

Towards Independence

Sports and leisure



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Going out to do activities helps keep you fit and healthy and also helps you make new friends.

This leaflet tells you about some of the activities and schemes that are run in Kingston especially for disabled young people and young adults.

This leaflet will give you information on:



• Sports activities



• Leisure centres



• Activity groups



• Befriending and Buddy Scheme



• Further activities and information sources

Sports Activities

Here are some of the sports activities that currently take place in Kingston for disabled young people.

Basketball

A basketball club run by Fulham Football Club for 10-19 year olds on Monday evenings between 5pm-6pm.



Contact: Fulham Football Club

Tel: 020 8336 7542

Address:

Chessington Sports Centre
Garrison Lane
Chessington
Surrey
KT9 2JS

INSPIRE Multi Sports Club

This club provides access to a variety of sports and activities suitable for a range of disabilities. The club is for 8-80 year olds and runs fortnightly on Monday evenings between 6pm-8pm.



Contact: Active Kingston

Tel: 020 8547 5207

Address:

Chessington Sports Centre
Garrison Lane
Chessington
KT9 2JS



Wheelchair Racing

As fun as it sounds! This activity runs on Mondays and Wednesdays and is for wheelchair users aged 9 years +.



Contact: Velocity

Tel: 020 8545 3669

Address:

Kingsmeadow
422a Kingston Road
Kingston
KT1 3PB

Football

Football activity group run by Fulham Football Club for young people with a learning disability aged 16 years +.



Contact: Fulham Football Club

Tel: 020 8336 7542

Address:

Tolworth Recreation Centre
Fullers Way North
Tolworth
KT6 7LQ

Deaf Football

Football activity group run by Fulham Football Club for young men and women with a hearing impairment aged 16 years +. The young women's football runs on a Wednesday evening and the young men's football is on a Thursday evening between 7pm-9pm.



Contact: Fulham Football Club

Tel: 020 8336 7542

Address:

Tolworth Recreation Centre
Fullers Way North
Tolworth
KT6 7LQ

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SOS Football

This activity group is run by Special Olympics Surrey and runs on a Wednesday evening between 6.30pm-7.30pm. The group is aimed at 8-80 year olds who have a disability.



Contact: Special Olympics Surrey

Tel: 07786 448922

Address:

Chessington Sports Centre
Garrison Lane
Chessington
KT9 2JS

Cricket

This group is for under 18 year olds' who like to play cricket. It runs on a Wednesday evening between 4.30pm-6pm.



Contact: YMCA Hawker Centre

Tel: 020 8296 9747

Address:

Hawker Centre
Lower Ham Rd
Kingston
KT2 5BH

Swimming Club

This swimming club is aimed at people aged 8-80 years old with a physical disability. It runs on Thursday evenings between 6.30pm-8pm.



Contact: Spartans

Tel: 020 8941 3255

Address:

Malden Centre
Blagdon Road
New Malden
KT3 4TA

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Basketball and Tennis

This club is aimed at teenagers and adults and runs on Fridays between 12.40pm-1.40pm.



Contact: YMCA Hawker Centre

Tel: 020 8296 9747

Address:

Hawker Centre
Lower Ham Rd
Kingston
KT2 5BH

Fulham Badgers Football Club

This club is aimed at young people with Down's Syndrome and runs on a Friday evening between 5pm-6.30pm.



Contact: Fulham Football Club

Tel: 020 8336 7542

Address:

Raynes Park High School
Bushey Road
London
SW20 0JL

SOS Bowling

Bowling evening run by the Special Olympics Surrey team. This club is aimed at young people under 18 years with a learning disability.



Contact: Special Olympics Surrey

Tel: 020 8336 2768

Address:

Charrington Bowl
Kingston Road
Tolworth
KT5 9PB



Leisure Centres

If you are registered disabled or receive a disability benefit then you could be entitled to an 'Active Kingston' card.

This card allows residents of the Royal Borough of Kingston upon Thames to enjoy discounts on a wide range of activities at leisure centres across the borough.

For further information and an application form ask inside one of the Council-operated leisure centres or contact the Active Kingston team on **020 8547 5207**.

The Council-operated leisure centres are listed below.

Chessington Sports Centre



Garrison Lane
Chessington
Surrey
KT9 2JS

Tel: 020 8974 2277

Website: www.chessingtonsportscentre.co.uk

YMCA Hawker Centre



Lower Ham Road
Kingston upon Thames
Surrey
KT2 5BH

Tel: 020 8296 9747

Website: www.ymcalsw.org

YMCA Surbiton



49 Victoria Road
Surbiton
Surrey
KT6 4NG

Tel: 020 8339 7083

Website: www.ymcalsw.org

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Kingfisher Leisure Centre



Fairfield Road
Kingston upon Thames
Surrey
KT1 2PY

Tel: 020 8546 1042

Website: www.kinetikagyms.co.uk

Kingsmeadow Fitness and Athletic Centre



Kingston Road
Kingston upon Thames
Surrey
KT1 3PB

Tel: 020 8547 2198

Website: www.kinetikagyms.co.uk

Malden Centre



Blagdon Road
New Malden
Surrey
KT3 4TA

Tel: 020 8336 7770

Website: www.kinetikagyms.co.uk

Tolworth Recreation Centre



Fullers Way North
Surbiton
Surrey
KT6 7LQ

Tel: 020 8336 7770

Website: www.kinetikagyms.co.uk



Activity Groups

Weekly

Yadapa Drama Club

This drama club is for young people with disabilities aged between 13-19 years. It runs on a Monday evening between 6.30pm-8pm.



Contact: Yadapa

Tel: 020 8949 5183

Address:

United Reformed Church
Kingston upon Thames
KT1 1HZ

Xpressions Youth Project

This club is run by Mencap for young people with learning disabilities aged between 12-18 years. It runs on a Tuesday evening between 6.30pm-8pm.



Contact: Mencap

Tel: 07749 275 425

Address:

Queen Mary Hall
Cambridge Gardens
Kingston upon Thames
KT13NP



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Surbiton Deaf Social Club

A social group for young people with hearing impairments that runs fortnightly on Thursday evenings.



Contact: Joyce Paul

Tel: 07900 294 384 (Text only)

Email: joyce.paul@cabinet-office.x.gsi.gov.uk

Address:

Searchlight Centre
Kingston Road
New Malden
KT3 3RX

Kite Leisure Group

A fortnightly group aimed at 11-18 year old young people with Asperger's Syndrome.



Contact: EnhanceAble Children's Services

Tel: 07984 572 480

Email: kite@enhanceable.org

Address:

Geneva Road Centre
Kingston upon Thames
KT1 2TW

TAG Group

TAG is a youth club aimed at 16-25 year olds with a disability. The club runs term time only on Fridays between 7.30pm-9.30pm.



Contact: TAG

Tel: 07793 316 123

Address:

Community Centre
Devon Way
Chessington
KT9 2RJ

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FAB Club

This club is aimed at 8-19 year olds with disabilities and runs on Saturdays during term time between 10am-3pm.



Contact: Fab Club

Tel: 020 8547 5815

Address:

Community Centre
Devon Way
Chessington
Surrey
KT9 2RJ

Holiday Schemes

Kingston Holiday Club

This club is for young people aged 6-19 year olds with disabilities whose parents work. The club runs during the main school holidays.



Contact: Early Years and Childcare Service

Tel: 020 8547 6546

Address:

Scout Hall
Green Lane
New Malden
KT3 5BX

Yadapa Arts Workshops

A variety of arts and craft activities running for 2 weeks during the main holidays. This group is for 11-19 year olds with a disability.



Contact: Yadapa

Tel: 020 8949 5183

Address: Various accessible venues

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Yorda Adventures

Yorda run a variety of play schemes and activities during the holidays for young people with disabilities.



Contact: Yorda Adventures

Tel: 07939 844978

Address: Varies - local venues

Fulham Football Club Holiday Schemes

Fulham Football Club run a variety of holiday activity schemes during the school for young people with disabilities.



Contact: Fulham Football Club

Tel: 020 8336 7542

Address:

Fulham FC Training Ground
Motspur Park
KT3 6PT

Moor Lane Activity Groups

These groups are for young people with disabilities aged 5-19 years who meet the criteria of the Disabled Children's Team. To access these groups you need to be referred by your social worker. They run during the main school holidays.



Contact: Duty Social Worker

Tel: 020 8547 6527

Address:

Moor Lane Children and Young Peoples Development Service
Moor Lane
Chessington
KT9 2AA

Warren Park Holiday Club

These groups are for young people with disabilities aged 5-19 years who meet the criteria of the Disabled Children's Team. To access these groups you need to be referred by your social worker. They run during the main school holidays.



Contact: Duty Social Worker

Tel: 020 8547 6527

Address:

Warren Park Children's Centre

Kingston Hill

Kingston

KT2 7LX



Buddy Scheme

The Buddy Scheme is a befriending project that matches people with learning disabilities with a volunteer so that they can get out and about and enjoy their leisure time and social activities.



Contact: Buddy Scheme Coordinator

Tel: 020 8255 8068



i Further activities and information sources

The following websites and contact details give you more information about activities that are taking place in the Royal Borough of Kingston upon Thames.

YoungLivin - www.younglivin.org.uk

This website gives information on a variety of activities run by the Youth Service, including evening and holiday activities.

Disabled Go - www.disabledgo.info

This website gives information on a number of services for people with disabilities.

Sportability - www.sportability.org.uk

This website provides information about sports and challenging pursuits for people with paralysis.

Community Learning Disability Team - www.kingstonld.info

This website has information about activities in the borough for people with learning disabilities.

Sport Kingston - www.sport-kingston.co.uk

This website provides information about sporting events taking place in Kingston.

EnhanceAble Children's Services

This service provides information and advice about a range of services available in the borough.



Contact: EnhanceAble Children's Service

Tel: 020 8547 6200

Address:

Moor Lane Children and Young People's Development Service
Moor Lane
Chessington
Surrey
KT9 2AA