

ACCESSIBLE ACTIVITIES FOR DISABLED PEOPLE

LAMBETH LEISURE CENTRES

MONDAY

ISPA ICE SKATING SESSIONS AT STREATHAM ICE AND LEISURE CENTRE

10am - 11am

Suitable for anyone with a disability.

Ice Skate at this inclusive quiet session with support from a skate marshall.

£5.55 per disabled person (one carer/family member/friend can skate for free)

Email Streatham@gll.org for more information.



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sense

TUESDAY

SWIMMING LESSONS AT CLAPHAM LEISURE CENTRE EVERY SCHOOL HOLIDAY

Various times

Suitable for children with special educational needs or a disability.

Delivered by **BETTER swimming instructors**. The lessons take place in the teaching pool.

Email lucy.ives@gll.org or call the centre on **020 7627 7900** for more information and/or to book.



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TUESDAY

COMMUNITY CLUB MULTI SPORTS AT BRIXTON RECREATION CENTRE

4:30pm - 6pm

Suitable for all disabled people aged 11 to adults.

Delivered by **Disability Sports Coach**. The sessions take place on level 5 in the sports hall.

£3.00 per session

Email clubs@disabilitysportscoach.co.uk or call **07508 044435**.




DISABILITYSPORTSCOACH


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TUESDAY

CLUB LAMBETH KIDS AT BRIXTON RECREATION CENTRE

5pm - 6pm

Suitable for all disabled children aged 5-11 years.

A multi-sports session delivered by **Disability Sports Coach**. The sessions take place on level 5 in the sports hall.

£3.00 per session

Email clubs@disablitysportscoach.co.uk or call **07508 044435**.



TUESDAY

INDOOR ROWING HUB CLUB AT FERNDALE COMMUNITY SPORTS CENTRE

4:30pm - 6pm (term time only)

Suitable for all disabled people aged 11 – 17 years.

Delivered by **London Youth Rowing, Brixton Wings, and Lambeth Council**.

The sessions take place in the studio.

FREE to attend

Email sports@lambeth.gov.uk for more information.



WEDNESDAY

ISPA MULTI SPORTS AT STREATHAM ICE AND LEISURE CENTRE

10am – 12pm

Suitable for all.

A range of sports and physical activity options are available

FREE to attend

Email Streatham@gll.org for more information.



THURSDAY

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AUTISTIC STAY AND PLAY AT CLAPHAM LEISURE CENTRE

Every School Holiday

Suitable for children with autism or special educational needs (and siblings).

The session is run in partnership with A2ndvoice and consists of a bouncy castle and soft play equipment as well as a range of sensory toys and equipment.

The sessions take place in the sports hall.

£3.50 per person or £2.50 for Liberty Card holders.

Email sue.robinson@gll.org for more information.



THURSDAY

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dasl 
disability advice service lambeth

SELVIS
SOUTH EAST LONDON VISION

ISPA SUPPORTED SWIMMING LESSONS AT CLAPHAM LEISURE CENTRE

12pm – 2pm

For disabled adults.

12pm-12:30pm specifically for visual impaired adults; 12:30pm-1pm for novice adults; 1pm-2pm for beginner and intermediate adults.

The sessions take place in the main pool.

£2 per session

Email lucy.ives@gll.org or call the centre on **020 7627 7900**.



FRIDAY

DISABILITY CRICKET AT BRIXTON RECREATION CENTRE

10:30am – 12:30pm

Suitable for 12 to 25 year olds of any abilities.

Delivered by **Surrey Cricket**.

The sessions take place on level 5 in the sports hall.

FREE to attend

Email disability@surreycricket.com or call **07738 808 919**.



**SURREY
CRICKET
FOUNDATION**


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SATURDAY

WHEELCHAIR BASKETBALL DROP IN SESSIONS AT BRIXTON RECREATION CENTRE

2pm - 3pm

Suitable for all ages and abilities.

Delivered by **BETTER** coaches.

The session takes place on level 5 in the sports hall.

£3.00 per session

Email sue.robinson@gll.org or call **020 7095 5100**.

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SATURDAY

MULTI SPORT SESSIONS AT BRIXTON RECREATION CENTRE

2pm - 4pm

Suitable for young people, aged 5-19 years, with a disability.

Delivered by **Moving Matters**.

The sessions take place on level 4 in the Energy Zone.

FREE to attend

Email directormovingmatters@gmail.com or call

020 3691 4576.



SATURDAY

BRIXTON BALLERS WHEELCHAIR BASKETBALL CLUB AT BRIXTON RECREATION CENTRE

3pm - 5pm

Suitable for all ages and abilities.

Delivered by **Brixton Ballers Wheelchair Basketball Club**.

The sessions take place on level 5 in the sports hall.

Membership fees apply

Email austinkentebe@hotmail.com or call **07946 157023**.



SATURDAY

FOOTBALL SESSIONS AT BRIXTON RECREATION CENTRE

5pm - 7pm

Suitable for young people with a disability aged 5-19 years.

Delivered by **Moving Matters**.

The sessions take place on level 2 on the 3G Pitch.

FREE to attend

Email directormovingmatters@gmail.com or call **020 3691 4576**.



SUNDAY

INCLUSIVE SWIMMING AT WEST NORWOOD HEALTH AND LEISURE CENTRE

3pm - 4pm

For young people 8-18 years who have a learning disability or a physical, hearing, or visual impairment.

For more information email westnorwood@gll.org or call **020 8761 1159**.



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**MONDAY -
SUNDAY**

TODDLER'S WORLD AND SOFT PLAY AT BRIXTON, CLAPHAM, STREATHAM AND WEST NORWOOD

Various

Suitable for anyone under 8 years old.

The Toddler's World and soft play sessions across

Lambeth have become more inclusive with the

additional of specific sensory equipment. This includes; black out tents, mood lights, building blocks, liquid floor tiles, and tactile bean bags, as well as the standard bouncy castle and soft play equipment.

Contact the relevant centre for session times and price.

For more information on activities and programmes in leisure centres in Lambeth, contact: **Sue Robinson**, Community Sports Manager on **07415 265551** or email sue.robinson@gll.org.



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HOW TO CONTACT YOUR LEISURE CENTRE

ARCHBISHOPS PARK

Carlisle Lane, London, SE1 7LE

Tel: 020 7738 6834

Web: www.better.org.uk/2311-lambethparks

Train: Waterloo

Tube: Lambeth North (Bakerloo Line)

Bus: 3, 12, 53, 59, 77, 148, 159, 344, 453, 507, C10

Bikes: Bicycle racks available

Opening hours:

Monday-Friday: 8am-8pm

Saturday-Sunday: 10am-6pm



BRIXTON RECREATION CENTRE

27 Brixton Station Road, London, SW9 8QQ

Tel: 020 7095 5100

Web: www.better.org.uk/brixton

Train: Brixton

Tube: Brixton (Victoria Line)

Bus: 2, 3, 35, 45, 109, 118, 133, 250, 333, 432

Parking: Pay and display off-street parking

Bikes: Ten bicycle racks available

Opening hours:

Monday-Friday: 6.30am-10.30pm

Saturday-Sunday: 8am-8pm



CLAPHAM LEISURE CENTRE

141 Clapham Manor Street, London SW4 6DB

Tel: 020 7627 7900

Web: www.better.org/clapham

Train: Clapham High Street

Tube: Clapham Common, Clapham North (Northern Line)

Parking: Two disabled parking spaces and Pay and display Off-Street parking

Bikes: Nine bicycle racks available

Opening hours:

Monday-Friday: 6am-10pm

Saturday-Sunday: 8am-6pm



FERNDALE COMMUNITY SPORTS CENTRE

Nursery Road, London, SW9 8BP

Tel: 020 7738 6834

Web: www.better.org.uk/ferndale

Train: Brixton

Tube: Brixton (Victoria Line)

Bus: 2, 3, 35, 45, 109, 118, 133, 250, 333, 345, 432

Parking: Seven parking spaces which includes two disabled parking spaces

Bikes: Ten bicycle racks available

Opening hours:

Monday-Friday: 9am-10pm

Saturday-Sunday: 9am-6pm



FLAXMAN SPORTS CENTRE

Carew Street, London, SE5 9DF

Tel: 020 7926 1054

Web: www.better.org.uk/flaxman

Train: Loughborough Junction

Bus: 35, 45, 345

Parking: Limited spaces. Pay and display off-street parking

Bikes: Six bicycle racks available

Opening hours:

Monday-Friday: 7am-10.30pm

Saturday-Sunday: 9am-6pm



STREATHAM ICE AND LEISURE CENTRE

390 Streatham High Road, Streatham, SW16 6HX

Tel: 0208 677 5758

Web: www.better.org.uk/Streatham

Train: Streatham, Streatham Hill, Streatham Common station

Bus: 50, 109, 118, 133, 159, 249, 250, 255, G1, P15, N133

Parking: 138 spaces

Bikes: Storage for 16 bikes

Opening hours:

Monday - Friday: 6am - 10pm

Saturday - Sunday: 8am - 7pm



VAUXHALL LEISURE CENTRE

50 South Lambeth Road, Vauxhall, London, SW8 1DY

Tel: 020 3887 3575

Web: <https://www.better.org.uk/vauxhall-leisure-centre>

Bus: 2, 88

Trains: Vauxhall

Tube: Vauxhall (Victoria Line)

Bikes: Storage for 32 bikes available

Opening hours:

Monday-Friday: 6.30am - 10.00pm

Saturday-Sunday: 8.00am - 6.00pm



WEST NORWOOD HEALTH AND LEISURE CENTRE

25 Devane Way, West Norwood, London, SE27 0DF

Tel: 020 8761 1159

Web: www.better.org.uk/westnorwood

Bus: 2, 68, 196, 315, 322, 432, 468, X68

Trains: West Norwood

Bikes: Storage for 44 bikes available

Parking: Pay and Display surrounding roads

Opening hours:

Monday-Friday: 6.30am - 10.00pm

Saturday-Sunday: 8.00am - 6.00pm



Lambeth Better Leisure Centres are also featured on www.DisabledGO.com and www.EuansGuide.com website for more information on accessibility.





THANKS TO ALL OUR PARTNERS
AND SUPPORTERS

