



CAMDEN'S BETTER COMMUNITY DISABILITY PROGRAMME

Get active, be social, feel better.

All these classes brought to you by Better,
in partnership with Camden Council and partners.






CONTENTS

Talacre Community Sports Centre	4
Kentish Town Sports Centre	5
Pancras Square Leisure	6
Swiss Cottage Leisure Centre	7
Disability Sports Activities In Camden	8
Contact us	10

TALACRE COMMUNITY SPORTS CENTRE

	Monday	Thursday	Friday
ACTIVITY	Multi-Sports	Camden DFC	Move It Multi-Sports
TIME	7pm–8pm	5pm–6pm	12 noon–1pm
AGE	16+	16+	16+
CONTACT 	Adriana 07562 737 756	ben.dorsett @camden.gov.uk	Adriana 07562 737 756

FREE

Multi-Sports (Move It)

A combination of sports and games adapted to suit those with all disabilities.











FREE

Camden DFC

Football training sessions for players who have experience of playing football competitively.



KENTISH TOWN SPORTS CENTRE

	Wednesday	Thursday	Friday	Sunday
ACTIVITY	Fleetwell Swimming Club	Physical Impairment Gym Session	Accessible swim session	Junior swimming Family Session
TIME	6pm–7pm	12 noon–2pm	5pm–6pm	3pm–5pm
AGE	All ages	16+ 	16+	Under 16
CONTACT 	07773 267 505 (Lynda) £5/year Adults  £3/year Children   	020 7372 3548 £5/month 	020 7372 3548 £2.30 with a Pay and Play Card  	020 7372 3548 Free Activity 

Fleetwell Swimming Club

Fleetwell helpers are volunteers, and any disabled person is welcome including family. Steps/chair/bed entry & exit available.

Physical Impairment Gym Session

A bookable session, ensuring small group instruction by a qualified Fitness Instructor.




Swimming Session

Camden Swiss Cottage Club teachers are volunteers who run swimming lessons for the less able.

Junior Swimming Family Session

Open public swimming session for families.

PANCRAS SQUARE LEISURE

	Wednesday	Friday
ACTIVITY	Physical Impairment Gym Session	Physical Impairment Gym Session
TIME	2pm–4pm	12 noon–2pm
AGE	16+ 	16+ 
CONTACT 	020 7974 5556 £5/month £5	020 7974 5556 £5/month £5

Physical Impairment Gym Session

A bookable session, ensuring small group instruction by a qualified Fitness Instructor.



SWISS COTTAGE LEISURE CENTRE

	Tuesday	Friday	Saturday	Saturday
ACTIVITY	Starfish Swimming Club	Indoor Rock Climbing	Disability Gym Session	Curling
TIME	7pm–8pm	7pm–9pm	2pm–3pm	3pm–4pm
AGE	All ages	16+	16+	16+
CONTACT 	020 8868 9386 (Michael) Free Activity 	020 7974 1351 £5.00 	07562 737 756 (Adriana) Free Activity 	07562 737 756 (Adriana) Free Activity 

Indoor Rock Climbing

A rock climbing session dedicated and adapted to adults with disabilities.

Starfish Swimming Club

Starfish provides an invaluable opportunity for people with disabilities to learn to swim and to exercise in the water, with or without the aid of an able-bodied helper.

Disability Gym Session

A bookable session, ensuring small group instruction by a qualified Fitness Instructor.

Curling

An adapted version of the Olympic sport that is suitable for all abilities as it requires less physical movement.

DISABILITY SPORTS ACTIVITIES IN CAMDEN

Football

U16s mixed-ability sessions

Contact: Karen Green

Email: greener106@btinternet.com

Phone: 07785 224 888

Adults (Men and Women)

Contact: Ben Dorsett

Email: ben.dorsett@camden.gov.uk

Phone: 020 7974 5892

Athletics

Highgate Harriers Disability Athletics Sessions

Contact: Anthony Norris

Email: anthony_sport@hotmail.com

Phone: 07523 923 166

Basketball

Safe Haven Basketball Club

Contact: Emma Clover

Email: emmacolverd@safehavenbasketball.co.uk

Phone: 07813 778 409

Tennis

Globe Tennis Club

Contact: Anna Lee

Email: anna.lee5@btinternet.com



DISABILITY SPORTS ACTIVITIES IN CAMDEN

Adapted Bikes

West Euston Ability Bikes

Contact: Chuks Kamalu

Email: chuks@westeuston.org

Phone: 020 7388 7932

Gymnastics

Camden Gymnastics Club

Contact: Alex Beutlhauser

Email: gymteam@camden.gov.uk

Phone: 020 7974 8754

Special Olympics Camden

Special Olympics Camden is an organisation that provides disabled people with an intellectual disability with opportunities to compete in a range of local, regional and national competitions.

For more information about how to get involved in Special Olympics Camden events, contact

anthony.doherty@swisscottage.camden.sch.uk

London Youth Games

The London Youth Games provide young people with opportunities to take part in a range of events including boccia, football, swimming, athletics and cricket. For more information about the London Youth Games, contact ben.dorsett@camden.gov.uk



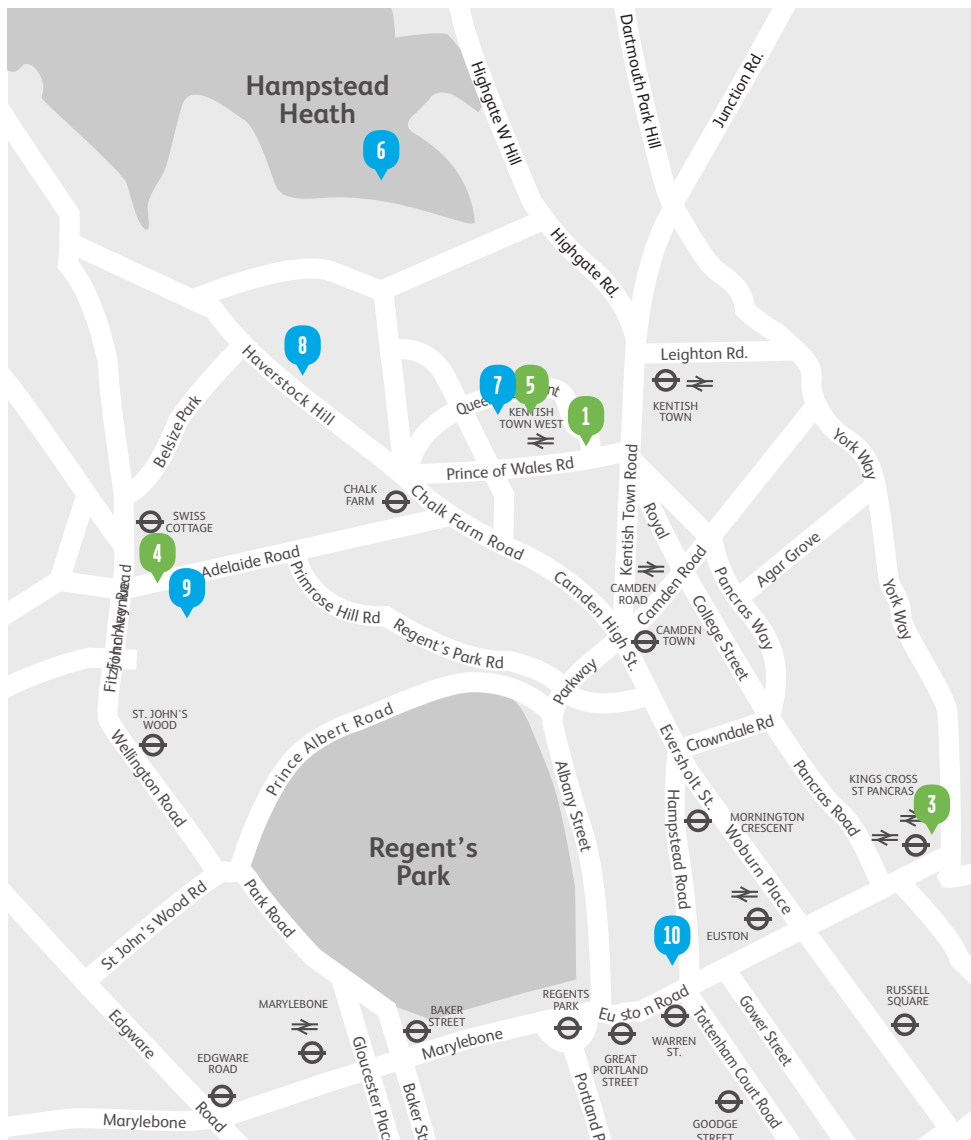
Do you want to become a member?

You can use any Better centre in the UK for £20.95 per month. If a member, all activities in this programme are included.

Looking for a cheaper membership?

Camden residents have access to our 5 centres for £9.95 monthly or £99.50 for the year!

CONTACT US



LEISURE CENTRES

1. Kentish Town Sports Centre
2. Oasis Sports Centre
3. Pancras Square Leisure
4. Swiss Cottage Leisure Centre
5. Talacre Community Sports Centre

DISABILITY PARTNERS

6. Highgate Harriers Disability Athletics Sessions
7. Camden Gymnastics Club
8. Globe Tennis Club
9. Safe Haven Basketball Club
10. West Euston Ability Bikes





To find out more about the **BETTER DISABILITY COMMUNITY** programme,
contact **Adriana Duarte** on adriana.duarte@gll.org



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398