BOWER GROVE PARENT SUPPORT

LEISURE, SPORT, SHORT BREAKS & HOLIDAY PLAYSCHEMES
For Children and Young People

Contents:
Page 1 ..........Leisure and Activities – Under 5 years
Page 3 ..........Holiday Play schemes – School Age
Page 4 ..........Social Inclusion Projects
Page 4 ..........Social Clubs and Activities
Page 7 ..........Parent Charities – Short Breaks/Events
Page 8 ..........Sporting Opportunities

Leisure and Activities - UNDER 5 years

CHILDREN CENTRES
Services you might find in Kent Sure Start Children’s Centres:

• High quality early education and childcare for children aged 0 to 5, available in hours to suit working parents
• Drop-in sessions for parents and children
• Ante-natal classes and baby clinics
• Information and advice about breastfeeding, parenting and speech & language
• Services for children with special needs and disabilities
• Links to local schools and holiday play schemes
• Encouragement and support for parents thinking about training or finding a new job
• Links to a childminder network
• Support from Kent Children and Families Information Service to provide a range of information about childcare and related issues for families’

Follow the link for a full list of the nine Sure Start Children Centres in Maidstone:

http://www.kent.gov.uk/education_and_learning/childcare_and_early_education/childrens_centres/find_your_local_centre/maidstone.aspx

Please see 3 Children Centres listed below:
Greenfield Children’s Centre
Greenfield CEP School, Oxford Road, Shepway, Maidstone ME15 8DF
01622 750025

The Meadow Children’s Centre,
Bellwood Community School, Furfield Close, Parkwood, Maidstone
01622 699900

Sunshine Children’s Centre
South Borough Primary School,
Stagshaw Close, Postley Road, Maidstone ME15 6TL
01622 752285
Bubbles Swimming Club (4 – 16 year olds)
0845 155 2277
Contact Joyce Veal.
Bubbles Swimming Club held at Maidstone Leisure Centre every Thursday 5.30 – 7pm.

Greenfields Children Centre – Messy Play 0 – 5 years
Greenfields organise a range of services and leisure activities including Messy Play Sessions 0 – 5 years in partnership with Mencap are held during Half Term, Easter and Summer Holidays.
Telephone: 01622 750025

Jo Jingles
01634 310676
www.jojingles.com/maidstone
Provide a fun and creative introduction to music for pre-school children. Jo Jingles is also pleased to welcome children with disabilities/SEN; please contact your local class teacher in advance to discuss any specific requirements. Classes are subject to availability.

Jumpers Rebound Centre
Mill Road, Gillingham, Kent ME7 1HN
01634 855507
info@trampoline.co.uk
Age 4 – 17 years
Purpose built centre-offering facilities for trampoline, tumbling, and gymnastics. They have 15 trampolines of which 3 are at ground level specifically for disabled and younger users. Hold regular parent/toddler groups throughout the week and special disability/SEN classes on Friday evenings 6.30pm and Saturday mornings 10.30am. There is a waiting list for the special classes.

Larkfield Leisure Centre Family Club
New Hythe Lane
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.

Larkfield Leisure Centre Under 5’s
01622 719345
http://www.larkfieldleisure.co.uk/
Larkfield Leisure Centre provides several under 5s parent based activities which are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year.

Library Story times & Baby Bounce & Rhyme
http://www.kent.gov.uk/libraries
0300 333 6022
Free ‘Story times and Baby Bounce & Rhyme’ sessions are held for children under 3 years old, their parents and carers. ‘They are a fun and noisy way to develop a love of language and a foundation for learning. Each session lasts about 20 minutes and includes the opportunity to join in with nursery rhymes and action songs.’ To find out if they are held in your local library see contact details above.

Maidstone Leisure Centre
0845 155 2277
http://www.maidstoneleisure.com/
Parent based activities are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year. Parent & Toddler - Term Time: Morning pre-school play sessions for parents/carers and children. Play with the toys and sandpit, sing and then finish the session with a visit to the soft play area.

MENCAP Play Group
Cobtree Hall, Maidstone
01622 670464
Mencap hold a pre-school playgroup on Tuesday and Thursday mornings during school term time, Contact Margaret Leeds.
(See other sections for MENCAP play schemes and clubs for older children and young people)
Musical Bumps  
http://www.musicalbumps.com  
Some of the teachers are trained to work with children and adults with special needs, learning difficulties and disabilities. They visit residential homes and schools and make home visits and include children with additional needs in normal weekly classes.

Pegasus Gymnastics Club  
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.

Polar Adventure Maidstone Leisure Centre  
08451 552277  
http://www.maidstoneleisure.com/  
Polar Adventure is a 3 level - soft play area with ice hill slides. It offers great indoor fun to children with a special under 5’s area. Open to children with disabilities/SEN if accompanied by a parent/carer. Out of hours group bookings can be taken, contact the children’s activity team.

Wear 'M' Out Activity, Parkwood, Maidstone  
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)

Maidstone Borough Council  
Community Development – Easter & Summer Activities  
To find out about current holiday play schemes held in the Mainstream area contact Maidstone Borough Council: Tel: 01622 602222  www.maidstone.gov.uk

Fun Kidz Integrated Holiday Play Scheme  
To access this play scheme children must live or go to school in the borough of Maidstone. Open to children age 5 – 11 year olds (although children up to 14years with Special Need may also apply). Contact Five Acre Wood School for details: Tel 01622 743925 (Please see separate details for other clubs and half term clubs)

MENCAP HOLIDAY PLAY SCHEME  
Cobtree Hall, Maidstone  
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. Contact: Margaret Leeds as above. (Please see separate details for other 0-18 years MENCAP clubs and pre school activities)
Social Inclusion Projects

Me2 Project
01622 351150 Email me2@youngkent.org.uk
http://www.kentyouth.org
A social inclusion project within mainstream leisure, for young people aged 13-19 with any isability 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) VAWK Befriending Project
01622 762510
http://www.vawk.org.uk
Contact Amy Filmer 07702 501706 or Tracey Flint 07540 417325
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.

Social Clubs and Activities

Bower Grove Oast Youth Club
(For a full list of activities for pupils at Bower Grove School please see separate section on school website)
Bower Grove School, Fant Lane, Maidstone, Kent ME16 8NL
01622 726773
Held on Monday evenings 5.30pm – 7.30pm for young people aged from 14 years upwards. Contact head teacher.

British Red Cross 25 College Road Maidstone – Headquarters
01622 690011
http://www.redcross.org.uk
Offer First-aid classes to all age groups open/inclusive and support other projects and activities.

Creative:space
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.

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. Kent Young Carers is a service of Voluntary Action Within Kent (VAWK) in partnership with Carers First in Kent & Medway

Crossroads West Kent – Young Carers
www.crossroadswestkent.org.uk
01622 817114
Group for young carers, one to one and peer support, sport activities, games, cookery, workshops, respite day trips and holidays Contact Jan Hall.

Crossroads Care West Kent – Short Break
http://www.crossroadswestkent.org.uk/
01622 817114
Provide a short break in your own home. Visits are designed around the needs of the child with care needs and the carer and can include trips out or social activities.
DMAX Disability Sports Club held at Maidstone Leisure Centre
01622 602222 Email: williamsolly@maidstone.gov.uk
Various sporting activities are available; open to children and young people age 8 – 19 years who have a variety of disabilities. Siblings are also very welcome to join.

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.


Friday Fun Club Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks, Kent
01732 470700
Friday Fun Club is for disabled/SEN young people and their siblings. Parents and carers welcome. Every Friday 6.00pm - 7.00pm. Guest coaches to come along to selected sessions. Activities to include: Boccia, New Age Kurling, Rebound Therapy, Sitting Volleyball, Football, Table Tennis/Polynet, and Dance Mats. Please contact Rebecca Bowen as above.

FunZone Youth Club Maidstone
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.

Jumpers Rebound Centre, Mill Road, Gillingham, Kent ME7 1HN
01634 855507
http://www.trampoline.co.uk
Purpose built centre-offering facilities for trampoline, tumbling, and gymnastics. 15 trampolines of which 3 are at ground level specifically for disabled and younger users. Age 4 – 17years

Kent Friendz 7 Cannon Lane, Tonbridge, Kent TN9 1PP
01732 360033
http://www.kentfriendz.org/
Provide a wide range of services for children and adults with learning disabilities and their families. These include clubs, after school and holiday clubs including half term clubs, holidays, family weekend fun days, help and advice. For more information see their website above.

Kent Friendz: After School Club - Maidstone
An After school club for children aged 8 - 17 with learning and/ or physical disabilities. Day: Tuesdays 3.30-5.30pm. Location: At Maidstone Leisure Centre (Mote Park) Activities include: Crafts, Soft Play, Sport, Films. (£2.50 per child) For more information and to book your child a place, please contact Emma or Helen on 01732 360033, or Email: emma.kentfriendz@hotmail.co.uk

Larkfield Leisure Centre
01622 719345
http://www.larkfieldleisure.co.uk/
New Hythe Lane, Larkfield, Kent.
Offers a range of activities suited to children of all ages. Ask about concessions

Larkfield Leisure Centre Family Club, New Hythe Lane, Larkfield, Kent.
01622 719345
Special Needs Club (open to whole family) held 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. Children need to be accompanied & each session costs £2.70, Carers go free.
M4S Special Needs Support Service  
01622 764 566  
http://www.m4s.org.uk  
Organize events, clubs and activities including Short Breaks for families of children with special needs and a Youth Club in partnership with VAWK for members of M4S.

Maidstone Leisure Centre  
0845 1552277  
http://www.maidstoneleisure.com/  
Offers a range of activities suited to children of all ages. Ask about concessions.

Maidstone Weekend Fun Club - Voluntary Action within Kent  
01892 530330  
http://www.vawk.org.uk  
The Maidstone Weekend Fun Club is a short break/club for young people with mild learning disabilities. Young disabled people are buddied up with young volunteers to take part in a range of different activities, both day trips and residential. (Age range 10-14 years and 14–17 years)

Maidstone YMCA  
http://www.maidstoneymca.org.uk/  
07951 156 302  
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.

MENCAP Maidstone Cobtree Hall, Maidstone  
Junior Gateway Club  
01622 670464  
Mencap hold a Junior Gateway club for 5 -18 years and a senior Gateway club for over 18s. Mencap also run a holiday play scheme. Contact Margaret Leeds.

Polar Adventure Maidstone Leisure Centre  
0845 1552277  
http://www.maidstoneleisure.com/  
Polar Adventure is a 3 level - soft play area with ice hill slides. Open to children with disabilities/SEN if accompanied by a parent/carer. Out of hours group bookings can be taken, contact the children's activity team.

River Drama Group  
http://www.riverdrama.com  
A specialist drama group for children with Downs Syndrome. Meets on Saturdays term-time only at the Oast Theatre in Tonbridge

Shepway Manor Youth Club  
Cumberland Avenue, Maidstone Kent ME15 7JN  
01622 754095  
Provides plenty of activities and trips. Weekly activities for young carers, dancing classes, judo and karate as well as the regular youth club using the ball court, fitness studio, indoor sport hall, computer suite, pool and table tennis areas. Age: 13-19. Free

SNAP Club Night  
08451 552277  
SNAP stands for Say No and Phone. SNAP club nights are a safe environment for young people aged between 11 and 17 to enjoy live music acts and meet with friends. SNAP club nights are alternated between the Larkfield and Maidstone Leisure Centres to give young people from all over the Maidstone and Malling area a better opportunity to go to the events. Tickets for SNAP club nights in Maidstone can be purchased from schools or direct from Maidstone Leisure Centre.

Stokers, based at Sunrise Children’s Centre, Southborough, Kent.  
01892 822787 (Rosemary Eve) 01892 510294 (Susan Mniszko)  
A parent group run for young people with high functioning Aspergers/Autism or who have social communication difficulties. The group is supervised by parents and allows the young people to meet and chat in a friendly, non-threatening environment. Age range 12-25. Meetings alternate Fridays 7.30-9.30pm term time. Small charge.
Square Pegs Drama Group
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.

Wear 'M' Out Activity,
Parkwood, Maidstone
01622 688855
Play centre consisting of 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. Age (0 – 12 years)

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**SHORT BREAKS/EVENTS**

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**PARENT CHARITIES OFFERING A RANGE OF ACTIVITIES/CLUBS AND SHORT BREAKS for families of children with special needs**

Swale, Canterbury, Thanet
4us2
Website [www.4us2.org](http://www.4us2.org) Phone 01227 741748 07519716186
Email [info@4us2.org](mailto:info@4us2.org)

Dover, Shepway, Ashford
Includesus2
Website [www.includesus2.org.uk](http://www.includesus2.org.uk) Phone 01233 898792
Email [info@includesus2.org.uk](mailto:info@includesus2.org.uk)

Dartford, Gravesham, Swanley
Parents Consortium
Website [www.parentsconsortium.org.uk](http://www.parentsconsortium.org.uk) Phone 01322 668501
Email [admin@parentsconsortium.co.uk](mailto:admin@parentsconsortium.co.uk)

Maidstone
M4S
Website [www.m4s.org.uk](http://www.m4s.org.uk) Phone 01622 764566
Email [info@m4s.org](mailto:info@m4s.org)

South West Kent
Space
Website [www.spacecharity.org](http://www.spacecharity.org) phone 01732 758130, 07770 847118
Email [peter.nicholls@spacecharity.org](mailto:peter.nicholls@spacecharity.org)
SPORTING OPPORTUNITIES

(See Kent Sport website for a full list of activities)

Kent Sports Leisure & Olympics
01732 525389
Email: mike.bishop@kent.gov.uk
http://www.kentsport.org/disability_access.cfm
Help disabled people break down the barriers which can stop them enjoying various outdoor sport and leisure activities and aims to increase opportunities in outdoor and rural sport for disabled people in Kent. Contact Mike Bishop, Kent Sports Development Manager for Disabled People

Kent Outdoor Pursuits Disability Project Coordinator
Contact: Paul Panton on 01732 525433 / 07717 507157
or Email: paul.panton@kent.gov.uk

Athletics

Ashford Alligators
Julie Rose Stadium, Ashford
info@ontrackathletics.co.uk
07838 122 568
http://www.ontrackathletics.co.uk
A twice weekly disability athletics/multi-sport club for young people aged 9 – 17 yrs. The club will involve a basic fun introduction to sport with a focus on athletics; will include other sports and is open to all young people with a disability. Contact Peter Le Rossignol

Archery

CEDAK
myweb.tiscali.co.uk/cedak
Based at Valance School, near Westerham, this club is run by a team of coaches and leaders with extensive experience of working with juniors with a wide range of disabilities.

Boccia

Kent Boccia Centre of Excellence
01732 525389
mike.bishop@kent.gov.uk
The Kent Boccia Centre of Excellence is held once a month, at Valence School Sports College near Westerham. The Centre of Excellence is open to individual players and is aimed at those who can already play Boccia at a basic level but who wish to go on to competition at regional's, nationals or beyond.

Climbing

Soft Rock Climbing
01892 863659
http://www.softrockclimbing.co.uk
Indoor and outdoor climbing experiences. Can cater for all disabilities minimum age of 6 years.

Cycling

Bedgebury Pinetum Nr Goudhurst
http://www.forestry.gov.uk/bedgebury
An ideal place to cycle with a 9km circular all ability route, 12km of single track and a cycle skills area. There is something for all abilities. A range of adapted cycles can be hired at the venue.
Hythe Ability Cycling Club
01732 525433 or 07717 507157
Club is open to all abilities which offer a variety of adapted and non adapted cycles for use alongside the canal or Hythe’s seafront. Contact: Paul Panton.

Fitness

Maidstone Zeroth Active Zone Boughton Lane, Maidstone
01622 749564
The Zeroth Active Zone has been accredited under the English Federation of Disability Sport. Inclusive Fitness initiative and a range of disability user-friendly equipment for children and young people up to 18 years.

Football

Maidstone Raiders Disability Football Club
Bower Grove School, Maidstone
Age 7 years to 16 years Plus
01622 765755 or 07836 201230
Email: johnharvey@blueyonder.co.uk
Saturdays 10am – 12pm. Contact - John Harvey

Gymnastics

Pegasus Gymnastics Club
Crismill Lane, Bearsted, Maidstone
01622 737170
Email: pegasusgymclub@aol.com
Coaches with experience of disabilities work within the club. Age (0 -16 years) Contact above number for information.

Martial Arts

Kingsnorth Recreational Centre, Ashford
01227 370055
Karate specifically for children with autism.

ShoShin Budo
07851 760390  Contact Keith Mewes

Martial Arts / Self Defence
Weavering, Maidstone, Kent
01622 736990
Email: sensei@shingitaikarate.com

Riding

Leybourne Grange, Near Maidstone Riding Centre for the Disabled
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 0NE
07971 298 337 Contact Maxine Buckby
www.teamtutsham.co.uk
Riding for the Disabled, Bradbourne
Bradbourne Vale Road, Sevenoaks
07914 273 610
http://www.bradbourne-rda.org.uk
During term-time only. Sessions are free but donations made.

Riding for the Disabled
0845 658 1082
http://www.riding-for-disabled.org.uk
RDA offer riding and carriage driving as a form of therapy for disabled people. RDA also organise holidays for members.

Sailing

Mariners of Bewl
http://www.mariners-of-bewl.org.uk
Supports and encourages the integration of disabled and able-bodied people through sailing. Children are welcome but they must be accompanied.

Westbere Sailing Opportunities
http://www.wsosail.org.uk
01227 710410 Contact Richard Gaskell
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.

Skiing

Bowles Outdoor Centre, Tunbridge Wells
01304 241373
Email: spikemalc7@hotmail.com
Disability Snow sport UK ski once a month on a Saturday between 7 and 9pm. Telephone first for more information. Bowles Outdoor Centre also offer a range of activities open to disabled/SEN children and young people.

Chatham Dry Ski Slope
01634 827979
http://www.chathamskislope.co.uk/
Cater for all abilities but please ring to discuss in detail

Folkestone Ski Centre Radnor Park Avenue, Folkestone
01303 850333
Suitable for all abilities including physically disabled. Open ski sessions or private lesson their aim is to get everyone skiing regardless of their disability!

British Ski Club for Disabled
01303 249182
http://www.bscd.org.uk

Swimming

Bubbles Swimming Club - Maidstone Leisure Centre. (4 – 16 year olds)
Disabled/Special Needs specific class
0845 155 2277
Joyce Veal
Kent Disability Swimming Squad
01732 525389
mike.bishop@kent.gov.uk
Open to anyone over 9 years who can swim for 15 to 20 minutes and wishes to receive additional coaching and training. Contact Mike Bishop at KCC Sports, Leisure and Olympics

Maidstone Leisure Centre
0845 1552277
http://www.maidstoneleisure.com/
Offers a range of activities suited to children of all ages. Swimming free for disabled child and carer, concessions for other facilities. Open to children with disabilities/SEN

Walking

Kent Rural Disability Sportslink Project
01732 525433
E-mail: paul.panton@kent.gov.uk
The Project has produced a pack of leaflets about walks between 0.5 and 5 miles in length: ‘Walks for All in Kent and Medway’. These are intended for wheelchair users.

Wheelchair Basketball

Maidstone Rebels Wheelchair Basketball Club, Aylesford School
01732 525389
Email: mike.bishop@kent.gov.uk
Based at Aylesford School & Sports College Sports Centre.
For more information contact Mike Bishop.

Wheelchair Fencing
01797 344 243
http://www.bdfa.org.uk
For details please see website. Contact Shuna Body, Chairman of BDFA (British Disabled Fencing Association) Hope Farm, Snargate, Romney Marsh, Kent TN29 9UQ.