

Things to do / Getting Out and About




Joy Newham

Joy Platform

This lists some different activities in Newham and outside of Newham.

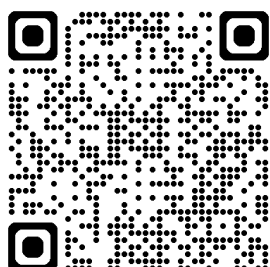
It also lists some Health Services.

<https://services.thejoyapp.com/>



Adult Learning

**NEWHAM
COLLEGE
LONDON**

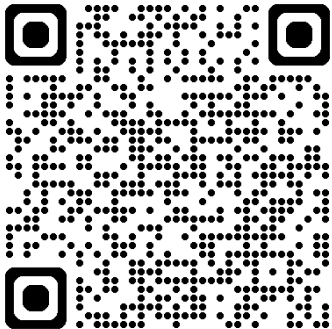
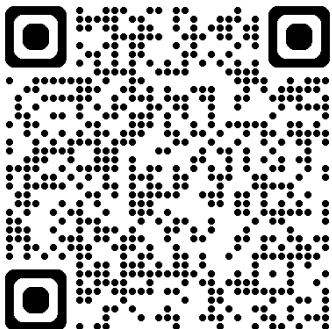


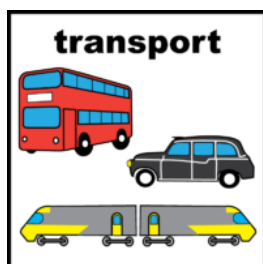
Newham College

Newham College has life skills courses and career related courses.

<https://newham.ac.uk/>

Newham Recovery College Recovery Focussed Courses and Workshops. The college can offer Individual Learning Plans.

 Newham Recovery College  Newham Recovery College	1:1 support will need to be arranged as part of your Care Plan. https://newhamrecoverycollege.nhs.uk/
 Newham Libraries	Libraries There are 10 libraries in Newham. You can use them to read or take out books, use their computers or join in activities. https://www.newham.gov.uk/libraries-arts-culture/newham-library-services



Travel and Transport



Travel mentoring – TFL:

Offer free travel mentoring if you have a disability or mobility needs.

<https://tfl.gov.uk/transport-accessibility/learn-to-use-public-transport>

Email travelmentor@tfl.gov.uk

Tel. 020 3054 4361

Monday to Friday 09:00-16:00

There are Community Ambassador schemes if you only want to try the Dockland Light Railways (DLR) or the Elizabeth Line.

DLR: ambassadors@keolisameydlr.co.uk

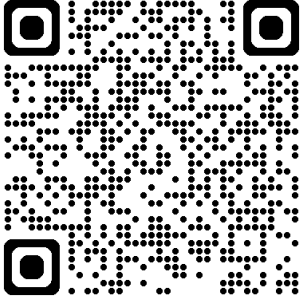
Elizabeth line: ambassadors.team@gtsr.co.uk



Transport for All:

<https://www.transportforall.org.uk/your-rights/>

Provides information advice about accessible transport and rights,

  Transport Support - Planes	Travel Gov.UK website has information about support available for different types of travel. This includes support for airline travel: • Trains • Planes • Coaches • Taxis and minicabs • Ships https://www.gov.uk/transport-disabled/
---	---



Social, Leisure and Sport Activities

Art



Together 2012

This is a Disabled Arts Project. They have regular activities that you can join from home.

<http://www.together2012.org.uk/join-in-from-home/>

Free / Virtual



East London Textile Arts

East London Textile Arts - Offers face-to-face embroidery group sessions to adults with a learning disability.

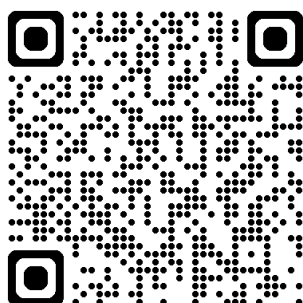
<https://www.eastlondontextilearts.com/>

Tel. 0798 599 3191

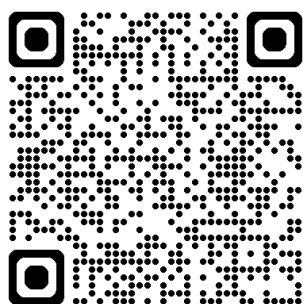
Free / In person



Leisure Centres



Better Leisure
Inclusive Activities



London Aquatics Centre

Better Leisure

Leisure centres which are part of BETTER (GLL) in Newham

<https://www.better.org.uk/centre-locator#results>

Inclusive Activities

<https://www.better.org.uk/better-newham#newhaminclusionactivities>

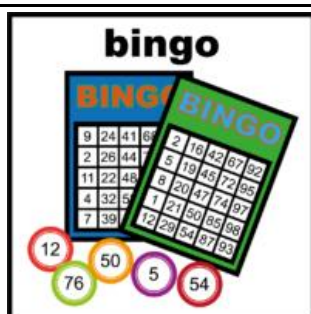
Most inclusive sessions are free / In person

London Aquatics Centre

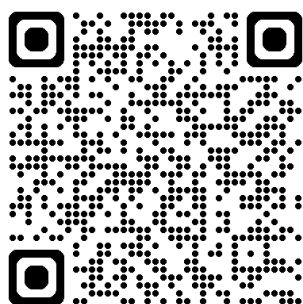
Queen Elizabeth Olympic Park

<https://www.everyoneactive.com/centre/london-aquatics-centre/>

Tel. 020 8536 3150



Bingo and Games



Mencap

Mencap

Mencap Coffee Morning with Bingo and Games (for carers and service users).

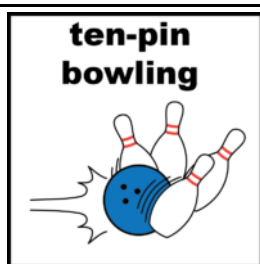
Tuesday 10-12. Free entry, drinks available for 50p.

Woolwich Common Community Centre, Leslie Smith Square, London SE18 4DW

<https://www.greenwichmencap.org.uk/events/carers-coffee-morning/>

Sam on 0788662345 or email sc6@greenwichmencap.org.uk

**Outside Newham
Charge / In person**



Bowling



All Star Bowling

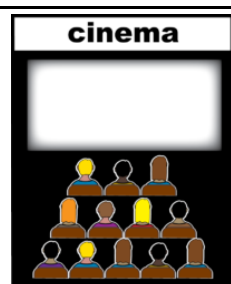
All Stars Bowling

All Stars bowling alley is in Westfield Stratford.

The website did not advertise any special sessions, but there may be quieter times to attend.

<https://www.allstarlanes.co.uk/locations/stratford>

Charge / In person



Cinema



CEA Cinema Card

CEA Cinema Card

People with disabilities who need support to attend the cinema can apply. Cardholders will receive free entrance for the person supporting them.

Telephone: 01244 526 016

Textphone: 18001 01244 526 016

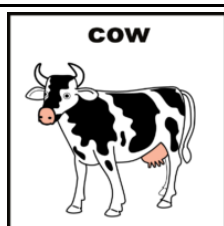
Email: info@ceacard.co.uk

Write to them: CEA Card, PO Box 199, Deeside, CH5 9BW.

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

These Cinemas have autism-friendly screenings:

- Cineworld
<https://www.cineworld.co.uk/static/en/uk/accessibility/autism-friendly>
- Vue Cinémas
<https://www.myvue.com/legal/accessibility>
- Showcase Bluewater
<https://www.showcasecinemas.co.uk/autism-friendly-screenings/>



City farm



Surrey Docks Farm

There are a number of city farms across London that you can visit for free or at low costs. One of the nearest ones is Surrey Docks farm in Canary Wharf.

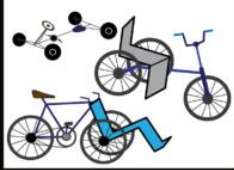
www.surreydocksfarm.org.uk

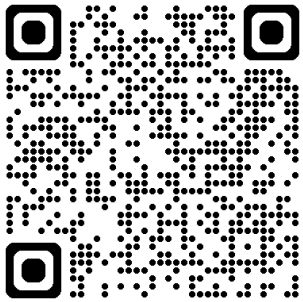
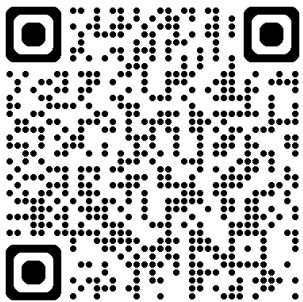
Open daily 10am to 4pm.

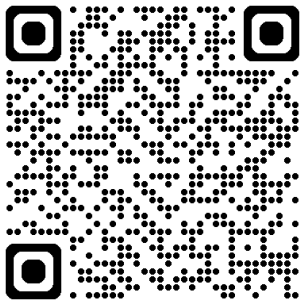
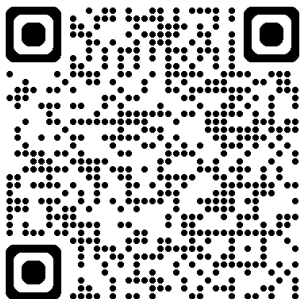
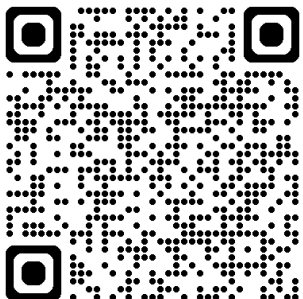
Surrey Docks Farm, South Wharf, Rotherhithe Street, London SE16 5ET.

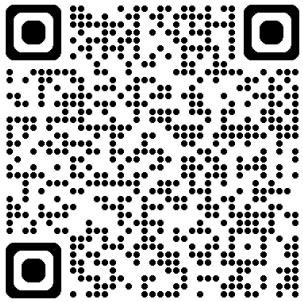
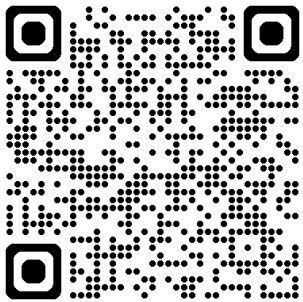
Tel. 07309730531

Free / In person

adapted bikes  Cycling	
  All Ability Cycling	Bikeworks Accessible cycling The Drop-in All Ability Cycling Club has a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles. The Olympic Park has a wider range of options than Central Park. Those with complex needs must be accompanied by their carer. Central Park (across the path from the Central Park Cafe, E6 3AJ) Every Friday from 11am-1pm Queen Elizabeth Olympic Park- we set up just outside the Lee Valley VeloPark on Abercrombie Road, E20 3AB. Every Tuesday and Thursday. 10.00am to 1:30pm. https://www.bikeworks.org.uk/ or email all.ability@bikeworks.org.uk Free / In person
	Bike-ability

 Bike-Ability	There are courses you can go on to learn how to cycle safely. Here is a link to the Newham Courses https://www.cyclinginstructor.com/newham Tel. 0845 652 0421 Universal / In person
 Dance	
 Better Leisure Inclusive Activities	<u>Better Leisure</u> See Better Inclusive activities above. Free (most) / In person
	Dance Syndrome Has a Facebook page with activities that people can join and videos to watch https://www.facebook.com/dancerleddisabilityinspired Free / Online

 Dance Dosti	<u>Dance Dosti</u> Has over 100 dance videos to dance along to. https://www.dancedosti.com/ Free / Online
 Greenwich Mencap activities	Greenwich Mencap Dancing & exercise group Friday 10.30 to 12.30 Woolwich Common Community Centre, Leslie Smith Square, London SE18 4DW. Free / In person
 Paracarnival	Paracarnival An inter-ability, inter-generational and inter-cultural community that takes part in Hackney Carnival and other activities https://www.instagram.com/paracarniva1/ Free / In person
	Sounds Better

 Sounds Better	Sounds Better has a Music, Movement and Drama workshops Wednesdays and Fridays 10am-12pm and 1-3pm. www.soundsbettercic.org Tel. 07846110890 (Kevin) kevinplummer65@gmail.com. Cost £10 per two-hour workshop at Forest Lane Lodge. Charge / In person
 Ambient Jam	Ambient Jam Ambient Jam is a project that explores movement and music with tactile sculpture twice a week at The Albany in Deptford. Tel. 020 8692 0231 and ask for Entelechy Arts, or use extension 247 Email: info @ entelechyarts.org Charge / In person
Discos / Club Nights	
	The Groovy Cat Club (Ilford)



Groovy Cat

The 'Groovy Cat Club' is run by and for people with learning disabilities and their friends.

When: First Thursday of each month, 7:30PM - 10:30PM

Where: Champs Sports Bar and Grill, 19-21 Chapel Road, Ilford, IG1 2AF (see map below).

Cost: £7 in advance (buy tickets online), £10 on the door. No charge for carers.

Rules: Over 18s only.

Safety: Lighting may affect those with photosensitive epilepsy.

For details: and more information:

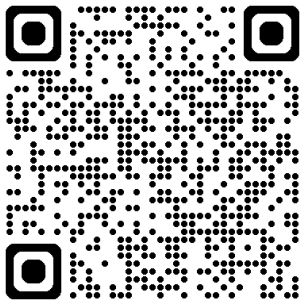
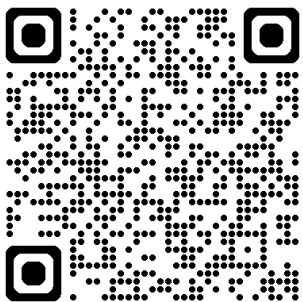
<https://www.unitingfriends.org.uk/groovy-cat-club>

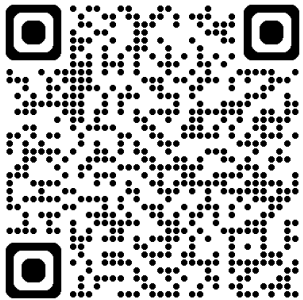
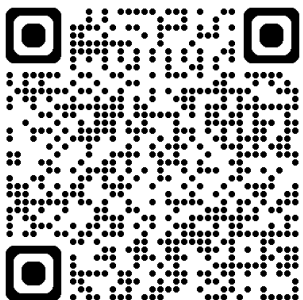
Membership is not needed, just turn up and bring your own support worker.

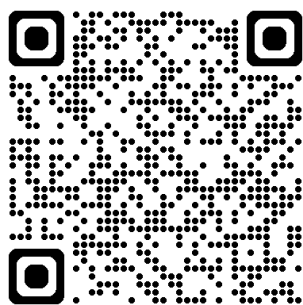
Tel. 020 8551 8800

Email: admin@unitingfriends.org.uk

Charge / In person

 Bubble Club	Bubble Club night club Inclusive & immersive club nights co-created by people with learning disabilities in East London. See website for dates and information: https://www.bubbleclub.org/events Charge (Carers go free) / In person
 Ambition, Aspire, Achieve	Disco 10 – 25year olds (run by Ambition, Aspire, Achieve) Approx. once a month – free. Location: Terence brown ARC, Hermit road park, Bethnal Avenue E16 4JT The person needs to be accompanied by a parent/carer. Email Paula@theaaazone.com for dates, more information and to book place. Free / In person

 Drama	
 Act Up Newham	Act Up Newham https://www.actupnewham.co.uk/ Free / In person - currently hold a waiting list Email: actupnewham@gmail.com Tel: 07570 860 672
 Blue Sky Actors	Blue Sky Actors are part of Face Front Inclusive Theatre. Meets Saturdays 1:30-4:30pm. The Source, Theatre Square, Stratford. Email or call first to see if there are spaces available. email: admin@facefront.org Tel. 020 8350 3461. Pay what you can.
	Drama sessions at the Tramshed



Tramshed

- Is a theatre company that offer groups for adults with learning disabilities, including:
Reach – a drama programme for young adults with additional needs. Runs during term time on Monday evenings

Dramatic Voices singing and drama for service user (weekly sessions)

Weekly drama group for adults with a passion for theatres (Wednesday mornings)

<https://www.tramshed.org/our-programme>

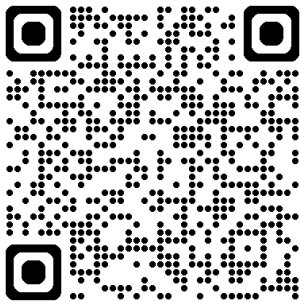
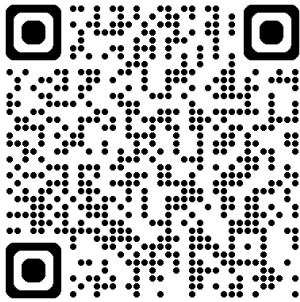
Wednesday 10:30 to 12:00

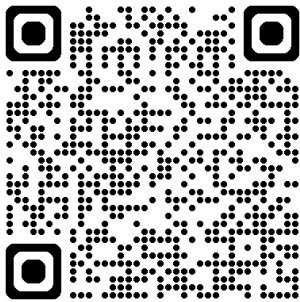
The Tramshed, 51-53 Woolwich New Road,
London SE18 6ES

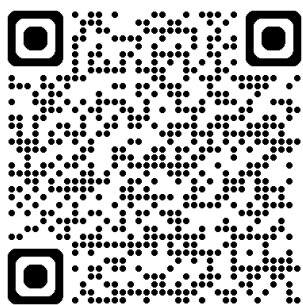
First session free, £2.50 per session thereafter.

Spaces are limited. Contact Trish on 07583429158.

Free - booking required / In person

football 	Football	
 South London League	Football – South London League • Every Friday https://inclusive.football/places/south-london-special-league/ Contact for timing and more information: specialleague@aol.com Free / In person	
 Better Leisure Inclusive Activities	See Better Leisure for Pan Ability Football Saturdays (fortnightly) 10-11 am Newham Leisure Centre	

	Horse Riding
 Riding for the disabled	Riding for the disabled • Docklands Equestrian Centre do offer 1:1 lessons for people with learning disabilities or autism to learn how to ride a horse (please note, they do not have equipment to support wheelchair users to transfer onto the horse) Sessions cost £45 per 30minutes. 2 Clapsgate Lane Beckton, London E6 6JF For information and to book: https://docklandsequestriancentre.com/ridingschool/ridingfordisabled/ Email: riding.school@aol.com Tel: 0207 473 4951 Charge / In person
	Accessible sailing



Tideways Sailability

Tideways Sailability offers disabled-friendly sailing sessions.

Some boats are accessible for wheeling a chair straight on, but they also have a hoist to access other boats.

Days: Sessions are often in warmer months, Easter to October. Sessions take place on Wednesday and occasionally Sunday (subject to volunteer's availability).

Cost: £5 a session.

Changing facilities: At Surrey docks water sport centres there are accessible changing facilities (there is a hoist and wall mounted shower seat, but no changing plinth).

Address:

Tideway Sailability, Surrey Docks Water sports Centre
Greenland Dock, Rope Street, London
SE16 7SX

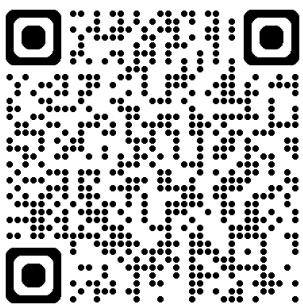
To book or for more information:

<https://www.tidewaysailability.org.uk/find-us>

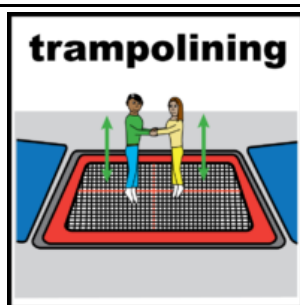
Email: info@tidewaysailability.org.uk

Tel: 020 7237 9001

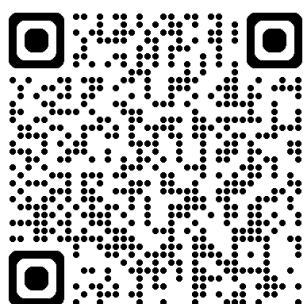
Charge / In person

 sports group Sports	
	Multi-sports club Wednesdays and Fridays this club at NewVic Sixth Form College is open to any young person or young adult with any disability. Tel. Paul Archer 07811 671 082 Email: paul495@btinternet.com Free / In person
 Better Leisure Inclusive Activities	See Better Leisure for two inclusive multi-sports sessions • These currently take place on Tuesdays and Thursdays

Swimming	
Better Leisure Inclusive Activities	• Ali-Gator swimming Club Newham Families Advice and Support Ali-Gator swimming Club • The London aquatic centre is now being run by Everyone is active https://www.everyoneactive.com/centre/london-aquatics-centre/#activities • See <u>Better Leisure</u> - for their two <u>Inclusive swim sessions/ week</u> Charge / In person



Trampolining (indoors)



Better Leisure
Inclusive Activities

Flip out London

281 Barking Road, London E6 1LB

Tel: 02037 454 144

Email: londone6@flipout.co.uk

<https://www.flipout.co.uk/locations/london-e6>

Charge / In person

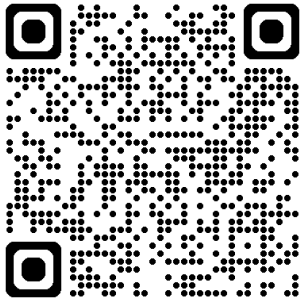
Barking Trampoline Park

Mayesbrook Park, Lodge Avenue
Dagenham, RM8 2JR

<https://www.better.org.uk/leisure-centre/london/barking-and-dagenham/barking-sporthouse-and-gym/trampoline-play-park-barking>

Charge / In person

It is important that residents with Down Syndrome consult with a GP before considering Trampolining to screen for Atlanto-Axial Instability (Instability within the vertebrae in the neck).

	See here for more information: https://www.flipout.co.uk/safety#:~:text=Customers%20with%20Down's%20Syndrome,Association%20for%20Atlanto%2DAxial%20Instability.
 Yoga	
 Yoga for Autism	Yoga for Autism website The Yoga for Autism website includes free online videos specifically designed for autistic adults and children – https://www.yogajournal.com/?s=yoga+autism Free / Online
	Supported Holiday Providers These are holiday breaks with support provided as part of the cost. • Break Away Supported Holidays https://www.breakawaysupportedholidays.co.uk/ • Door to Door Holidays https://www.doortodoorholidays.co.uk/

	• Jolly Days Holidays https://www.jollydaysholidays.co.uk/ • Let's Go Supported Holidays https://www.letsgosupportedholidays.co.uk/ • Outward https://www.outward.org.uk/supported-holidays/ Cost must be paid by resident /family
 Volunteering	
	Newham Volunteers Programme Has opportunities to volunteer on your own, or have a volunteer buddies to help residents be volunteers. https://www.newham.gov.uk/community-parks-leisure/volunteering-newham Free / In person