

BOWER GROVE PARENT SUPPORT

LEISURE, SPORT AND CLUBS

For Children and Young People with **ADDITIONAL NEEDS & DISABILITIES**



**Details are subject to change
Please phone providers to check for latest information**

SPECIALIST ACTIVITIES

There are many organisations and charities that offer a range of activities for children and young people with Additional needs or Disabilities; some are **Specialist** activities where 1:1 support is provided. To meet the criteria for these services you will need a Care Management Assessment from Social Services.

SEE ASSESSMENT OF CARE NEEDS SECTION FOR FURTHER INFORMATION

<http://www.kent.gov.uk/social-care-and-health/care-and-support/how-to-get-help>

You can also talk face to face with Social Services by visiting one of the Gateways. Maidstone Gateway is in King Street Maidstone.

TARGETED AND OTHER SERVICES/ACTIVITIES

For those who don't meet the criteria for Specialist Services, Targeted Activities are available for children and young people who don't need 1:1 support but need more support than would be available in universal services. These are usually run by organisations or charities.

PLEASE NOTE: Please see over the page a selection of organisations and charities offering a wide variety of Leisure, Sport, Clubs, Drama and Short Breaks.

For more information contact providers directly.

SPORTING OPPORTUNITIES: KENT DISABILITY SPORT

See Kent Sport website for a full list of activities

http://www.kentsport.org/equality_disability_sport.asp

If you have any questions regarding Disability Sport in Kent or would just like to find out more, contact [Carolyn Dool](#) (Sports Projects Officer) on **03000 411949** or [Mike Bishop](#) (Equalities Access Manager) on **03000 411833**

IMAGO - NEW NAME FOR VAWK (Voluntary Action Within Kent) WEEKEND FUN CLUBS AND SHORT BREAKS

(Targeted Activity)

<http://www.imago.community/>

Imago offer a range of services including social inclusion projects and Weekend Fun Clubs some being residential Short Breaks.

Age range 8 – 14 years and 14 – 17 years.

For a referral phone: 01892 530330

PARENT CHARITIES:

OFFER A RANGE OF SHORT BREAKS, LEISURE, CLUBS & ACTIVITIES

Contact provider for latest list of activities.

Swale, Canterbury, Thanet

4us2 www.4us2.org 01227 741748 07519716186 E info@4us2.org

Maidstone

M4S www.m4s.org.uk Phone 01622 764566 E info@m4s.org

Dover, Shepway, Ashford

Includesus2 www.includesus2.org.uk 01233 898792 E info@includesus2.org.uk

Dartford, Gravesham, Swanley

Parents Consortium

www.parentsconsortium.org.uk 01322 668501 E admin@parentsconsortium.co.uk

South West Kent

Space www.spacecharity.org phone 01732 758130, 07770 847118

MENCAP - SPECIALIST

MENCAP MAIDSTONE COBTREE HALL, MAIDSTONE

(Specialist Activity)

<https://www.mencap.org.uk/local-groups/group/maidstone-mencap-charitable-trust-ltd>

01622 670464

Mencap hold pre-school playgroups, a Junior Gateway club for 5 -18 years and a senior Gateway club for over 18s. Mencap also run a holiday play scheme.

MENCAP HOLIDAY PLAY SCHEME

(Specialist Activity)

Cobtree Hall, Maidstone

<https://www.mencap.org.uk/local-groups/group/maidstone-mencap-charitable-trust-ltd>

01622 670464

Maidstone Mencap run a holiday play scheme for disabled children aged 5 – 18. It runs for three weeks during summer holiday daily between 10am – 4pm.

(Please see separate details for other 0-18 years MENCAP clubs and pre school activities above)

CARERS - KENT YOUNG CARERS

<http://www.kentyoungcarers.org.uk/>

0300 111 1110

Kent Young Carers is a project to support all young carers aged 5-18 across Kent with information, advice, signposting, social activities and individual support.

CROSSROADS YOUNG CARERS PROJECT

01622 817114

jan.hall@crossroadswestkent.org.uk

sophie.butler@crossroadswestkent.org.uk

Offers club nights, trips out and 1:1 support for young carers, which includes siblings of kids with Special Needs

YOUNG KENT

Young Kent: Young Kent provide a range of programmes and services all aimed at helping young people (aged 13-25) do more, see more and achieve more. These programmes aim to ensure that every young person, regardless of their background or other barriers; has the opportunity to unlock the talent within them, realise their true potential have the brightest possible future. You can find out more about the full range of programmes available on the Young Kent website www.youngkent.org.uk or by calling one of the team on 01622 351150

SOCIAL INCLUSION PROJECTS

Me2 Project

(Targeted Activity)

01622 351150

lauren@youngkent.org.uk

<http://www.youngkent.org.uk/me2.html>

Social inclusion project within mainstream leisure, for young people aged 13 to 19 with non-disabled mentors (however may consider people slightly younger/older than this age group) with any disability or additional need. They recruit; train & support young people to be Inclusion Mentors who help a young disabled person set & achieve inclusion goals.

Be Our Buddy (BOB) Befriending Project

IMAGO formally (VAWK) Voluntary Action Within Kent

01892 530330

(Targeted Activity)

<http://www.imago.community/>

BOB recruits volunteer buddies to work with a range of young people aged between 8 and 18yrs who have a mild/moderate disability and could be missing out on social activities.

CHILDREN CENTRES

Children Centres offer a range of services and leisure opportunities and link up with other agencies to offer activities during school holidays for families including siblings..

Follow the link below to find Children Centres in your area:

<http://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres>

LEISURE CENTRES

MAIDSTONE LEISURE CENTRE

08451 552277

<http://www.maidstoneleisure.com/>

Parent based activities are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year. Ask about concessions

LARKFIELD LEISURE CENTRE

01622 719345

<http://www.larkfieldleisure.co.uk/>

Parent based activities are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year. Ask about concessions

LARKFIELD LEISURE CENTRE FAMILY CLUB

(Targeted Activity)

01622 719345

<http://www.larkfieldleisure.co.uk/>

Special Needs Club twice a month: 5pm to 7pm, first and third Saturday of each month, offering a variety of activities using the pool and the Sports Hall. (The club is available to the whole family). Children need to be accompanied and each session costs £2:70; Carers go free.

MAIDSTONE YMCA

<http://www.maidstoneymca.org.uk/>

01622 749 404

Melrose Close, Cripple Street, Maidstone, Kent ME15 6BD

A range of sporting activities, Trampolining, Boccia, Football, Archery, Disco Dancing available on different days .Contact above number for details.

MAIDSTONE YOUTH HUB (INFOZONE)

(Universal)

3 Palace Avenue Maidstone ME15 6N

<http://local.kent.gov.uk/kb5/kent/directory/organisation.page?id=si6eEXSBzFw>

01622 755044 Contact John Knight

[InfoZone on Facebook](#)

Provide Clubs and Activities for children and young people including holiday activities and family events.

FUNZONE YOUTH CLUB – Maidstone

3 Palace Avenue Maidstone ME15 6N

(Targeted Activity)

01622 764 566

For young people aged between 11-18 on the autistic spectrum and/or with mild-moderate learning disability or SEN. Held every Wednesday from 6pm at InfoZone (the Kent Youth service hub in Maidstone), during term time. Young people must be children of M4S members.

FREE CINEMA TICKETS FOR CARERS

0845 123 1292

<http://www.ceacard.co.uk>

A national card scheme which is aimed at people with a disability who are in receipt of Disability Living Allowance, or who are blind or hold a disabled person's rail card. People can apply for the card which entitles the holder to one free ticket for the person accompanying them to the cinema. The card is valid for 1 year and costs £5.50.

CINEMA - AUTISM FRIENDLY CINEMA SCREENINGS

(Targeted Activity)

For further information please visit the Dimensions website at

<http://www.dimensions-uk.org/what-we-do/autism/autism-friendly-films/autism-friendly-films-faqs/>

RIDING – See Kent Sport listed on page 1 for a range of sport/activities

LEYBOURNE GRANGE, Near Maidstone Riding Centre for the Disabled

(Specialist Activity)

www.lgrcd.org

01732 872844

Lessons are available for any one 4+ yrs with a disability.

CHALK DOWN GROUP STAPLEHURST – RIDING FOR THE DISABLED

01622 850310

Tutsham Riding Stables Saddle Club

Team Tutsham, The Cottage, Tutsham Farm, West Farleigh, Maidstone, Kent, ME15 ONE

07971 298 337 Contact Maxine Buckby www.teamtutsham.co.uk

SAILING

See Kent Sport listed on page 1 for a range of sport/activities

WESTBERE SAILING OPPORTUNITIES

<http://www.wsosail.org.uk>

07504 545276

A sailing club on Westbere lakes, near Sturry, for people with disabilities: they have experience of working with a range of conditions and welcome families with children.

FOOTBALL

See Kent Sport listed on page 1 for a range of sport/activities

MAIDSTONE RAIDERS DISABILITY FOOTBALL CLUB

(Targeted Activity)

<http://www.disabilityfootball.co.uk/Maidstone.html>

Bower Grove School, Maidstone

Age 7years to 16years Plus

01622 765755 or 07836 201230

Email: johnharvey@blueyonder.co.uk

Saturdays 10am – 12pm. Contact - John Harvey

SWIMMING

See Kent Sport listed on page 2 for a range of sport/activities

BUBBLES SWIMMING CLUB

MAIDSTONE LEISURE CENTRE. (4 – 16 year olds)

(Targeted Activity)

<http://www.bubbleswimclub.co.uk/Contact-Us.html>

Kate@bubbleswimclub.co.uk

07903 483 654

Helping each child reach their potential.

LIBRARY STORY TIMES & BABY BOUNCE & RHYME & OTHER ACTIVITIES

<http://www.kent.gov.uk/leisure-and-community/libraries/clubs-and-activities-in-libraries>

Free 'Story times and Baby Bounce & Rhyme' sessions are held for children under 3 years old, their parents and carers.

WEAR 'M' OUT ACTIVITY, PARKWOOD, MAIDSTONE

<http://www.wearmout.co.uk/>

01622 688855

Play centre consisting of a huge area with ball pools, slides and climbing platforms at different heights as well as spaces with football and netball goals. Open to disabled/SEN children if accompanied by a parent/carer. Also hold a special evening once a month for disabled/SEN children. Age (0 – 12years)

PEGASUS GYMNASTICS CLUB

(Targeted Activity)

Crismill Lane, Bearsted, Maidstone, Kent ME14 4NT

01622 737170

Email: pegasusgymclub@aol.com

Provides pre-school movement and education classes. Children with disabilities are welcomed within the main stream classes. Coaches with experience and specialist awards in this field work within the club and are able to support or differentiate work as required.

JUMPERS REBOUND CENTRE

Mill Road, Gillingham, Kent ME7 1HN

(Targeted Activity)

01634 855507

info@trampoline.co.uk

Age 4 – 17years

Purpose built centre-offering facilities for trampoline, tumbling, and gymnastics.

CLOUDS YOUTH CLUB

Clouds Youth Club is for children between the ages of 11 & 16 who go to mainstream secondary school but have additional needs. See there face book page:

<https://www.facebook.com/cloudsyouthclub?fref=ts>

SQUARE PEGS DRAMA GROUP

(Targeted Activity)

07880 794 816

beth.james@kent.gov.uk <http://www.squarepegsdramaclub.com>

Square Pegs is a Maidstone based drama club for children and young people who may find it difficult to fit in other groups. Anyone can join provided they are reasonably mobile and can communicate and work with others co-operatively. The older groups (12-18) meet on Tuesdays (7.30 - 8.45) and Thursdays (7.45- 9.00) at Bower Grove School currently. The younger group (7-11) meet on Thursdays at 6.30pm. Contact as above.

CREATIVE: SPACE (Check with provider for up to date information)

020 7374 8485

<http://www.createarts.org.uk>

Organises unique, interactive music concerts specifically for disabled children and their families to hear live music, dance and create masks in a relaxed and friendly environment and is particularly suitable for children with communication, learning or sensory integration difficulties. Also run workshops with various organisations.