



'What's On Guide'- Bristol (3)

September – November 2010-09-09

Physical Activities for Adults with Learning Difficulties



Hi my name is Nicole Gormley. I am the Physical Activity Development Officer for Adults with Learning Difficulties. I am funded by Bristol City Council and the Learning Difficulties Development Fund and I promote Physical Activity for Adults with Learning Difficulties.

For more information please contact

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Health is a **'Valuing People Now'** priority.

By being physically active you can:

- Improve Health and Fitness
- Meet new people
- Try new activities
- Lift your mood
- Lose Weight
- Feel Good!

This 'What's on Guide' aims to help people with Learning Difficulties access the same sports and fitness opportunities as everyone else.

Dear All

Welcome to the latest version of the 'What's on Guide' for adults with Learning Difficulties in Bristol. This guide shows a range of Physical Activities suitable for people who have Learning Difficulties and Physical Disabilities.

Bristol's priorities are to focus on and improve the health of people with Learning Difficulties through physical activity and sport. We are also moving towards delivering healthy lifestyle programmes to include healthy eating and empowering people with Learning Difficulties to make positive, healthy lifestyle choices. The courses are being piloted from the 20th October 2010 until July 2011. More information about the pilot courses will be available in my annual report that will be circulated at the end of October.

Please feel free to contact me regarding any of the activities on offer. (Contact details on page 1)

Many Thanks

Nicole Gormley

(Physical Activity Development Officer for Adults with Learning Difficulties.)

There is now a new webpage on the Bristol City Council website. You can use this to find activities you might like to take part in.

To find the webpage follow these steps:

- Go to: www.bristol.gov.uk
- Click on 'Health and Social Care'
- Click on 'Disabilities' which is on the left
- Click on 'Physical Activities for adults with learning difficulties'
- Use the sport categories at the top of the page to look at different activities.

Activity	Details	Notes
	<p>Fun Swimming Club Day: Thursday Morning Time: 10.30am-11.30am Cost: £1.35 Where? Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, South Gloucestershire, BS32 9BS</p>	<ul style="list-style-type: none"> • No Transport Provided <p>Turn up and have a go! No booking Required.</p>
	<p>Swim For All Day: Wednesday Morning Time: 11.00am - 12.00pm Cost: £3.50 Where? Horfield Leisure Centre, Dorian Road Horfield, Bristol, BS7 0XW Tel: 0771 903 1643</p> <p>* Please note - in school Holidays the pool is extremely busy during the day</p>	<ul style="list-style-type: none"> • All abilities welcome • Male and Females can attend • Support Workers can swim for free! (They will need an everyone active card & tell reception they are supporting a service user) • Public Session <p>Turn up and have a go! No booking Required.</p>



Swim For All

Day: Sunday Afternoon

Time: 4.00pm - 5.00pm

Cost: £3.50

Where? Henbury Leisure Centre, Avonmouth Way, Henbury, Bristol, BS10 7NG

Tel: 0117 353 2555

*** Please note - in school Holidays the pool is extremely busy during the day**

- Hoist available for access to the pool
 - Please bring care/support worker if needed
 - Public Swim
- Turn up and have a go!**



Concorde Wheelchair Dancers

Day: Monday

Time: 7.30pm - 9.30pm

Cost: £2.50 per session



Where? Page Hall, Staple Hill, Bristol, BS16 4NE

*** Please Note: You must be able to propel own wheelchair (either manual or electric)**

*** No Sessions on Bank Holidays**

- Any age or ability welcome
- Beginners welcome! You can come and watch before you join
- Call Julia on 0117 3009615

	<p>Football Training Day: Sunday Morning Time: 11.00am-12.00pm Cost: £3.50 Where? Wise Campus, New Road, Stoke Gifford, Bristol, BS34 8LP</p>	<ul style="list-style-type: none"> • Other Details • Males and females can attend • All abilities welcome <p>Contact Jay for information on <u>07795 353825</u></p>
	<p>Football Group Day: Tuesday Time: 7.00pm-8.00pm Cost: £30 for 10 sessions Where? Broadlands School, St Francis Road, Keynsham, Bristol, BS31 2DY</p> <p>* This group is open to members of Kensham & District MENCAP which can join by paying an annual subscription of £35.</p>	<ul style="list-style-type: none"> • This group is for members of Keynsham & District MENCAP - annual subscription of £35 must be paid in order for participants to be insured. <p>Call: 0117 9865659 for details</p>
	<p>Athletics/Multi Sports Club (Term Time Only) Day: Monday Evening Time: 6.30pm - 7.45pm Cost: £3.00 per session Where? Wise Campus, New Road, Stoke Gifford, Bristol, BS34 8LP</p>	<ul style="list-style-type: none"> • Males and Females can attend. • Suitable for wheelchair users. • All abilities <p>Call Jayne on: 07823</p>

	Turn up and have a go! No booking Required.	534503
	<p>Tennis (Term Time Only) Day: Tuesday Morning Time: 10.30am - 11.30am Cost: £3.00 per session Where? Almondsbury Tennis Club</p>	<ul style="list-style-type: none"> • Males and Females can attend. • Suitable for wheelchair users. • All abilities • Equipment provided <p>Turn up and have a go! No booking Required.</p>
	<p>Tennis (Term Time Only) Day: Friday Morning Time: 11.00am - 12.00pm Cost: £2.00 Per session Where: David Lloyd, Greystoke Avenue, Westbury on Trym. BS10 6AZ <i>(Next to the Greenway Centre)</i></p>	<ul style="list-style-type: none"> • Coach is Ben Andrews. Tel: 07824 382281. • Suitable for mobility/sensory impairments • Session suitable for wheelchair users <p>No need to book, meet coach in reception</p>

	<p>Judo Day: Tuesday Evening Time: 6.15pm - 7.30pm Cost: £3.65 per session Where? Bradley Stoke Leisure Centre, Fiddlers Wood Lane, Bradley Stoke, South Gloucestershire, BS32 9BS</p>	<p>Turn up and have a go! No booking Required.</p>
	<p>Special Needs Judo Day: Thursday Time: 6.15pm - 8.15pm Cost: £3.00 Where: The Southville Centre, Bealey Road, Southville, Bristol, BS3 1QG</p>	<ul style="list-style-type: none"> • Suitable for people with Physical impairments, learning difficulties and for Wheelchair users • Supportive, qualified coaches • Call 01275 874547 for information • Everybody welcome!



Use the Gym!

Day: Various times (phone your local gym)

Time: Various times

Cost:

Where?

- Horfield Leisure Centre - Tel:0117 9031628
- Henbury Leisure Centre - Tel:0117 950041
- Easton Leisure Centre - Tel:0117 9031628
- The Greenway Centre - Tel: 0117 9503335
- Kingsdown Sports Centre - Tel: 0117 9031633
- The Park Sports Centre - Tel: 0117 3773382
- Brunel Academy Fitness Centre - Tel: 0845 0949345
- St Paul's Community Sports Academy - Tel 0117 3773405
- The Greenway Centre - 0117 9503335

- **Males and Females** can attend.
- Suitable for **wheelchair users**.
- **All abilities** welcome
- **All equipment is provided**

Turn up and have a go!
No booking Required.



Tai Chi

Day: Friday Morning

Time: 11.00am-12.00pm

Cost: £3.50

Where? The Greenway Centre, Doncaster Road, Southmead,
BS10 5PY

- No Transport Provided
- Gentle, relaxing activity suitable for those with mobility impairments

**Turn up and have a go!
No booking Required.**





Sailability Bristol

Information:

- Sailability is a volunteer run organisation who cater for people with a wide range of physical disabilities, learning difficulties, and autistic spectrum disorders.
- Individuals and groups can take part and Sailability will help to find activities suitable to the needs of those taking part.
- During weekends in October, you can simply turn up and sailability will get you on the water for just £5.00. Please see www.bristolsailability.org.uk for more details.

- For information on prices and activities please contact Gill Hannan on 0117 968 8244 or email gill.hannan@hotmail.com
- All abilities welcome!

Walking Group	Walking for Health	Notes/Contact
	<p>Weekly Wednesday Stroll (City Centre)</p> <ul style="list-style-type: none"> • Starting time is 12.15 pm • Meet at the Cascade Steps • Walk lasts less than 30 minutes 	<p>Nicole Gormley - 0117 3521174 A Short, flat walk around Bristol Harbour Side. Suitable for people with mobility impairments, and Learning Difficulties.</p>
	<p>The Amblers (Barton Hill, Redfield, Lawrence Hill, The Dings)</p>	<p>Contact: Mandy Cox Tel: 0117 304 1425</p>
	<p>City Centre - Weekly Wednesday Walk</p>	<p>Contact: Nicola Ferris Tel: 07810 506 738</p>
	<p>Easton Beginners Walk: On Track</p> <ul style="list-style-type: none"> • Suitable if you have mobility impairments & wheelchair users 	<p>Contact: Morowa Sellasie Tel: 07789 943 146</p>



❖ **Easton and St Paul's**

Contact: Simon Carpenter
Tel: 0117 900 2193

❖ **Hartcliffe and Withywood
Amblers**

Contact: Sue Walker
Tel: 0117 946 5285

❖ **Henbury**

Contact: Roy Pepworh
Tel: 0117 962 37 **OR**
Contact: Roger Grinham
Tel: 0117 985 3972

❖ **Hillfields**

Contact: Nicola Ferris
Tel: 07810 506 738

❖ **Knowle West**

1, 2 and 3 Heart Group

Details:

- (1 is the easiest walk, 3 is more challenging)
- The 1 Heart walk is suitable for those with mobility impairments and for wheelchair users

Contact: Karron Chaplin
Tel: 0117907 7038

Or

Contact: Judy Newport
Tel: 0117 373 8937

❖ **Lawrence Weston**

Contact: Sue Hale
Tel: 0117 944 1547

❖ **Lockleaze and Horfield
Strollers**

Contact: Nicola Ferris
Tel: 07810 506 738

IMPORTANT INFORMATION

Support: If you require support during any of these activities, you are responsible for bringing your support worker with you. If you attend the following centres and you bring a support worker or buddy, the support staff do not need to pay:

Bishopsworth Swimming Pool, Bristol South Bristol Swimming Pool, Easton Leisure Centre, Henbury Leisure Centre, Horfield Leisure Centre, Jubilee Swimming Pool, Kingsdown Sports Centre, St. Paul's Community Sports Academy.

Please inform reception when you arrive so that they know not to charge your support worker/buddy.

Disclaimer: These activities are done at your own risk. If you are unsure about any aspect of your health or fitness please check with your doctor before starting new activities. We cannot be held responsible for any health problems or injuries that occur during these activities.

Further updates to follow. If you know of other groups you would like to add, please let me know.



Nicole