

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.



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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	camden.partnership@gll.org	ben.dorsett @camden.gov.uk	camden.partnership@gll.org

Multi-Sports (Move It)

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

Camden DFC

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

KENTISH TOWN SPORTS CENTRE



	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	Fleetwell Swimming Club	Physical Impairment Gym Session	Accessible swim session
TIME	6.30pm–7.30pm	12 noon–2pm	5pm–6pm
AGE	All ages	16+	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

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.

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	020 7974 5556 £5/month

Physical Impairment Gym Session

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

SWISS COTTAGE LEISURE CENTRE



	TUESDAY	FRIDAY	SATURDAY	SUNDAY
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	camden.partnership@gll.org 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

Athletics

Highgate Harriers Disability Athletics Sessions

Contact: Anthony Norris

Email: anthony_sport@hotmail.com

Phone: 07523 923 166

Tennis

Globe Tennis Club

Contact: Anna Lee

Email: anna.lee5@btinternet.com

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

Basketball

Safe Haven Basketball Club

Contact: Emma Clover

Email: emmacolverd@safehavenbasketball.co.uk

Phone: 07813 778 409

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

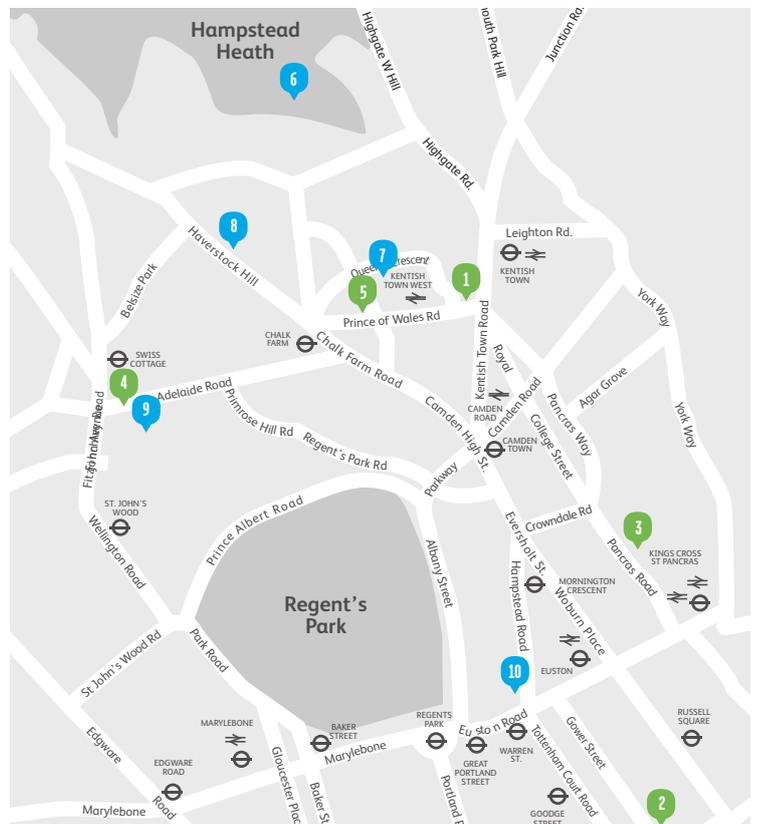
CONTACT US

LEISURE CENTRES

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

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



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!

To find out more about the **BETTER DISABILITY COMMUNITY** programme,
contact camden.partnership@gll.org

