

**Swimming – Autism**

Swimming for families living with autism for all ages. Free – no booking required.

Contact Details: **0300 124 0123**

Venue: Balaam Leisure Centre, E13 8AQ

Day/Time: Wednesdays 4-5pm

[**Swimming**](http://motivateeast.co.uk/get-involved/clubs/swimming-people-disabilities-newham-leisure-centre/) **– Complex Needs**

Swimming lessons specifically designed for children aged 8-16 with complex and special educational needs.

Swimmers are taught in small groups with a higher teacher to child ratio than in standard swimming lessons to ensure that every youngster reaches their full potential.

Qualified swimming instructors deliver lessons in a fun, safe and nurturing environment tailoring sessions to suit each child’s specific needs and abilities.

Contact Details: **0300 124 0123**

Venue: Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD

**Swimming – General**

Parents to call and book into a ‘general swim’ slot. Sessions are free for under 16s. Hoists are available.

Contact Details: **0844 414 2728**

Venues: Atherton, Balaam, East Ham, Manor Park or Newham.

**Wheelchair Basketball**

Join a weekly wheelchair basketball coaching session for people with or without a disability. £3.00 per session.

Contact Details: **0208 518 0992**

Venue:

The Jack Carter Centre, The Drive, Ilford, Essex, IG1 3PS

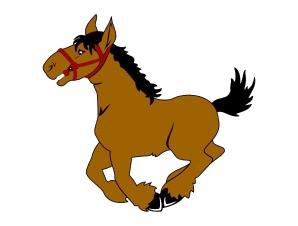
Day/Time: Sundays 12 noon – 3pm

**Disability Sport in Newham**

[](https://www.pngix.com/transpng/xwoTJh/)

[](https://www.pngix.com/transpng/ioiwoJJ/)

**Please note that session venues, times and dates may change. You can contact the Physiotherapy Team for advice on whether activities are suitable for your child on 0208 586 6380.**

[](https://www.pngix.com/transpng/bmRTwb/)

**Horse Riding**

Pony rides for £1 on Saturdays and Sundays for children with learning disabilities/ASD.

School Groups – 4 children Tuesday to Friday (arranged by school)

Individual – 20 minute walk. Approx. £20 Tuesday to Friday 2.30-4pm

Contact Details: **0207 5113917**

Venue: 2 Claps Gate Lane, Beckton.

**Newham Ability Camp**

Run by Newham Pan Disability Sports Club. This a free and inclusive session: football, boccia, golf, trampolining, seated volleyball, rugby, badminton, judo, cricket and table tennis.

No need to book in advance

Target audience: 11+

Contact Details:

**Paul Archer 07811 671 082**

Venue: NewVIc 6th Form College, Prince Regent Lane, E13 8SG

Day/Time: Wednesday 5.30 – 6.30pm and Friday 4.45-6pm (Term time only).

**RaceRunning**

RaceRunning is a new sport for children, young people and adults who cannot run independently and rely on support aids for mobility and balance. The RaceRunner is a three-wheeled frame which supports the athlete’s body, enabling the athlete to propel the frame with their feet. RaceRunning can be done just for fun and fitness, but it is also a competitive sport, and there are exciting plans afoot for it to be included in the Paralympic Games in 2024.

Contact Details:

**Ellie Barton 07812 158519**

Venue: Waltham Forest Wolves Athletics Club

Day/Time: Every Sunday 9:45am – 11:15am.

[**Swimming**](http://motivateeast.co.uk/get-involved/clubs/newham-otters-disabled-swimming/) **– Newham Otters**

Free swimming for disabled people of all ages.

Contact Details: **0300 124 0123**

Venue: Newham Leisure Centre

Day/Time: Saturdays 4.30-5.30pm

**Cycling - Bikeworks**



A free inclusive cycling club in East London. No need to register, just turn up! They welcome all abilities, ages, impairments and confidence levels.

Contact Details: **0208 980 7998**

[all.ability@bikeworks.org.uk](mailto:all.ability@bikeworks.org.uk)

Venue: Lee Valley Velopark

Day/Time: Tuesday 11am – 1pm AND alternate Saturday 11am – 1pm

Venue: Victoria Park

Day/Time: Wednesday 1-3pm AND alternate Saturday 11am-1pm.

**Gym**

Child must be over 11 years old and able to transfer on and off equipment independently or with support of Parents.

Contact Details: **0208 2214900**

Venue: Copper Box Arena, Queen Elizabeth Olympic Park, E20 3HB.

[](https://www.pngix.com/transpng/hwmThiT/)

**[](https://www.pngix.com/transpng/hwixobT/)**