and youth leadership through intentional collaboration and co-production.



**YST INCLUSION SCHOOLS**

## University of Bristol

The University of Bristol supports with the planning of the events in addition to recruiting student volunteers to assist and make it all possible!



**Sport**

# Yate Athletic Club

10–50 yrs



£0

**What:** Adaptive and para-athletics with opportunity to compete if desired. Sports therapy available as part of the sessions.

**Who:** Ages from 10 years to 50 years

**Where:** Yate Outdoor Sports Complex, BS37 7LB

- Outdoor Track and Indoor Gym
- Free on-site parking spaces
- Bus routes X27, 329, 88. 0.5 miles from bus stop.
- Yate railway station– 20-minute walk
- Yate Centre– 15-minute walk



Go to  
Website



**When:**

Mondays and Fridays

- Mondays 12–1:30pm (Frame Running)
- Tuesdays 4–5:30pm (Wheelchair Racing)
- Fridays 5–6:30pm (Adaptive Academy, secondary age)
- Fridays 6–7:30pm (Para Athletics, Field Throws and Track)

**Contact:**

- Email Jim: [adaptive4athletics@gmail.com](mailto:adaptive4athletics@gmail.com)



# Bristol Flyers Basketball



Coming Soon!



If interested please fill in the Expression of Interest Form or email [Jonny.Fenner@AccessSport.org.uk](mailto:Jonny.Fenner@AccessSport.org.uk)



# UWE Pirates Wheelchair Basketball Club

18+



£0

**What:** Adult Wheelchair basketball session for participants with or without a physical disability, where they can get involved and learn new skills within a team.

**Who:** Open to all **adults** with or without a physical disability. Must be able to transfer into a sports wheelchair (no hoist available). Sports wheelchairs provided. Suitable for those who can follow instructions independently and take part in group activities.

**Where:** Centre For Sport

- University of the West of England, BS16 1QY

**When:**

- Weekly Thursdays 7:30–8:30pm
- Weekly Sundays 3:30–5pm

## Contact Details

- Email: [alex@novasportsandcoaching.co.uk](mailto:alex@novasportsandcoaching.co.uk)
- Facebook: [www.facebook.com/UWEPirates](http://www.facebook.com/UWEPirates)

## Junior Wheelchair Basketball sessions coming soon!

Email [jenny@novasportsandcoaching.co.uk](mailto:jenny@novasportsandcoaching.co.uk) for more information.





## Irwin Mitchell Bristol Boccia Club

15+ yrs



£0

**What:** A fully inclusive sport that's great fun and the chance to be competitive too!

**Who:** 15+ years, all genders, inclusive to all needs. 12-15 years to be accompanied by an adult.

**Where:** In the hall at The Greenway Centre, Southmead, BS10 5PY

- Free on-site parking, including accessible parking
- Bus stop <0.1 miles, bus routes 2, 13 and 76
- Bus stop 0.5 miles, bus route 1

**When:** 7-8pm, Every 2nd and 4th Monday of the month

### Contact Details:

- Email: [bocciabristol@irwinmitchell.com](mailto:bocciabristol@irwinmitchell.com)
- Phone: 07435753954





## Paul's Place Boccia

18+yrs



£0

**What:** Boccia is a fully accessible sport, and at Paul's Place our Boccia teams are run by disabled people, with the support of Paul's Place staff.

**Who:** Physically disabled adults aged 18+

**Where:** Yate Active leisure centre & Paul's Place day facility in Coalpit Heath, BS37 4EQ

- Sports Hall/ Indoor Court
- Free on-site parking

**When:**

- Tuesday: 11am – 1pm Paul's Place day facility, Coalpit Heath (please contact us for details of this session)
- Thursday: 11am-1pm – Yate sports centre


**Contact:**

- Email: [info@paulsplace.org.uk](mailto:info@paulsplace.org.uk)
- Phone: 01454 777 236

Go to Website



# GEM Boccia Club

All Ages  • £2

**What:** A fully inclusive sport that's great fun and the chance to be competitive too! First session is free!

**Who:** All ages, all needs, everyone plays seated

**Where:** Inside at Yate Leisure Centre, BS37 4DQ

- Free onsite parking, including accessible parking
- Bus stop < 0.2 miles, bus routes: 84, 85, 86, 202, 622, Y1, Y2, Y3, Y5, Y6

**When:** Weekly Tuesdays, 4-6pm

**Contact:**

- Email: [gembocciaclub@gmail.com](mailto:gembocciaclub@gmail.com)
- Phone: 07921337350



# Bristol Indoor Bowls Club

6+yrs  • £3

**What:** Practice your skills at these pan-disability indoor bowls open sessions, suitable for the whole family!

**Who:** 6+, all needs, family and friends welcome

**Where:** Bristol Indoor Bowls Club, Ashton Vale, BS3 2TY

- Free onsite parking
- Bus stop 0.4 miles, bus route U2

**When:**

Tuesdays, 4-6pm, April - September

Wednesdays, 4-6pm, September - April

Saturdays, 10am-12pm, April - September

**Contact:**

- Email: [info@bristolindoorbowls.org.uk](mailto:info@bristolindoorbowls.org.uk)
- Phone: 0117 963 3460

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## Broadplain & Riverside Youth Projects

All Ages



£7.50  
/£5

### What:

- Non-contact boxing for people with Parkinsons
- Walking football

**Who:** All ages, all abilities/experiences

**Where:** Clement Street, Easton BS2 9ES

- Indoor fully equipped gym
- Free onsite parking, including accessible parking
- Bus stop 0.8 miles, bus routes: 72a, 463, T1, Y1, Y3, Y4, Y5, m1, m3, m3x.

**When:** Weekly Mondays and Thursdays, 10:30-11:30am (boxing)  
Weekly Mondays 10am- 12pm (football)

### Contact:

- Email: [Dennismbe@riversideyp.org](mailto:Dennismbe@riversideyp.org)
- Phone: 07973574091

## Bristol Inclusive Climbing

All ages



£7

**What:** 1:1 rock climbing sessions

**Who:** all ages, all needs

**Where:** Redpoint Bristol, BS3 2NW, Indoors

- Bus routes 52, 75, 76, 672. 0.1 miles from bus stop. 0.2 miles from Parson Street Train Station.

**When:** Weekly Thursdays, 6.30pm – 7.30pm

### Contact:

- Email: [hello@bristolinclusiveclimbing.org](mailto:hello@bristolinclusiveclimbing.org)



Sign Up  
here





**What:** Personalised coaching to develop Para climbers who have an interest in competing.

**Who:** 5-20 years, all needs

**Where:** Redpoint Bristol, BS3 2NW, Indoors

- Bus routes 52, 75, 76, 672. 0.1 miles from bus stop.
- 0.2 miles from Parson Street Train Station.
- Limited on-site free parking

**When:** Various sessions available

**Contact:**

- Email: [info@gritcollective.co.uk](mailto:info@gritcollective.co.uk)

## Sense Inclusive Climbing

5-18yrs



£5

**What:** Inclusive climbing session using the exciting Clip 'n Climb walls

**Who:** Children & young people aged 5-18, any ability. Please contact us to discuss your child's needs.

**Where:** BLOC Climbing Centre, Bristol, BS2 9SH

- Free onsite and road parking

**When:** Clip 'n Climb – Every other Wednesday 5-6pm  
Bouldering – Every other Wednesday 4-5pm

**Contact:**

- Email: [alice.miller@sense.org.uk](mailto:alice.miller@sense.org.uk)
- Phone: 07599104405

Sign up here!



# ParaClimbing Socials

All Ages



£8-11

**What:** inclusive social for everyone to climb independently in  
**Who:** 18+ years, or U18 with supervision. Whether you have a physical impairment, learning disability or are neurodivergent, or just looking for a welcoming and adaptive community to climb with.

## Where & When:

- TCA Mothership, BS5 0FD, 1<sup>st</sup> Friday of each month, 6pm
- Redpoint, BS3 2NW, 2<sup>nd</sup> Friday of each month, 6pm
- Frome Boulder Rooms, BA11 3EN, 3<sup>rd</sup> Friday of each month, 6pm

## Contact:

- James on Instagram [@rudge\\_paraclimbing](https://www.instagram.com/rudge_paraclimbing)
- [www.ukparaclimbingcollective.com/socials](http://www.ukparaclimbingcollective.com/socials)

# Super 1's – VI Cricket

12-25yrs



£0

**What:** free VI cricket sessions

**Who:** for those who are visually impaired, 12-25 years, if outside of this age range, please get in touch to discuss.

**Where:** Downend Sports Centre, Garnett Place, BS16 6QY

- Indoor sports hall
- Parking onsite
- Bus routes 48, 48x. Bus stop 0.3 miles walk.

**When:** one Sunday per month, 12 – 1pm

- 9th June
- 21st July

## Contact Details

Get in touch with Jeanette Tate

- Email: [jeanette.tate@gloucestershirecricketfoundation.org](mailto:jeanette.tate@gloucestershirecricketfoundation.org)
- Phone: 07432728926

# Frenchay Falcons Cricket

12-25yrs



£0

**What:** Play cricket and challenge yourself to be more active, improve your skills and make new friends.

**Who:** ideally 12-25yrs, all genders

**Where:** Frenchay Cricket Club, BS16 1QQ, outdoors

- Bus stop 0.9 miles away, routes 19 and 626 stop here.

**When:** Weekly Mondays 6-7pm

**Contact:**

- Email: [jeanette.tate@gloucestershirecricketfoundation.org](mailto:jeanette.tate@gloucestershirecricketfoundation.org)
- Phone: 07432728926
- Please call or text to book or to discuss how we can help you access these sessions.

# Somerset Cricket Foundation



£0

**What:** Play cricket and challenge yourself to be more active, improve your skills and make new friends.

**Who:** 12-25 years, all genders, inclusive to all needs.

**Where:** Outdoors at Knowle Cricket Club, BS4 2RD

- Bus stop outside, routes 73 and SB3
- Bus stop 0.2 mile, routes 2, 2a, 73, 172, 374, 375, 376, 376a

**When:** Weekly Thursdays, 5pm – 6pm (term time)

**Contact:**

- Email: [Steve.Gass@SomersetCricketFoundation.org.uk](mailto:Steve.Gass@SomersetCricketFoundation.org.uk)
- Phone: 01823 352266





# Adaptive CrossFit Henleaze

16+yrs  £10

**What:** A fully inclusive sport that introduces participants to basic endurance, weightlifting and gymnastic movements. Free taster sessions offered.

**Who:** 16+ years, parents/support workers encouraged to join in when appropriate

**Where:** CrossFit Henleaze, 73 Henleaze Road, BS9 3JS

- On-street parking in surrounding residential area
- Bus routes 2, 2a, 1, B2 with bus stop nearby

**When:** Sundays

12pm – 1pm: for people who are neurodivergent or have a learning disability

1pm – 2pm: for people with a physical impairment

## Contact:

- Email: [adaptivecrossfithenleaze@gmail.com](mailto:adaptivecrossfithenleaze@gmail.com)
- Phone: 07512354248





## Strawberry Line Cycles

All ages



£0

**What:** Ride one of their adaptive or regular bikes at no charge. Get advice and support from our Ride leaders and enjoy the Strawberry Line Cycle Path.

**Who:** All ages, all genders, ideal for those who can't ride a traditional bike or are looking to develop their cycling skills.

### Where:

- Strawberry Line Cycle Project, Yatton Railway Station, BS49 4AJ
- Opposite Yatton railway station with easy links to Bristol

### When:

- Drop in sessions- Wednesday 10am-2pm
- Bike Hire- Everyday 10am-4pm
- Group rides available – email for more details
- 1-1 Cycle Confidence Sessions available upon request
- After school inclusive cycling sessions – Wednesday 4:30pm
- 1-1 learn to ride, inclusive cycling sessions – Saturday slots available

### Contact:

- Email: [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com)
- Number: 07983816426

# Bristol Cycling Centre

All Ages



£3-5

**What:** Ride around the track with cycles or inclusive cycles

**Who:** All ages, all needs, all genders

**Where:** Bristol Cycling centre, Bamfield, BS14 0XD

- Free onsite parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop

**When:** Monday-Saturday, 11:45am-12:30pm

**Contact:**

- Email: [cyclingcentre@bristol.gov.uk](mailto:cyclingcentre@bristol.gov.uk)
- Phone: 01275 832800



## Life Cycle

14+yrs



£0

**What:** Get involved and have fun with the Two's Company Tandem rides for adults and young people who are unable to ride a traditional bike

**Who:** All genders. Our adult group is for people with visual impairment. Our young person group is open to children with physical, visual, learning and hidden disabilities. Minimum height is 5ft.

**Where:** Rides take place in and around different cycle routes in Bristol

**When:** Every weekend from March-October

**Contact:**

- Email: [twos-company@lifecycle.org.uk](mailto:twos-company@lifecycle.org.uk)
- Phone: 0117 3534580

# Warmley Wheelers

All ages



£5-10

**What:** Giving people with health conditions and SEND a chance to get into cycling

**Who:** All ages, all genders, inclusive to all needs

**Where:** Next to Warmley Waiting Room Café, BS30 5JB

- Free on-site parking , 2 accessible spaces
- Bus routes 19, 35, 43 citylines east, bus stop 0.1 miles away
- Bristol to Bath cycle path

**When:** Summer Opening Times (March to November)

- Wednesday 10am-3pm
- Thursday 10am-3pm
- Friday 10am-3pm
- First and third Saturday of the month 10am-1pm

**Cost:** most bikes £5 per hour, some up to £10 per hour (carers go free)

## Contact:

- Email: [warmleywheelers@milestonestrust.org.uk](mailto:warmleywheelers@milestonestrust.org.uk)
- Phone: 07587 034 366





## Inclusive Dance

5-12yrs



£0

**What:** This session offers dance in a fun, creative and fully inclusive way incorporating a mix of active learning, storytelling and magical music!

**Who:** 5 – 12 years, all genders, any ability/experience, complex disabilities and/or sensory impairments (siblings welcome)

**Where:** Sense Centre South West, Kingswood, BS15 8DB

- Free on site parking

**When:** Weekly Tuesdays, 5:45-6:30pm

**Contact:**

- Email: [alice.miller@sense.org.uk](mailto:alice.miller@sense.org.uk)
- Phone: 07599 104405
- To book: [www.sense.org.uk/shop/online-shop/childrens-inclusive-dance/](http://www.sense.org.uk/shop/online-shop/childrens-inclusive-dance/)

## Flamingo Chicks

All Ages



Varies

**What:** Through a combination of active learning, storytelling, sensory props and magical music

**Who:** Children and young people, inclusive to all needs

**Where:**

Classes are run in settings such as special schools, children's hospices, community organisations and online.

**When:** At a time to suit the setting.

**Contact:**

- Email: [Davinia@flamingochicks.org](mailto:Davinia@flamingochicks.org)

Online classes available on youtube:

<https://www.youtube.com/@flamingochicks/playlists>

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## Recharge Up Fitness Class

All ages



£8-10

**What:** Specialised exercise class. Low Impact session that provides a full body workout for strengthening and toning muscles and burning calories

**Who:** Inclusive to all needs. Pan Disability session. Ages 16+, any ability/experience

**Where:** Kingswood Leisure Centre, BS16 4RH

- Indoor Sports Hall

**When:** Weekly Mondays, 12-1pm

**Contact:**

- Email: [rechargeft@gmail.com](mailto:rechargeft@gmail.com)
- Phone: 07525 790951



## Bristol Blades Fencing

7+yrs



£9

**What:** Take a beginner's course to learn a new sport in fun, inclusive sessions. No experience necessary and equipment provided!

**Who:** All genders, coaches for standard and wheelchair fencing. Juniors aged 7-14, Seniors Age 15+

**Where:** Bristol Grammar School Sports Hall, BS8 1SL

- Indoors

- Bus routes Lots! 0.1 miles from bus stop.

**When:** Juniors - Weekly Tuesdays 6:30-7:30pm (Central) and Thursdays 7-8pm (North)

Seniors - Weekly Thursday, 8:15-9:15pm (North)

**Contact:**

- Email: [bristolbladesfencing@gmail.com](mailto:bristolbladesfencing@gmail.com)
- 07929177781



## RMR Rehabilitation LTD

All ages



£50

RMR Rehabilitation offer adaptive personal training sessions from the comfort of your own home or place of choice.

**Who:** all ages, neurological conditions, spinal injury, amputee and other complex needs. Specialising working with Cerebral Palsy, including post Selective Dorsal Rhizotomy (SDR)

### **Where:**

- Mobile
- Home or place of choice

**When:** Monday–Sunday, 8am–8pm

RMR also offer online personal training.

### **Contact Details:**

- Email: [Rowanmorganruffley@rmr-rehabilitation.co.uk](mailto:Rowanmorganruffley@rmr-rehabilitation.co.uk)
- Phone: 07518964332
- [www.rmr-rehabilitation.co.uk](http://www.rmr-rehabilitation.co.uk)

## Teenage Learn to Gym Programme

We are looking to start a Learn to Gym Programme to help give disabled 12 – 18 year olds the knowledge and confidence to use public gyms.

Please get in touch if interested!

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## Bristol Rovers Community Trust

8-18yrs £0

**What** Have a go at free, fun and inclusive football sessions. Sessions consist of small football matches and a general kick about to get participants moving!



**Who:** 8-18 years

**Where:** Lockleaze Sports Centre, Lockleaze, BS7 9XF

- Outdoors, 4G Pitch
- Large free on-site car park with 3 x accessible spaces.
- Bus routes 24, 70, 73. 0.3 miles from bus stop.

**When:**

- Weekly Tuesdays, 5-6pm (term time)
- 1-1 available, call for availability

**Contact:**

- Email: [wildixon@bristolroverscommunity.org.uk](mailto:wildixon@bristolroverscommunity.org.uk)
- Phone: 07306213134

## Rockleaze Rangers FC

8-18yrs



£0

**What:** These fully inclusive sessions offer children the opportunity to increase their confidence, be active and to socialise.

**Who:** 8-18 years, all genders, those with a physical, sensory or learning disability.

**Where:** UWE Hillside Gardens Sports Ground, BS16 1QQ

- Outdoors, 4G Pitch
- Free on-site car park with accessible spaces.
- Bus routes 19, 427, 626. 0.5 miles from bus stop.

**When:**

Enquire for more details.

**Contact:**

- Email: [inclusive@rockleazerangers.org.uk](mailto:inclusive@rockleazerangers.org.uk)



# Bristol Rovers Ability FC

16+yrs



**What:** a friendly adult football club looking for new players.  
**Who:** 16 plus years, all genders, all levels of experience and ability are welcome!

**Where:** North Bristol Goals, SGS Wise Campus, BS34 8LP

- Outdoors 4G pitch
- Nearest train station: Bristol Parkway (10 minute walk)
- Bus: frequent services from Bristol City Centre and Bus Station to stops near SGS Wise Campus
- Bus numbers: 10, 12, 73, Y6, 70, 74, 680, M4

**When:**

- Every Sunday at 10am-12pm

**Contact:**

- Team Manager: Jane Pfister
- Email: [bristolroversability@gmail.com](mailto:bristolroversability@gmail.com)
- Phone: 07562 374000
- Facebook: Bristol Rovers Ability FC Official
- For information on coming along to a trial training session please contact Jane (team manager)



# Bristol City Robins Foundation

Bristol City Robins Foundation is a pan-disability football programme which provides opportunities for both young people and adults to get active, make friends and have fun. Everyone is welcome, regardless of ability and experience.

If there are any adjustments we need to make to accommodate you at our sessions, please let us know.

## Contact Details for all Session Enquiries:

- Email: [gary.bell@bcfc.co.uk](mailto:gary.bell@bcfc.co.uk)
- Phone: 07899991983



£0

## Youth & Adult Football

**Who:** Youth (5-16 years) and Adults (16+ years) all genders, any impairment, any ability/experience

**When and where:** Weekly Tuesday, 6-7pm (Youth) and 7-8pm (Adults), Imperial Sports Ground, BS14 9EA, outside court 5

Weekly Wednesday, 5-6:30pm, Bradley Stoke School, Fiddlers Wood Lane,

## Bridge and Bradley Stoke

5-16yrs



£0

**Who:** 5 – 16 years, all genders, visual impairment, any ability and experience

### Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Court 6
- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.

**When:** Weekly Tuesdays, 5-6pm (term time)

# Bristol Downs Syndrome Football Club

5+yrs



£5

**What:** A fun and welcoming environment for children and adults with Down Syndrome to learn football and make friends.

**Who:** 5+ years, all genders, children and adults with Down Syndrome and any ability/experience

**Where:** St Pauls Community Sports Academy, BS2 9NH

- Outside, 2 x 7 a side pitches
- Bus routes, lots! 0.4 miles from bus stop
- Free on-site parking with 2 x accessible spaces

**When:** Weekly Sundays, 10.30am – 11.30am

**Contact Details:**

- Email: [samsmith5026@hotmail.co.uk](mailto:samsmith5026@hotmail.co.uk) Phone: 07510360248

# Bristol City Cerebral Palsy Football Club

7-25yrs



Weekly

**What:** We offer a safe and inclusive environment where children can feel at ease about their disabilities, allowing them to build confidence and make friends.

**Who:** 7-25 years, all genders, children with ambulant cerebral palsy or a brain injury, any ability/experience

**Where:** Imperial Sports Ground, BS14 9EA

- Outside, 4G Pitch
- Free on-site parking with 4 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

**When:** Weekly Saturdays, 12-2PM (term time)

**Cost:** Monthly subs (two free taster sessions)

**Contact Details:**

- Email: [info@bccpfootball.co.uk](mailto:info@bccpfootball.co.uk) Phone: 07789960674



# Bristol City Frame Football Club

3-16yrs



£3

**Who:** 3-16 years, all genders, children who need a frame to walk or exercise.

**Where:** Merchants Academy Sports Centre, BS13 9BJ

- Outside
- Bus routes 52, 76. 0.5 miles from bus stop

**When:** Weekly Saturdays, 10am – 11am

## Contact Details

- Email: [nickdewfall@aol.com](mailto:nickdewfall@aol.com)
- Phone: 07411013516

## Frame Running

All ages



£8

**What:** Enjoy the thrill of running as the tricycle-like frame supports your weight!

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

**Where:** Bristol Cycling Centre, Bamfield BS14 0XD

- Outdoors, Sports Track
- Free on-site parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop.

**When:** Monthly Sessions, Sundays 11:30am-1pm

- Sessions run in blocks, please get in contact to find out more.
- Please sign-up in advance.

## Contact Details

- Email: [office@cerebralpalsyplus.org.uk](mailto:office@cerebralpalsyplus.org.uk)
- Phone: 01179 655 028





**What:** Gymnastics has emerged as a highly popular exercise for children with special needs. It offers unique, engaging methods of exercise while also presenting mental strength, and coordination challenges that positively affect their overall health.

**Who:** any children with special educational or physical needs

**Where:** City of Bristol Gymnastics Centre, Teyfant Road, BS13 0R

- Inside, Specially designed gymnastics hall
- Free on-site parking

**When:** Mondays 7-7:30pm and Fridays 7-7.30pm

### Contact Details

- Email: [gymnastics@almsport.co.uk](mailto:gymnastics@almsport.co.uk)
- Phone: 0117 3773420



## Axis Trampoline and Gymnastics

All ages



£7.75

**What:** An open, unstructured Gymnastics and Trampolining session where we turn "disability" into "ABILITY"!

**Who:** for all ages and abilities

**Where:** Axis Trampoline and Gymnastics Club, BS3 2SU

- Indoor gymnastics centre
- Free on-site parking available

**When:** Thursdays 1-2pm

**Cost:** £7.75 per session

Access Sport are able to support any participants who may find it hard to pay the session fees

### Contact Details

- Email: [info@axistrampolineclub.co.uk](mailto:info@axistrampolineclub.co.uk)
- Phone: 01179661878



City of Bristol



# Bristol Flyerz Hockey

All ages  £0

**What:** Fun, inclusive hockey sessions with a relaxed and friendly feel. No experience necessary and equipment provided!

**Who:** All ages (current participants are 5–28 years), all genders, inclusive to all needs. Whilst we can't guarantee 1:1 support, we have lots of volunteers to help. Friends and family welcome to join in!

## Where:

- Outdoor Astroturf at Old Bristolians Hockey Pitch, Beggar Bush Lane, BS8 3TH

**When:** Fortnightly Tuesday, 6–7pm

## Contact Details

- Email: [OBsFlyerzHockey@gmail.com](mailto:OBsFlyerzHockey@gmail.com)
- Phone: Lizzie – 07511700220



# The Avon Centre

4+yrs



From £25

**What:** Providing both Disabled people and non-disabled people with the opportunity to learn to ride and interact with horses in a safe, friendly and accepting environment.

**Who:** 4+, all genders, inclusive to all needs.

## Where:

- The Avon Centre, Henbury, BS10 7QT
- Lessons take place in a riding arena.
- EAL (Equine Assisted Learning) takes place either in the riding school or outdoors
- Free on-site parking
- Bus routes CityLines 3 & 4. 0.5 miles from bus stop

**When:** Slots are available throughout the week.

Days include Tuesdays to Saturday – please call to check availability

**Cost:** Varies depending on sessions – call for more information

Group riding session – £25

## Contact Details

- Email: [info@theavoncentre.org.uk](mailto:info@theavoncentre.org.uk)
- Phone: 0117 959 0266

The Avon Centre are now offering a bespoke 'Pony Interactions' session. This provides participants the opportunity to learn horse care, work towards qualifications and spend time outdoors with horses and nature.



Recreate Sport offer fun Kinball sessions to schools and community groups. Try this fun, inclusive sport with a giant inflatable ball to see what all the excitement is about!

There is the possibility of regular club sessions. If this is of interest, please get in touch with [Jonny.Fenner@AccessSport.org.uk](mailto:Jonny.Fenner@AccessSport.org.uk)

## Pentathlon GB

All ages



£0

**What:** Come and experience this brand new para multi-sport offer. Guaranteed to be fun, the sessions will involve inclusive challenges that make up for the sport of Pentathlon.

**Who:** All ages, all abilities – no experience necessary! Friends and family are welcome to join in!

**Where:** Warmley Park School, Warmley, BS30 8YE

- Indoors
- Free on site parking with accessible spaces
- Bus routes 19, 43, 948. 100m from bus stop

**When:** Wednesdays 5 – 6pm, Term Time

**Contact Details:**

- Email: [Jonny.Fenner@AccessSport.org.uk](mailto:Jonny.Fenner@AccessSport.org.uk)
- Phone: 0117 450 9805





# Bristol Dragons Powerchair Football

6+ yrs

**What:** Powerchair football sessions with a combination of drills and games

**Who:** 6+ years and adults

**Where:** Shine Community Sports Hall, Henleaze, BS9 4DT

**When:** 12 – 2pm, Fortnightly Sundays, get in touch for dates

**Contact details**

Email: [info@goalsbeyondgrass.co.uk](mailto:info@goalsbeyondgrass.co.uk)

Phone: 01452 245771

## VI Runners Bristol

16+yrs



£0

**What:** A group for both VI runners and running guides in and around Bristol to connect up for training runs and races

**Who:** 16+ years or Under 16 with a parent/guardian, for blind or partially sighted people, or who would like to be a sighted guide

**Where:** Runs are planned across Bristol

**When:** Weekly Wednesday evenings

Join the VI Runners Bristol Group on Facebook



# Avonmouth OBRFC

8-16yrs 

**What:** Inclusive rugby with experienced coaches at each session

**Who:** children with any additional needs

**Where:** Barrack's Lane, Shirehampton, BS11 9NG

- Outside pitches
- Bus routes 10, 11 and 3 citylines, 0.5 miles from bus stop
- Parking onsite

**When:**

- Weekly Thursdays 6-7pm

**Contact Details:**

- Phone (Lucy): 07789017025
- Phone (Laura): 07803561655
- Phone (Neta): 07980175565



# Kingswood AIR

8+yrs 

**What:** all-inclusive rugby sessions

**Who:** all abilities and disabilities welcome aged 8+

**Where:** Grimsby Road Playing Fields, BS15 9RA

- Outdoor playing fields
- Bus routes 19, 35 and CityLine 43. 0.1miles from bus stop
- Parking onsite

**When:** Weekly Wednesdays 6:30-7:30pm

**Contact details**

- Phone (Ben): 07788278488
- Phone (Austin): 07412490985

# Bristol Tryz Rugby

5-25yrs  £0

**What:** Fun, inclusive non-contact rugby sessions.

**Who:** 5 – 25 years, all genders, inclusive to all needs.

Friends and family welcome to join in!

**Where & When:** Details TBC

## Contact Details

- Email: [Disability.Inclusion@AccessSport.org.uk](mailto:Disability.Inclusion@AccessSport.org.uk)
- Phone: 0117 450 9805

# Cue Zone Snooker Club

18+yrs  £5

**What:** A fun and engaging snooker session with skills, competitions, prizes and lots of laughs! We also run occasional trips to take part in World Disability Billiards and Snooker (WDBS) tournaments or to watch World Snooker Tour events

**Who:** Adults with Learning Disabilities

**Where:** Snooker City, Broadwalk Shopping Centre, BS4 2QU

- Indoor, Snooker Room
- Free street parking
- Bus routes 2, 2a, 73, 172, 374, 375, 376, 376a. 0.2 miles from bus stop.

## When:

- 1st & 3rd Friday each month, September-May

## Contact Details

- Email: [thesnookercoach@gmail.com](mailto:thesnookercoach@gmail.com)
- Phone: 07876184774





## Bristol Penguins Swimming Club

8+yrs



TBC

**What:** Get involved with either Para Penguins swimming or learn to swim sessions! These are fun, safe and inclusive swimming sessions where you can also improve technique, work towards competitions.

**Who:** 5+, all genders, physical, sensory or learning Disability. Para Penguins swimmers must be able to swim 25m in deep water in both front crawl and backstroke.

### Where:

- Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
- Indoor, Swimming Pool
- Free parking in a contained area for 3 hours once registered to the Leisure Centre
- Bus routes 24, 48, 48a, 49. 0.1 miles from bus stop

**When:** Weekly Fridays, 7-7:30pm Learn to Swim  
Weekly Fridays, 7:30-8:10pm Para Penguins Swimming

**Cost:** dependent on frequency of sessions but trials are free

### Contact Details

- Email: [sophia.staddon@bristolpenguins.com](mailto:sophia.staddon@bristolpenguins.com)



**What:** Waves Swim School are offering disability inclusive provision in a fun and supportive way. Opportunity to learn to swim or develop swimming ability.

**Who:** children and young people who struggle to access mainstream swimming provision, inclusive to all needs. Currently have a waiting list.

## Where:

**Freeways Hydrotherapy Pool, Leigh Court Centre, BS8 3RA :**

- Free on-site parking with 4 x accessible spaces
- Bus Routes B2, X4 stop at Sandy Lane Bus Stop which is 0.5 miles from venue.

**When:** Sessions run in a 6 week block (term time) 20-minute sessions

- Monday 6-7pm
- Tuesday 4 – 8pm
- Wednesday 5-7pm
- Saturday mornings From September

## Where:

**St Mary Redcliffe Pool, BS1 6RT:**

- Free on-site parking
- Bus routes 512 stop at Somerset Bus Stop, 0.2 miles from the venue

**When:** Sessions run in a 6 week (term time) 20-minute sessions.

- Tuesdays 7-8pm
- Afternoons Monday to Thursday and Sunday

## Contact Details

- Email: [caroline@wavesswim.co.uk](mailto:caroline@wavesswim.co.uk)
- Phone: 07837474915



# Swim 4 Sure

All ages



**What:** Teaching swimming in a way that enables learners to build trust with the water and develop their skills whilst accommodating any sensory or additional needs they may have.

**Who:** All ages, all genders, SPD, LDD, other additional needs and disabilities.

**Where:** Lessons operate at:

- The Holiday Inn Spirit Health Club, Filton, BS16 1QX
- New Siblands Primary, Thornbury, BS35 2EG
- Barley Close Community School, Mangotsfield BS16 9DL
- Free on-site parking with accessible spaces.

**When:** Lessons all are all 25 minutes. They run weekly, at various different times throughout the week.

**Cost:** based on participant to teacher ratio.

3:1 Child - £70. 2:1 Child - £90. 1:1 Child - £125. 1:1 Adult - £130. Lessons are paid monthly in advance with a one month notice period to cancel.

**Contact Details:**

- Email: [enquiries@swim4sureuk.com](mailto:enquiries@swim4sureuk.com)
- Phone: 07342190708





## Kings Tennis Club

18+  Free

**What:** Multiple sessions occurring including Neurodiverse Tennis Fun for all abilities

**Who:** Age 18+, all genders, neurodiverse, any ability.

**Where:** Kings Tennis Club Maple Meads

- Bishopston Bristol BS7 8JG
- Outdoor court
- On street parking
- Buse routes 13

**When:** Monthly Mondays 11-1pm

**Cost:** Free

**Contact Details:** Alistair Pickering – 07702677783

## Elly Shearman Tennis Coaching

6-12yrs  £30 for 6

**What:** Great fun sessions run in 6 week blocks and holiday camps too!

**Who:** 6-12 years, all genders, with SEND, any ability/experience

**Where:** Kings Lawn Tennis Club, BS7 8JG

- Outside, Tennis Courts
- Small car park
- Bus routes 13. 0.1 miles from bus stop.

**When:** Term Time Saturdays in 6 week block, 10:15-11am – dependant on coach availability.

**Contact Details**

- Email: [ellytennis.kings@hotmail.com](mailto:ellytennis.kings@hotmail.com)
- Phone: 07581237260

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# Blue Sky Tennis Foundation

All ages



£10

**What:** Tennis and Sign is an activity/story-based tennis session with some basic sign language. Walking tennis is based on a smaller court, with a slower speed but is great fun!

**Who:** There are two sessions for the 'Signing 4 Tennis sessions' one is for 3- to 4-year-olds and the other is a family session. All genders and all tennis abilities.

## Where:

- Tennis and Sign:
  - Lansdown Club, Bath, BA1 5TN
  - Free on-site parking with accessible spaces
  - Bus stop 0.1 miles away, bus routes 31 P&R and 620 stop here.

## When:

- 3- 4 years Tennis and Sign: Weekly Mondays, Wednesdays, and Fridays 2 – 2:45pm
- Family tennis and sign sessions take place in half term – call for availability.

## Cost:

- Tennis and Sign: TBC
- Walking Tennis: £5 pay as you go

## Contact Details:

- Email: [foundation@blueskytennis.co.uk](mailto:foundation@blueskytennis.co.uk)
- Website: [www.blueskytennis.foundation](http://www.blueskytennis.foundation)
- Phone: 07736931066





# Peter Caseley Tennis

8+yrs



Varies

**What:** Sessions for ALL abilities, delivered by an LTA accredited coach with specific disability tennis training.

**Who:** children and adults 8yrs+ with any form of disability

**Where:** Sodbury Tennis Club, Bristol, BS37 6PQ

- Outdoor tennis courts
- On-site parking and disability spaces

**When:**

- Mondays 2.30–3.30pm (Walking Tennis)
- Mondays 5–6pm (Junior pan-disability)
- Mondays 1–2pm (Adult pan-disability)
- Tuesdays 6–7pm (Visually Impaired)
- Thursday 10–11am (Walking Tennis)
- Thursdays 11am–12pm (Adult pan-disability)

**Contact details:**

- Email: [coachcaseley@hotmail.co.uk](mailto:coachcaseley@hotmail.co.uk)
- Phone: 07790937524



# Wheely Good Tennis Club

6+yrs



£5

**What:** Great coaching and sports wheelchairs provided

**Who:** 6+ years, all genders, for anyone who wouldn't be able to play tennis standing

**Where:** Coombe Dingle Sports Complex, BS9 2BJ

- Outside over Summer
- Bus route 3. 120m from bus stop.

**When:** Weekly Wednesdays, 7pm – 8pm

**Contact Details**

- Please contact Andy before attending in case any last minute changes to sessions
- Email: [andy.trott@bristol.ac.uk](mailto:andy.trott@bristol.ac.uk)

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## David Lloyd Tennis Club

Juniors  £3

**What:** A pan-disability Tennis session, no experience necessary

**Who:** Pan-disability Tennis session is for juniors, all genders, no experience necessary

**Where:** David Lloyd Tennis club

- Long Ashton, BS3 2HB
- Indoor Court
- Free on-site accessible parking
- Buse Routes 505, U2, X1, X4, X6, X7, X8, X9

• **When:** Weekly Thursdays 4-5pm

• **Cost:** Approximately £3

**Contact Details:** [Jonny.fenner@accesssport.org.uk](mailto:Jonny.fenner@accesssport.org.uk)

## Salford Tennis Club

Juniors  £5

**What:** A Junior Inclusive Tennis session.

**Who:** Junior Inclusive session is for juniors of all abilities.

**Where:** Salford Tennis Club (Junior Inclusive Tennis Session)

- Wedmore Road, Salford, Bristol, BS31 3BY
- Outdoor Court
- Free road parking next to the club
- Bus routes A4

**When:** Weekly Saturday 1-1:45pm

**Cost:** £5

**Contact Details:** [Agraytenniscoaching@gmail.com](mailto:Agraytenniscoaching@gmail.com)





## All- Aboard Watersports All ages £varies

**What:** Get involved with fun, fully inclusive sessions. These include accessible sailing, powerboat trips and paddling!

**Who:** any age, all genders, inclusive to all needs (siblings welcome too)

**Where:** All-Aboard Watersports Centre, BS1 6XG

- Outdoors, Bristol Harbour
- Free on-site parking for 4 hours, 4x accessible parking spaces.
- Bus routes, m2. 0.2 miles from bus stop.

**When:** April to October

- Various sessions
- More information:
  - [www.allaboardwatersports.co.uk/book-with-us/courses/youth-activities/](http://www.allaboardwatersports.co.uk/book-with-us/courses/youth-activities/)
  - [www.allaboardwatersports.co.uk/disabledparticipants/watersports-for-disabled-participants/](http://www.allaboardwatersports.co.uk/disabledparticipants/watersports-for-disabled-participants/)

**Cost:** Varies

**Contact Details:**

- Email: [sailability@allaboardwatersports.co.uk](mailto:sailability@allaboardwatersports.co.uk)
- Phone: 0117 929 0801

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# Bristol SUP

12 – 16yrs

TBC

**What:** An inclusive paddleboard, pan-disability session, where you learn how-to stand-up paddleboard, play exciting games, and learn about water safety.

**Who:** Ages 12-16, all genders, pan-disabled individuals of all abilities.

**Where:** Baltic Whard

- Bristol BS1 6XG

**When:**

- Weekly Wednesdays, 4:30 – 6pm

## Contact Details

- Email: [info@supbristol.com](mailto:info@supbristol.com)
- Phone: 01174225858

Can sign up using the QR code



# Wrestle for Humanity

8+yrs



£0

**What:** Get involved with 'Wrestling for any-BODY' classes! Sessions aim to improve health and wellbeing through a combination of wrestling movement, mindfulness, music and dance.

**Who:** any ages, any gender, inclusive to all needs

**Where:** St Gregory The Great Church, Horfield, BS70PD

- Indoors
- Car parking available with accessible spaces
- Bus routes 3X, 71, 74, 75. 100m from bus stop.

**When:** Weekly Mondays

- Ages 8-16 years- 5:30pm-6:15pm
- Ages 16+ years- 6:15pm-7:00pm

## Contact Details:

- Email: [wrestleforhumanity@gmail.com](mailto:wrestleforhumanity@gmail.com)
- Phone: 07854 458 692

Sessions run in blocks, so please get in touch with [jonny.fenner@accesssport.org.uk](mailto:jonny.fenner@accesssport.org.uk) to find out more.



# Heart Within Yoga

All ages



£10

**What:** Get involved in Therapeutic Yoga sessions for children and adults with SEND.

**Who:** for children and adults, inclusive to all needs, no experience necessary

**Where:** Emersons Green Village Hall, BS16 7AP

- Indoors

**When:** Weekly Thursday, 5-6pm (term time only)

**Cost:** £10 per child (free for siblings and parents/carers to join)

## Contact Details

- Email: [heartwithinyoga1@gmail.com](mailto:heartwithinyoga1@gmail.com)
- Phone: 07933603396

# Soleil Salutations Yoga

All ages



£5

**What:** Soleil Salutations offers yoga for all ages, abilities and bodies.

**Who:** All children with SEND (4-17) and their families

**Where:** Whitchurch Dance Studio, BS14 9DQ

- Indoor studio
- Bus stop < 0.1 miles, Bus routes, 73, N2
- Bus stop < 0.3 miles, Bus routes 2, 2a, 172, 374, 375, 376, 376a, SB3
- Free car park at rear of studio

**When:** Weekly Tuesdays, 4:30pm – 5:15pm

## Contact Details

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



# Yoga for Complex Needs

5-16yrs



Free

**What:** An engaging mindful movement session which is accessible to all bodies and abilities, incorporating a mix of movement, breathing, sound, massage and relaxation

**Who:** All children aged 5-16 with complex disabilities and/or sensory impairments.

**Where:** Sense Centre South West

- Kingswood Foundation Estate, Britannia Road, Kingswood, Bristol BS15 8DB
- Indoor Space
- Free on-site Parking

**When:** Fortnightly Saturdays, 11 – 11:45am

## Contact Details

- Email: [alice.miller@sense.org.uk](mailto:alice.miller@sense.org.uk)
- Phone: 07599104405

# University of Bristol PHAB

16-25yrs

£0

**What:** Great fun-filled sessions! Get involved in various different arts & crafts, games and other<sup>8+</sup> themed activities.



**Who:** 16-25 years, all genders, inclusive to all needs

**Where:** Unitarian Meeting Hall, St Paul's, BS2 8PE

- Inside, Church Hall
- On-street pay and display parking
- Bus routes lots! 0.1 miles from bus stop

**When:** Thursdays, Every 2-3 weeks, 7:30-9:30pm (term time)

## Contact Details

- Email: [bristolphab@gmail.com](mailto:bristolphab@gmail.com)
- Instagram: @bristolphab

# Nova Sports & Coaching

Nova Sports and Coaching are a not-for-profit organisation who deliver high-quality, inclusive sport to people with disabilities in Bristol, Bath, and Somerset.

They achieve this by running sports sessions in mainstream and special schools, offer holiday activities, and create disability-specific sports clubs in the community.

Sports they offer include wheelchair basketball, boccia, hydrotherapy, frame running and powerchair football. Staff are also qualified in rugby, football, athletics, basketball, tennis, cricket and more.

Some of the Sports Clubs they help run include:

- **Bath Romans Wheelchair Basketball Club** - for young people and adults
- **UWE Pirates Wheelchair Basketball Club** - for young people and adults
- **Frome Falcons Powerchair Football Club** - for young people and adults
- **SuperNova Multisports Club** - for young people
- **Bath, Frome and Radstock Otters Hydro Clubs** - for young people
- **Bath Inclusive Football Club** - for young people
- **Bath Pythons Super 1s Cricket Club** - for young people

For a full list of their regular sports clubs please see their website:  
<https://www.novasportsandcoaching.co.uk/>

All coaches are SEN specialists with a huge amount of experience. Specialist equipment like wheelchairs and frames are provided to participants and no experience of any sport is necessary to attend. No 1-to-1 care or assistance can be provided. Many clubs are also open to neurotypical and non-disabled siblings.

## Contact Details:

[jenny@novasportsandcoaching.co.uk](mailto:jenny@novasportsandcoaching.co.uk)

07880 743453





# Active Reality

9+yrs From £10

**What:** In-person Immersive Virtual Reality Party for groups. Fight off zombies or battle each-other in space!

**Who:** No experience required, must be able to walk independently

**Where:** Parish Wharf Leisure Centre, Portishead, BS20 7DB

- Indoor Studio in Leisure Centre
- On-site parking
- Bus stop 0.3 miles away, routes 57 and X4 excel stop here

**When:**

- Open every day, closes at 7pm (closed for lunch) - check the website for varying opening times depending on location

**Contact Details**

- Email: [bookings@active-reality.com](mailto:bookings@active-reality.com)
- Phone: 0333 339 1881



# Gympanzees

0-25yrs £9

**What:** Pop Up activity centre for children and young people with disabilities.

**Who:** 0 – 25 years, all genders with sensory, physical, learning difficulties, SEN and any mild to profound disability

**When:** 22nd July – 15th August

**Contact Details**

- Email: [info@gympanzees.org](mailto:info@gympanzees.org)
- Phone: 07958118684

# Limb Power

4-18yrs

£0

**What:** Children will learn the fundamental skills required to take part in school PE and community games and sports. Including throwing, catching, kicking, running, jumping, skipping and hopping.

**Who:** all genders, for those with a physical limb impairment who wear an activity limb/prosthetic or who would like to be more active.

**Where:**

- Badminton School Sports Hall, BS9 3BA
- Inside sports hall
- Bus routes 1, B2. 0.1 miles from bus stop

**When:** Every 6 months

**Contact Details**

- Email: [carly@limbpower.com](mailto:carly@limbpower.com)
- Phone: 07789075709

# Super Sense

All ages

From £3.80

**What:** Get involved in 60 minute sensory sessions for children and adults with SEND.

**Who:** babies, children and adults with SEND

**Where:** Imperial Sports Ground, BS14 9EA

- Fully equipped sensory room
- Free on-site parking with 3 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

**When:**

- Monday–Thursday 9am–6pm
- Friday 9am–5:30pm
- Saturday–Sunday 9am–2pm

**Contact Details:**

- Email: [keeley@imperialsportsground.co.uk](mailto:keeley@imperialsportsground.co.uk)
- Phone: 01179038681



## SENDSenses

All ages



varies

**What** SENDSenses provide multi-sensory experiences which encourage nature connection, enable body awareness and support regulation. SENDSenses currently offer weekday and holiday group outdoor activities and 1:1 private sessions on request.

**Who:** all ages and abilities. Site is hoping to become wheelchair accessible soon!

**Where:** The Orchard, Church Lane, Portbury, BS20 7TR

- Outdoor Orchard/ Forest
- On-street parking nearby

**When:**

- After-School Club - Tuesdays, 4.30 – 5.30pm
- Orchard Club for home-educated children – Tuesdays 12 -2pm
- School holiday sessions

**Contact Details**

- Email: [sendsenses@gmail.com](mailto:sendsenses@gmail.com)
- Facebook: [@sendsenses](https://www.facebook.com/sendsenses)

This Guide was collated by:



Supporters:

