

Dear Parents, Carers and Professionals,

Welcome to the KIDS HUB Directory where we have put together information about some of the key services within (and local to) Hertfordshire.

The KIDS East and West HUB services provide information and support to parents and carers of disabled children / young people with additional needs aged 0-19 years. As part of our service we have built up information about relevant local organisations, clubs, groups etc and this directory aims to share this with you.

Please note that the directory only covers those services we are aware of and that have responded to requests for information: if you know of any other groups who should be included please let us know! We welcome your feedback to help us keep the directory as up-to-date as possible so let us know:

- What you like
- What needs to be changed
- What needs to be added

Remember that the HUBs also send out a fortnightly email with news of any new groups, activities, events etc so just let us know if you would like to receive them.

Finally, the HUBs are here to provide any further information and support so please don't hesitate to get in touch!

KIDS East HUB

Divot Place
Hertford
SG13 7SP
Tel: 01992 504013

KIDS West HUB

Albanwood
Watford
WD25 7BZ
Tel: 01923 676549

Email:

hub.herts@kids.org.uk



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

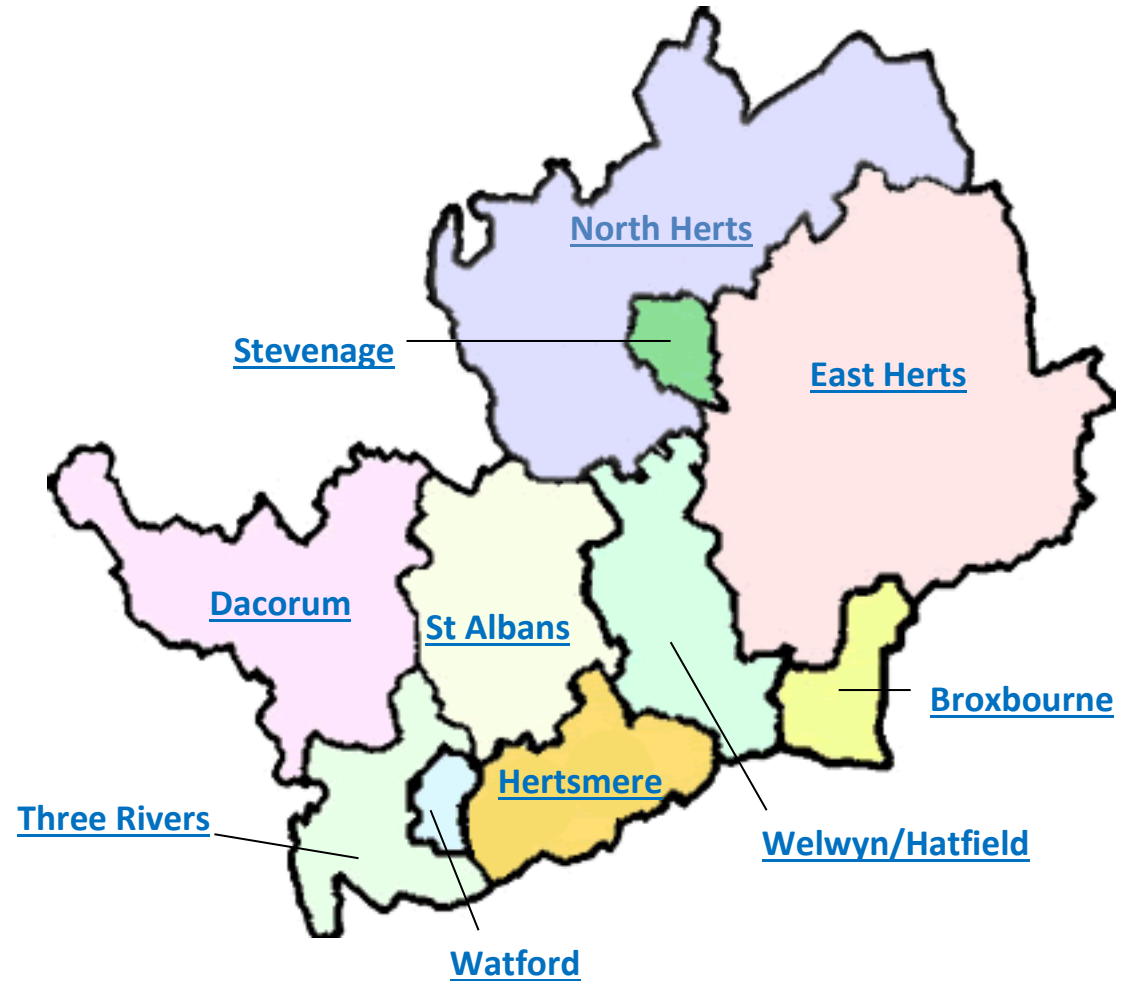
Click on the name of your area to view activities and support groups near you!

You can also click below for:

[County-wide services](#)

[Out of County services](#)

[KIDS Independent Support \(EHCP\)](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Broxbourne

Click the categories below to see details of activities:

[Dance and drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)

[SBLO](#)

[Support groups](#)

[Sibling groups](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible




= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only


Broxbourne Dance and drama



Special Olympics Dance  to stay on site	Step-2-Step Fairways Cheshunt Herts	Fridays 7pm-7:30pm	Dance sessions run by qualified coaches and volunteers. Learning disabilities.	Janet Warrington katie_clapham@hotmail.com 07729892729 www.specialolympicseastherts.org	£2 per session
			8 years+		Booking required

Broxbourne Holiday Schemes



CHIPS Holiday Club 	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Runs in Easter, Summer and Xmas holidays	Playscheme for children with disabilities, also accept siblings	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£8/day Plus £25 annual membership (voluntary contribution)
		Weekdays in holidays 10am – 3.30pm	Ages 3-18yrs		Booking required



CHIPS Saturday Club 	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Saturday sessions are 2½ hours	Saturday activity scheme for disabled children and young people	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£5/session Plus £25 annual membership (voluntary contribution) Booking required
			3-18yrs		







Be Included Group (BIG)  	Turnford School, Mill Lane, Cheshunt, EN8 0JU	Every Saturday, 1.30-3.30pm, term-time only	Club offering performing arts and sports activities in 6week alternating blocks.	Jo Silk 07970498966 admin@chexs.co.uk	£2.50 per session Booking required
			Ages 4-19yrs		

Broxbourne Play

Adventure Castle soft play – SEN sessions  	Unit 7 Trident Industrial Estate, Pindar Road, Hoddesdon, EN11 0WZ	1 st Tuesday of every month 4:00pm-6:00pm (during term-time)	Soft play sessions for children with additional needs and their families. There is a baby area, 5-8yrs area, a big play equipment area and bouncy castle available for children who can get out of their wheelchairs there is some soft play, bouncy castle and ball pool available. Everyone who wants to play on the equipment must wear socks.	01992 445432 mail@adventurecastle.co.uk http://www.adventurecastle.co.uk/ No designated disabled parking but should be lots of space when sessions are on.	£4.50/child (includes one drink), parents and carers free Drop-in
		6.30 to 8pm 3rd Wednesday of each month			



Broxbourne Sports

Hoddesdon Town Inclusion FC  (dependent on support needs)	Hoddesdon Town FC, Park Lane, Hoddesdon, EN11 8PX	Alternate Saturdays, 12-2pm	Integrated football team for children and young people. Able to support those with learning disabilities. Coach has FA certificate – ‘Disability Football Coach’	Soner Ali on 07973 432661	£5 per session
			Ages 5-25yrs		Drop in but please call to discuss first.
John Warner special needs sports sessions   C (+hoist)	The John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG	Saturday, 3-4pm, term-time only.	Sports club for children and young people with disabilities offering a range of sporting activities including badminton, football, hockey, basketball, trampolining, bouncy castle and giraffe slide.	01992 445375 https://www.broxbourne.gov.uk/leisure-leisure-centres/special-needs-activities	£4.30 per session
			4yrs+		Booking required
John Warner special needs trampolining    C (+hoist)	The John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG	Saturdays, 4.15-5.15pm, term-time only.	Trampolining sessions for children with special needs	01992 445375 https://www.broxbourne.gov.uk/leisure-leisure-centres/special-needs-activities	£4.30 per session
			3yrs-18yrs		Booking required



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site









= Venue is Wheelchair accessible




= Changing bed available








*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Herts Young Mariners Base – Paddle-Ability    C(+hoist)	231 Windmill Lane, Cheshunt EN8 9AJ	Wednesdays 5-6.30pm	Paddle sports (e.g. kayaking/canoeing) for anyone with enough upper body strength, and core strength or looking to build on what they have.	01992 628403 hymb@hertfordshire.gov.uk http://www.hymb.com/	£2/session £5/yr membership (parents join as members and give consent for young people to attend alone)
			11-25yrs		Booking required – HYMB recommend discussing your child's needs before attending

Herts Young Mariners Base    C(+hoist)	231 Windmill Lane, Cheshunt EN8 9AJ	After school, Saturdays mornings, school holiday and taster sessions available	Mainstream group that aims to be inclusive, unfortunately the club are not able to accommodate wheelchair users. Outdoor activities such as sailing, canoeing, kayaking, stand-up paddle boarding, bell-boats	01992 628403 hymb@hertfordshire.gov.uk http://www.hymb.com/	£2/session £5/yr membership
			9yrs +		Booking required – HYMB recommend discussing your child's needs before attending



Level Water- Getting Disabled kids swimming  C	John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG and the Laura Trott Leisure Centre, Windmill Lane, Cheshunt, EN8 9AJ.	Pool will contact you directly to book lessons.	Free swimming lessons for disabled children. They fund lessons for children: With a physical, hearing or visual disability. Without a behavioral, social or learning difficulty. Who cannot swim ten metres. Level water provides small group or one-to-one lessons until they are ready to join in mainstream classes.	Email contact@levelwater.org with your child's home postcode, age and disability. You will then be sent an application form to complete. 07764 495713 www.levelwater.org	Free
			Aged 4 to 11 only.		Booking/application required.



Special Olympics East Herts – Swimming coaching sessions    C	John Warner Sports Centre, Hoddesdon	Tuesdays 2 half hr sessions: 6.10-6.40pm 6.40-7.10pm (term time only)	All members must be able to swim lengths competently without arm bands Ages 10yrs +	Contact: Sandra King 01992 460978 / 07799 002243 s.king19@ntlworld.com http://www.specialolympicseastherts.org/	£3/session (paid termly), plus Amateur Swimming Association (ASA) fees £15 p.a.(for insurance purposes) and a Club Membership of £20 p.a. Booking required
The Laura Trott Leisure Centre special needs swimming   C Pool chair available	The Laura Trott Leisure Centre, Windmill Lane, Cheshunt, EN8 9AJ	Sundays, 4:15pm-5:45pm (all year round except Easter Sunday and Sunday close to Christmas).	Exclusive use of the pool for people with special needs and their families. Any disability welcome. Whole family welcome. Closed session – no spectators. All ages	01992 623345 Linda.crisp@live.co.uk	Free (also free for one carer) Drop-in
John Warner special needs swimming   C (+hoist)	The John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG	Sundays, 4-5pm	Swimming session for disabled children and adults, coaches on hand to offer advice and assistance All ages	01992 445375 http://www.broxbourne.gov.uk/leisure_and_culture/special_needs_activities.aspx	Free (also free for one carer) Drop-in



Broxbourne Youth Groups

Focus Youth Project (Youth Connexions)  	Waltham Cross Youth Centre, Stanhope Road, Waltham Cross EN8 7DJ	13-18yrs Tuesdays 7-9.30pm term-time	Youth group for young people with additional needs	Zeeshan Khan, tel: 01992 588220 http://www.mogozout.org/Activity/Details/Focus-Youth-Club-in-Waltham-Cross/	50p/session
		17-24yrs Wednesdays, 7-9.30pm term-time Also run activity days in holidays	13-24yrs		Drop-in
Independence skills project (Youth Connexions)	Cheshunt One-Stop-Shop 178 Crossbrook Street Cheshunt EN8 8JY	Mondays 6.30-8.30pm	Youth group for young people with additional needs who want develop their independence skills.	Ellis Weintrob ellis.weintrob@hertfordshire.gov.uk 01992 588220 http://www.youthconnexions-hertfordshire.org/	£1 per session
			13-25yrs (if you have a disability)		Drop-in

[Back to Broxbourne](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible




= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only


Short Breaks Local Offer (SBLO) Activities

 CHIPS Holiday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Runs in Easter, Summer and Xmas holidays	Playscheme for children with disabilities, also accept siblings	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£8/day Plus £25 annual membership (voluntary contribution) Booking required
		Weekdays in holidays 10am – 3.30pm	Ages 5-18yrs		


 CHIPS Saturday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Saturday sessions are 2½ hours	Saturday activity scheme for disabled children and young people	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£5/session Plus £25 annual membership (voluntary contribution) Booking required
			5-18yrs		



 CHIPS Cookery Club	Pinewood school, Hoe Lane, Ware, SG12 9PB	Thursdays, Fortnightly 7-9pm	This club will be to teach the participants basic cookery skills. This is an important life skill that is vital to enable a young person's independence. Each participant will receive the level of help appropriate to their specific needs and will build up a file of recipes /instructions which they can take away with them. This will enable the young person to repeat the skill at home.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 gill@chipsplay.org www.chipsplay.org	£4 per session Plus £25 annual membership (voluntary contribution)
			Ages 12-19 years		

 CHIPS Climbing Club	Harlow	Sundays, Fortnightly 11am- 1pm	This club will be delivered from a centre with four main climbing walls offering 1000sqm of climbing. The centre has specialist facilities and equipment for people with disabilities, including wheel chair users. The centre will provide two instructors, with CHIPS supplying additional staff as required. Completing a climb will enhance a young person's sense of achievement and bolster their self-esteem which will support other challenges they will face in their life.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 gill@chipsplay.org www.chipsplay.org	£4 per session Plus £25 annual membership (voluntary contribution)
			Ages 12-19 years		



CHIPS Computer/Gaming Club 	Central Hertford	Tuesdays, Fortnightly 7-9pm	<p>A range of IT/ computer gaming equipment will be available – computers, Wii, Xbox / Play Station, for the young people to use. The service will be provided at a secure and accessible venue located in Hertford. CHIPS staff and volunteers will support attendees to gain skills and experience using computers and gaming equipment in a supportive and sharing environment. Sharing of knowledge and experience amongst attendees will be encouraged through mini fun competitions and tournaments.</p>	<p>Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk</p> <p>For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 gill@chipsplay.org www.chipsplay.org</p>	£4 per session Plus £25 annual membership (voluntary contribution)
			Ages 12-19 years		Booking required



Support group

SPACE Cheshunt (Supporting Parents of Autistic Children in East Herts)	3 rd Wednesday of the month (can alter due to school holidays) 9.30 -11.30am.	The Oasis Centre, Andrews Lane Primary School Cheshunt Herts EN7 6LB	For more information contact: Clare on 07776 181749 or flicks78@hotmail.com Lisa on 01920 465650 or lisawant@gmail.com www.spaceherts.org.uk
SPACE Hoddesdon (Supporting Parents of Autistic Children in East Herts)	1 st Wednesday of the month (can alter due to school holidays) 9.30 -11.30am.	Rye Park Nursery School Walton Road Hoddesdon Hertfordshire EN11 0LN	For more information contact: Lisa on 01920 465650 or lisawant@gmail.com Clare on 07776 181749 or flicks78@hotmail.com www.spaceherts.org.uk
Broxbourne Additional Needs Group Support (BANGS) -for parents of children with any disability or additional need	Meetings on the first Wednesday of every month 6:30pm – 9:00pm	Churchfield School Cheshunt Wash Cheshunt EN8 0LU	Coordinator – Emma Stella: 07703 345298 Churchfield School: 01992 463 289 http://www.bangonline.org.uk/

Sibling group

Kidzone – booking required	Monthly in term time, usually Saturday afternoons	Various locations in East Herts and Broxbourne areas	Catchment area: East Herts and Broxbourne only	01992 534664 info@chipsplay.org http://www.chipsplay.org/kidzone-and-chatss
-----------------------------------	---------------------------------------------------	------------------------------------------------------	------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Dacorum

Click the categories below to see details of activities:

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)

[16+](#)

[SBLO](#)

[Support groups](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site







= Venue is Wheelchair accessible




= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Dacorum Holiday Schemes

SNAP     C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.' Booking required
			Ages 5-19yrs		

Dacorum play

Playskill 	Woodfield School, Malmes Croft, Leverstock Green, Hemel Hempstead, Herts HP3 8RL	Fridays 9.30am-11.30am	Playskill is a new charity which has set up a parent and child term-time group for pre-school children with special physical needs. It is run by a skilled team, including a Physiotherapist, Occupational and Speech and Language therapist .	Andrea Clarke 07572 465504 http://www.playskill.org/	£2 per session 50p per session if in receipt of income support Booking required – waiting list in place
			Ages 1-5yrs		

The Plus Club 	Parish Hall Our Lady of All Creation Rant Meadow Hemel Hempstead HP3 8PG	4 th Sunday of every month 2:00pm - 4:30pm	An activity session for children and young people with additional needs and their families including arts and crafts, games and cooking. Volunteers on hand to assist but parents or carers must stay. Quiet room available if needed.	Father John 07879 058732 01442 391759	Free Drop-in
			All Ages		

[Back to Dacorum](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site





= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Redbourn Children's Centre – bookable sensory room 	Long Cutt Redbourn AL3 7EX	Bookable all day Tuesday. Various other times – please contact.	Sensory room	01582 688512 admin.redbourn@hertschildrenscentres.org.uk http://www.hertschildrenscentres.org.uk/redbourn/about_us/what_we_do.html	Free (donations welcomed)
			Ages 5 and under (please contact the centre to discuss if your child is older and you would like to book the room)		Booking required
Messy Church for children with special needs 	Adeyfield Free Church Leverstock Green Road Hemel Hempstead HP2 4HJ	Second Sunday of the month 2.30-4.30pm (term-time only)	Messy Church for children with special needs is about coming together, meeting new friends, being creative, a little bit messy and having lots of fun. A variety of craft activities will be on offer in the church hall as well as having a sensory room for time out and further space for soft play and tactile toys.	admin@adeyfieldfree.org.uk 01442 260175 http://www.adeyfieldfree.org.uk/AFC%20Messy_church.htm	£1.50/family
			Ages 3yrs+		Drop-in
HUB Toy library drop-off/pick-up point	The Hub, Woodfield School, Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL	One Wednesday each month from 11am-12noon Please contact for next date.	The HUBs run a specialist toy library for children who have disabilities or additional needs. It will be running alongside the parent support group that meets at Woodfield school, to allow those in the area the chance to access the toy library items.	Contact the KIDS West HUB on 01923 676549 Or email: alice.clarke@kids.org.uk For info re Woodfield Group, please contact: vanessa.gregory@woodfield.herts.sch.uk Toy library catalogue can be viewed here: www.kids.org.uk/hub	Free to attend group, cost to join toy library
			0-19yrs		Drop-in

[Back to Dacorum](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site










= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Dacorum sports

Gaddesden Place RDA  	Briden's Camp Red Lion Lane Hemel Hempstead HP2 6EX	Tues 9-3 Wed 9-1.30 Thurs 9-1.30 Fri 9-12.30 Sat 9.30-12	Gaddesden Place Riding for the Disabled Centre is a registered charity dedicated to teaching disabled people to ride. We provide riding facilities and instruction for people with a wide range of disabilities. Electric lift available to help mount. Ages 4yrs+ adult	info@gaddesdenplacerrda.org.uk 0845 241 5309 http://www.gaddesdenplacerrda.org.uk	£15 per 30mins session Booking required – waiting list applies
Sapphire Gymnastics – mainstream recreational classes which aim to be inclusive  	Hemel Hempstead Sports Centre Park Road Hemel Hempstead Hertfordshire HP1 1JS	Monday, Tuesday, Wednesday, Thursday and Fridays 4pm - 6.30pm Saturdays 9am - 1pm Sundays 10am - 1pm	The classes that we run for recreational gymnasts are for 1 hour and the children are grouped according to age and ability with no more than eight children per coach. Can support those with learning disability. Ages 1yr - adult	Annie Price: 01442 230 077 sapphiregymnastics@gmail.com http://www.sapphiregymnastics.co.uk/	Cost £7 per 1hr. class Booking required
Herts Disabled County Cricket Club  (prefer parents to stay but they don't have to).  	Hemel Hempstead Town Cricket Club	Some Sundays 10-12pm Call to check	Opportunity for people with physical or learning disability to play cricket. Able to accept children with physical disabilities and learning disabilities. Unable to accept children who are visually impaired, and hearing impaired. 12 years+	Richard Hill 01707882236 richard.hill@ecb.co.uk	Free Drop in

[Back to Dacorum](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site





= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Snowbility    	Hemel Hempstead Snow Centre St Albans Hill, Hemel Hempstead, HP3 9NH	Various – please book	1:1 ski coaching for children, young people and adults who have additional needs to not only develop their ability on the slopes, but to also help them with their self-esteem, social communication skills and confidence. Ages 4yrs+	http://snowbility.co.uk/ Phone: 07713 888199 Email: richard@snowbility.co.uk	58/hour for under 17s (carer can ski for free) £64/hour for ages 17+ (carer can ski for free) Free equipment hire and free parking Booking required
Hemel Aces Football Club  (for younger members/ high support needs).	Various venues in Hemel Hempstead	Various times/ days	Coaching and league games. Experienced disability coaches. Under 6 – fun/ training Under 7-9 – friendly leagues U10 + competitive	Mark Birdseye (club secretary) 07834215879 hemelaces@yahoo.co.uk www.hemelaces.co.uk	£2 per week – U6 £10 annual membership Cost varies for older teams Contact for more information
Disability Snowsports UK  	The Snow Centre, St Albans Hill, Hemel Hempstead, Hertfordshire, HP3 9NH	Variable	Charity providing adaptive skiing and snowboarding for individuals with any disability, including physical, sensory and learning difficulties. Specialist equipment is used (eg sit-down skiers) to ensure that children and young people with physical disabilities can enjoy the sport. All ages and abilities welcome.	Jame Sterry (Ski School Manager) 07810 263768 dsukhemel@disabilitysnowsport.org.uk http://www.disabilitysnowsport.org.uk/ To book a lesson please call the 'Booking Line' on 0845 521 9338	1:1 lesson (1 hour) £50 (contact to discuss possible reductions) Cost per lesson is reduced if you are a member of DSUK (cost of membership £21 per year for under 16s) Cost is also reduced if you are attending as part of a group Booking required

[Back to Dacorum](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site









= Venue is Wheelchair accessible






= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only



Gadebridge Badminton Club  depending on support needs	John F Kennedy School Hollybush Lane Hemel Hempstead HP12PH	Tuesdays 4-5:30pm 5:30-7pm	Can support learning disabled young people.	01442 871477 gadebridgebc@hotmail.com	Termly membership from £65
			5 years +		
Gadebridge Badminton Club  	John F Kennedy School Hollybush Lane Hemel Hempstead HP12PH	Wednesdays 8-10:30pm	“Back into” sessions, non-competitive.	01442 871477 gadebridgebc@hotmail.com www.gadebridgebc.org.uk	Pay as you go Charges subject to change
			Teenage/ adult		
Berkhamsted Lawn Tennis & Squash Rackets Club  	Broadwater, Lower Kings Road, Berkhamsted HP4 2AL	7am-11pm (weekdays) 7am-8pm (weekends)	Tennis & Squash. Wheelchair accessible. Able to discuss child’s needs and will try their best to accommodate every child with a disability.	Club Manager 01442 863393 manager@bltsrc.co.uk Head Tennis Coach – Chris Stringer 07766 707686 Chrisstringertennis@yahoo.co.uk Head Squash Coach – Adam Fuller 07751 239472 adam@best-academy.co.uk	Cost Varies depending on age and if tennis or squash. Rates range from £29 to £113 for annual membership. Coaching rates vary from £4 to £10 per session. Discounts available for course bookings. Please call to discuss if cost is a barrier to attending.
		Most children’s coaching sessions take place after school between 4 and 7pm, during the day on school holidays and sometimes weekends	3 years +		
Dacorum Dolphins  (under 8s require supervision in pool)	Sportspace Hemel Hempstead Park Road Hemel Hempstead HP1 1JS	Saturdays, 5 - 6pm	Swimming session for children and adults with any disability.	Contact Elizabeth Rathbone: 01442 251258 elizabeth137@live.co.uk	£7/yr per person
			All ages		








Dacorum Youth Groups


Bennetts End Youth Centre (Youth Connexions)   	Bennetts End Youth Centre, Kimps Way, Bennetts End, Hemel Hempstead HP3 8EN	Mondays 7-10pm Thursdays 7-10pm Thursdays 3:30pm-6pm (Activ8) Year 8 and 9 only Fridays 5-8pm (Duke of Edinburgh Award for 14yrs+)	Inclusive youth group offering trips out, cooking, drama etc. Learning disabilities only.	Andrew Young Mobile: 07747762819 mohamed.fawzi@hertfordshire.gov.uk	75p per session
		13-25yrs	http://www.mogozout.org/Activity/Details/Bennetts-End-Youth-Centre-Hemel-Hempstead	Drop-in	
Creative Spark LDD Music and Media Project	The XC Centre 1st Floor, Jarman Park, Hemel Hempstead, HP2 4JS	Thursdays 7.00pm – 10.00pm	Music and media project specific for those with mild to moderate learning difficulties or disabilities aged 17-25. A series of workshops in Film Making, Stop Motion Animation, Photography, Electronic music and more. All workshops offer AQA accreditations.	Tel: 07826 533613 mohamed.fawzi@hertfordshire.gov.uk	FREE
		17-25yrs	http://www.mogozout.org/Activity/Details/Creative-Spark-LDD-Music-and-Media-Project-at-the-XC-Studios-Hemel-Hempstead	Booking required	

Dacorum 16+




Ministry of Mencap Club Nights  (no care offered onsite so bring carer if needed) 	First Wednesday of the month 6 – 10pm	The Function Rooms, Waterhouse Street, Hemel Hempstead HP1 1ET	New regular themed club night for adults with learning disabilities. Friends and family welcome, but it is not open to the general public, so is a safe environment for people to have a real clubbing experience!	For more information, call Dacorum Mencap on: 01442 247675	£5 entrance, one carer free
			18yrs+	Or for enquiries about parking and facilities call the function rooms on: 01442 406555	Drop-in



 Creative Learning	Various locations in Dacorum/Herts by negotiation Contact for details	Please contact to arrange.	Various courses for the whole community, volunteer and staff training included. Many different topic areas and tailored to include those with barriers to learning. Please contact us to see if we can provide the course you're looking for.	Shaddy Mansouri-Marsh (Manager) www.CulturalLearning.org 01442 253935	Please contact to arrange Booking required
			Ages 18+ but courses can be tailored for children if requested. Please contact to arrange.		
 Dacorum Friendship Scheme (Mencap)	Various	As required/agreed	Befriending scheme for adults who have learning disabilities	Elaine Precious 01442 247675 elaine.precious@dacorummencap.org.uk http://www.dacorummencap.org.uk/friendship-scheme/	Free (except activity cost)
			18yrs+		Booking required (waiting list may apply)
 ROAR (Recreational Opportunities Allowing Respite) (dependent on care needs)	Various	Various – monthly program of activities	Group social activities for adults who have learning disabilities	Elaine Precious 01442 247675 elaine.precious@dacorummencap.org.uk http://www.dacorummencap.org.uk/roar/	Cost varies depending on activity
			18yrs+		Booking required
 Expressions Academy (carer may be required for high support needs)	South Hill Centre Cemetery Hill Hemel Hempstead HP1 1JF	Term Time Tuesday 12:15-2:15pm	Creative Drama sessions for adults with autism	expressions1vision@hotmail.com www.express1vision.com 07969 869405	£5 per session
					18 years+

4am Project 	4am Project 27 Queensway Hemel Hempstead, HP1 1LS	Open term time: 10am-6pm Holiday opening times arranged around students	Music, singing and multi-media tuition and training for young people. Aimed at young people with Autism, Aspergers, Downs syndrome or any special educational needs. Also young people excluded from school.	Trevor Dilks, Andrew Coupar, Glyn Davies Tel: 01442 261622 / 07852 738 297 Email: four-am@hotmail.co.uk http://www.4-am.org.uk/	£25/hour £60 per 1/2 day £100 per whole day Please contact if cost is a barrier to attending Booking required
			Ages 16-26yrs		

Short Breaks Local Offer (SBLO) Activities

SNAP    C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low- income families – please contact to discuss.' Booking required
			Ages 5-19yrs		



Dacorum support groups

Woodfield School (Leverstock Green)	For parents of disabled children or young people – child does not have to attend the school	Every Wednesday, 10.30am-12pm	The Lodge, Woodfield School, Malmes Croft, Leverstock Green, Hemel Hempstead HP3 8RL	vanessa.gregory@woodfield.herts.sch.uk
Speak Out 31 (Hemel Hempstead)	For parents of children or young people with any additional need.	First Thursday of each month 10am-Midday	Liberty Tea Rooms Haven House 389 London Road Hemel Hempstead Hertfordshire HP3 9AB	Kerry-Anne Cooper Community Development Pastor 07828 91 88 33 www.thebasehemel.co.uk
Special Needs Parent Support, Tring	For parents of children or young people with any additional need	Monthly, times and days vary, see website for next dates	Venues vary – please check website for details	Hildy Mason tel: 01296 661350 email: hildymason@hotmail.com http://www.snpst.org.uk/
SPEC	For parents of children or young people who have epilepsy	Monthly on Wednesdays 7-8.30pm (contact for next dates)	Galley Hill Children’s Centre, Galley Hill, Hemel Hempstead, HP1 3LE	Contact: Emma Lawrence Telephone: 07543550855 Email: emmalawrence@live.com



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

East Herts

Click the categories below to see details of activities:

[Dance and drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)

[16+](#)

[SBLO](#)

[Support groups](#)

[Sibling groups](#)

[Back to
map](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site









= Venue is Wheelchair accessible




= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

East Herts dance and drama





Act One Dancebase - ArtsBase    C (+hoist)	Middleton School, Walnut Tree Walk, Ware SG12 9PD	Tuesdays Youth class for 5-15 year olds: 5pm-6:15pm Adult class for 16yrs+: 6.20pm-7:50pm	ActOne's DanceBase projects are weekly sessions over a 10 week term children and young adults explore dance in a fully accessible, supportive environment.	Tel: 01582 621947, Email: info@artsbase.org.uk www.artsbase.org.uk	£95 per term Free trial session. Please contact if cost is a barrier to attending Booking required
		Ages 5yrs +			
Street Dance  	Millmead School Port Vale, Hertford SG14 3AA	Mondays 6.15-7.15pm	"Dancing for people with learning disabilities, all ages and abilities welcome. Come along and learn to pop dance to the latest songs"	No need to book, for more info call Carolyn 07763 120 438 or Jacqui 07922 804 039	£4 per session
		All ages			Drop-in
Special Olympics Dance  to stay on site	Step-2-Step Fairways Cheshunt Herts	Fridays 6:45-7:15pm	Dance sessions run by qualified coaches and volunteers. Learning disabilities.	Janet Warrington Janet.warrington965@googlemail.com 07729892729 www.specialolympicseastherts.org	£2 per session
		8 years+			Booking required

East Herts holiday schemes

 CHIPS Holiday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Runs in Easter, Summer and Xmas holidays Weekdays in holidays 10am – 3.30pm	Playscheme for children with disabilities, also accept siblings	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£8/day Plus £25 annual membership (voluntary contribution) Booking required
			Ages 3-18yrs		









 CHIPS Saturday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Saturday sessions are 2½ hours	Saturday activity scheme for disabled children and young people	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£5/session Plus £25 annual membership (voluntary contribution) Booking required
			3-18yrs		



Grove Cottage Holiday Club 	Trips out from Grove Cottage 151 London Road Bishops Stortford CM2 3JX	1 or 2 days per week during school holidays	"We run holiday clubs for children of all ages...We arrange trips to places such as Legoland, Colchester Zoo, Paradise Wildlife Park, Hatfield Forest the seaside and much more"	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	£30 per child per day
			4yrs – 19yrs		Booking required
Grove Cottage Saturday club 	Grove Cottage, (The Home of Bishop's Stortford Mencap), 151 London Road, Bishop's Stortford CM23 3JX	Saturdays 9.30am - 1.30pm or 4.30pm	"There are two Saturday Clubs which offer well supervised activities for 3-8 year olds & 9-15 year olds. The emphasis is on fun and play. There are frequent outings using our own minibus to places like Willow Farm, Paradise Wildlife Park and the perennial favourite, our trip to the seaside."	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	9.30-1.30 costs £10 per child per week. 9.30-4.30 cpst £20 per child per week
			3-15yrs		Booking required
Happy Days After School and Holiday Club  	Pinewood School Hoe Lane Ware SG12 9PB	After school club 3pm – 6pm Monday – Friday	All inclusive club offering activities including art, games, sport Ages 4 – 19yrs	Contact: happydays@pinewood.herts.sch.uk Andri Goder: 07903 557036	After school club: £7.50 from 3pm – 5pm £10.50 3pm – 6pm Holiday club from £25/day
		9.30am-3.30pm in Easter and summer holidays			Booking required






East Herts Play

HUB Toy Library Sessions – Hertford     C	KIDS East HUB Divot Place, Hamels Drive, Hertford SG13 7SP	Thursdays 10-11.30am	Toy Library for children with additional needs, lots to play with and borrow including equipment such as weighted blankets, big trikes, toys to help with co-ordination, motor skills and sensory development.	01992 504013 alice.clarke@kids.org.uk Catalogue available to view on our website: www.kids.org.uk/hub	Stay n play session free, cost to join toy library
			0-19yrs		Drop-in
Special needs Pre School and Nursery - Grove Cottage	Grove Cottage, (The Home of Bishop's Stortford Mencap), 151 London Road, Bishop's Stortford CM23 3JX	Tuesday, Wednesday and Thursday 9.30 – 2.30	Inclusive educational and care setting for children with complex needs providing; 1 to 1 provision (subject to need), weekly extra-curricular activities, fully qualified staff, access to Special Needs support therapists, parental support.	Andrea: 07795 483674 Email: nursery@mencapgrovecottage.org http://www.mencapgrovecottage.org/what-we-do.shtml	£25 per child per day Parents can use their LEA funding towards the cost
			Pre-school age children		Booking required
Sensory and Soft Play Room at the Pines   C  	Short Breaks@ The Pines Divot Place, Hamels Drive, Hertford SG13 7SP	Open Monday-Thursday during term time between 10-3.	The sensory and soft play at The Pines is available to hire. The sensory room contains a bubble tube, bubble wall, fairy lights, 3D carpet, sound walk, mirrors, touch wall and much more offering a great sensory experience. The soft play room is a large room with soft equipment.	Email sensory.room@actionforchildren.org.uk for bookings	£5 per hour
			Any age		Booking required


East Herts Sports

Yoga Classes for people with learning disabilities 	The Dance Studio, Hertford Theatre, The Wash, Hertford SG14 1PS	Weekly on a Friday 5-6pm	“Come along and learn some new skills, get fitter and more flexible, as well as learn ways to be calmer and more relaxed. Great chance to meet some new friends too and learn a new skill at a pace to suit you.”	Contact Carolyn on 07763 120438 or Jacqui on 07922 804039 http://wedocare.co.uk/#/activities/4549910626	£6/session
			13yrs +		Drop in
Special Olympics East Herts – Athletics  	Wodson Park Sports Centre, Ware	Mondays 6-7pm	Training consists of track and field outside in the summer months when weather and light permits and takes place in the form of Sportshall Athletics in the North Hall in the winter months.	Club Contact: Neil Ward Tel: 01920 870027 email: info@specialolympicseastherts.org www.specialolympicseastherts.org	£3/session
			Ages 6yrs+		Booking required
Special Olympics Basketball 	Amwell View School Ware Hertfordshire SG128EH	Wednesdays 6-7pm	Basketball coaching for those with learning disabilities. Qualified coaches.	Janet Warrington 07729892729 Janet.warrington965@googlemail.com www.specialolympicseastherts.org	£3 per session
			8 years - adult		Booking required




Wodson Park Sports & Leisure Centre 	Wodson Park Sports & Leisure Centre Wadesmill Road, Ware, Herts SG12 0UQ	Open: Mon-Fridays 7am-10pm Saturdays 8am-9pm Sundays 9am-9pm	Various activities available for children with disabilities to join in with.	01920 487091 Option to email via website www.wodsonpark.com	Varies depending on activity - please see website for more info
			Varies-please see website for more info		
Ware Football Club 	Woodson Park, Wadesmill Road, Ware, Hertfordshire SG12 0UQ	Time of activity fixtures listed in programme or on website.	Football training.	Ware F.C Phil Friend 07774944246 brinkburn@gmail.com www.warefc.co.uk	£8 per game Please call before attending
			No age restriction		
Herts Ravens Special Olympics Basketball Club 	Presdales School, Hoe Lane, Ware, SG12 9NX	Every Wednesday evening 7-9pm	Herts Ravens is open to players of all ability, with various teams at various levels. They train weekly with qualified SEN Basketball coaches.	For any queries please contact Simon Turner (Head Coach) simonjacksonturner@gmail.com 07545 685414	£5 per session Please call before attending
			7yrs+		
Cuffley Youth Football Club 	King George 5 th Playing Fields Northaw Road East EN6 4RD	Soccer School Saturdays 9:30-11am Training Monday-Thursdays (evenings) dependent on age.	Inclusive football coaching and teams playing in league. Initial trial sessions.	Deborah Borley 01707 875273	Soccer School £25 including kit and £5 per session. 6 years + £70 per year membership + weekly subs.
			Soccer School up to 6 years. Team coaching and matches 7-16 years.		



Disability splash and swim session  C (+hoist)	Hartham Leisure Centre Hartham Common, Hertford SG14 1QR	Saturdays 12-1pm	For children and young adults with disabilities and their families to enjoy a 'fun swim' session with floats. All children under the age of 8 must be accompanied in the water.	Everyone Active, Hartham Leisure Centre: 01992 584000 http://www.everyoneactive.com/Centre/Hartham-Leisure-Centre/28/Timetables Changing: individual cubicles and group changing rooms for extra space, 2 disabled changing rooms with changing bed and hoist.	Free for whole family/group Need to register for first visit. Families can register at reception or by phone before attending.
			All ages		

Hertford Swimming Club	Haileybury, Hartham & Simon Balle Pools used for training.	Various times and venues dependent on child's age and which squad they are in.	Young people need to be able to understand and follow instructions and can contact for trial membership – membership is decided on whether there is an appropriate squad space available eg in the past swimmers have included those with visual or hearing impairments and also several with Asperger syndrome	Steve Barber (head coach) stephen.barber11@btinternet.com http://www.hertfordsc.co.uk/index.htm	Fee dependent on which squad the swimmer is in. Membership fee £15-£45/year. Termly session fee is £65-£165 dependent on which squad (3 terms per year). May be able to help in cases of financial hardship.
			6 years +		

East Herts Youth Groups

7 2 10 Integrated Group 	Zoo café, Ware Road, Hertford (next to Methodist Church)	Thursdays 7 to 10pm	The 7 2 10 Youth Project is an integrated group for young people with and without disabilities... Come along and join in the fun - whatever your ability.	Youth Connexions Hertfordshire, tel: 01992 588220, email: youthconnexions.eastherts@hertfordshire.gov.uk http://www.mogozout.org/Activity/Details/7-2-10-Integrated-Group-at-the-Zoo-Cafe-Pioneer-Hall-Hertford	Free Drop-in
			13-19 or up to 25 if you have a disability or learning difficulty		



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site











= Venue is Wheelchair accessible







= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Grove Cottage Youth Club     C	Grove Cottage, (The Home of Bishop's Stortford Mencap), 151 London Road, Bishop's Stortford CM23 3JX	Tuesdays 18.30 - 20.30	"The Youth Club is a safe, friendly place for young people between 12 & 25 years to gather. As well as meeting and chatting with friends there are opportunities for cooking, listening to music, access to the sensory room, discos, art and crafts, Wii games, watching movies, trips and much more!"	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	£5 per person
			12-25yrs		Booking required

Focus Youth Project    	Waltham Cross Youth Centre Stanhope Road Waltham Cross EN87DJ	Wednesdays 7-9:30pm term time + day trips/ activities.	Inclusive Youth Club for young people with MLD. Activities include cooking, arts/ crafts, sports, games consoles, karaoke.	Zeeshan Khan 01992 588220 Zeeshan.khan@hertfordshire.gov.uk	50p
			13 – 25 years		Drop In

East Herts 16+


Mudlarks Community Gardening Team    	"Open every Tuesday, Wednesday, Thursday, Friday... except for two weeks over the Christmas period." Opening times are 9.30am to 2.00pm	Meet at Mudlarks Allotments Cromwell Road Hertford SG13 7DP	Mudlarks community gardening team provides work experience for people with learning disabilities and mental health issues. The gardening team maintain the gardens at Hertford castle, St Leonards Church, and also look after the gardens for several elderly and vulnerable people in the community.	For more information please contact Vic Hobson: Email: vic@mudlarksgarden.org.uk Phone: 07835 714766 http://www.mudlarksgarden.org.uk/	Costs: As for the allotments
			Ages 16yrs +		Booking required





Mudlarks Garden Café   	Open Tuesday – Saturday	12 Railway Street Hertford SG14 1BG	The Mudlarks cafe provides opportunities for people with learning difficulties to be involved in food catering and supported work in the cafe.	For further info contact: Vic 07835 714766 vic@mudlarksgarden.org.uk www.mudlarksgarden.org.uk	Drop-in
			16-28yrs		
Oasis Academy 	“Young adults may access Oasis for 1,2,3,4 or 5 days per week for up to 50 weeks per year”	Oasis, Fair Oak, Staines Green, Hertford SG14 2LN	Project to help young people to achieve their personal goals by supporting them, in small groups, to improve their life, learning and communication skills.	If you would like more information please contact Ailsa on 07902243352 or email at ailsa@oasisacademy.co.uk www.oasisacademy.co.uk	Cost dependent on support needs and attendance.
			16yrs+		Booking required
Oasis Academy 2 	Currently open Mondays, Wednesdays and Thursdays	Oasis 2, Cottered Village Hall, Cottered, SG9 9BD	Project to help young people to achieve their personal goals by supporting them, in small groups, to improve their life, learning and communication skills.	If you would like more information please contact Liz on 07742969175 or email at liz@oasisacademy.co.uk www.oasisacademy.co.uk	Cost dependent on support needs and attendance.
			16yrs+		Booking required





Short Breaks Local Offer (SBLO) Activities

 CHIPS Holiday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Runs in Easter, Summer and Xmas holidays	Playscheme for children with disabilities, also accept siblings	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£8/day Plus £25 annual membership (voluntary contribution) Booking required
		Weekdays in holidays 10am – 3.30pm	Ages 5-18yrs		

 CHIPS Saturday Club	Run at venues in Ware, Hertford, Bishops Stortford, Hoddesdon and Cheshunt.	Saturday sessions are 2½ hours	Saturday activity scheme for disabled children and young people	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up for 5yrs+ please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Helen Smith: 01992 534664 info@chipsplay.org www.chipsplay.org	£5/session Plus £25 annual membership (voluntary contribution) Booking required
			5-18yrs		

Grove Cottage Holiday Club 	Trips out from Grove Cottage 151 London Road Bishops Stortford CM2 3JX	1 or 2 days per week during school holidays	"We run holiday clubs for children of all ages...We arrange trips to places such as Legoland, Colchester Zoo, Paradise Wildlife Park, Hatfield Forest the seaside and much more"	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	£30 per child per day Booking required
			4yrs – 19yrs		

Grove Cottage Saturday club 	Grove Cottage, (The Home of Bishop's Stortford Mencap), 151 London Road, Bishop's Stortford CM23 3JX	Saturdays 9.30am - 1.30pm or 4.30pm	"There are two Saturday Clubs which offer well supervised activities for 3-8 year olds & 9-15 year olds. The emphasis is on fun and play. There are frequent outings using our own minibus to places like Willow Farm, Paradise Wildlife Park and the perennial favourite, our trip to the seaside."	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	9.30-1.30 costs £10 per child per week. 9.30-4.30 cpst £20 per child per week Booking required
			3-15yrs		

Grove Cottage After School 	Grove Cottage, (The Home of Bishop's Stortford Mencap), 151 London Road, Bishop's Stortford CM23 3JX	Monday- Performing Arts Club. Tuesday- Youth Club. Thursday- Get Active.	Providing safe, fun and social activities within the local community.	Email: info@mencapgrovecottage.org tel: 01279 656085 http://mencapgrovecottage.org/	TBC Booking required
			5-19yrs		



Support groups

ADDvance - for parents of children with ASD/ADHD and related conditions	2 nd Wednesday of the month, 10am-12pm	Hertford Extended Services Holly Bush School Fordwich Rise Hertford SG14 2DF	Tel: 01727 833963 Email: herts@add-vance.org www.add-vance.org
PACT for Autism in partnership with Aspects - for parents/carers of children and adults with autism and additional needs	Support group meetings are held on a monthly basis. <i>Usually</i> 1 st Wednesday of the month in term time 7-8.30pm (See website for dates)	All Saints Primary School, Parsonage Lane Bishop's Stortford CM23 5BE	ASPECTS on 01279 696842 or PACT for Autism parent helpline on 07837606089 (Office 01279 430300) http://www.pactforautism.org.uk/index.php/services/parent-meetings Web: www.pactforautism.org.uk Email: info@pactforautism.org.uk
ChatSS Support group - for parents of children with any disability or additional need	3 rd Thursday of the month, 1-2.30pm	KIDS East HUB Divot Place, Hamels Drive Hertford SG13 7SP	For further information contact Angela/Jo through the CHIPS Office number 01992 534664 or email info@chipsplay.org.uk www.chatss.org.uk
SPACE Hertford Supporting Parents of Autistic Children	Last Tuesday of every month 9.30 – 11.30am (can alter due to school holidays) FIRST Meeting Tuesday 27th January 2015	Selections Children Centre, Sele School, Welwyn Road, Hertford, SG14 2DX	For more information contact: Lisa on 01920 465650 or lisawant@gmail.com Clare on 07776 181749 or flicks78@hotmail.com www.spaceherts.org.uk

Sibling Groups

Kidzone – booking required	Monthly in term time, usually Saturday afternoons	Various locations in East Herts and Broxbourne areas	Catchment area: East Herts and Broxbourne only	01992 534664 info@chipsplay.org http://www.chipsplay.org/kidzone-and-chatss
-----------------------------------	---------------------------------------------------	------------------------------------------------------	------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Hertsmere

Click the categories below to see details of activities:

[Dance and drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)

[SBLO](#)

[Support groups](#)

[Back to map](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site





= Venue is Wheelchair accessible



= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Hertsmere dance and drama




Herts Inclusive Theatre 	The Bushey Centre High Street, Bushey, WD23 1TT	Wednesdays 7-8.30pm	Herts Inclusive Theatre is an award winning charity working with disabled and non-disabled children, young people and adults.	07857 986364 admin@hit-theatre.org.uk http://www.hit-theatre.org.uk/	£60 per term
			Using drama, movement, music and theatre techniques to help build people's confidence, communication skills and to encourage and build social inclusion.		Ages 12-19yrs
Herts Inclusive Theatre 	The Ark Theatre, Public access to The Ark is via The Civic Car Park, Elstree Way, Borehamwood WD6 1WA	Wednesdays 4.45pm – 6pm	Using drama, movement, music and theatre techniques to help build people's confidence, communication skills and to encourage and build social inclusion.	07857 986364 admin@hit-theatre.org.uk http://www.hit-theatre.org.uk/	£60 per term
			6-15yrs		Booking required
Cocoon Inclusive Arts 	Windsor Community Centre, Borehamwood	Play schemes and various sessions please contact for details	Hertsmere based interdisciplinary arts organization. They run weekly workshops using drama, art and play to explore and develop personal, social and life skills, promoting creative development tailored to include each and every young person.	Booking can be made by contacting them on cocooninclusivearts@gmail.com or via phone on 07576780438. More information about Cocoon can be found on the website http://cocooninclusivearts.wix.com/cocooninclusivearts or on facebook under Cocoon Inclusive Arts	£20 per session with sibling discounts
			5-18yrs		Booking required






Hertsmere holiday schemes

Noah's Ark Playscheme (Hertsmere Mencap) 	St. Teresa's School Brook Road Borehamwood WD6 5HL	Runs on set dates during the Easter and Summer holidays, 10-3pm	Playscheme for children who have learning disabilities and their siblings.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. To sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Rochelle Gould, Playscheme Co-ordinator: Tel: 020 8906 2783 Email: noahs-ark@live.co.uk http://www.noahsarkplayscheme.co.uk/	£10 per child per day, concessions available
			5-16yrs		Booking required

Hertsmere play

Aldenham Country Playground    C +hoist	Aldenham Country Park Dagger Lane Elstree WD6 3BA	Mon- Saturday sessions: 10am – 1pm 2pm – 5pm	Use of outdoor play equipment as well as indoor play hut. Facilities include: sensory room, soft play, sensi-floor projector, climbing frames, basket swing, zip-wire and more! The use of the indoor facilities is exclusively for those with additional needs and their families at all times. At less busy times, there may be families with mainstream children allowed to use outdoor area.	For enquiries or to book, call: 0203 642 4588 or email julie@aldenhamcountrypark.co.uk Website: http://play.aldenhamcountrypark.co.uk/	£10 per child ,per 3hr session
			0-19yrs		Booking required

Aldenham bookable sensory room    C +hoist	Aldenham Country Park Dagger Lane Elstree WD6 3BA	30 min slots Mon-Fri term time only, contact to book and check availability.	Families can book 30min slots for use of either the sensory room; the soft play room; or the sensory floor projector.	For enquiries or to book, call: 0203 642 4588 or email julie@aldenhamcountrypark.co.uk Website: http://play.aldenhamcountrypark.co.uk	£5 per session
			0-19yrs		Booking required



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site









= Venue is Wheelchair accessible







= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Play session for children with additional needs  	Crèche at the BECC Shakespeare Drive Off Furzehill Road Borehamwood WD6 2FD	1-2.30pm 2 nd and 4 th Wednesday of the month	Parent led session for children with additional needs who prefer to play and explore in a calmer, smaller group structure.	020 8386 4038 or 020 8236 7550 http://www.hertsmere-children.co.uk/childrenscentres/borehamwood_south.php	FREE
			0-5yrs		Drop-in
The BECC bookable sensory room   	Crèche at the BECC Shakespeare Drive Off Furzehill Road Borehamwood WD6 2FD	30 min slots Available Mon-Fri, contact to book and check availability	Families can book 30min slots for their under 5s to use the sensory room. Room capacity is 5 people (including adults).	020 8386 4038 or 020 8236 7550	£2 per child
			0-5yrs		Booking required
Soft Play sessions for children under 8 with additional needs 	Bushey Grove Leisure Centre	Monthly on Saturdays 3.15-4.15pm Please contact for dates.	Children and their families are able to access a bouncy castle, soft play equipment, hoops, balls and lots more! Meet other families, share experiences and receive support.	Angela Blessington Bushey Mill Children's Centre 01923 235466 See 'Activity Programme' for more details: http://www.hertsmere-children.co.uk/childrenscentres/bushey.php	£5 per family
			0-8yrs		Drop-in















Lincolnsfield Centre   	Lincolnsfield Centre 29 Loncoln Field Bushey Hall Drive Bushey WD232ES	Holiday Playschemes. Days/times vary – contact for details.	Farm, funworld soft play activities.	Rachael Collins (children’s manager) 01923 233841 http://www.farmyardfunworld.co.uk/	Varies dependent on time/ activity.
			4 years + for playscheme.		Booking required for playscheme. No booking required for the farm and soft play.

JumpTASTIC Gymnastics 	96 Shenley Road, Borehamwood, WD6 1EB	Mondays (Term time) 0 - 2 years 12.30 - 1.15 2 - 4 years 1.15 - 2.00	Gymnastics-based activity for children with additional needs. Using soft play and preschool equipment to develop motor skills and boost confidence	www.jumptastic.co.uk jumptastic@outlook.com 07934 215120 Or on Facebook: https://www.facebook.com/pages/Jumptastic/1408237742751406?fref=ts	£2.50 a session
			Under 5s		Drop-in

Magic Words: Children’s Speech and Language Therapy	Suite C, Office on the Hill, 15-17 High Street, Elstree, WD6 3BY	Various Sessions	Lego Therapy sessions and Sensational Stories sessions run by qualified Speech and Language Therapists.	01908 614479 www.magicwordstherapy.co.uk enquires@magicwordstherapy.co.uk	£10 per session
--------------------------------------------------------------------	------------------------------------------------------------------------	------------------	---------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------







Hertsmere sports

Peniwells RDA (Riding for the Disabled Association)     	Penniwells RDA Centre, Edgwarebury Lane, Elstree, Herts. WD6 3RG	Various days – contact for details 10am-5.30pm	We provide riding and stable management sessions to people of all ages and disability. Everyone is taught to the best of their own individual ability. Wheelchair users must be able to weight bear, lift available to aid mounting	020 8207 4525 penniwells.rda@btconnect.com http://www.penniwellsrda.com	£20 per 30mins
			Ages 3 to adult		Booking required (waiting list applies)
Herts Warriors Basketball Club  	Queens' Sports Hall South Campus Queens' School Aldenham Road Bushey WD23 2TY	Wednesdays/ Thursdays 6:30- 8:30pm Fridays 7-9pm	Members club, league games. Able to accept players who have moderate learning disabilities.	07994126937	£22 per month Call to discuss if cost is a barrier to attending.
			8 years – adult		Booking required
Watford Jets Table Tennis Club	Queens School Aldenham Road Bushey Herts WD232TY	Tuesdays 7-8pm (club night) + match nights and off season coaching days.	Inclusive club, wheelchair users welcome. Coaching and league matches.	Stuart 0208 3863701 Call for information or drop in on club night	£24 per annum £42 for league players per season.
			8 years +		Booking required (waiting list for league).
Ishin Ryu Ju Jitsu     	Furzefield centre Mutton Ln, Potters Bar, Hertfordshire EN6 3BW	Thursdays Infants 5.30 -6.30pm Juniors 6.30pm - 7.30pm Teens 7.30pm - 8.30pm	Inclusive Ju Jitsu Club, aims to teach discipline and self-defence. Children will need to be able to be able to walk and to follow instructions independently for short amount of time	Kevin Pell 01953483795 k.pell@ishinryu.com www.ishinryujujitsu.com	£30 annual membership £24/ month training fees
			Classes for ages 4yrs+		Drop-in





Ishin Ryu Ju Jitsu     C	Bushey Grove Leisure Centre Aldenham Rd, Bushey, WD23 2TD	Mondays: Infants 5-6pm Juniors 6-7pm Juniors 7-8pm Teens 8-9pm Adults 8- 10pm Tuesdays: Infants 4-5pm Juniors 5-6pm Fridays: Infants 5.00pm - 5.55pm Juniors 5.55pm - 6.50pm Juniors 6.50pm -7.45pm	Inclusive Ju Juitsu Club, aims to teach discipline and self-defence. Children will need to be able to be able to walk and to follow instructions independently for short amount of time Classes for ages 4yrs+	Kevin Pell 01953483795 k.pell@ishinryu.com www.ishinryujujitsu.com	£30 annual membership £24/ month training fees Drop-in
Ishin Ryu Ju Jitsu     C	The Hertswood Centre Potters Lane Borehamwood WD6 5LG	Tuesdays Infants 6-7pm Juniors 7-8pm Teens 8-9pm Thursdays Infants 6-7pm Juniors 7-8pm Adults-8-10pm Saturdays Infants 9.30 -10.30am Juniors 10.30 - 11.30am Teens 11.30am - 12.30pm	Inclusive Ju Juitsu club, aims to teach discipline and self-defence. Children will need to be able to be able to walk and to follow instructions independently for short amount of time Classes for ages 4yrs+	Kevin Pell 01953483795 k.pell@ishinryu.com www.ishinryujujitsu.com	£30 annual membership £24/ month training fees Drop-in




Elstree/ Borehamwood Table Tennis Club  (carer must stay with y/p and disabled adults)	Maxwell Road Borehamwood Herts WD6 1JJ	Mondays 8-10:30pm	Inclusive club. Can play to league level. 11 years – adult	Chris Anderson 02089530997	£4 per session 1 st session free, additional costs for league players. Drop in
Otters Swimming  may need to be in water dependent on needs of child   Hoist for main pool only	The Venue Elstree Way Borehamwood Hertfordshire WD6 1JY	Saturdays, 4.30-5.30pm	Swimming session for children and adults who have any disability All ages	Mrs Brown: 0208 207 6521 http://www.hertsdirect.org/your-community/comvol/disable2y/spdis3y/swimdis4/614789	Free Drop-in Call first if requiring hoist.
Barracuda  (but does not have to go in the water)	Furzefield Centre, Mutton Lane, Potters Bar, EN6 3BW	Sundays, 11.30am-12.30pm	Swimming group for disabled children and adults including support from instructors. All ages	Tel: 01707 664400 secretary.barracuda.sc@hotmail.co.uk http://www.barracudasc.com/	£5/yr Drop-in







Potters Bar Swimming Club 	Furzefield Centre Mutton Lane	Friday 7:15pm for assessment. Daily at various times. Age/ability dependent.	Competitive swimming. Able to support people with most disabilities	Wray Shewell-Cooper (Head Coach) 07973825448 chiefcoach@pottersbar.co.uk www.pottersbar.co.uk	£30 annual membership + £60-£120 Fee Gives 3 swims per week
	Queenswood School Shepherds Way Brookmans Park		5 years +		Booking required
Bushey Grove Leisure Centre (Swimming) 	Bushey Grove Leisure Centre Aldenham Road Bushey Herts WD23 2TD	Monday – Saturdays Times vary	Inclusive swimming lessons. Parent/ carer may be in the pool. Hoist available.	Bushey Grove Leisure Centre 01923 470140	£62.50 for 10 weeks
		4-16 years, 16 years +	Booking required		

Hertsmere Youth Groups

Jubilee Club (Mencap)  Carer can stay depending on care requirement	Aberford Hall Community Centre, Aberford Road Borehamwood Herts	Wednesday evenings excluding the first of the month	Social group for young people and adults who have learning disabilities	Neil: 07816 513689	£1 entrance fee
			15yrs+		Drop-in



Short Breaks Local Offer (SBLO) Activities

Noah's Ark Playscheme (Hertsmere Mencap) 	St. Teresa's School Brook Road Borehamwood WD6 5HL	Runs on set dates during the Easter and Summer holidays, 10-3pm	Playscheme for children who have learning disabilities and their siblings.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. To sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Rochelle Gould, Playscheme Co-ordinator: Tel: 020 8906 2783 Email: noahs-ark@live.co.uk http://www.noahsarkplayscheme.co.uk/	£10 per child per day, concessions available
			5-16yrs		Booking required
Action for Children/ Aldenham Adventures    C +hoist	Aldenham Country Park Dagger Lane Elstree WD6 3BA	School holidays including half-terms	This service is for disabled children aged 5-11 years, which will be based at Aldenham Country Park. A variety of age appropriate outdoor activities will be offered, integrating the special needs facilities of the adventure Playground with the wider country park and its facilities, including: Bug Hunting, Woodland activities, Farm activities, Pony Rides, Arts & Crafts.	For enquiries or to book, call: 01923 361500/ 07525731688 Website: http://play.aldenhamcountrypark.co.uk/	TBC
			5-11yrs		Booking required



= Parent/carer stays



= Child/young person can attend on their own





= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

Action for Children/ Aldenham Adventures   C +hoist	Aldenham Country Park Dagger Lane Elstree WD6 3BA	School holidays including half-terms	This service is for older disabled children, with a youth club feel. It will be based at Aldenham Country Park, where a variety of age appropriate outdoor activities will be offered, integrating the special needs facilities of the adventure Playground with the wider country park and its facilities, including: Woodland activities, Environmental studies – nature walks, habitats & orienteering. These sessions will emphasise learning new skills, but also socialising with friends, including: Money skills, CV writing, application forms and interviews, Confidence building, Cooking skills, Garden maintenance.	For enquiries or to book, call: 01923 361500/ 07525731688 Website: http://play.aldenhamcountrypark.co.uk/	TBC
			12-19yrs		Booking required



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Hertsmere support groups

Rainbow Support Group (Bushey)	Support group for parents of children and young people who have any additional need	Meet monthly, Tuesdays 9.30-11.30am (contact for next dates)	Bournehall School, Bournehall Avenue Bushey Hertfordshire WD23 3AX	Angela Blessington: 07901006225 / angela.blessington@hertsmereleisure.co.uk
Potters Bar Children with Disabilities and Special Needs group	Support group for parents of children and young people who have any additional need	2 nd Wednesday of the month, 9.15am-11am (term time only)	Furzefield Centre Mutton Lane Potters Bar Herts EN6 3BW	Jane Franklin 07774 117022 Alison Stamp 01707 850325 Jo Randall 01707 859325
Support Group for Parents of children with ASD in Potters Bar	Support group specifically for parents in the Potters Bar area with children of any age who have a diagnosis of autism.	Please contact for meeting dates	King Charles the Martyr Church, 368 Mutton Lane, Potters Bar, EN6 3AS	For more information please contact either: Karen Edwards (Parent Partnership): Karen.edwards@hertfordshire.gov.uk or Vaneessa Sudan (Communication Disorder Team): Vaneessa.Sudan@hertfordshire.gov.uk
Support Group for Parents of Children with ASD in Borehamwood	Support group specifically for parents in the Borehamwood area with children of any age who have a diagnosis of autism.	One Tuesday per month 9:30-11am (Please contact for meeting dates)	Borehamwood Library 96 Shenley Rd, Borehamwood, Hertfordshire WD6 1EB	For more information please contact either: Karen Edwards (Parent Partnership): Karen.edwards@hertfordshire.gov.uk or Vaneessa Sudan (Communication Disorder Team): Vaneessa.Sudan@hertfordshire.gov.uk
Ohana support group (Borehamwood)	Support group for parents of children and young people who have any additional need	No set days / times – contact for next dates	Various venues in and around Borehamwood	0208 207 1136



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

North Herts

Click the categories below to see details of activities:

[Dance and Drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)

[18+](#)

[SBLO](#)

[Support groups](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible




= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only


North Herts dance and drama

Wheelchair Dance Association Classes 	Jackmans Community Centre, Ivel Court, Letchworth Garden City, SG6 2NL	Almost every Tuesday evening 6-8pm	If you love to dance, then come along! All welcome, whether you are able-bodied, use a manual wheelchair user, electric wheelchair, or pushed wheelchair. Volunteers also welcome.	Phone: 0300 111 30 45 Email: info@wdsauk.co.uk https://www.facebook.com/groups/784590384958192/ www.wdsauk.co.uk	£2.50 per session (free taster session)
			5yrs +		Drop-in



North Herts Holiday Schemes


Breakaway Playschemes 	Woolgrove School, Pryor Way, Letchworth, SG6 2PT	Open on selected dates during Easter, Summer and Xmas holidays 10am-3pm	For Children and Young People with learning disabilities and challenging behaviour.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462 689406 http://www.nhcvsbreakaway.org.uk/	£10/day Free if in receipt of Income Support (proof required)
			5-19yrs		Booking required



Woolgrove School Saturday Club 	Woolgrove School, Pryor Way, Letchworth, SG6 2PT	Every other Saturday in term time, 9.30pm -12.30pm	Saturday club for children and young people with ASD and their siblings	Phone 01462 622422 E-mail saturdayclub@woolgrove.herts.sch.uk http://www.woolgrove.herts.sch.uk/community/noticeboard/saturdayclubflyer.pdf	£5/session
			For primary age children		Booking required

North Herts Play

Tumble Tent SEN sessions   (nearby)	Tumble Tent, 12/13 The Gallery, The Wynd, Letchworth SG6 3BL	Bookable for a group or individuals 4pm – 6pm daily	Soft play session exclusively for children who have additional needs	Phone: 01462 483322, email: tumbletent@hotmail.co.uk http://www.tumbletent.co.uk/	£3 per child £5 inc. food Parents/carers free
			0-10yrs		Booking required

Hitchin Lego Club 	111 Walsworth Road, Hitchin, sg4	Operating during term time on the first Saturday of the month	As well as providing children with autism the opportunity to meet with others who share their love of LEGO and practise social skills, the Club offers a chance for parents and carers to meet others who may be able to share experiences and offer mutual support.	Please contact Nicola via email hitchinlego@hotmail.com	No charge but donations needed to enable club to buy new equipment and to pay for tea, coffee etc
					Strictly booking only



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site







= Venue is Wheelchair accessible





= Changing bed available

HUB Toy library drop-off/pick-up point	Oughton Children's Centre, Mattocke Road, Hitchin, SG5 2NZ	Second Tuesday of each month 10-10.30am	The HUBs run a specialist toy library for children who have disabilities or additional needs. It will be running in Hitchin to allow those in the area the chance to access the toy library items.	Contact the KIDS East HUB on 01992 504013 Or email: rachel.brett@kids.org.uk	Free to attend group, cost to join toy library
		Please contact for next date.	0-19yrs	Toy library catalogue can be viewed here: www.kids.org.uk/hub	Drop-in


North Herts sports

Disability football coaching (Royston Town FC) 	The Meridian School, Garden Walk, Royston, SG8 7JH	Thursday 5-6pm	Football coaching for children who have sensory or learning disabilities.	Jenny Probert 01763 255462 jennyprobert@meridian.herts.sch.uk http://www.angelssupportgroup.org.uk/pages/pdf/football.pdf	£2 per session
			Ages 6-14yrs		Booking required
Hitchin Judo Club  dependent on support needs  	The Old Gymnasium Hitchin Boys School Sports Centre Grammar School Walk Hitchin SG51JB	Tuesdays 7-8.30pm (8-16yrs)	Welcomes those with learning disabilities. Needs of young people with physical disabilities will need to be assessed.	Michael Orton 01462 455568 michael@modesigns.co.uk	£40 for 13 week beginners/intro course then £90 per year. 2 taster sessions free
		Tuesdays 8.30 - 10pm (16yrs+)	8-16 years (juniors) 16 years + (seniors)		Please call before attending



<p>Royston BMX Racing Club</p>  requested to stay	<p>BMX Race Track Burns Road, Royston, SG8 5PT</p>	<p>Times & days vary dependent on time of year, please check website: www.roystonrockets.co.uk</p>	<p>BMX Cycling/ racing on custom built race track. Note, the track includes hills and sharp turns. Child needs to be able to ride a bike without stabilisers and have reasonably good vision.</p> <p>Riders must have obtained their 4th birthday – no upper limit</p>	<p>Phil Townsend 01763 260959 roystonbmx@aol.com www.roystonrockets.co.uk</p>	<p>Annual membership: £12 (single rider) £20 (family)</p> <p>Club nights: £2 + race fees vary £2-£10 dependent on event.</p> <p>Drop in unless specific coaching session when pre-booked.</p>
<p>Royston Leisure Centre</p> 	<p>Royston Leisure Centre Woodcock Road, Royston, Herts SG8 7XT</p>	<p>Open: Mon-Fridays 6am-10pm Sat-Sundays 7am-6pm Sports Hall open until 10pm Off peak - Mon-Fri 9am-5pm Peak – At all other times and all school holidays.</p>	<p>Swimming (general public). Able to book part of the pool to be separate if required. Hoist available.</p> <p>All ages</p>	<p>01763 255190 royston@stevenage-leisure.co.uk http://www.stevenage-leisure.co.uk/CentrenbspLocator/RoystonLeisureCentre/tabid/745/Default.aspx</p>	<p>See website for pricing</p> <p>See website for pool timetable</p>





Hitchin Rugby Football Club 	Hitchin Rugby Football Club King George V Playing Fields Old Hale Way, Hitchin, SG5 1XL	Sundays 9:30-12pm (6-18 years)	Rugby – playing, coaching, refereeing and community development. Participants need to be able to walk/ run, and have the ability to listen/ understand.	gerallt.morgan@uk.ngrid.com (assistant secretary) http://www.hitchinrugby.com/Default.aspx	£50 per year family membership Concessions available for low income families. Booking required
			6-18 years		
North Herts Wheelchair Basketball Club	Wednesdays 7-8pm	Priory School Bedford Road, Hitchin, Hertfordshire SG5 2UR	For young people with a disability. The young person must be able to propel themselves in a manual wheelchair.	For information or to book a place at a session please contact hertsdisabilitysport@yahoo.co.uk Or go to www.nhdsa.org.uk	£2 per session
			For school year 7+.		Book
Hitchin Town Ability Counts FC	Mondays 5-6pm	The Arena Norton Rd, Baldock, Hertfordshire SG7 5AU	For young people with special educational needs/disabilities. Must be ambulant.	For information or to book a place at a session please contact hertsdisabilitysport@yahoo.co.uk Or go to www.nhdsa.org.uk	£2 per session.
			For ages year 2 – year 9 (split into groups of age/ability).		Book
Pisces Swimming Club 	North Hertfordshire Leisure Centre Baldock Road Letchworth Garden City SG6 2ER	Fridays, 7.30-9pm	Swimming club for children and adults who have disabilities	Mrs Ann Nightingale 01462 679311 ann.nightingale4@ntlworld.com http://www.mogozout.org/Activity/Details/Pisces-Swimming-Club-Letchworth	£5/yr
			11-19 years		Drop-in



Diveabilities	Luton Inspire Luton Sports Village Hitchin Road Luton LU2 8DD	Two sessions lasting one hour from 4pm-6pm	This programme is for people with any disability to come and try diving, learning, physical or both disabilities. We ask that all participants can swim 25 metres comfortably. A moderate level of coordination might help however not essential, and a reasonable level of being comfortable in deep water would be great.	Tel. 01582 393230	£18 for 6 weeks
			All ages		Phone to book
					Drop-in


North Herts Youth Groups

Snappy Gs Youth Club (Youth Connexions) 	Bancroft Centre for Young People 29 Bancroft Hitchin Herts SG5 1JW	Mondays and Wednesdays 6.30pm-.9.30pm	Youth group for young people who have special needs. Mondays are for 17-24 year olds, Wednesdays are for 13-17 year olds.	Gary Leask 07747 762829 http://www.mogozout.org/Activity/Details/Snappy-Gs	50p per session
			13-24yrs		Drop-in


Papworth Trust Fun United Youth Club - Royston 	Coombes Community Centre, Burns Road, Royston, SG8 5PT	Wednesday evening 7-9pm Starting 3 rd June 2015	Youth club for young people with additional needs or disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Papworth Trust: Phone: 0800 952 5000 Email: info@papworthtrust.org.uk Website: www.papworthtrust.org.uk/youthclub	£2 per session (Some activities may incur additional costs such as trips out.)
			11 – 19 years		Please book on using the contact details listed.



North Herts 18+

PHAB Club (Physically Disabled and Able Bodied) 	Westmill Community Centre, John Barker Place, Westmill Estate, Hitchin, Herts SG5 2PF	Fortnightly on Fridays, 7-10pm	Social group for adults with and without disabilities	01462 456752 http://www.hitchinphab.org.uk/home.htm	£1 per session
			18yrs+		

Short Breaks Local Offer (SBLO) Activities

Breakaway Playschemes 	Woolgrove School, Pryor Way, Letchworth, SG6 2PT	Open on selected dates during Easter, Summer and Xmas holidays	For Children and Young People with learning disabilities and challenging behaviour.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462689406 http://www.nhcvsbreakaway.org.uk/	£10/day Free if in receipt of Income Support (proof required)
		10am-3pm	5-19yrs		

[Back to North Herts](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Papworth Trust Fun United Youth Club - Royston 	Coombes Community Centre, Burns Road, Royston, SG8 5PT	Wednesday evening 7-9pm Starting 3 rd June 2015	Youth club for young people with additional needs or disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries and information outside of this age group, please contact Papworth Trust: Phone: 0800 952 5000 Email: info@papworthtrust.org.uk Website: www.papworthtrust.org.uk/youthclub	£2 per session (Some activities may incur additional costs such as trips out.) Please book on using the contact details listed.
			11 – 19 years		

[Back to
North Herts](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

North Herts Support groups

Sunchild	Support group for parents who have a child with a disability aged 0-12years	First Saturday in the month. 10am – 12pm	Coombes Community Centre Burns Road, Royston SG8 5PT	To book or for more info call Lisa French at Royston and Villages Children's Centre: 01763 243338 www.roystonandvillagescc.com
Angels Support group – Hitchin	Support group for parents of children and young people who have a diagnosis of ASD and / or ADHD	Tuesdays 10.00am - 12 noon In term time	Coffee Bar at Oughton Children's Centre, Oughton Primary School, Mattocke Road, Hitchin SG5 2NZ	Kirsten Bennet 07979 345858 kabennet@hotmail.co.uk http://www.angelssupportgroup.org.uk/
Angels Support group – Royston	Support group for parents of children and young people who have a diagnosis of ASD and / or ADHD	Alternate Thursdays 12.30pm - 2.30pm	Extended Services Centre, Roisia Middle School, Burns Road, Royston SG8 5EQ	Kirsten Bennet 07979 345858 kabennet@hotmail.co.uk http://www.angelssupportgroup.org.uk/



St Albans

Click the categories below to see details of activities:

[Dance and drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Youth Groups](#)




[16+](#)

[SBLO](#)




[Support groups](#)











St Albans Dance and Drama

Popdance class  carer may be needed for high support needs  	Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, St Albans AL2 3HW	Mondays 6-7pm	Popdance class for children and adults with a disability. Ages 8yrs+	Lauren Sloan 07913 181325 laurenpopdance@hotmail.co.uk http://www.netmums.com/southbeds/local/view/after-school-activities/dance/popdance-active-and-able-st-albans	£45/term (£5/session)
		Booking required			
Herts that Dance	All Saints Dance Studio, 156 St Albans Road, St Albans, AL4 9LP	Starting September 2015. TBC- Please call to discuss preferred day/time	Sweet Herts Dance: For under 18's-Fun classes designed for those with special needs. Caring Herts Dance: Dance rewards for carers Rewarding you from your time and care.	Contact Liana:07854930718 Email: hertsdanceassociation@yahoo.com www.hertsdanceassociation.com Parents welcome to stay with children.	FREE
			Under 18s and parent classes		Booking required


St Albans Holiday Schemes





SNAP    C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansemencap.org.uk http://www.stalbansemencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.' Booking required
			Ages 5-19yrs		

St Albans Play

DJ's Jungle Adventure – special needs sessions 	DJ's Jungle Adventure, Unit 2/7, 156 St Albans Road, Sandridge, St Albans AL4 9LP	1 st Sunday of the month, 4-6pm	Adventure soft play session exclusively for children with additional needs and their families	01727 844 991 enquiries@djsjungleadventure.co.uk http://www.djsjungleadventure.co.uk/	£3-£7 per child Adults free
			Suitable for ages 12yrs and under		Drop-in
Lego Club for children with Autism / Aspergers 	Fleetville Community Centre St Albans AL14QL	Weekly on Saturdays 4-5:30pm	An opportunity for children / young adults to create, socialise and develop friendships.	Contact: gayeannaalcock@btinternet.com or regular updates here: https://www.facebook.com/pages/Lego-Club-for-children-with-Autism-Aspergers/284653461736059?sk=timeline&ref=page_internal	£2 per child £1 for siblings
			2-16yrs		Drop-in
Albanway Children's Centre – additional needs group   	Ashley Road Church Hall, AL1 5DA	Mondays 9.30am-11am (term-time)	Drop-in for families of children with additional needs including support for parents and play for the children	Marian Le Blond (Outreach Worker) Tel: 07880 500 962 Email: marianoutreach.albanway@hertschildrenscentres.org.uk http://www.albanway.org.uk/activities/display/5	Free
			Children aged 0-5yrs		Drop-in
SNAP bookable sensory room    C	Special Needs Activities and Play Unit 5 181a Verulam Road St Albans AL3 4DR	40min appointments available 9:30am-5pm Monday-Saturday	Bookable sensory room for parents and children/young people.	Stacey Smith 07979 612363 Office phone 01727 863813	£5 for 1 hour for a child of any age or adult.
			0-19yrs		Booking required




Home-education 'free play' session 	St Albans Scout Hut, 68 Lemsford Road, St Albans, AL1 3PT	Fortnightly Fridays 12-1pm. Contact for details of next dates	Parent-led 'free-play' group for those home-educating their children (children of all abilities welcome)	Katie: ktdesborough@hotmail.com	£5 per family
			Mainly ages 7 and under, but older children are welcome to attend		



Butterfly World    	Butterfly World Project Ltd Miriam Lane, (Off Noke Lane,) Chiswell Green, AL2 3NY	Open daily, 10am-5pm in season (March – November)	Gardens, tropical butterfly house, insect centre and more. Recommended to the HUBs by a parent of a child with severe ASD as being a very welcoming public attraction.	01727 869203 or email us info@butterflyworldproject.com http://www.butterflyworldproject.com/	Disabled visitor: £4 Adults: £7.50 Children(3-16): £5.50 Family (2 adults & 2 children): £22.50. FREE entry for 2 years and under. Season tickets also available
			All ages		

Disability Trampolining Bounce Therapy	Westminster Lodge Leisure Centre, Holywell Hill, St Albans, AL1 2DL	Saturdays 1.30-2.15pm (Starts again from 5 th of September)	Supported through sportivate for ages 11+ for participants with learning difficulties.	Book now to avoid disappointment 01727 736 080 or pay & play on the day! Limited spaces available!	Only £2 per session
-----------------------------------------------	---------------------------------------------------------------------	------------------------------------------------------------------------	----------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	---------------------

St Albans Sports

RDA Harpenden  No designated D parking or toilet facilities	Greenacres Annables Lane Harpenden AL5 3PL	Thursday evenings (term-time only) 5.30-6.15pm 6.15-7pm	We aim to give subsidised riding lessons to physically and learning disabled people of all ages	Tim Roberts 0845 2415333: tim@stagenhoe.co.uk	£6 per session
			Age 5 - adult		













RDA Oaklands College (Special Olympics)   	Smallford Campus Hatfield Road St Albans Herts AL4 0JA	Fridays 6-8pm (term-time only)	Charity teaching young people with disabilities how to ride	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/EQ.aspx	£10/session
			Age 10yrs +		Booking required – waiting list applies
St Albans City Youth FC  	Nicholas Breakspear Sports Centre St. Albans AL4 0TT	Saturdays 10am-12pm	Inclusive football training session aimed at younger children and those with more challenging disabilities.	David Wray: 07749 926151 or email commercial@cityyouthfc.com http://www.cityyouthfc.co.uk/index.php/disability-football/disability-training-times	Free taster session. £3 per session
			Ages 8yrs +		Booking required
St Albans City Youth FC   	Charters Health Club 59 Russet Drive St. Albans AL4 0DB	Fridays, 7.30pm-9pm	Inclusive football training session with the aim of playing in small friendly matches. There is also opportunity to progress into the clubs inclusive competitive squad.	David Wray: 07749 926151 or email commercial@cityyouthfc.com http://www.cityyouthfc.co.uk/index.php/disability-football/disability-training-times	Free taster session. £3 per session
			Age 5+		Booking required
Harvesters Football 	Oaklands Lane Smallford (Nr St Albans) AL4 0HR	Sundays 10am – 11.30am	Inclusive football teams. Kit available for loan	Mandy: 07949868053 mandy_smith1@btinternet.com http://www.harvestersfc.com/team/teamid_4514/INCLUSIVEU12.aspx	£40 per year
			Ages 7yrs +		Booking required









Athletics (Special Olympics)     C	Westminster Lodge Sports Centre Holywell Hill St. Albans AL1 2DL	Mondays 6-7pm, (term-time only)	Athletics for young people with learning disabilities	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/ATH.aspx	£4 per session
			8yrs+		Drop-in
Basketball (Special Olympics)     C	Westminster Lodge Sports Centre Holywell Hill St. Albans AL1 2DL	Tuesdays, 6-7pm, (term-time)	Basketball for young people with learning disabilities	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/BSK.aspx	£4 per session
			8yrs+		Drop-in
Boccia (Special Olympics)     C	Nicholas Breakspear School, Colney Heath Lane, St Albans	Wednesdays 5.45pm-6.45pm (term-time)	Boccia is similiar to French Boules and is played in a seated position – this session is exclusively for young people with learning disabilities	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/BOCC.aspx	£4 per session
			8yrs+		Drop-in
Multi-sports session (Special Olympics)     C	Harpenden Sports Centre Leyton Rd Harpenden AL5 2HU	Fortnightly on Saturdays 1.30-2.45pm	Opportunity to try a variety of sports – sessions for disabled children and young people	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/MS.aspx	£4 per session
			8yrs+		Drop-in






St Albans Sub Aqua Club   	Westminster Lodge Sports Centre Holywell Hill St Albans	Scuba Diving; Wednesdays 9-10pm (lectures at clubhouse beforehand)	Club offering instruction and recreational diving/ snorkelling. Can accommodate young people who have moderate learning disabilities.	Membership secretary 01727 859829 ali.humphrey@hotmail.com	Membership £44 per year + insurance £17.50
		Snorkelling: Thursdays 7:30-8:30pm	14 years+ for diving 12 years+ for snorkelling		Enquire about membership
St Albans Gymnastics Club   	St Albans Girls School Sandridgebury Lane St Albans AL36DB	Mondays 5:30 – 8:30pm	Gymnastics for recreation or competition – working towards BGA badges. Will welcome young people who have a learning disability.	07806 483820 info@stalbangymclub.com	£6 per class payable per half term + £28 membership fee – includes insurance.
		Wednesdays 5:30-8:30pm	5-10 years recreational 5 years + competitive		Saturdays 9:15-1pm
Salmon Swimming Club  in pool   	Westminster Lodge Holywell Hill St Albans AL1 2DL	Saturdays 4-5.50pm	Swimming session exclusively for disabled children and adults and their families	Chris Bowles: 01727 833350 /07956 340720 chris.bowles@salmon-club.org.uk http://www.salmon-club.org.uk/	£5/yr per person
		No age restriction	Drop-in		




Special Olympics Family Swim  in pool with under 8's   C (+ hoist)	Harpenden Swimming Pool Leyton Road Harpenden AL5 2HU	Saturdays, 3-4pm	Swimming session for children with disabilities and their families.	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk	£4 per person
			Must be able to swim 1 length confidently Ages 8+		Drop-in


Special Olympics Swimming Lessons    C	Townsend School Pool High Oak St. Albans AL3 6DR	Thursday afternoon / evening (the appropriate session depends on swimming ability)	These sessions teach beginner swimmers water confidence and the fundamentals of all the swimming strokes – for children and young people who have disabilities	Special Olympics Co-ordinator: Susie Williams on 01727 827667 Susie.williams@leisureconnection.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/SWM.aspx	£4.30 per session
			8yrs+		Booking required

Westminster Lodge Mainstream Swimming Lessons  depending on needs   C	Westminster Lodge Holywell Hill St Albans AL1 2DL	Various times/days	Mainstream swimming lessons in groups of up to 8 children, 1:1 support can be provided. One-to-one lessons also available, waiting list applies.	Westminster Lodge pool 01727 736 080 http://www.everyoneactive.com/tabid/1756/Default.aspx	Group lessons £5/session must be booked termly in blocks of 12-13 weekly sessions 1:1 lessons £15/session must be booked in blocks of at least 4 weekly sessions
			All ages		Booking required, waiting list for 1:1 lessons







St Albans Youth Groups

Junior PHAB Club (Physically Disabled, Able Bodied) 	Meet at Redbourne Recreation Centre; Redbourne	Monday 10am-4pm spring/summer/school holidays	Group which arranges fun activities for young people with and without physical (no learning) disabilities. Offer 1/2 week- ends away per year	Secretary - Marion Jones Phone - 01727 761941 Email - jonesmarion@hotmail.co.uk http://www.phabstalbens.co.uk/	£2 per young person.
			Ages 4-20years		Booking required




Autism Football Groups 	Harvesters FC Oaklands Lane Smallford Near St Albans Herts AL4 0HR	Tuesdays from 4 th Feb 2014	Specialised football sessions for people with high functioning Autism and Aspergers.	For more information please contact Conor Craddock on 01923 496356 Or Wayne Thorpe on 07946 081270	£5/session
		1-2:30pm Adults 4-5:30pm Youth (13-17 yrs)	13-17yrs		Booking required



St Albans 16+



Earthworks   	Earthworks Hixberry Lane, St Albans AL4 0TZ	Site open Tuesday-Friday, 9.30am-3pm	Offers trainees (with LDs ; MH or moderate physical disabilities) the opportunity to learn about horticulture – hands-on.	Fiona Gulliver: 01727 847311 Email: fiona@earthworksstalbens.co.uk http://www.earthworksstalbens.co.uk	Low Support Needs: £41.68 per day Medium Support Needs: £52.10 per day High Support Needs: £93.78 per day
			Ages 16yrs+		Booking required



Autism Football Groups 	Harvesters FC Oaklands Lane Smallford Near St Albans Herts AL4 0HR	Tuesdays 1-2:30pm	Specialised football sessions for people with high functioning Autism and Aspergers.	For more information please contact Conor Craddock on 01923 496356 Or Wayne Thorpe on 07946 081270	£5/session
			18yrs+		Booking required

Short Breaks Local Offer (SBLO) Activities



SNAP    C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.' Booking required
			Ages 5-19yrs		



SNAP Adventure Activities  	St Albans Mencap Base, Unit 5, 181a Verulam Road, St Albans, Herts, AL3 4DR	Proposed start date: July 2015	This group will be supported by skilled subcontracted partners such as ground work Hertfordshire, Sportivate, special Olympics and Snap qualified staff to offer a range of outdoor /adventure activities including: outside cooking, treasure hunts, archery, den building, and building bonfires. Activities will be age/ability appropriate.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	TBC Booking required
			Ages 8-19yrs (split into age appropriate groups)		

SNAP Overnight Sessions  	St Albans Mencap Base, Unit 5, 181a Verulam Road, St Albans, Herts, AL3 4DR	Proposed start date: September 2015	The group will complete adventure activities via service providers such as Hudnall Park, Phasel's Wood, and local Scout association. Activities would include climbing wall, shelter building, walking, cooking. The group will then also have an overnight stay under canvass or in a bunk house as appropriate.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk	TBC
			Ages 8-19yrs (split into age appropriate groups)	http://www.stalbansmencap.org.uk/#/snap-home/4577429430	Booking required

SNAP Social and Leisure Group  	St Albans Mencap Base, Unit 5, 181a Verulam Road, St Albans, Herts, AL3 4DR	Proposed start date: July 2015	The aim of this group is to incorporate socialisation and leisure skills within a variety of activities including trips to the theatre, cinema, music events, social events including going for coffee or meal out. Accessing the community is a key part of this activity.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk	TBC
			Ages 14-19yrs	http://www.stalbansmencap.org.uk/#/snap-home/4577429430	Booking required



SNAP Special Interest Activities  	St Albans Mencap Base, Unit 5, 181a Verulam Road, St Albans, Herts, AL3 4DR	Proposed start date: June 2015	The aim of this group is for service users to access an individual 6 week program. Each program will be based upon a specific subject area including ICT, art, dance, drama, music or sensory session. The individual program will be taught/lead by a skilled staff experienced within the area who will provide the correct level of learning/subject knowledge to each group.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	TBC
			Ages 11-19yrs		Booking required

SNAP Independent Living Group  	St Albans Mencap Base, Unit 5, 181a Verulam Road, St Albans, Herts, AL3 4DR	Proposed start date: June 2015	The aim of this group is to offer sessions incorporate practising and promoting life skills such as diet, healthy eating, health & safety, and first aid. The first 6 week program will be based upon 'buy cook and eat' with service users benefitting from using the Mencap training kitchen to prepare a meal which will then be eaten together. This activity will promote shopping skills, money skills, good healthy eating, group work and socialisation skills.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	TBC
			Ages 11-19yrs		Booking required



St Albans Support groups

Ashley Road Additional Needs Group	Group for parents of children 0-5yrs who have additional needs to attend with their child	Mondays, 9.30am-11am	Ashley Road Church Hall, Ashley Rd, St Albans	Marian Le Blond - 07880 500 962 http://www.albanway.org.uk/activities/display/5
ADDvance	Group for parents of children and young people who have ASD and / or ADHD	1 st Tuesday of the month, 7.30-9.30pm	Alban Way Children's Centre, Sherwood Park, Sherwood Avenue, Marshalswick, St Albans AL4 9QL	Tel: 01727 833963 Email: herts@add-vance.org www.add-vance.org
Hope for Autism	Drop-in support group for parents, grandparents and carers of children who have ASD or Aspergers.	2 nd Tuesday of the month, 7.30-9.30pm	Fleetville Junior School 228 Hatfield Road St Albans AL1 4LW	Linda Faupel 01442 219981 HopeForAutismWH@yahoo.co.uk http://www.hopeforautism.org/
Common SENSE (Harpenden)	Group for parents of children and young people with any kind of additional need. With guest speakers and refreshments.	4th Monday of the month (term time only) Drop-in 7.45-9.30pm	Salvation Army Hall, Leyton Road, Harpenden AL5 2TG	commonsense.harpenden@hotmail.co.uk
StarScope (St Albans and Region Scope)	Group for parents and carers of children, young people and adults who have Cerebral Palsy	Various coffee mornings – contact for next dates	Various – contact for details	web@starscope.org.uk http://www.starscope.org.uk/



Stevenage

Click the categories below to see details of activities:

[Dance and Drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Family Activities](#)

[Youth Groups](#)

[16+](#)

[SBLO](#)

[Support groups](#)

[Sibling Group](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible





= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only


Stevenage Dance and Drama


Creative Xplosionz (JCs Ltd) 	Grace Community Church Hall, Hydean Way, Stevenage SG2 9XJ	Every Wednesday 4:15-5:15pm (Term time only)	A music and dance club for children on the Autistic Spectrum, those that encounter social, emotional and communication barriers and their siblings within the age range.	Email: info@JCSLtd.com T: 07583 539 160 call or text http://www.jcsLtd.com/#!creativexplotions-/c1mde	Free trial session. £3.50 per session (discount when paying for more than one child) Booking required
			3-9yrs		

Stevenage Holiday Schemes

Breakaway Stevenage Playscheme 	St Nicholas C of E Primary School, Six Hills Way, Stevenage, Hertfordshire, SG2 0PZ	Selected dates during the Christmas, Half term, Easter and Summer Holidays. Hours 10am – 3pm.	For Children and Young People with learning disabilities and challenging behaviour. Ages 5 - 19	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk	Charge: £10 per session, Free with proof of income support. Booking required
Breakaway Complex Health Needs Playscheme 	Greenside School, Shephall Green, Stevenage, Hertfordshire, SG2 9XS	Selected dates during the Christmas, Half term, Easter and Summer Holidays. Hours 10am – 3pm.	For Children and Young People with complex health needs. Ages 5-19.	For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462 689406 http://www.nhcvsbreakaway.org.uk/	











Breakaway Saturday Playscheme 	St Nicholas C of E Primary School, Six Hills Way, Stevenage, Hertfordshire, SG2 0PZ	Saturdays during term-time 10am-3pm	For Children and Young People with learning disabilities and challenging behaviour. Ages 5 - 19 Alternating weeks ages 5 -13 and 14-19	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462 689406 http://www.nhcvsbreakaway.org.uk/	Charge: £10 per session, Free with proof of income support. Booking required
---------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

Grace's Space – Saturday Club 	Grace's Space Grace Community Church, Hydean Way, Stevenage SG2 9XJ	First Saturday of the month 3-9yrs 10-11.30am 12.30-2pm 9-14yrs 2.30-4pm	Parent and volunteer led monthly Saturday club for children on the Autistic Spectrum in the specified age groups and/or children who have a sibling diagnosed with ASD of any age. Children aged 3-14 years	Grace's space mobile: 07972 345 797 graces_space@live.co.uk http://www.gracesspace.org/	Cost £1 per family towards snacks Attendance is by registration only
---------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------	-------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------

Grace's Space – Summer Club 	Grace's Space Grace Community Church Hydean Way Stevenage SG29XJ	Summer Club Wednesdays (school summer holidays). Times to be decided.	Club for children diagnosed with Autistic Spectrum Condition and/or siblings in this age group 3-14 years	gracesspace@live.co.uk 07972 345797 http://www.gracesspace.org/	£1 per family Booking required
---------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------	-----------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------



Stevenage play








Partyman World   	Partyman World Roaring Meg Retail Park Stevenage SG1 1XN	Last Thursday of each month 5.30pm -7.30pm	Use of soft play facilities for children with SEN and their families/carers. Ages 0-13yrs. Drop in. Kitchen is now open for parents to purchase Dinner for Children	Tel: 01438 745 823 http://www.partymanworld.co.uk/stevenage/what-s-on	Under 4 yrs £3 4yrs & over £5 Adults free
			Ages 0-13yrs		
360 Play    Parking nearby	360 Play, Stevenage Leisure Park, Six Hills Way, Stevenage SG1 2UA	6.30pm - 8.30pm, (1st Friday of the month)	Session for children with additional needs and disabilities, family friends and carers.	tel: 01438 365744, e-mail: mailst@360play.uk.com	£4.99 per child Adults accompanying young people free
			Ages no limits		
Tracks   	Tracks Autism, Lodge Farm Annexe, Mobbsbury Way, Chells, Stevenage, Herts, SG2 0DN	Monday 1-4.30pm Tues/Wed. 8.30- 12pm Thursday all day	TRACKS autism provides specialist early years education and respite care. Provide 1-1 staffing	07955 918 248 www.tracks-autism.org.uk Sara Campbell (Principal)	£33 per 3.5hr session session Booking required
			Ages 2-6yrs		
Crafting Xcellence (JJs Ltd) 	Grace Community Church Hall, Hydean Way, Stevenage SG2 9XJ	Mondays 5-6pm (term time only)	This club aims to help children explore art in a creative, communicative and therapeutic way.	Email: info@JJSltd.com T: 07583 539 160 call or text http://www.jjssltd.com/#!craftingxcellence/cz6k	£3.50 per session – discount when paying for more than one child. First trial session free.
			8-13yrs		






Stevenage sports

Sailability    	Fairlands Valley park, Stevenage	Fortnightly on Saturday afternoons or Friday evenings - please contact for dates Sailability runs approx. April-October, site open all year round	Disability sailing for ages 8yrs and up	Contact Gavin or John at Fairlands Valley Park 01438 353 241 http://www.stevenage-leisure.co.uk/CentrenbspLocator/FairlandsValleyPark/Sailability/tabid/331/Default.aspx	£7.50 for 1hr
			8yrs plus		Booking required
Bedwell Rangers Football Team depending on needs    	Marriots School Brittain Way Stevenage SG28UT	Thursdays 6-7pm (special needs football training)	Special needs football training.	Ken Headington 07946329180 kenmh58@hotmail.com http://www.bedwellrangersfc.co.uk/disability.htm	£50 per season Concessions possible, contact to discuss. 25% discount for 2 nd child.
			9-16 years Younger children may be able to integrate into mainstream teams – please call to discuss		Booking required
Upfront Project depending on needs    	Stevenage FC Academy Shephalbury Sports Academy Broadhall Way Stevenage SG2 8RH	Mondays 8-9pm Tuesdays 6-7pm	Special needs football training for young people looking for more advanced training than the Bedwell Rangers team	http://www.mogozout.org/Activity/Details/Upfront-Football-Project-at-Shephalbury-Football-Academy-Stevenage	£50 per season Concessions possible, contact to discuss. 25% discount for 2 nd child.
			14-25years		Booking required






Stevenage & North Herts Athletics Club  depending on needs  	Ridlings Stadium Woodstock Road Stevenage SG29PA	Mondays 6:30-8pm	Specific disability squad including wheelchair users and seated throwers.	01438 353312 (evenings) www.snhac.org.uk	£4 per session
			9 years +		
Chaotic Energy (JICs Ltd) 	Barnwell (aka Shephall) Leisure Centre Barnwell Stevenage SG2 9SW	Usually 1 st and 3rd Sunday of the month 2-3pm (Term time only) See website for dates	Exercise and sports session for all children. With bursts of energy including fun workouts, games and relaxation.	Email: info@JICSLtd.com T: 07583 539 160 call or text http://www.jicsltd.com/#!chaotic-energy/c197k	£3.50 per session – discount when paying for more than one child. First trial session free. Booking required
			4-13yrs		
Dolphins   	Stevenage Swimming Centre, St Georges Way, Stevenage SG1 1XY	Sundays 4pm to 5.30pm	Disability swimming club for all ages and abilities	David Wall: 01438 811631 membership@stevenage-dolphins.org www.stevenage-dolphins.org	£5/yr per person Drop in Please call first if requiring hoist
			All ages		







Diveabilities   	Stevenage Swimming Centre, St Georges Way, Stevenage SG1 1XY	Saturdays 11:45am-12:15pm	This programme is for people with any disability to come and try diving, learning, physical or both disabilities. We ask that all participants can swim 25 metres comfortably. A moderate level of coordination might help however not essential, and a reasonable level of being comfortable in deep water would be great.	Please contact reception for further information: 01438 218770	£25 for 10 weeks.
			Aimed at 14-21 year olds		Booking required

Family Activities

Sensory Friendly Film Screening   	Cineworld, Stevenage Leisure Park, Six Hills Way	Monthly on Sundays 11am (see website for dates)	Mainstream films shown in a sensory friendly environment. Lights are on low, sound is turned down, trailers are omitted and people can bring their own food, make noise and move around the cinema as they feel comfortable.	More info and other participating cinemas: http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/autism-friendly-screenings-at-cineworld/	See website for details
			All ages		Booking required

Stevenage Youth Group

Megamix Youth Club    (one space)  (except for kitchen)	Bowes Lyon Centre , St George's Way, Stevenage, Hertfordshire SG1 1XY	Tuesdays: 6.45pm- 9.45pm	For young people with disabilities (or requiring other extra support) opportunity for young people to socialise and learn new skills including cooking (accredited), saving & budgeting work, arts & craft, fun sports and trips out.	Ian Marchant 07776 226206 ian.marchant@hertfordshire.gov.uk http://www.mogozout.org/Activity/Details/Megamix-at-Bowes-Lyon-Centre-for-Young-People-Stevenage/	50p
			aged 13-25		Drop in

[Back to Stevenage](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only



Stevenage 16+


	Stevenage Centre: 3 rd Floor Swingate House Stevenage SG1 1AF	Various days	A one year full-time course run by North Hertfordshire College for young people aged 16-24 years with a diagnosis or traits of Asperger Syndrome or High Functioning Autism who may experience social, emotional, behavioural and mental health difficulties. The course aims to equip young people with the confidence, independence and social skills they need to reach their full potential.	Tel: 01438 728938 Lynda Howell Springboard Transition Link Advisor lhowell@nhc.ac.uk	
			Ages 16+		

Short Breaks Local Offer (SBLO) Activities

 = Parent/carer stays
  = Child/young person can attend on their own
  = Disabled parking on site
  = Venue is Wheelchair accessible
  = Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Breakaway Stevenage Playscheme 	St Nicholas C of E Primary School, Six Hills Way, Stevenage, Hertfordshire, SG2 0PZ	Selected dates during the Christmas, Half term, Easter and Summer Holidays. Hours 10am – 3pm.	For Children and Young People with learning disabilities and challenging behaviour. Ages 5 - 19	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk	Charge: £10 per session, Free with proof of income support. Booking required
Breakaway Complex Health Needs Playscheme 	Greenside School, Shephall Green, Stevenage, Hertfordshire, SG2 9XS	Selected dates during the Christmas, Half term, Easter and Summer Holidays. Hours 10am – 3pm.	For Children and Young People with complex health needs. Ages 5-19.	For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462 689406 http://www.nhcvsbreakaway.org.uk/	

Breakaway Saturday Playscheme 	St Nicholas C of E Primary School, Six Hills Way, Stevenage, Hertfordshire, SG2 0PZ	Saturdays during term-time 10am-3pm	For Children and Young People with learning disabilities and challenging behaviour. Ages 5 - 19 Alternating weeks ages 5 -13 and 14-19	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up please contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries contact: Katie Lake katielake@nhcvs.org.uk or oliviasearle@nhcvs.org.uk 01462 689406 http://www.nhcvsbreakaway.org.uk/	Charge: £10 per session, Free with proof of income support. Booking required
---------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

[Back to Stevenage](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

North Herts College 	North Herts Collegeg, Monkwood Way, Stevenage, Hertfordshire, SG1 1LA	Runs on set dates during the Summer holidays	The provision is a holiday respite Playscheme for young people with disabilities aged 16-19 years, which runs during the Summer school holidays.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. To sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk Lyn Law 01462 424242 Ext. 1493 LLaw@nhc.ac.uk	Booking required
			16-19yrs		

[Back to Stevenage](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Stevenage Support groups

Angels Support groups	For parents of children and young people with ASD and/or ADHD	Wednesdays 12.30pm - 2.30pm In term time	Broadwater Children's Centre, Longmeadow Primary School, Oaks Cross, Stevenage SG2 8LT	Kirsten Bennet 07979 345858 kabennet@hotmail.co.uk http://www.angelssupportgroup.org.uk/
Headway	Support group for carers of people with brain injury	Please contact for dates	Carer support groups in Stevenage and Watford	0300 330 1455 enquiries@headway-herts.org.uk https://www.headway.org.uk/branches/hertfordshire.aspx

Siblings Group

SPACE Autism Siblings group	Stevenage Space 1a Town Square, Stevenage, SG1 1BP	Tuesdays 4.45-6.30pm (Children attend in 6 week blocks)	Group for siblings of children with Autism, run by YMCA central Herts. Dinner provided.	Booking required. For more info or to book, contact Karen Eyres (Youth & Community Manager Stevenage) Tel: 07904 955269
------------------------------------	-------------------------------------------------------------	---------------------------------------------------------------	--------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------

[Back to Stevenage](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Three Rivers

Click the categories below to see details of activities:

[Dance and drama](#)

[Sports](#)

[Youth Groups](#)

[18+](#)

[Support groups](#)

[Back to map](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site




= Venue is Wheelchair accessible




= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Three Rivers Dance and Drama

	Tanners Wood Hall, School Mead, Abbots Langley WD5 OLA	Thursdays 4.30pm – 5.45pm	Our aims are to use drama, movement, music and theatre techniques to help build people's confidence, communication skills and to encourage and build social inclusion.	07857 986364 admin@hit-theatre.org.uk http://www.hit-theatre.org.uk/	£60 per term
			6 – 15yrs		Booking required

Three Rivers Sports

Breakspeare Trampoline Club 	Breakspeare School, Gallows Hill Lane, Abbots Langley, WD5 OBU	Wednesdays, 4-6pm (children usually do either 4-5pm or 5-6pm session)	Trampolining club for young people with disabilities	Contact the school on: 01923 263645 Darren White PE co ordinator admin@breakspeare.herts.sch.uk	£8 per session
			Ages 3-19yrs		Booking required

CVSS (Colne Valley Special Sailors)  (key access required, keys to be purchased from CVSS) Uneven surfaces on site for wheelchairs.	Bury Lake Young Mariners Rickmansworth Aquadrome Frogmoor Lane Hertfordshire WD3 1NB	27 th April – 21 st Oct. half term Mon. Tues. Wed. Hourly from 10.30-2.30	CVSS is a disability charity organisation run entirely by volunteers who are all keen to encourage people with disability (including mental health/strokes) to sail. Dinghy and catacanoe craft available. Instruction/information days for parents/carers. Ages 5+ Young, inexperienced, and those with complex disabilities require 'buddy' sailor, may be parent or vol. from CVSS	To book a boat or katakanu contact: Frances Brown 01923 330756 For general enquires contact: Elaine Coombs 01923 826313 Further information and membership forms available at www.cvssailors.org.uk	Cost £25 per season gives unlimited sailing when slot available. £5 per hour up to 5 sessions then free.
		Sat. hourly from 10.30am-2pm			Book as seasonal time slot or one off sessions.

[Back to Three Rivers](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site






= Venue is Wheelchair accessible





= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only


Three Rivers Young Blades Fencing Club 	Royal Masonic School Rickmansworth Park Rickmansworth WD34HF	Mondays	Course teaching basic skills leading to an award. Inclusive club, but regrettably no wheelchair access.	beginners@tryb.org.uk www.tryb.org.uk	£99 per course (school term) Fee covers tuition, t-shirt, use of kit and equipment, insurance. Waiting list. Booking required.
			7-18 years		

Get Set Sail  Carer can stay if required. Child/young person can stay on their own if carer is not required.  Hoist available upon request	CVSS, Bury Lake, Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1NB	Wednesdays 2:30pm-3:30pm & 3:30pm-4:30pm During sailing season.	Sailing sessions for those with a disability with sailing buddies from Colne Valley Special Sailors. Sailors can either sail on a 2 man boat or a 6 man katakanu. Aims to increase physical activity, mobility and trying new sports.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	Free Booking essential
			Ages 5+		


Get Set Swim 	William Penn Leisure Centre Shepherds Lane Mill End WD3 8JN	Wednesdays 10:30 -11:30am	Swimming sessions for those with a disability and their family, friends parents or carers. Aims to increase physical activity, mobility, confidence and healthy lifestyle through sport. All ages welcome (children must not be left unsupervised by parents/carers).	William Penn: Tel: 01923 771050 Or Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£1 per person Drop-in (All users will need a Motivate4Silver Card which is free to those with a disability)
		Saturdays 3-4pm	All ages welcome		

Get Set Swim 	Sir James Altham Swimming Pool Little Oxhey Lane, South Oxhey, Watford WD19 6FW	Thursdays 11am – 12pm	Swimming sessions for those with a disability and their family, friends parents or carers. Aims to increase physical activity, mobility, confidence and healthy lifestyle through sport. All ages welcome (children must not be left unsupervised by parents/carers).	Sir James Altham Pool Tel: 0208 421 0211 sjareception@hertsmereleisure.co.uk Or Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£1 per person
			All ages welcome		Drop-in (All users will need a Motivate4Silver Card which is free to those with a disability)




Three Rivers Family Activities


Get Set Panto 	Watersmeet, High Street, Rickmansworth, WD3 1EH	Various times during Panto season.	Come along to this year's Pantomime with your family, friends and carers with discounted ticket prices.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	Various
			All ages welcome.		Booking required

Three Rivers Youth Groups




Monday Club 	Community Centre, High Street, Abbots Langley, Watford, Hertfordshire, WD5 0AP	Mondays, 7-9pm	Social club and activities for adults with learning/physical disabilities. Offers snooker; table tennis; trips out etc.	John Fisher: 01923 262913 07963 505978 http://www.themondayclub.org.uk/about-us	50p per session
			16yrs+		Drop-in



Rickmansworth Gateway Club   	Shepherd Centre, Middleton Road, Mill End, Rickmansworth WD3 8JF	Wednesdays, 7.15pm-9.15pm	The club organises sessions, outings and other activities to provide social and recreational facilities for those with learning disabilities living in the local area.	Dave Trill: 07796 264839 dtrill@watfordmencap.org.uk http://www.hertsdirect.org/your-community/comvol/disable2y/hysdis4y/youngpeopledis4/gateclubs5y/571479	£3 per session Extra cost for some events and tuck shop.
			14yrs+		

Friday Evening Group 	Rickmansworth Youth Centre, Northway, WD3 1EH	Fridays 6-8:30pm	Project for young people with Learning Difficulties	Beth Taylor: 01442 454060 email: youthconnexions.threerivers@hertfordshire.gov.uk	Free
			13-17yrs		

Three Rivers 18+

Cool Arts   	The Centre, Gosforth Lane, South Oxhey WD19 7AX	Thursdays, 6pm – 8:30pm, term-time only	Drama/Arts projects for young adults with learning difficulties"	Beth Taylor: 01442 454060 email: youthconnexions.threerivers@hertfordshire.gov.uk	Free
			18-25yrs		



= Parent/carer stays



= Child/young person can attend on their own















= Disabled parking on site



= Venue is Wheelchair accessible





= Changing bed available

Get Set Sport  carer can stay if required.  	The Centre Gosforth Lane South Oxhey Herts, WD19 7AX	Alternate Fridays, 10:30am-12pm	Multi and team sports sessions with the aim of increasing physical activity, mobility and increase healthy lifestyle through sport. A programme of different sports take place. Sessions are alternate Fridays, please call to check dates.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£2 per session Carers go free
			Ages 18+		Booking required
Get Set Sport  carer can stay if required.  	The Monday Club Abbots Langley Community Centre High Street Abbots Langley WD5 0AP	Mondays 7:30pm- 8:30pm (once a month)	Multi and team sports sessions with the aim of increasing physical activity, mobility and increase healthy lifestyle through sport. A programme of different sports take place. These sessions take place at the Monday Club social club as part of the clubs activities. All are welcome to attend.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	50p per session Carers go free
			Ages 18+		Booking required
Get Set Basketball  carer can stay if required.  	William Penn Leisure Centre Shepherds Lane Mill End WD3 8JN	Thursdays, 10:15-11:30am	Basketball will improve fitness, mobility and coordination. 12 sessions offering the chance to meet friends, help confidence, and build on communication and team work skills.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£24 for 12 week programme
			Ages 18+		Booking required
Get Set Table Tennis  carer can stay if required.  	William Penn Leisure Centre Shepherds Lane Mill End WD3 8JN	Tuesdays, 10:15-11:30am	Table Tennis will improve fitness, mobility and coordination. 12 sessions offering the chance to meet friends, help confidence, and build on communication and team work skills.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£24 for 12 week programme
			Ages 18+		Booking required



Get Set Dance  carer can stay if required. Child/young person can stay on their own if carer is not required.  	The Centre Gosforth Lane South Oxhey Herts, WD19 7AX	Alternate Fridays, 10:30-12pm	Dance sessions with the aim of increasing physical activity, memory and communicative skills. A programme of different dances takes place. Sessions are alternate Friday's, please call to check dates. Ages 18+	Lisa Cook: 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£2 per session Booking required
Get Set Dance  carer can stay if required. Child/young person can stay on their own if carer is not required.  	The Sunnyside Club, Red Cross Centre, Barton Way, Croxley Green, Watford, WD3 3HB	Tuesdays 8pm-9pm (once a month)	Dance sessions with the aim of increasing physical activity, memory and communicative skills. A programme of different dances takes place. These sessions take place at the Sunnyside Social Club as part of the clubs activities. All are welcome to attend. Ages 18+	Lisa Cook: 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£1 plus a free raffle ticket! Booking required
Get Set Perform  carer can stay if required. Child/young person can attend on their own if carer is not required.  	Watersmeet Theatre, High Street, Rickmansworth, WD3 1EH	Tuesdays 12.30 - 2.30pm (term time only)	Theatre performance sessions using dance, drama, movement and music with the aim of increasing confidence, communicative and social skills. Ages 18+	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	£2 per session Booking required



Get Set Soccer   Carer can stay if required. Child/young person can stay on their own if carer is not required.	The Centre, Gosforth Lane, South Oxhey, WD19 7AX	Thursdays 12:30-2:30pm	Soccer skills sessions for those with a disability. Have a kick around, practice your skills with our Watford FC Coaches. Parents and carers are welcome to stay for a kick around! Aims to increase physical activity, mobility and healthy lifestyle through sport.	Lisa Cook 01923 776611 lisa.cook@threerivers.gov.uk www.igetset.co.uk	Free
			Ages 18+		Booking essential



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

Three Rivers support groups

Tulips (South Oxhey)	Support group for parents of children and young people who have any additional need	First Wednesday of the month, 10am - 12pm	South Oxhey Children’s Centre, Northwick Rd, South Oxhey, Watford, WD19 6NL	Contact Pauline: 0208 700 2203
Holland Group (Croxley Green)	Support group for parents of children and young people who have any additional need. “For a drink, a chat and a chance to learn from others and to relax!”	Last Tuesday of every Month, From 7:30pm	The Red House, Watford Road, Croxley Green, WD3 3DX	Contact liz_seeley@hotmail.com

[Back to Three Rivers](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Watford

Click the categories below to see details of activities:

[Dance and drama](#)

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Family Activities](#)

[Youth Groups](#)

[16+](#)

[SBLO Activities](#)

[Support groups](#)

[Sibling group](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site















= Venue is Wheelchair accessible




= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Watford dance and drama



<p>Act One Dancebase - ArtsBase</p>     <p>C(+hoist)</p>	<p>West Herts College, Watford Campus, Hempstead Road, Watford WD17 3EZ</p>	<p>Wednesdays</p> <p>Youth class for 5-15 year olds: 5:15pm-6:30pm</p> <p>Adult class for 16yrs+: 6.30pm-8pm</p>	<p>ActOne's DanceBase projects are weekly sessions over a 10 week term children and young adults explore dance in a fully accessible, supportive environment.</p> <p>5yrs +</p>	<p>Tel: 01582 621947, Email: info@artsbase.org.uk</p> <p>www.artsbase.org.uk</p>	<p>£95 per term Free trial session Please contact if cost is a barrier to attending</p> <p>Booking required</p>
<p>Herts Inclusive Theatre</p>    	<p>Watford Grammar School for Boys (James Theatre), Rickmansworth Road, Watford, Hertfordshire, WD18 7JF</p>	<p>Tuesdays 4:45-6pm</p>	<p>Herts Inclusive Theatre is an award winning charity working with disabled and non-disabled children, young people and adults. HIT aims to use drama, movement, music and theatre techniques to help build confidence, communication skills and to encourage and build social inclusion.</p> <p>Ages 5-12yrs</p>	<p>07857 986364 admin@hit-theatre.org.uk</p> <p>http://www.hit-theatre.org.uk/</p>	<p>£60 per term</p> <p>Can attend/pay weekly £5 Concessions may be possible for those on a low income, please discuss.</p> <p>Booking required</p>
<p>Dan Tien Performing Arts School</p>    	<p>The Dan Tien The Harebreaks Community Hub The Square Watford WD246NJ</p>	<p>Monday – Friday 12pm-9pm</p> <p>Saturdays 9am-5pm</p> <p>Dependent on class/ age.</p>	<p>Dance school offering classes in ballet, tap, street dance, jazz, contemporary, modern and musical theatre. Music lessons in piano, singing, violin, flute, clarinet, saxophone, guitar, trumpet, trombone and tenor horn.</p> <p>Frequent performances.</p> <p>Please enquire if you're interested in an instrument that isn't listed as we teach most things.</p> <p>3 years + dependent on type of dance 16 years + fitness and music classes</p>	<p>Dan Tien 01923 236815</p> <p>hello@thedantien.co.uk</p>	<p>£4.50 (30 mins) £5.50 (45 mins) £6.50 (1 hour) Payable per half term (variable depending on the school dates) Free trial class. Discount of up to 25% for multiple classes per week. Music lessons £15 per lesson.</p> <p>Booking required</p>

Wheelchair Dance Association Classes 	Asda Community Centre, Odhams Industrial Estate, St Albans Road Watford WD24 7RT	Thursday s 4:15-6:15pm	If you love to dance, then come along! All welcome, whether you are able-bodied, use a manual wheelchair user, electric wheelchair, or pushed wheelchair. Volunteers also welcome.	Please contact: 0300 1113045/ 07732 663000 Or email: info@wdsauk.co.uk www.wdsauk.co.uk	£2 per session (first session free)
			5yrs +		

Watford Holiday Schemes

Watford Mencap holiday playscheme  Limited parking – use nearby supermarket	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX Other venues to be decided	Holiday Activities operate on selected dates during all school holidays. Times are 10-4pm	Playscheme for children and young people with learning disabilities in Watford , Three Rivers and Hertsmere.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/children/holiday_activity_schemes	£12 per session Outings & Activities extra
			Ages 5-19yrs		Booking required



Watford Mencap Saturday Club  C(+hoist) Limited parking – use nearby supermarket	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX	Saturdays during term times Times are 10am-4pm	Saturday group for children and young people with learning disabilities in Watford , Three Rivers and Hertsmere.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/information/children/saturday_club	Cost £12 per session Outings & Activities extra
			Age 5-19yrs		Booking required.
Watford Mencap after-school Activities  C(+hoist) Limited parking – use nearby supermarket	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX	Term-time Monday-Thursday, 3.30pm-6.30pm	After-school Activities for children & young people aged 5-16 years in Watford, Three Rivers & Hertsmere.	For general enquiries or for information please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/information/children/afterschool_club	£7 per session Including meal Outings & Activities extra
			Ages 5-12yrs Mon.Tues.Thurs. 13-16 yrs Wed.		Booking required



Watford play

HUB Toy Library stay and play sessions     C	KIDS West HUB, Albanwood (off Newhouse Crescent), Watford, WD25 7HX	Wednesdays 10am-11.30am	Toy Library for children with additional needs, lots to play with and borrow including equipment such as weighted blankets, big trikes, toys to help with co-ordination, motor skills and sensory development.	Samantha Bell 01923 676549 Samantha.Bell@kids.org.uk Catalogue available to view on our website: www.kids.org.uk/hub	Free stay and play, cost to join toy library
			0-19yrs		Drop-in
Watford Mencap Bumble Club    	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX	Every Wednesday 10:30am-12:30pm	For under 5s with learning disabilities and their families. The sessions will offer: Parent Support, Creche, Specialist Advisor, Fully Trained Staff, Parent Volunteers, a Stimulating Environment and Building Support Networks.	01923 220816 http://www.watfordmencap.org.uk/parents_and_carers/children/bumble_club_under_5s	Free (contribution to refreshments).
			Age 0-5yrs		Drop-in
Watford Mencap bookable sensory room    	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX	Slots available term-time only, during the daytime.	Hire of the sensory room is offered at times when it is not in use by Watford Mencap. Please contact for details of dates/times it will be available and for terms and conditions.	01923 220816 http://www.watfordmencap.org.uk/	£20/hour
		Contact to arrange.	All ages		Booking required



= Parent/carer stays



= Child/young person can attend on their own







= Disabled parking on site



= Venue is Wheelchair accessible












= Changing bed available

Gambado Watford – Autism Evenings and Autism Mornings   	Woodside Leisure Park, North Orbital Road, Watford WD25 7JZ	<i>Usually</i> second Friday of every month 6:45- 8:15pm –	Exclusive use of Gambados for children with Autism and their friends and families.	Bobbie Coupe on: 01923 892141 Email: party.watford@gambado.com http://www.gambado.com/clubs/watford/	£5 per child, adults free
		<i>Usually</i> fourth Saturday of every month 9am- 10:30 am (open to general public from 10am) -			Age 0-19yrs Parents/carers allowed to use soft play to support young people.
Playskill 	LeMarie Centre, 524 St Albans Rd Watford WD24 7RX (NB Also operates in Hemel Hempstead – see Dacorum)	Mondays 12:30-2:30pm	Playskill is a new charity which has set up a parent and child term-time group for pre-school children with special physical needs. It is run by a skilled team, including a Physiotherapist, Occupational and Speech and Language therapist .	Andrea Clarke 07572 465504 http://www.playskill.org/	£2 per session 50p per session if in receipt of income support
		Ages 1-5yrs			Booking required – waiting list in place












Watford sports

Watford Harriers Athletics Club	Woodside Stadium Horseshoe Lane Garston Watford	Sundays 10:30- 11:30am (8-11 years)	Track and field events for recreation or competition. Currently only able to accommodate those whose disability will allow them to train with able bodied athletes. Unable to provide specialist coaches for children with disabilities.	Baughn Taylor (head coach) 01923 235279	8-11 years £20 11 years + £25
		Tuesday/ Thursdays 7-8pm (11 years +)			8 years – adult



BJ Academy Taekwondo  welcome to stay in lobby – flexible to child's needs  	The community Centre, Abbots Langley (Saturdays) St Lawrences Church Hall, Abbots Langley (Mondays)	10-1pm (Saturdays) 10-11am (Juniors)	Taekwondo lessons	Master Brima Johnson 07956834773 Brima50@aol.com www.bjacademy.co.uk	£50 for 10 weeks 1 st lesson free Discretionary form can be filled out re concessions. Drop in
		6-7:30pm (Mondays)	5 years +		
St Michaels Judo Club 	Meriden Social Club Meriden Way Meriden Estate Watford	Mondays/ Wednesdays 7-9pm	Inclusive judo club for recreation or competition. Can support young people who have learning disabilities.	Ron Field 01923 443209 ronfieldstmichaelsjc@hotmail.co.uk	£3 per session
			5 years - adult		Booking required
Evergreen Wheelchair Football  	Woodside Leisure Centre Horseshoe Lane Garston Watford WD257HH	Training dates and times on website	Three teams; Aspire PFC, Evergreen PFC, Muscle Warriors PFC. All 3 teams play in National and Regional Leagues and for recreation. Chairs available if able to transfer.	Steve Kelly 07803208294 shazyk@live.co.uk http://aspirepowerchairsportsclub.org/training-dates/	£250 per year 5/6 sessions free to assess suitability.
			The club runs an open door policy, any age/gender.		Call for info.
Dolphina Gymnastics Club   	Dolphina gymnastics Unit 2b Greycaine Rd Watford WD24 7GP	Term Time Tuesdays 4:30pm, 5:30pm Wednesdays 4-5pm Fridays 4:30pm, 5:30pm, 6:30pm Saturdays 9:30am	Inclusive gymnastic coaching. Support needs assessed individually. Extra coaches assigned.	Debbie McShannon (secretary) dolphinagymclub@hotmail.co.uk 07981794455	£7.11 per session (pay per term) + £22 insurance
			4 – 16 years		Booking required




Watford Rugby Club – mainstream club 	The Clubhouse Radlett Road Watford Herts WD24 4LL	Various – please contact	Rugby training sessions and matches, teams for all ages – good parent feedback for their inclusivity.	Visit website, click on appropriate age group. Please call coach for your child's age group before attending. http://www.pitchero.com/clubs/watfordrugbyclub/j/default.html	£50/season (no match fees)
			Ages 5-18yrs		Booking required
Sea Lions Swimming Club Children under 8 must be accompanied      (+hoist)	Watford Leisure Centre (central), Hempstead Road, Watford WD17 3HA	Saturdays, 5-6pm	Disability swim for all ages and abilities	0845 6216600 (local call rate) info@sealionswimmingclub.org.uk http://www.sealionswimmingclub.org.uk/	£30/yr for family £15/yr for individual
			No age restrictions		Drop-in
Watford Leisure Centre – mainstream swimming lessons      (+ hoist)	Watford Leisure Centre (central), Hempstead Road, Watford WD17 3HA	Various	Group swimming lessons with instructor – good parent feedback for their inclusivity.	01923 296750 watfordcentralinfo@everyoneactive.com	£5.40 per lesson – can book 12 week term. *Discount on public swim sessions for low income families, please bring Income support letter. Adults and children £1.65/session
			Age: 3+ - adult		Booking required




Family Activities








Sensory Friendly Film Screening	Vue Cinema Woodside Leisure Park, Watford WD25 7JZ	Monthly on Sundays 10am (see website for dates)	Mainstream films shown in a sensory friendly environment. Lights are on low, sound is turned down, trailers are omitted and people can bring their own food, make noise and move around the cinema as they feel comfortable.	More info and other participating cinemas: http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/autism-friendly-screenings-vue/	See website for details
			All ages		Booking required

Watford Youth Groups




Watford Mencap Youth Club  Limited parking at the centre – use nearby supermarket	Venue alternates between: LeMarie Centre, 524 St Albans Rd Watford WD24 7RX And Community locations	Fridays evenings	Youth club for young people who with learning disabilities in Watford, Three Rivers & Hertsmere.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/young_people/hand_in_hand	£6 per session Outings & Activities extra
			For young people aged 14-19yrs		Booking required





Starburst club (Youth Connexions) 	YouthPoint Centre for Young People, 206-210 Lower High Street , Watford WD17 2EL	Tuesdays 7-9pm	Watford 'Starburst' is a new project with a focus on young people with moderate learning difficulties or come along on Tuesday evenings to take part in a range of activities including exercise and games in a fun and supportive atmosphere. Not able to support those with physical disability.	Sophia Davies: 07899 962764 sophia.davies@hertfordshire.gov.uk http://www.mogozout.org/Activity/Details/Watford-Eat-and-Run-Project-at-YouthPoint-Watford/	£1 per session Including a snack
			18-25yrs		Drop-in

Watford 16+




Hertfordshire Deaf Badminton 	Watford Leisure Centre Woodside, Horseshoe Lane, Garston, Watford, Herts, WD25 7HH	Wednesdays from 8pm to 10pm	Hertfordshire Deaf Badminton was established to offer people with a hearing impairment an opportunity to take to the court in a deaf friendly environment. Running weekly fun sessions that are open to everyone, you simply need to turn up and join in. Age: 16+	For more information, please email Neal Jordan-Caws on hdbc2012@yahoo.co.uk	£4 May be an opportunity to become a member if attending regularly. Drop-in
Watford and Bushey PHAB Club (Physically Disabled and Able Bodied)  carer may be required for high support needs  road parking only  carer may be required for high support needs  own car park	Centrepoint Community Centre, Raphael Drive, Watford WD24 4GY.	Wednesdays 7-9pm	Social club for the able bodied and learning and physically disabled people by means of shared social activities and events. Age: 16+	Please contact Brian Linnegar: Brianlinnegar@hotmail.com 07956 310298 Or Julian Treves Brown: 07956 250349 http://www.hertsdirect.org/your-community/comvol/disable2y/hysdis4y/youngpeopledis4/phabclub/13392410	75p per session Drop-in
Bushey Mill Resource Centre    NB No personal care offered	466, Bushey Mill Lane, Watford, WD23 2AS	Monday and Thursday 10am-3pm	Recreational day centre for adults who have learning and or physical disabilities. Age 18+	Bernie 07771 686 909 or Maurice 07961 389316 Email: BernardCochrane@btinternet.com http://thebmrc.co/bmrc.001.htm	£45 per day Free taster day Booking required




Green Canteen  street parking	Between 24-26 Garsmouth Way (Meriden Estate), Watford, WD25 9DR	Course 3 Wednesdays for 3hrs	The 'Learn to Garden' courses - run by West Herts College - are for 3 hours over a period of 3 weeks. These will be structured introductory courses enabling budding gardeners to develop skills.	Caron Brennan, Green Canteen Coordinator, on 07544 428928 or email caron.brennan@hertsmindnetwork.org http://www.hertsmindnetwork.org/green-canteen-newsletter-summer-2013/	£10 for course
			Ages 18+		Booking required
Watford Sheltered Workshop  may be required to stay dependent on support needs  	Watford Workshop Century Retail Park Dalton Way Lower High Street Watford WD17 2SF	Monday-Thursday 8.30-4pm	Watford Sheltered Workshop offers a supported employment scheme for people with disabilities who face more complex barriers to finding and keeping a job.	Manager: Linda Mc-Intyre 01923 220256 enquiries@watfordworkshop.co.uk http://www.watfordworkshop.co.uk/About_Us.html	£18.50 per 3/4hour session
		Friday 8.30-1pm	16yrs+	Booking required	
Trampolining – Watford Mencap  carer may need to stay depending on support needs	Everyone Active, Peace Prospect, Watford, Herts, WD17 3HA	Tuesdays 6.15pm – 8.30pm	Come and take part in trampolining sessions delivered by a professional coach. You will also have the opportunity to play badminton, table tennis and other sporting activities.	Please contact Lata Rees on 07901 914154 or email leisure@watfordmencap.org.uk	£5 per session
			18+	Please book a place in advance	

Bowling – Watford Mencap  carer may need to stay depending on support needs	Hollywood Bowl, Woodside Leisure Park, Kingsway, Garston, WD25 7JZ	Monthly 7.15pm – 9.30pm (contact for next date)	Have fun with others at our monthly bowling club!	Please contact Lata Rees on 07901 914154 or email leisure@watfordmencap.org.uk	Sessions cost £5, plus money for snacks and drinks if wanted.
			18+		Please book a place in advance
Pool Club – Watford Mencap  carer may need to stay depending on support needs	Rileys Sports Bar, 65-73 The Parade, Watford, Herts, WD17 1LJ	Monthly 7pm-9pm (contact for next dates)	Have fun with others at our monthly pool club!	Please contact Lata Rees on 07901 914154 or email leisure@watfordmencap.org.uk	£5 per session
			18+		Please book a place in advance
Gym and Dance Club – Watford Mencap  carer may need to stay depending on support needs	Parmiter's School, High Elms Lane, Garston, Nr Watford, Herts, WD25 0UU	Mondays 6.30-8.30pm (contact for next dates)	Take part in gym sessions; a professional dance tutor also teaches a variety of dance routines. Participants have lessons and practice each week. We occasionally put on dance shows for friends and families.	Please contact Lata Rees on 07901 914154 or email leisure@watfordmencap.org.uk	£5 per session
			18+		Please book a place in advance
Club Nights– Watford Mencap  carer may need to stay depending on support needs	Chorleywood Club, Shepherds Lane, Rickmansworth, Herts, WD3 5HA	Monthly, 7.30pm-11.30pm (contact for next dates)	Come and enjoy a night out with friends, great music and a bar.	If you would like to talk to someone about this or book a place, please contact David Trill on 07796264839 or email dtrill@watfordmencap.org.uk	£7 in advance; £10 on the door Carer free
			18+		Drop-in



DAZ – Day Activity Scheme  (bring a carer if 1:1 support needed)	Outings in and around Watford – transport provided from pick up points	Mondays	For people who are over 18, have completed full time education and live with their family or carer. For a fee you can try activities such as bowling, Top Golf, swimming, archery, trampolining and skating.	David Trill on 07796 264839 or email dtrill@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/things_to_do/das	£20/day
			Ages 19yrs+ (or younger if play scheme is no longer appropriate)		Booking required
CHAS - College Holiday Activities  (bring a carer if 1:1 support needed)	Outings in and around Watford – transport provided from pick up points	Tuesday-Thursday and alternate Mondays and Fridays in summer holidays	For people aged over 18 who are at college. For a fee you can enjoy activities such as bowling, Top Golf, swimming, archery, trampolining, skating, football, sailing as well as visits to museums, theme parks, the cinema, zoo and the seaside.	David Trill on 07796 264839 or email dtrill@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/things_to_do/chas	£20/day
			Ages 19yrs+ (or younger if play scheme is no longer appropriate)		Booking required
Day Opportunities  (bring a carer if 1:1 support needed)	Outings in and around Watford – transport provided from pick up points	Various days	Term time activities for young people, including quasar, bowling, live music events.	David Trill on 07796 264839 or email dtrill@watfordmencap.org.uk	£30 - 40 for people who would like support £15 - 20 for people who can make their own way to activities and need minimal assistance (reduced cost if you bring your own carer) Disco Club nights £7 in advance
			Ages 16+		Booking required



Springboard Watford 	Watford Centre: Cranborne House 10a Earl Street Watford WD17 2PD	Various days	A one year full-time course run by North Hertfordshire College for young people aged 16-24 years with a diagnosis or traits of Asperger Syndrome or High Functioning Autism who may experience social, emotional, behavioural and mental health difficulties. The course aims to equip young people with the confidence, independence and social skills they need to reach their full potential.	01923 630408 Lynda Howell Springboard Transition Link Advisor lhowell@nhc.ac.uk	
			Ages 16+		



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site













= Venue is Wheelchair accessible



= Changing bed available

Short Breaks Local Offer (SBLO) Activities

Watford Mencap Youth Club      Limited parking at the centre – use nearby supermarket	Venue alternates between: LeMarie Centre, 524 St Albans Rd Watford WD24 7RX And Community locations	Fridays evenings	Youth club for young people who with learning disabilities in Watford, Three Rivers & Hertsmere.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/young_people/hand_in_hand	£6 per session Outings & Activities extra
		For young people aged 14-19yrs	Booking required		

Watford Mencap holiday playscheme      Limited parking – use nearby supermarket	Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX Other venues to be decided	Holiday Activities operate on selected dates during all school holidays.	Playscheme for children and young people with learning disabilities in Watford , Three Rivers and Hertsmere.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/home/children/holiday_activity_schemes	£12 per session Outings & Activities extra
		Times are 10-4pm	Ages 5-19yrs		Booking required

[Back to Watford](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site





= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

<p>Watford Mencap Saturday Club</p>   <p>C(+hoist)</p> <p>Limited parking – use nearby supermarket</p>	<p>Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX</p>	<p>Saturdays during term times</p> <p>Times are 10am-4pm</p>	<p>Saturday group for children and young people with learning disabilities in Watford , Three Rivers and Hertsmere.</p> <p>Age 5-19yrs</p>	<p>Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk</p> <p>For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk</p> <p>http://www.watfordmencap.org.uk/information/children/saturday_club</p>	<p>Cost £12 per session Outings & Activities extra</p> <p>Booking required.</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------	--------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------



= Parent/carer stays



= Child/young person can attend on their own







= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

<p>Lego Club</p>   <p>C(+hoist)</p> <p>Limited parking – use nearby supermarket</p>	<p>Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX</p>	<p>Fortnightly Saturdays 10.30am- 12.30pm</p>	<p>A Lego club for children and young people with special needs. The Group will offer a supported environment for young people to come together and share their love of Lego while encouraging their creativity and developing their social skills. The club will develop links with the Lego shop as well as organising annual trips to Legoland and Brick 2015 (travel costs and entrance fees to be paid by parents.</p> <p>Age 5-19yrs</p>	<p>Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk</p> <p>For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk</p> <p>http://www.watfordmencap.org.uk/information/children/saturday_club</p>	<p>£4 per session (2hours)</p> <p>Booking required.</p>
<p>Adventure Together</p>   <p>C(+hoist)</p> <p>Limited parking – use nearby supermarket</p>	<p>Watford Mencap Centre LeMarie Centre for Charities 524 St Albans Rd Watford WD24 7RX</p>	<p>To operate 8 weekends throughout the year</p>	<p>To enable children and young people to experience staying away and developing their own skills. The sessions at the activity centres will attract additional costs for activities (e.g. climbing wall, archery etc.). The remainder of the events will take place at the fully accessible centre in Watford to offer an affordable alternative.</p> <p>Age 14-19yrs</p>	<p>Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk</p> <p>For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk</p> <p>http://www.watfordmencap.org.uk/information/children/saturday_club</p>	<p>£48 (24 hours) plus any additional activities</p> <p>Booking required.</p>

Buddying Service	In the community	When required	Will support children and young people to access mainstream activities such as scout, ballet etc. Support could be offered for a short time or on a longer term regular basis. Alongside this support, Watford Mencap’s staff member will coach and inform the activity staff member. The activity staff will receive extensive training enabling them to support children and young people with a wide range of needs. Mainstream activities will be encouraged to support the young people themselves in time but the service will remain available to them should they require advice.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: Samantha.Bell@kids.org.uk	Minimum of 3 hours- Minimum of £6 a session plus any additional activity costs.
			Age 5-19yrs	For general enquiries or for information outside this age range please contact: Call: 01923 220816 Email CandYP@watfordmencap.org.uk http://www.watfordmencap.org.uk/information/children/saturday_club	Booking required.



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

Watford Support groups

HARC	Support group for parents of children, young people or adults who have ASD	1 st Tuesday of the month, 10am-12pm	Café Nero, 100A-102 High Street, Watford WD17 2BW	07836 667394 support@harc-online.org.uk
Headway support group for carers of people with brain injury	Support group for carers of people with a brain injury	Please contact for dates	Carer support groups in Stevenage and Watford	0300 330 1455 enquiries@headway-herts.org.uk https://www.headway.org.uk/branches/hertfordshire.aspx

Sibling groups

Watford Young Carers Project - for young people aged 13-19yrs	Mondays 6.30pm-9.30pm	YouthPoint Centre for Young People, 206-210 Lower High Street, Watford WD17 2EL	Catchment area: no restriction	Neil Levy, tel:07774 008191 email: neil.levy@hertfordshire.gov.uk http://www.mogozout.org/Activity/Details/Watford-Young-Carers-Project/
----------------------------------------------------------------------	-----------------------	---------------------------------------------------------------------------------	--------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Welwyn/Hatfield

Click the categories below to see details of activities:

[Holiday Schemes](#)

[Play](#)

[Sports](#)

[Family Activities](#)

[Youth Groups](#)

[16+](#)

[SBLO](#)

[Support groups](#)

[Sibling group](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site







= Venue is Wheelchair accessible







= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Welwyn/Hatfield Holiday Schemes

SNAP     C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.' Booking required
			Ages 5-19yrs		

Welwyn/Hatfield Play

Jungle Mania special needs sessions    	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	1st Monday of every month 4pm - 6pm	Jungle Mania at Gosling Sports is a soft play frame with 65 individual play features, where children can explore, climb and swing with other children in a calm, purpose-built and safe environment. These are exclusive play session for children and teens with physical disabilities and learning disabilities & difficulties.	Felicity.Chandler@goslingsports.co.uk Tel: 01707 384 305 http://www.goslingsports.co.uk/children/disability.php	£4 Drop-in
			0-16yrs		

[Back to Wel/Hat](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site







= Venue is Wheelchair accessible











= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only





Hertfordshire Action on Disability (HAD)    	The Woodside Centre, The Commons, Welwyn Garden City, AL7 4DD	Mon - Thur 9.00am - 5pm Fri 9.00am - 4.30pm Sat 10.00am - 2.00pm	Within the Equipment Centre is a multi-sensory room designed for children with learning and/or physical disabilities. If you would like to use this please ring ahead to book.	To book sensory room: 01707 384260 Main HAD switchboard number: 01707 324581, http://www.hadnet.org.uk/	Free
			All ages		Booking required

Welwyn/Hatfield Sports

Herts Disabled County Cricket Club    	Sir Frederic Osborn School Hems Lane Welwyn Garden City AL7 2AF	Some Sundays from 10.00am to 12.00pm. Call first to check	We provide the opportunity for people with physical or learning disabilities to play cricket, either as a beginner in our nursery sessions or at County level for the more experienced.	tel: 01707 882236 , Richard Hill email: richard.hill@ecb.co.uk	Currently free
			Ages 12+ - adults		Drop in

Tennis for Hearing Impaired children    	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Saturday 11am – 12pm	Tennis sessions for children with hearing impairments.	For more information, please email: disability@goslingsports.co.uk or phillip.martin@goslingsports.co.uk http://www.goslingsports.co.uk/	£3 per session
			3 – 14yrs		Pre-book to guarantee a space















Tennis for children with learning difficulties 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Tuesdays 6 – 7pm	Weekly tennis sessions for children with learning difficulties. 4 – 16yrs and 16+	For more information, please email: disability@goslingsports.co.uk or phillip.martin@goslingsports.co.uk http://www.goslingsports.co.uk/	£2.50 per session £5 per session 16+
		Saturdays 1 – 2pm Thursday 8-9pm (16+)			Pre-book to guarantee a space
Tennis for visually impaired 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Thursday 12-2pm	Weekly tennis sessions for adults and young people with visual impairments. All ages	For more information, please email: disability@goslingsports.co.uk or phillip.martin@goslingsports.co.uk http://www.goslingsports.co.uk/	£5 per session
					Pre-book to guarantee a space
Wheelchair Tennis 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Wednesdays 11am – 12pm & 1pm – 2pm Thursdays 7pm – 9pm	Weekly tennis sessions for wheelchair users of any age All ages	For more information, please email: disability@goslingsports.co.uk or phillip.martin@goslingsports.co.uk http://www.goslingsports.co.uk/	£5 per 1 hour session
					Pre-book to guarantee a space
Junior Disability Trampolining 	Studio 1 Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Sundays 1pm – 2pm	Trampolining sessions for anybody with a physical disability, or learning difficulties. There is a hoist available for getting on to the trampoline. 5 – 16yrs	For more information, please email: disability@goslingsports.co.uk or felicity.chandler@goslingsports.co.uk http://www.goslingsports.co.uk/	Single session - £6 Block of six-sessions - £30
					Book if possible – drops-ins cannot be guaranteed a place.



Junior multi-sports for disabilities 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Saturdays 10 – 11am	Multisports sessions for those with learning difficulties or a physical disability. Sports include: golf, tennis, and trampolining. Hoist available for the trampolining sessions.	For more information, please email: disability@goslingsports.co.uk or felicity.chandler@goslingsports.co.uk http://www.goslingsports.co.uk/	£6 per session £30 for a block of 6 sessions
		5 – 16yrs			Pre-book to guarantee a space
Falcon Judo Club 	Jim McDonald Centre High View Jim McDonald Court Hatfield AL108HR	Tuesdays 7:15-8:15pm 8:15-9:15pm Saturdays 11:15-12:15pm	Recreation and competition. All disabilities welcome. Parent to stay to assess needs for 2/3 sessions.	Michael (coach) 07865301952 Matt 07790822468 falconjudoherts@yahoo.com	£3 per lesson 1 st session is free
		5 years – adult			Drop in
Comets Junior Badminton Club  can stay if they want to	Herts Sports Village De Havilland Campus, Hatfield, AL10 9EU	Sundays 6-7pm	Junior badminton coaching – accepts wheelchair users, but participants must be able to manoeuvre themselves alongside other able bodied children on the court.	gill@bartlett1.plus.com http://www.bartlett1.plus.com/cjbc/index.htm	£3.50 per session paid upfront. Discount rate £2.50 per session if regularly go back.
			8 years + (no set age restriction, but participants need to have stamina to play for the hour).		Booking required




Welwyn Hatfield Fencing Club    	Hatfield Leisure Centre Travellers Lane Hatfield Hertfordshire AL10 8TJ	Fridays 7:30-8:45pm	Fencing club – accepts wheelchair users with good movement above the waist. Generally not suitable for children with learning difficulties.	Grahame Read 01462 450788 grahame.e.read@ntlworld.com http://www.savagegroup.co.uk/WelwynHatfieldFencingClub/Welcome.html	£35 per term
			9 years +		Booking required
Easy Riders - disability cycling sessions    	Stanborough Water Park, Stanborough Road, Welwyn Garden City, AL8 6DQ	Various – call to arrange.	Offering 1:1 sessions or organise your own group to visit together. All session instructor led. Easy Riders are bicycles designed to bring therapeutic benefits of cycling to those with disabilities and special needs. They provide independent mobility, and improvement in physical & mental wellbeing.	For more information and to arrange a booking, please contact: 01707 379860	Prices vary –please contact.
			All ages welcome		Must pre-book
Platypus Swimming Club    	Hatfield Swim Centre, Lemsford Road, Hatfield, AL10 0EB	Sundays between 11-1pm (11:15-12:20pm swim)	Swimming specifically for people with disabilities and special needs. Hoist available.	Dave Cummings (Chairman) 01707 266422 david.cummings2@ntlworld.com http://directory.hertsdirect.org/kb5/hertfordshire/directory/service.page?id=2ZdvvU0dKI&familychannel=4-1-6	£10 per year + 50p per swim
			All ages welcome		Under 5's free membership + 50p per swim Drop-in




Family Activities













Sensory Friendly Film Screening	ODEON cinema, The Galleria, Comet Way Hatfield AL10 9TF	Monthly on Sundays 11:30am (see website for dates)	Mainstream films shown in a sensory friendly environment. Lights are on low, sound is turned down, trailers are omitted and people can bring their own food, make noise and move around the cinema as they feel comfortable.	More info and other participating cinemas: http://www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/autism-friendly-screenings/	See website for details
			All ages		Booking required


Welwyn/Hatfield Youth Groups


Breakout Youth Club 	Breaks Manor Youth Centre, Link Drive, Hatfield AL10 8TP	Alternate Fridays 6.30-9.30pm	For young people with MLD "Why not enjoy a Friday evening with your friends - and make new ones! – Independent Living Skills and more!"	Tracy Lee, tel: 07580 744357 email: Tracy.lee@hertfordshire.gov.uk http://www.mogolistings.org/Activity/Details/Breakout-Project-Breaks-Manor-Youth-Centre-Hatfield	£1 per session
			16 - 25yrs		Drop-in


Youth Group for young people with High Functioning Autism or Asperger's Syndrome 	Monk's Walk School Knightsfield Welwyn Garden City AL8 7NL	Mondays 6.30 -8.30	Aims to provide a safe, fun and relaxed social environment for young people to take part in activities such as pool, table tennis, computers and games. Run by Thorpe's Autism Project.	Wayne Thorpe 07946 081270 wayne@taproject.co.uk https://www.facebook.com/thorpesautismproject	£5.50/ session
			13-17yrs		Booking required

Welwyn/Hatfield 16+

Kestrel Sports Club for the Disabled    	Gosling stadium Stanborough Road Welwyn Garden City AL8 6XE	Saturdays 7.00pm-9.00pm fortnightly	This sports club holds many events for disabled people and are currently offering archery only. Other activities and sports may be arranged. Suitable for wheelchair users	Adrian Moss tel:01707 257503 Organisation: Kestrel Sports Club For The Disabled , tel: 01707 257503, email: Chairman@kestrelscd.org.uk http://www.mogozout.org/Activity/Details/Kestrel-Sports-Club-For-The-Disabled-Welwyn-Garden-City	Cost £3 per session (1 st session free) Drop in
			Ages 18+		
ActOne Work In Progress Programme    	Mid Herts Centre for Music and Dance, Birchwood Ave, Hatfield AL10 0PS	Fridays 10am-3.15pm	With special training by the ActOne team, this programme will teach you how to have great technique as a dancer and how to support and lead other people to take part in dance.	Jo Gibb 01582 621947 info@artsbase.org.uk www.artsbase.org.uk www.facebook.com/actoneartsbase	£277 per stage Please contact if cost is a barrier Booking required
			18yrs+		
Senior Disability Trampolining    	Studio 1 Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Sundays 2 – 3pm	Trampolining sessions for anybody with a physical disability, or learning difficulties. There is a hoist available for getting on to the trampoline.	For more information, please email: disability@goslingsports.co.uk or felicity.chandler@goslingsports.co.uk http://www.goslingsports.co.uk/	Single session - £6 Block of six-sessions - £30 Book if possible – drops-ins cannot be guaranteed a place.
			16+		





Senior multi-sports for disabilities 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Friday 1 – 2pm	All over 16s with physical disabilities or learning difficulties, are welcome for these multi-sports classes. Sports include: tennis, golf, and trampolining.	For more information, please email: disability@goslingsports.co.uk or felicity.chandler@goslingsports.co.uk http://www.goslingsports.co.uk/	£6 per session £30 for a block of 6 sessions Pre-book to guarantee a place
			There is a hoist available for the trampolining sessions. 16yrs+		

Football Training 	Hertfordshire Sports Village Hatfield	Tuesdays 10-11am	Football coaching programme with Watford Football Club. For those with Aspergers and Autism.	wayne.thorpe@nas.org.uk 07795978224	£2 per session
			18 years +		Booking required






18+ Tennis for those with Down Syndrome 	Gosling Sports Park Stanborough Road Welwyn Garden City AL8 6XE	Wednesday 12 – 1pm	Weekly tennis sessions for over 18s with Down Syndrome	For more information, please email: disability@goslingsports.co.uk or phillip.martin@goslingsports.co.uk http://www.goslingsports.co.uk/	£3 per session
			Over 18s		Pre-book to guarantee a space



Short Breaks Local Offer (SBLO) Activities

SNAP     C	Hemel Hempstead, St. Albans, Welwyn Garden City and Hatfield	Holiday, half-term and Saturday Playschemes 10am - 3pm	Holiday play scheme for children and young people with learning disabilities.	Some of the clubs activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS East HUB: 01992 504013 Email: Rachel.Brett@kids.org.uk For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email: staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/#/snap-home/4577429430	'£10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.' Booking required
			Ages 5-19yrs		

[Back to Wel/Hat](#)

 = Parent/carer stays
  = Child/young person can attend on their own
  = Disabled parking on site
  = Venue is Wheelchair accessible
  = Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Welwyn/Hatfield support groups

Dolphins (Discuss Our Latest Problems, Help In a Needy Situation!)	Support group for parents of children and young people with any special need	Family outings for members in the holidays	Various venues in/around Welwyn Garden City	Laura Hall Tel: 01707 377099
SNIPS (Special Needs Info and Parenting Support)	Support group for parents of school-aged children who have special educational needs	Alternate Wednesdays (term-time only) 1.30pm – 3.00pm	The Orchard Room, Peartree School, Peartree Lane, Welwyn Garden City AL7 3XW.	Jan Kitchin Tel: 01707 332470, email: jkn@tiscali.co.uk http://www.hertsdirect.org/SNIPS

Welwyn/Hatfield sibling group

Jubilee House – booking required	Various trips, mostly in school holidays	Various locations, drop-off point usually Welwyn	Catchment area: no restriction	Contact: suki.Palmer@jubileehouse.com 01707 334142
-----------------------------------------	------------------------------------------	--------------------------------------------------	--------------------------------	------------------------------------------------------------------------------------------------------------



County-wide services

Click the categories below to see details of:

[Additional useful services](#)

[Hertfordshire-wide support organisations](#)

[Useful documents](#)

[Training organisations](#)

[Education Info and Support organisations](#)

[Grants for families with disabled children](#)

[Back to map](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Additional useful services and organisations based in or operating in Hertfordshire:

Money Advice Unit	Support to complete Disability Living Allowance claim form; Support to complete DLA claim form (0-15 year olds) as well as PIP and ESA claims for 16-19 year olds	"Children with Disabilities Project": 01438 843456
Leonard Cheshire Direct Payments Support Scheme	The service offers people who receive Direct Payments in Hertfordshire support and advice with the management of their Direct Payments.	Direct Payment Support Scheme 21a Churchyard, Hitchin, SG5 1HP Tel: 01462 439000 direct.payment@LCDisability.org www.directpayments.info
HAND (Hertfordshire Additional Needs Database)	Complete a form online or request a hard copy in order to receive a card which can provide discounts at many leisure providers across Herts. Also produce a regular online newsletter.	01992 556984 hand@hertsc.gov.uk http://handnews.hertsc.gov.uk
HPCI (Herts Parent Carer Involvement)	HPCI is the parent carer forum for Hertfordshire. Led and run by parent carers of children with SEND in Hertfordshire. HPCI aim to help improve services across Education, Social Care and Health in Hertfordshire by representing the views and experiences of families to key decision makers so that services best meet the needs of children and young people with SEND.	07840 360245 admin@hertsparentcarers.org.uk http://www.hertsparentcarers.org.uk/
POhWER Advocacy	POhWER provides information, advice and support to help people to speak up about things they feel are important to them, things they are unhappy with or want to change. They can support people who have mental health needs, have a disability, are socially isolated or feel vulnerable or at risk of abuse.	0300 456 2370 http://www.pohwer.net/in-your-area/where-you-live/hertfordshire
Inspiring Progress ASD parent/carers Advocacy	The ASD advocacy service will support and advocate on your behalf. ASD Advocacy will also support parents/carers who have a child/an adult living at home with them who may not have a diagnosis of an autistic spectrum disorder but it is suspected that they have social and communication difficulties linked to ASD.	For further information on the ASD Advocacy service or to arrange an initial free consultation, contact: 07717844966 or email : inspiringprogress@outlook.com http://www.inspiringprogress.org.uk/asd-advocacy-for-parents-carers/ (The fees for ASD advocacy sessions are charged at an hourly rate of £30.00)



Homestart	Can provide 1:1 volunteer support to parents of children under 5 years	Find your local office via the national website: http://www.home-start.org.uk/
Concessionary bus pass	Is your child or young person entitled to a free bus pass? See eligibility criteria here	To apply ask for an application form from your local library or contact the Concessionary Travel Team on: 0300 123 4050
Blue Badges	Information about eligibility criteria and application process for Blue Badges	http://www.hertsdirect.org/services/healthsoc/supportforadults/bbandtransport/bluebadge1/qualify/
Fire Brigade home fire safety check	Can provide free home fire safety checks eg support to plan escape routes when you have a disabled child	Complete a request form for a free home fire safety check: http://www.hertsdirect.org/actweb/fireandrescue/hfscformrequest.htm or call: 0300 1234 046
Carer library card	Hertfordshire libraries offer a carer library card which allows you to: <ul style="list-style-type: none"> • Borrow up to 24 items - this includes 12 for yourself and 12 for the person you care for • Keep you items for up to 6 weeks (apart from DVDs) • Borrow music recordings and talking books free of charge • Reserve books free of charge which are in Hertfordshire stock <p>There are no overdue charges on books, talking books and music recordings.</p>	To apply please ask at your local library or you can also call 0300 123 4049 http://www.hertsdirect.org/services/libraries/aboutlib/whatcan1/Carers
Cerebra Sleep Service	Help and advice on sleep issues, including settling problems, difficulty sleeping alone and early rising. Parents/carers can refer themselves via phone or a form on the website and they will send out a 'sleep pack' with lots of info, a sleep questionnaire and sleep diary to fill in. A sleep practitioner will then come out and visit you, or you will be invited to attend a local sleep clinic.	More info and online contact form: http://www.cerebra.org.uk/english/gethelp/sleepservice/Pages/default.aspx Helpline: 0800 328 1159



Lions International 'Message in a Bottle'	The Lions Message in a Bottle provides somewhere to store basic personal medical details, in a common place where they can easily be found in an emergency. Once the form is filled in, the bottle is kept in the fridge, where the emergency services will expect to find it in the event of being called to your house.	To order a Message in a Bottle please email: miabcenorder@lions.org.uk Alternatively, they can be picked up in local Health Centres, Doctor's Surgeries and Pharmacies.
Housing and Support Alliance	Free independent advice, information and resources on housing, supported living and rights for disabled people.	Advice line for people with disabilities and their families : 0845 456 1497 E-mail: enquiries@housingandsupport.org.uk http://www.housingandsupport.org.uk/home
Chic and Dude Expressions (music lessons)	Coaching for percussion or guitar, aiming to help stimulate communication and social interaction for children aged up to 16yrs. 1:1 and small group sessions available at home or at school in Hertfordshire and surrounding areas. From £10 for 20 mins, depending on chosen package. Please contact to discuss.	Email: info@JJCSLtd.com , call or text: 07583 539 160 http://www.jjcsLtd.com/
Certain 2 Entertain (party packages)	Party packages at homes/venues in Herts and surrounding areas. For all children aged up to 16yrs, including those with special needs. From £40/hr, depending on package and location.	Email: info@JJCSLtd.com , call or text: 07583 539 160 http://www.jjcsLtd.com/
I Support Behaviour	I Support Behaviour is a service for children and young people with autism, learning disabilities, and other complex needs. They employ the principles of Applied Behaviour Analysis and Positive Behaviour Support to enable children and young people to achieve their goals and live fulfilling sustainable lives.	The service is delivered within the homes of families, in schools, colleges, and within other services that support children and young people with autism, learning disabilities, challenging behaviour, and other complex needs. David Corcoran -07957164952 david@isupportbehaviour.com www.isupportbehaviour.com



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Hertfordshire-wide support organisations:

KIDS East and West HUBs	Information and support service for parents of children and young people aged 0-19 with any additional need or disability.	01992 504013 (East HUB) 01923 676549 (West HUB) www.kids.org.uk/hub
KIDS Independent Support Service - Hertfordshire	Support for parents or young people to apply for a new Education, Health and Care Plan (EHCP) or to transfer from a Statement or LDA to an EHCP. Funded up to March 2016, Independent Supporters can also support families transferring from a Statement to an EHCP after this date.	Tel: 01992 504013 or 01923 676549, Email: is.herts@kids.org.uk http://www.kids.org.uk/Event/independent-supporters-hertfordshire
Carers in Herts	Support and information to unpaid family and friends who look after someone. Space for carers to discuss practical and emotional concerns around caring and opportunities to share experiences with others. Also offer carer passports for discounts at a range of shops, cafés and leisure services. in Stevenage, Watford and Dacorum areas.	Tel: 01992 586969 contact@carersinherts.org.uk www.carersinherts.org.uk
Kool Carers (Herts Young Carers)	Offer trips for young carers aged 9-19years when funding available. Run by Carers in Herts.	01992 586969 contact@carersinherts.org.uk
Hertfordshire Action on Disability	Services include: Online Shop, equipment centre, 24-hour Accessible Transport, counselling and therapies, information and advice.	01707 324581 www.hadnet.org.uk
ADDvance	Support groups for parents of children with ASD/ADHD and related conditions, courses and workshops for parents, telephone helpline, 1:1 coaching (charge for this service)	Helpline: 01727 833963 Email: herts@add-vance.org www.add-vance.org
Up On Downs	A parent run organisation which supports families of children with Down's Syndrome. Up on Downs support parents by sharing information and creating opportunities for families to socialise and learn together. They support children by arranging specific activities and by working with other agencies to increase awareness of Down's Syndrome and improve the opportunities available to people with the condition.	Tel: 01462 630459 Email: enquiries.nhdowns@yahoo.co.uk www.upondowns.com
HARC	harc is the Hertfordshire branch of the National Autistic Society (NAS). Volunteers support children and adults with autism and their families and campaign for better local services. harc send out regular newsletters and e-mail alerts, and provide support group meetings and a telephone helpline.	Email: support@harc-online.org.uk Tel: 07836 667 394 (please call or text) www.harc-online.org.uk



Mencap	Support people with a learning disability, and their families and carers.	See link for details of your local group and their contact details: http://www.mencap.org.uk/local-groups?field_localgroups_county_t_value=1193&x=22&y=11
Aspergers 4 Herts	Information, help and support for people affected by Asperger syndrome in Hertfordshire	info@aspergers4herts.org http://www.aspergers4herts.org/
Spectrum Girls - for girls with ASC and their families/carers	Social events, cyber-mates, pen pals, creative fun, chillin out, family trips, weekend breaks. Meetings advertised to members	For more info contact: Lesley Zorlakki 0771 448 3485, spectrumgirls@sky.com www.spectrumgirls.com
Hertfordshire Society for the Blind	Supporting and empowering people in Hertfordshire with a visual impairment, also offering information for carers.	01707 324680 (available 10-1pm, Monday-Thursday) office@hertsblind.com http://www.hertsblind.com/contact.html
Phoenix Group	The Phoenix Group for Deaf Children provides opportunities and activities for deaf and hearing impaired young people age 11-25years. We have a youth group just for deaf/hearing impaired and we also integrate into other activities with hearing peers. Every month we have activities taking place across Hertfordshire and we also organise holiday programmes	Ruth Mansi 07748 690989 phoenix@ndcs.org.uk
Norwood	Jewish charity supporting children, families and people with learning disabilities. Various services available – see website or contact for full details	Telephone: 020 8809 8809 Email: info@norwood.org.uk http://norwood.org.uk/Page/About
Hertfordshire Dyslexia Association	Info and support for parents of children with Dyslexia and adults with dyslexia.	Helpline: 01727 867399 Email: michael.paterson@tiscali.co.uk



Useful documents:

- Herts County Council Transport Policy: http://www.hertsdirect.org/docs/pdf/admissions/_05_Home_to_School_Transport_Policy.pdf
- Herts County Council 'Access to Social Care and Support for Disabled Children and Children with Additional Needs': <http://www.hertsdirect.org/docs/pdf/h/accesstosocialcaredcandcan.pdf>
- Special Educational Needs Code of Practice: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/398815/SEND_Code_of_Practice_January_2015.pdf

[Back to
County-wide](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



C = Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Hertfordshire Training organisations

These are some organisations which regularly run courses or workshops for parents of disabled children.

Families in Focus	Training organisation delivering free parenting courses, often with a specific focus on parents of children with additional needs including transition to adulthood.	Francine and Lesley: 01442 219720 http://www.familiesinfocus.co.uk/free-parenting-courses/
ADDvance	Organisation running courses and workshops supporting parents of children who have ASD and / or ADHD.	Helpline: 01727 833963 Email: herts@add-vance.org www.add-vance.org
Carers in Herts	Carers' support organisation, run regular courses and workshops	Tel: 01992 586969 www.carersinherts.org.uk
Natural Flair	Training organisation delivering parenting courses, some with a specific focus on parents of children with additional needs	sharon.lawton@natural-flair.co.uk or call 01992 446051 / 07946 618225 http://www.natural-flair.co.uk/CurrentWorkshops.html
Supporting Links	Training organisation delivering parenting courses, some with a specific focus on parents of children with additional needs	info@supportinglinks.co.uk 07512 709556 http://www.supportinglinks.co.uk/whatson.html
Protective Behaviours Services	Regular 'Families Feeling Safe' courses - 10 week Protective Behaviours programme for mums, dads and carers. The course aims to provide an empowering approach to help cope with and respond to difficult situations.	Fiona Benjamin fiona@familiesfeelingsafe.co.uk Tel: 01438 728653 Mobile: 0774 8332606

[Back to County-wide](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Education Info and Advice Organisations

- **KIDS Independent Support Service - Hertfordshire**

Support for parents or young people to apply for a new Education, Health and Care Plan (EHCP) or to transfer from a Statement or LDA to an EHCP. Funded up to March 2016, Independent Supporters can also support families transferring from a Statement to an EHCP after this date.

Tel: 01992 504013 or 01923 676549,

Email: is.herts@kids.org.uk

<http://www.kids.org.uk/Event/independent-supporters-hertfordshire>

- **Hertfordshire SENDIASS**

Support service for parents regarding education issues for children aged 0-25 who have special educational needs (SEN).

Central helpline (available Monday-Thursday, 9.30am-4.30pm)

01992 555 847

<http://www.hertsdirect.org/services/healthsoc/childfam/specialneeds/educ/parpart/>

Please note that opening times for organisation advice lines often vary so please look at the individual websites for current opening times:

- **IPSEA (Independent Parental Special Education Advice)** <http://www.ipsea.org.uk/>

National organisation providing free, legally based independent advice and support in England and Wales to help get the right education for children with Special Educational Needs.

Includes parent helpline **0800 018 4016**, information sheets and template letters

- **SOS SEN**



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

<http://www.sossen.org.uk/index.php>

Free, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs (SEN)

Includes parent helpline **020 8538 3731** and information booklets.

- **NAS (National Autistic Society) Education Rights Service**

<http://www.autism.org.uk/advocacy>

Providing information regarding education issues for children with an autism spectrum disorder (ASD).

Parent helpline **0808 800 4102** and lots of useful information

- **Network 81:**

Helpline providing information on all matters relating to Special Educational Needs: **0845 077 4055** or admin@network81.org.uk

<http://www.network81.org/Helpline.aspx>

- **Coram Children's Legal Centre**

<http://www.childrenslegalcentre.com/>

Offer advice and info about all areas of children's law including education **0808 802 0008**

- **ACE Education**

<http://www.ace-ed.org.uk/>

National organisation providing independent advice and information for parents on education issues in England.

Includes a variety of information booklets such as 'Asking for a Statutory Assessment'

[Back to County-wide](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Grants for families with disabled children



What can I apply for?

“We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.”

Am I eligible?

You can apply to the Family Fund if:

- You live in England, Northern Ireland, Scotland or Wales.
- You are the parent or carer of a disabled or seriously ill child or young person aged 17 or under.
- You have evidence of your entitlement to one the following: Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit*, Employment Support Allowance*, Housing Benefit and Pension Credit. If you do not receive any of the above, further information may be needed to complete your application.
- You have permanent legal residency in the UK and have lived in the UK for six months

How do I apply?

- You can download a form from the website below to be filled in and posted back. Alternatively, contact Family Fund for an application to be posted to you.
- If re-applying, you can register for an account to apply online.

Contact:

01904 621115

info@familyfund.org.uk

www.familyfund.org.uk



What can I apply for?

“We are passionate about improving the health of children and ensuring every family has access to the equipment, services and treatments they require.”

Am I eligible?

“Non-condition specific, we have supported children with over 500 different medical conditions and help children up until their 19th birthday... Focused on supporting those families that need our help the most, applicants are means tested and must have a gross household income of less than £45,000 to be eligible.”

How do I apply?

Via the website below you can find six different application forms and choose the one that best suits your request. This can be filled in online, or downloaded and posted back once complete.

Contact:

Applications Helpline: 01782 600 266 or 01782 600 602

applications@caudwellchildren.com

www.caudwellchildren.com



What can I apply for?

“Our grant scheme funds up to 80% of the cost of equipment and services to help make life easier and more enjoyable for children with neurological conditions.”

“We try and help with as many different types of item as possible. If it will directly benefit your child and shouldn't be provided by someone else (NHS, Social Services, LEA) then we will consider it.”

Am I eligible?

You can apply for a Cerebra Grant if:

- Your child is sixteen or under
- Your child has a neurodevelopmental condition
- The item you are applying for will improve your child's quality of life.

The Grants are not means tested, but households with incomes over £60,000 (excluding benefits), are unlikely to be successful.

How do I apply?

Call on the number below to request an application form. Alternatively, one can be downloaded and printed from the website, in the 'How to Apply' section.

Contact:

0800 328 1159

info@cerebra.org.uk

www.cerebra.org.uk





= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Out-of-county services

[Activities](#)

[Support Groups](#)

[Back to map](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site







= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Activities:

Partyman World of Play - Wembley 	Vale Farm Watford Road Wembley Middlesex HA0 3HG	1 st Wednesday of the month, 6.30-8.30pm	Indoor adventure soft play session exclusively for children with special needs and their families	Tel: 0208 904 9044 wembley@partymanworld.co.uk http://www.partymanworld.co.uk/wembley/	Under 4yrs £3 4yrs and over £5 Adults free Drop-in
			All ages		
Thames Valley Adventure Playground    C (+hoist)	Bath Road Taplow Maidenhead Berkshire SL6 0PR	Tues, Wed, Thurs and Saturday 10-3.30pm for ages 16yrs and under Fridays 10-5pm 16yrs+ only	Outdoor and indoor play areas for children, young people and adults who have any kind of disability or special need.	01628 628599 theplayground@tvap.co.uk http://www.tvap.co.uk/index.php?page=home	Recommended donation of £8 per child Adults / carers free Siblings under 2yrs free Booking required
			There is no age limit, but those over 16 may only use the Playground on a Friday, which is our Adults' Day.		
Essex outdoors ABC club	Harlow Centre for Outdoor Learning, Burnt Mill Lane, Harlow, Essex CM20 2QS	A 10 week programme 4 times per year	The ABC club will cater specifically for young people, aged between 8 and 16, diagnosed with learning and physical difficulties. (e.g. – Autism, Dyspraxia)	Tel: 01279 620270 E-mail: harlow@essexoutdoors.com www.essexoutdoors.org	FREE Booking required
			8-16yrs		

[Back to out-of-county](#)


= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site






= Venue is Wheelchair accessible



















= Changing bed available


*NB We are unable to recommend any of the services included, the directory is intended as an information source only

Camp Mohawk 	Highfield Lane Crazies Hill Wargrave Berkshire RG10 8PU	Easter and Summer holidays and half- terms Open to Playschemes and schools all year round	The centre provides a range of activities, facilities and natural space to encourage children with a variety of special needs to play, socialise and learn in a secure and caring environment. Includes sensory room, sensory garden and adventure play.	0118 940 4045 info@campmohawk.org.uk http://www.campmohawk.org.uk/index.html	Donations
			Aimed mainly at ages 18yrs and under		
Kids Can Achieve Holiday Playscheme (Harrow) 	Venue varies according to playscheme attended	Operates during main school holidays	Holiday playschemes for young people with special needs	0208 420 2300 http://kidscanachieve.co.uk/	From £81/day NB Harrow residents receive a subsidised rate
			Ages 5-19years		
Florence Hayes Adventure Playground – National Autistic Society Enfield sessions 	34 Fore Street, Edmonton N18 2SS	Sunday, 14th April and then every third Sunday until Sunday, 20th October 2013. The sessions run from 10am to 1pm.	Exclusive play session for children with autism and their families	For more info contact Anna: 020 8360 7384	£2 per child
			Playground aimed at 8-13yrs		




Aspire Centre - ramped swimming pool (Stanmore)     	Aspire National Training Centre Wood Lane Stanmore Middlesex HA7 4AP	Pool open daily – see website for details as sessions vary	Our pool is 25 metres long and is maintained between 30-32 degrees, making it ideal for the very young, old or those with conditions that are temperature sensitive. It has full ramped access, removing the need for hoists for wheelchair users. All ages welcome	020 8954 5759 info@aspire.org.uk http://www.aspire.org.uk/antc/swimmingtimes.aspx	Cost varies – see website for membership options Drop-in
Herts Inclusive Theatre – Acting up     	Aspire National Training Centre Wood Lane Stanmore Middlesex HA7 4AP	Thursdays 1.30pm – 3pm	Our aims are to use drama, movement, music and theatre techniques to help build people's confidence, communication skills and to encourage and build social inclusion. Ages 18yrs +	07857 986364 admin@hit-theatre.org.uk http://www.hit-theatre.org.uk/	£60 per term Can attend/pay weekly £5 Concessions may be possible for those on a low income, please discuss. Booking required
Leighton Buzzard Otters Disabled Swimming Club  in water to start with     	Tiddenfoot Leisure Centre, Mentmore Road, Leighton Buzzard, Bedfordshire, LU7 2AF	Saturday mornings 10.00 – 12.00 term time only	Instruction in the water is provided by qualified teachers assisted by volunteers. This may take the form of group activities or individual tuition. All ages, all abilities	01525370432 christinemunford@talktalk.net http://www.harpersfitness.co.uk/tiddenfoot-leisure-centre/ Stairs and hoists available poolside Group changing rooms available, family changing cubicles	Membership to ASA needed: £20 per year per family £1.50 per session Please contact before attending for the first time



Aspire Centre Stanmore – sports sessions 	Aspire National Training Centre Wood Lane Stanmore Middlesex HA7 4AP	Badminton — Mondays 6-7pm Boccia — Saturdays 10 — 11am Wheelchair Basketball — Mondays 4-5pm and 6-7pm Futsal — Sundays 4 — 6pm Powerchair Football — Fridays & Sundays 4.15 — 6.15pm Physical and Leisure Activities for Youth (PLAY) – Mondays and Fridays 4-6pm in school holidays	Sports sessions for young people with any impairment or special needs. Up to 18yrs	For further info contact Elliott Beaton: 020 8420 6739 sports@aspire.org.uk	Badminton – £5.60 Boccia – FREE Wheelchair basketball – £6 Futsal - FREE Powerchair football – FREE PLAY - Booking required
Sunshine House – Stay n Splash Family Swim 	RNIB Sunshine House School, 33 Dene Road, Northwood, Middlesex, HA6 2DD	Mondays 1pm to 3pm (Preschool children) Tuesdays 3:30-5:15pm (Sensory club for children with high activity levels) Saturdays 10am to 12pm (All)	Hydrotherapy pool family swim for disabled children and young people. Ages 14yrs and under	More info: click here Tel: 01923 822538 (Sunshine House School) Email shsfamilyservices@rnib.org.uk	£3 per child Tuesday Sensory Club: £7/family Booking required
Sunshine House – Stay and play activity sessions 	RNIB Sunshine House School, 33 Dene Road, Northwood, Middlesex, HA6 2DD	Twice weekly during school holidays, days vary. 10am to 3pm	Stay and play sessions for disabled children and their families Ages 14yrs and under	More info: click here Tel: 01923 822538 (Sunshine House School) Email shsfamilyservices@rnib.org.uk	£5 per child, £3 per additional sibling Booking required



Sunshine House – Tinkerbell’s Music Making 	RNIB Sunshine House School, 33 Dene Road, Northwood, Middlesex, HA6 2DD	Thursday mornings, 10am to 11am	Music therapy group for preschool children who have additional needs and their parents / carers	More info: click here Tel: 01923 822538 (Sunshine House School) Email shsfamilyservices@rnib.org.uk	£3 per child Booking required
			Preschool children		
Chicken Shed Inclusive Theatre Company	Chickenshed Chase Side Southgate London N14 4PE	Various courses and workshops – see website for details	Inclusive Theatre Company	General Office: 020 8351 6161 Textphone: 18001 020 8292 9222 (Typetalk) info@chickenshed.org.uk www.chickenshed.org.uk	Varies depending on group Saturday sessions: £6 or £36 for 8 week block Booking required – waiting list for some groups
			All ages		
Upwards with Downs Monthly Disco	The Link, Parsloe Road, Harlow, Essex, CM19 4RT	Last Friday of the month 7pm-10pm	Monthly disco with a live DJ, dance prizes and face painting. Licensed bar, hotdogs and chips.	To reserve a place email Cristina & Tara: upwardswithdowns@hotmail.com Or call: Cristina 07733 392064 Tara: 07733 267316 www.upwardswithdowns.com	Under 16’s and people with Down Syndrome enter for free. Adults £1 Book
			Any age		



Out-of-County Support groups:

ADHD and Autism Support, Harrow	Drop-ins: Wednesdays, 10.30-12.30pm and Fridays, 10.30-12pm (term-time only)	Cedars Hall Chicheley Road Harrow HA3 6QH	020 8901 8009 autism@adhdandautismharrow.co.uk http://www.adhdandautismharrow.co.uk/
Kidsmile Polish support group	Second Monday of the month 9:30am-12pm	Various venues – North London and surrounding areas	Agnieszka Danaei: 07717 221 856 Agnieszka Hamling: 07932 076 618 Dorota Schiele: 07936 196 106 www.kids-smile.co.uk
YASS! Young Autistic Spectrum Socialising	Support, regular newsletter and meet ups for families with children on the spectrum	Various venues in and around Barnet	Christine: 020 8449 5251 yassgroup@btinternet.com
SPACE Support (Supporting Parents of ADHD/ASD/Behaviourally Challenging Children through Encouragement and Education)	Monthly on Wednesdays 10am-12pm View website for next dates	Nashleigh Court (Next door to "Just Tyres" off Nashleigh Hill) 188 Severalls Ave, Chesham, HP5 3EN *Parents from any area welcome	01494 772146 spacesupport@ntlworld.com www.spacepage.co.uk

The Disability Foundation therapy services	The Disability Foundation is a holistic health charity for everybody. They offer therapy services to disabled people and anyone suffering from chronic health issues at discounted rates. Carers themselves are also eligible for discounts to treatments. Examples of therapies are: Massage, Acupuncture, reflexology, Osteopathy, Hypnotherapy, Chiropody, and many more.	Based at the Royal National Orthopaedic Hospital. Please call 0208 954 7373 or email info@tdf.org.uk www.tdf.org.uk
-------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

[Back to out-of-county](#)



= Parent/carer stays



= Child/young person can attend on their own



= Disabled parking on site



= Venue is Wheelchair accessible



= Changing bed available

*NB We are unable to recommend any of the services included, the directory is intended as an information source only