

# Physical Activity Programme for Disabled People

Get involved in activities in Southwark  
Winter 2020 edition



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Council  
southwark.gov.uk

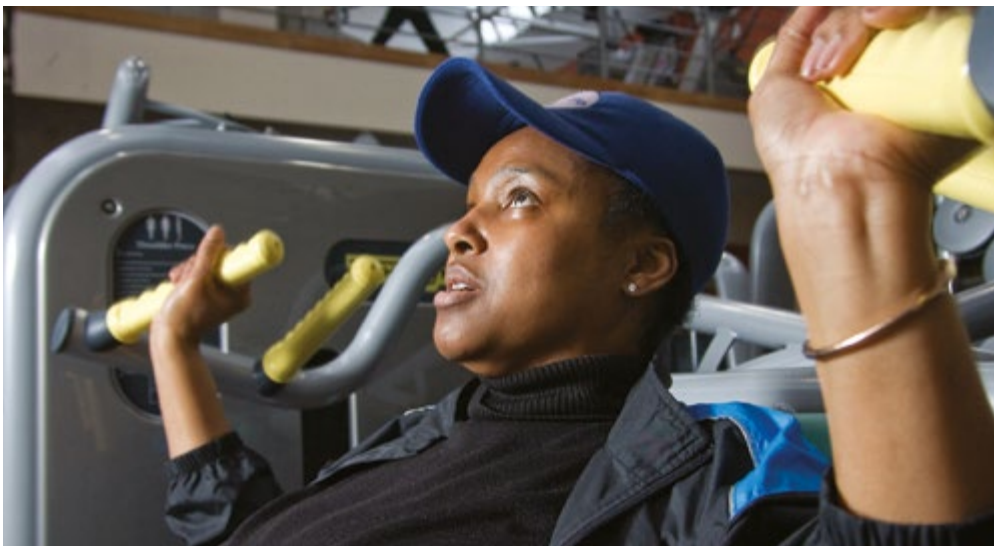
# Southwark Leisure Centres

Our leisure centres are operated in partnership with Everyone Active and offer a wide range of facilities for everyone. These include inclusive gyms, swimming pools and group exercise classes. We have accessible gym equipment and changing facilities with hoists, in every leisure centre, available at any time during opening hours.

However, if you feel more comfortable attending a disability specific session, there are plenty to choose from.

Interested in swimming? We run disability swimming sessions, listed opposite, which you can take part in for free when you sign up to Southwark's Free Swim and Gym scheme. See each centre's timetable for details. Please check timetables regularly as they can be subject to change.

If you have any questions, or specific support requirements, please call your nearest centre. All leisure centre contact details and addresses are listed on the back of this booklet.



# FREE Disability Swim Sessions

## Camberwell Leisure Centre

Monday	10am to 12pm
Tuesday	11am to 12pm
Friday	3pm to 4pm
Sunday	10am to 11am

## The Castle Centre

Tuesday	9am to 10am 6pm to 7pm
Thursday	6pm to 7pm
Friday	3pm to 4.30pm
Saturday	12pm to 1pm

## Dulwich Leisure Centre

Sunday	2pm to 3pm
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## Seven Islands Leisure Centre

Monday	3pm to 4pm
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## Peckham Pulse Healthy Living Centre

Monday	12.30pm to 1.30pm 8pm to 9pm
Tuesday	7pm to 8pm
Wednesday	3pm to 4pm 8pm to 9pm
Thursday	8.30pm to 10pm
Friday	12pm to 1pm
Saturday	3pm to 4pm 5pm to 6pm
Sunday	11am to 12pm 3pm to 4pm 6pm to 7pm

# Free Swim and Gym Scheme

If you are registered disabled and a Southwark resident, you can become a member of our free swim and gym scheme. This entitles you to use all the council's leisure centre facilities for free everyday.

## To apply for this great offer:

- Visit [southwark.gov.uk/freeswimandgym](https://southwark.gov.uk/freeswimandgym)
- Or, visit your local library to register online
- If you have no access to internet and cannot visit a library, please visit your local leisure centre to complete an application form

Membership of the free swim and gym scheme requires renewal every 12 months.

To find out more visit [southwark.gov.uk/freeswimandgym](https://southwark.gov.uk/freeswimandgym)

If you have any questions, or specific support requirements, please call your nearest centre and we will be happy to help.





# FREE SWIMMING LESSONS

Southwark Council is offering free swimming lessons for non-swimmers, aged 16 or over.

Go to  
[www.southwark.gov.uk/freelessons](http://www.southwark.gov.uk/freelessons)  
to request a place.

**Limited spaces – first come first served.**

Stay active

Meet new people

Enjoy yourself

 @lb\_southwark  facebook.com/southwarkcouncil

everyone  
ACTIVE

Southwark  
Council  
southwark.gov.uk

# Sport and Physical Activity

There are lots of fantastic opportunities for disabled young people and adults in Southwark to live an active and healthy lifestyle. Keeping active has many health benefits for both your body and mind. Taking part in regular physical activity can help to reduce feelings of anxiety and depression.

So why not try one or more of these fun activities to help build physical activity into your daily life. Even a small change can boost your confidence and give you a sense of achievement.

Please contact clubs directly for further information.



## Wingz BMX – Peckham BMX Club (supported by Access Sport)

Day and time	Information	Location
Saturday 11.30am to 12.30pm	All ages and abilities welcome. No riding experience required. <b>Cost: £5 per session (includes free membership)</b>	<b>Burgess Park</b> BMX Track 39 Wells Way SE5 0PX
✉ <a href="mailto:iestyn.withers@accesssport.co.uk">iestyn.withers@accesssport.co.uk</a>		☎ 020 7993 9883

## Wheelchair Tennis – Camber Tennis Club

Day and time	Information	Location
Thursday 6pm to 7pm	Participants aged 14 and over. All equipment, including sports wheelchairs are provided. <b>Cost: Free</b>	<b>Camber Tennis Club</b> Dulwich Common SE21 9HE
✉ <a href="mailto:chris@tennis-at-camber.org">chris@tennis-at-camber.org</a>		☎ 07956 142 070

## Multi-sports – Disability Sports Coach

Day and time	Information	Location
Saturday 2.30pm to 4pm	Multi-sport session for disabled people aged 11 to adults. <b>Cost: £3</b>	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG
✉ <a href="mailto:lauren@disabilitysportscoach.co.uk">lauren@disabilitysportscoach.co.uk</a>		☎ 020 7928 4267

## Inclusive Cycling – Wheels for Wellbeing

Day and time	Information	Location
Monday 11am to 1.30pm (10.30am to 12.30pm during the school holidays)	All abilities welcome. <b>Cost: £5</b> <b>Carers go for free.</b> No booking required	<b>Herne Hill Velodrome</b> 104 Burbage Road SE24 9HE
✉ <a href="mailto:info@wheelsforwellbeing.org.uk">info@wheelsforwellbeing.org.uk</a>		☎ 020 7346 8482

## Disability Football Sessions – Docklands Settlements Community Centre

Day and time	Information	Location
Monday 10.30am to 11.30am	Coached football sessions for disabled adults aged 16 and over. <b>Cost: Free</b>	<b>Docklands Settlements Community Centre</b> 400 Salter Road Rotherhithe SE16 5AA
✉ <a href="mailto:ben.north@docklandsettlements.org.uk">ben.north@docklandsettlements.org.uk</a>		☎ 07718 301 275

## US Girls! Multi-Sports – Millwall Community Trust

Day and time	Information	Location
Tuesday 10.30am to 11.30am	Multi-sport programme for girls aged 14 to 25 with a disability. <b>Cost: Free</b>	<b>Lions Centre</b> Bolina Road SE16 3LD
✉ <a href="mailto:disability@millwallcommunity.org.uk">disability@millwallcommunity.org.uk</a>		☎ 020 7740 0503

## Disability Swimming – Dulwich Dolphins

Day and time	Information	Location
Sunday 2pm to 3pm	For children in school years five to 13. <b>Cost: Free</b>	<b>Dulwich Leisure Centre</b> 2B Crystal Palace Road SE22 9HB
✉ <a href="mailto:amala.poulier@southwark.gov.uk">amala.poulier@southwark.gov.uk</a>		☎ 020 7525 7304

## Cambridge House – Trampolining (Rebound Therapy)

Day and time	Information	Location
Tuesday 3.45pm to 5.30pm (Term time only)	Mixed gender session. Age 11 to 25 years with a range of needs. <b>Cost: £2 per session</b>	<b>Salmon Youth Centre</b> 43 Old Jamaica Road SE16 4TE
✉ <a href="mailto:rzipfel@ch1889.org">rzipfel@ch1889.org</a>		☎ 020 7358 7716



## Cambridge House – Swimming (Hydrotherapy)

Day and time	Information	Location
Friday 3.45pm to 5pm (Term time only)	Mixed gender session. Age 11 to 25 years with a range of needs. <b>Cost: £2 per session</b>	<b>Peckham Pulse Healthy Living Centre</b> Hydrotherapy Pool 10 Melon Road SE15 5QN
✉ Rachel Zipfel rzipfel@ch1889.org		☎ 020 7358 7716

## Goalball – Goalball UK

Day and time	Information	Location
Alternate Tuesdays 6pm to 8pm	For all to attend, new or experienced players welcome. <b>Cost: Free</b>	<b>The Castle Centre</b> 2 St Gabriel Walk SE1 6FG
✉ becky@goalballuk.com		☎ 0114 223 5670

## Millwall Pan Football Club – Millwall Community Trust

Day and time	Information	Location
Friday 5pm to 6pm (Term time only)	Mixed gender session. Over the age of 18 with a disability. Wheelchair users welcome. <b>Cost: Free</b>	<b>St Pauls Sport's Ground</b> Salter Road London SE16 5EF
✉ disability@millwallcommunity.org.uk		☎ 07973 794 823

## Disability Football – Southwark Disability Football Club

Day and time	Information	Location
Wednesdays 5pm to 6pm (Term time only)	All disabled people aged 16 and older welcome. <b>Cost: £3</b>	<b>Geraldine Mary Harmsworth Sports Facility</b> St Georges Road SE1 6ER
✉ louis@disabilitysportscoach.co.uk		☎ 07591 042 225

## Football Lion Cubs – Millwall Community Trust

Day and time	Information	Location
Every two weeks Saturdays 1pm to 2pm – age 5 to 9 2pm to 3pm – age 10 to 22	FREE session for boys and girls with Down's Syndrome 5 to 22 years old. <b>Cost: Free</b>	<b>The Lion's Centre</b> Bolina Road SE16 3LN
✉ <a href="mailto:disability@millwallcommunity.org.uk">disability@millwallcommunity.org.uk</a>		☎ 07973 794 823

## London PE Schools Sports Network – Saturday Sports Club

Day and time	Information	Location
Saturday Time: 10.30am to 12pm Primary School age. 12pm to 1.30pm Secondary School age and above.	All disabled young people welcome. <b>Cost: £25 membership for the year</b>	<b>Bacons College</b> Timber Pond Road Rotherhithe SE16 6AT
Glyn Davies		☎ 07904 978 241

## Inclusive Tai Chi with self defense – Sense, in partnership with Everyone Active and Southwark Disablement Association

Day and time	Information	Location
Mondays 1.30pm to 3pm	Come and learn the skills of Tai Chi with self defense in an inclusive and accessible session. For anyone over the age of 18 with a sensory impairment or complex needs. <b>Cost: Free</b>	<b>Camberwell Leisure Centre</b> Artichoke Place London SE5 8TS
✉ <a href="mailto:mayana.mcdermott@sense.org.uk">mayana.mcdermott@sense.org.uk</a>		☎ 0207 014 9318

## Salmon Youth Club – Activities 4 U

Day and time	Information	Location
Tuesday 6.30pm to 8pm	For age 11 to 17, and 18 to 25 with a disability. <b>Cost: 50p</b> Membership required.	<b>Salmon Youth Centre</b> 43 Old Jamaica Road SE16 4TE
✉ <a href="mailto:admin@activities4u.org.uk">admin@activities4u.org.uk</a>		☎ 07538 521 864

## Millwall Lions – Millwall Community Trust

Day and time	Information	Location
Friday 3pm to 4.45pm (Term time only)	Free football. Mixed gender session, for those over the age of 18, with a mental health illness. Please contact before attending. <b>Cost: Free</b>	<b>St Pauls Sport's Ground</b> Salter Road London SE16 5EF

✉ [disability@millwallcommunity.org.uk](mailto:disability@millwallcommunity.org.uk) ☎ 07973 794 823

## Sailing – Tideway Sailability

Day and time	Information	Location
Wednesday, Thursday and Sunday 1pm to 4pm	All welcome. <b>Cost: various membership fees</b>	<b>Surrey Docks Water Sports Centre</b> Greenland Dock Rope Street SE16 7SX

✉ [info@tidewaysailability.org.uk](mailto:info@tidewaysailability.org.uk) ☎ 020 7237 9001



# Southwark Council

## Leisure Centres


### **Camberwell Leisure Centre**

Artichoke Place  
SE5 8TS

 **03330 050 401**


### **Dulwich Leisure Centre**

2b Crystal Palace Road  
SE22 9HB

 **03330 050 402**

### **Geraldine Mary Harmsworth Sports Facility**


St Georges Road  
SE1 6ER

 **03330 050 403**

### **Peckham Pulse Healthy Living Centre**

10 Melon Road  
Peckham

SE15 5QN

 **03330 050 406**

### **Seven Islands Leisure Centre**

Lower Road  
Rotherhithe  
SE16 2TU

 **03330 050 407**


### **Southwark Athletics Centre**

Hawkstone Road  
Rotherhithe  
SE16 2PE

 **03330 050 408**

### **Surrey Docks Fitness and Watersports Centre**

Rope Street, off Plough Way  
Rotherhithe  
SE16 7SX

 **03330 050 409**

### **The Castle Centre**

2 St Gabriel Walk  
SE1 6FG

 **03330 050 211**

[everyoneactive.com](http://everyoneactive.com)

The list of providers in this leaflet is for information purposes only, and should not be interpreted as an endorsement of a particular service or organisation, by Southwark Council. Please follow your normal safeguarding and approval checks when liaising with organisations.

Southwark Council's Sport and Physical Activity Team are responsible for creating this leaflet. If you would like to be informed when this leaflet is updated or have any questions about sport and physical activity in Southwark please email [sports@southwark.gov.uk](mailto:sports@southwark.gov.uk)