



Activities for Special Needs Children and Young People

This is not an exhaustive list but a working document which will be updated regularly. If you know of any other groups or clubs or changes in details please let me know. Cathryn 078679 23995 handpsnf@hcff.org.uk

PALS - Partnership for Active Leisure Scheme

PALS is a charity that helps young people aged 6-18 years with physical disabilities get out and enjoy life.

They offer a varied program of inclusive leisure, sport and recreational activities that build confidence and encourage independence. Activities include Cinema, Ice Skating, Theme Parks, Meals Out, Archery, Swimming, Arts and Crafts, Basket ball, Sailing, Socials, Cooking, Holiday Clubs and much more.

Activities run in the evenings at weekends and during the holidays.

PALS are active in Havant and Portsmouth, Fareham and Gosport and East Hants. 07939829021/02392498377 www.wearepals.org.uk

High 5 is a fun packed youth club set up by Caring For You Children's Services. It takes place on a Wednesday evening 4.30 - 6.00 pm at St. Johns Ambulance Hall, Frazer Road in Havant and is aimed at children and young adults with a variety of disabilities and needs. Activities aim to promote independence skills and confidence and include, sports, art's and craft's, cooking, team games, DVD nights, karaoke nights and much more, including workshops presented by outside agencies. For more information please contact Olivia Furze on 02392 381122 or email ofurze@caringforyou.uk.com.

Kids South East

This group is based in Fareham where it has a four bed residential unit, a developmental play nursery, they run a buddy/carer initiative and a young carer project.

They also have a Play and Leisure section, which runs clubs activities and holiday playschemes.

All clubs have waiting lists, and all activities are subject to funding available.

Saturday Fun Club - Every two weeks

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| KidsFareham | 5-8 years | 9.30 -12.30pm |
| 9-13 years Mill Hill Children's Centre | 9-: 13 years | 1.30 - 4.30pm |
| Riverside school | 5-8 years | 9.30 -12.30pm |
| | | 9.30 -12.30pm |

Youth Two - Once a month

Rachael Maddocks School 9-18 years referral. 10- 3pm closed

Southdown Thursday Club - Every Thursday during term time

Southdown college 16-25 years 6.30 - 8.30pm

Kids South-East, Saulters Lane, Fareham P016 OQS. 01329312312

Disability Challengers - Is a charity for disabled children and young people in Farnham and Guildford They have a two acre site in Farnham which has been created into a play and leisure facility including a huge pink playfloor, a two storey soft play area, dining and cooking area for children, art room, state of the art multi sensory room and a quiet room. Outside is a massive play structure as well as play equipment.

There is also a complete youth centre with lounge, sensory room, large hall, accessible kitchen and outdoor activity area.

Disability Challengers run a full play programme through the year at weekends, holidays and after school. The youth scheme runs all year at weekends, evenings and holidays.

For more information contact the team on 01483 230930 or e-mail

info@disability-challengers.org

Disability Multi - Sports Club - Every Wednesday during term time at Trelors School, Upper Froyle, Nr Alton GU34 4JX 6.45 - 8 pm £1.00 all ages welcome.

Contact Kirsty Cope on 01730 234396 or email

kirsty.cope@easthants.gov.uk

Cycling for All - Alice Holt Forest, Bucks Horn Oak, Nr Farnham GUI0 4LS

Come and enjoy cycling in a beautiful forest environment, with a selection of cycles to suit a broad range of abilities, including tricycles, tandems and hand powered trikes. Expert assistance to get you riding. Contact Clive on 07717 721511

I Can Project - Queen Elizabeth Country Park now has a selection of tricycles, tandems, hand powered trikes as well as electric wheelchairs and buggies, including a Childs electric wheelchair with remote/duel control, to enable everyone to get out and experience the park. Pre booking is necessary as the bikes are not kept on site. They also have a Dial and Discover mobile phone walk, where there are 10 points along a walk where you can call and receive information on the areas flora and fauna. There is also a new facility within the visitor centre, which allows films to be shown about the park throughout the year, this has a loop hearing system. It can be used by the public or hired for groups at just £20 per half day. Please talk to the centre to get the most out of your visit. Contact Tim 02392 595040

Internet Cafe for Teenagers - Portsmouth Autistic Society open every Thursday at Buckland Community Centre, Malins Road, Portsmouth P02 7BL from 7 - 9 pm £2.00

Portsmouth gymnastics:

This has now re-opened. It is held close to the "Mountbatten" centre, North End. Parking is available in "Canons" Car Park and the gymnastics centre is clearly visible. The facilities are superb and the children will hopefully enjoy the new facilities as much as they did Pitt Street gym. The cost is still £2.00 per child. No booking required just turn up on the night. Socks need to be worn at all times, essential that adult supervision is maintained at all times as you will be responsible for your own children. mountbatten@parkwood-communityleisure.co.uk

All Sports - Multi Sports Club For ages 8 upwards. 1 hour sports hall activities and 1 hour swim. Every Friday evening term time only, but other programme runs through the holidays. 5-7 pm at St Luke's Community Centre. Greatham Street Portsmouth. Contact Brom. 07958 243579

Disability Sports Club - Staunton College in Havant have just started a new disability sports club, on Mondays 4 - 5.30 p.m. Run by qualified coaches. 023 9247 3031 extn 208 admin@scsc.hants.sch.uk

Free swimming for registered disabled in East Hants – If you live in East Hants and are registered disabled, then you could be eligible to FREE swimming during any casual session at Alton Sports Centre, The Taro Leisure Centre and Mill Chase Leisure Centre. This offer is also extended to essential helpers. For more details please contact the relevant Centre.

Riding for the disabled - RDA is a federation of Member Groups, which are dedicated to improving the lives of people with disabilities, through the provision of opportunities for riding and/or carriage driving. Groups enable people to improve their health and well-being, delivering a real and lasting therapy that not only benefits mobility and co-ordination, but encourages confidence and self worth whilst having fun.

There are many groups throughout Hampshire including;

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| Aldershott | Headley |
| Andover | Romsey |
| Broadlands Nr. Alton Southampton | Tradissar Group FairOak Nr. |
| Brockenhurst New Forest | Wellington & Dummer Nr. Basingstoke |
| Goodwood Driving Group Chichester | Windmill - Boldre New Forest |

For more details contact the County Chair Mrs A. Davies 0845 4507040 or visit the website www.riding-for-disabled.org.uk

SOUTHERN SKI CLUB for the DISABLED

Do you have a disability or know someone who has? Would you or your friends like to learn to ski? Can you help someone with a disability enjoy the fun of skiing? If yes, then come and join in! Our club caters for people of all ages with any disability. Friends and family can join in too! We also need skiers and non-skiers who are willing to help us. If you are interested, come along for a taster session and have a go or contact us for a chat on one of the following telephone numbers. Based at Southampton Alpine Centre.

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| Chris Babbs | 023 8089 4545 |
| Lis Canton | 023 8089 3034 |

Sailability

Langstone Sailability is part of the RYA's initiative to enable people with all types of disabilities to enjoy sailing. They have 3 sailing boats on site, plus a motor launch. Two of the sailing boats are specially adapted Challenger trimarans, and the third is a Norfolk Oyster gaff-rigged dayboat - 'Joyce'.

All members are encouraged to help Sailability by assisting with sailing 'Joyce', helping to rig trimarans etc. and during the annual Sailability event, taking visitors out in cruisers and dinghies and assisting ashore. LANGSTONE SAILING CLUB
Langstone Road, Havant. PO9 1RD 023 9248 4577

Recommended by parents

This section is of mainstream activities that have been used by special needs children and are recommended by those families. If you know of such a group please let me know. Cathryn 078679 23995 handpsnf@hcff.org.uk

Crusaders – Is a Christian group that runs at The Petersfield School Cranford Road Petersfield. Run by Petersfield Area Churches Together. Activities include games, outdoor play, singing and crafts. Open to all abilities, age range 7-11 Friday evenings from 6-30 – 8 pm Contact Sue Far 01730 300701

The Kings Arms, (based in Petersfield) is a project set up with funding provided by 'Petersfield Area Christians Together' to provide a safe and friendly venue for the young people of the town to go, during weekday evenings. The venue is primarily centred around a non-alcoholic pub, including the usual facilities such as pool tables, table football, music, and console games.

Make space After school club for 11 – 16 year olds from 3-15 – 5-15 pm

Monday night is xtreme group for 8 – 11 year olds 5.30 – 7 pm

Tuesday night is a girls night only club. 7-9 pm

Youth evening is Wednesdays for 11 -13's 7-9 pm

Thursdays are for 14 year olds

Friday for 15's and older

Saturday is for teenagers from 2-5pm

The Kings Arms, The Courtyard, Heath Road, Petersfield GU31 4JE

For more details contact Bill Pearce 01730 233965 bill.pearce@tkacc.co.uk

The Rapp Bus – This is a bus that travels around the rural areas of East Hants each school holiday and provides two play sessions each day for various age groups from 5 to 16 years.

Children of any age can join in the RAPP activities, although under 8s must be accompanied by an adult. Professional staff will run the activities and workshops and the preschool learning alliance will be joining the RAPP team each day for both sessions. As usual, bookings need to be made for the RAPP activities as places are limited. This is an inclusive activity scheme, but please inform the team of any additional needs your child may have as it helps the team in their planning. For the full programme go to East Hampshire District Council's website at www.easthants.gov.uk/rapp or to book call Debbie Watson, EHDC's RAPP Co-ordinator on 01730 234 384.