

ACCESSIBLE ACTIVITIES FOR DISABLED PEOPLE

2019
APRIL

LAMBETH LEISURE CENTRES

All Better activities are fully inclusive, but there are also 12 weekly sessions across Lambeth specifically catering for those with disabilities. For more information, visit Better.org.uk or email sue.robinson@gll.org.

TUESDAY

COMMUNITY CLUB MULTI SPORTS AT BRIXTON RECREATION CENTRE

4:30pm - 6pm

Suitable for all disabled people aged 11 to adults.

Delivered by **Disability Sports Coach**.

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

£3.00 per session

Email clubs@disabilitysportscoach.co.uk or call **07508 044435**.



TUESDAY

CLUB LAMBETH KIDS AT BRIXTON RECREATION CENTRE

5pm - 6pm

Suitable for all disabled children aged 5-11 years.

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

£3.00 per session

Email clubs@disabilitysportscoach.co.uk or call **07508 044435**.



TUESDAY

INDOOR ROWING HUB CLUB AT FERNDALE COMMUNITY SPORTS CENTRE

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

Suitable for all disabled people aged 11 – 17 years.

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

FREE to attend

Email sports@lambeth.gov.uk for more information.



WEDNESDAY

ISPA SUPPORTED ICE SKATING SESSIONS AT STREATHAM ICE AND LEISURE CENTRE

11:30am – 12:30pm

Suitable for anyone with a disability.

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

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

Email Streatham@gll.org for more information.



WEDNESDAY

ISPA MULTI SPORTS AT STREATHAM ICE AND LEISURE CENTRE

10am – 12pm

Suitable for all.

A range of sports and physical activity options are available

FREE to attend

Email Streatham@gll.org for more information.



WEDNESDAY

DEAF CRICKET AT STREATHAM ICE AND LEISURE CENTRE

1:30pm – 3pm

Suitable for those hard of hearing over the age of 11+. Participants will have the chance to work on their batting, bowling, teamwork, and leadership skills.

FREE to attend

Email greynolds@surreyccricket.com or call 07725 203962 for more information.



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THURSDAY

ISPA SUPPORTED SWIMMING LESSONS

AT CLAPHAM LEISURE CENTRE

12pm – 2pm

For disabled adults.

12pm-12:30pm specifically for visual impaired adults; 12:30pm-1pm for novice adults; 1pm-2pm for beginner and intermediate adults.

The sessions take place in the main pool.

£2 per session

Email clapham@gll.org or call the centre on **020 7627 7900**.



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SELVIS
SOUTH EAST LONDON VISION

THURSDAY

BLIND & PARTIALLY SIGHTED FOOTBALL SESSIONS

AT BRIXTON RECREATION CENTRE

6pm - 7pm (term time only)

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

£18 for 6 sessions.

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




sense


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SATURDAY

WHEELCHAIR BASKETBALL DROP IN SESSIONS



AT BRIXTON RECREATION CENTRE

2pm - 3pm

Suitable for all ages and abilities.

Delivered by **BETTER** coaches.

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

£3.00 per session

Email sue.robinson@gll.org or call **020 7095 5100**.



SATURDAY

MULTI SPORT SESSIONS

AT BRIXTON RECREATION CENTRE

2pm - 4pm

Suitable for young people, aged 5-19 years, with a disability.

Delivered by **Moving Matters**.

The sessions take place on level 4 in the Energy Zone.

FREE to attend

Email directormovingmatters@gmail.com or call **020 3691 4576**.



SATURDAY

BRIXTON BALLERS WHEELCHAIR BASKETBALL CLUB

AT BRIXTON RECREATION CENTRE

3pm - 5pm

Suitable for all ages and abilities.

Delivered by **Brixton Ballers Wheelchair Basketball Club**.

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

Membership fees apply

Email austinkentebe@hotmail.com or call **07946 157023**.



SATURDAY

FOOTBALL SESSIONS AT BRIXTON RECREATION CENTRE



5pm - 7pm

Suitable for young people with a disability aged 5-19 Years.

Delivered by **Moving Matters**.

The sessions take place on level 2 on the 3G Pitch.

FREE to attend

Email directormovingmatters@gmail.com or call **020 3691 4576**.

SUNDAY

INCLUSIVE SWIMMING AT WEST NORWOOD HEALTH AND LEISURE CENTRE



3pm - 4pm

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

For more information email westnorwood@gll.org or call **020 8761 1159**.



**MONDAY -
SUNDAY**

SPORTS LESSONS AND COURSES AT ARCHBISHOPS PARK, BRIXTON, CLAPHAM, FERNDALE, STREATHAM, VAUXHALL, AND WEST NORWOOD

Various times

Our weekly, and holiday, courses are open to everyone regardless of ability level and are suitable for those with a disability. Across our

nine sites we have Lessons and Courses in swimming, gymnastics, football, performing arts, ice skating, and tennis all delivered by **BETTER qualified instructors**. Visit the centre pages to find out more information.



AVAILABLE MEMBERSHIPS



ALL INCLUSIVE

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

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

Eligibility includes:

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

PAY & PLAY MEMBERSHIPS

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

Adult (16+)	£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 <https://join.better.org.uk/signup> or speak to our staff at reception.

HOW TO CONTACT YOUR LEISURE CENTRE

ARCHBISHOPS PARK

Carlisle Lane, London, SE1 7LE

Tel: 020 7738 6834

Email: Ferndale@gll.org

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: Brixton@gll.org

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: Clapham@gll.org

Web: www.better.org.uk/clapham

Train: Clapham High Street

Tube: Clapham Common, Clapham North (Northern Line)

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

Bikes: Nine bicycle racks available

Opening hours:

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

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



FERNDALE COMMUNITY SPORTS CENTRE

Nursery Road, London, SW9 8BP

Tel: 020 7738 6834

Email: Ferndale@gll.org

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 parking

Bikes: Six bicycle racks available

Opening hours:

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

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



HERNE HILL LIFESTYLE CENTRE

Ferndene Road, London, SE24 0AG

TEL: 020 3795 5156

Email: HerneHill@gll.org

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

