Activities for Young People with SEND
Activities for Young People with SEND

This booklet provides information on a wide range of activities for young people with additional needs in Hertfordshire, many of which can be found on the Local Offer:

https://www.hertfordshire.gov.uk/microsites/local-offer/about-the-local-offer.aspx

Additional information, guidance and support can be obtained through the KIDS Hubs listed below:

KIDS East HUB
Divot Place
Hertford
SG13 7SP

Tel: 01992 504013

Email: hub.herts@kids.org.uk

KIDS West HUB
Albanwood
Watford
WD25 7BZ

Tel: 01923 676549
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Holiday Club

Sessions will run in school holidays. The Holiday Clubs will provide complete care for children aged 5 – 19.

**CHIPS Holiday Club (Broxbourne)** - Located in Cheshunt and Hoddesdon.

**CHIPS Holiday Club (East Herts)** - Located in Hertford, Ware and Bishop’s Stortford.

Saturday Club

Sessions will run on Saturday’s during term time. The clubs will provide complete care for children and young people aged 5–19 years.

Locations in Cheshunt, Hoddesdon, Hertford, Ware and Bishops Stortford.

These clubs run for 2.5 hours per session. With the exception of the club based in Ware, the clubs run in the morning 10.00am -12.30pm. Ware runs from 2.00pm-4.30pm.

Teen Club

The Teen club runs once a month (term time) throughout the year, for young people aged 13-19 years. This group is aimed at teenagers with moderate learning, behaviour, and medical needs. The club runs for 2.5 hours per session. The group have a trip out once a month which could include bowling, swimming, skating, sports activity, adventure activity and meals out.

In addition, 2 trips are arranged during the Easter and Christmas breaks and 6 trips during the summer holidays. These are for a longer period of time, approximately 5 hours. Trips could include: Southend, London, Hazard Alley and recording studios.

CHIPS have young but experienced members of staff who accompany the teenagers. They act more as mentors/friends than staff. The key objectives of the outings are for the young people to learn life, social and independence skills, for example: buying tickets, ordering food, budgeting, and handling money. Where possible the group travels by public transport.

The teenagers are fully involved and make suggestions for outings.
**Cookery Club**

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.

**Age Range:** 12-19 years  
**Venue:** Pinewood School, Hoe Lane, Ware, SG12 9PB  
**Time:** Thursdays, Fortnightly 7:00-9:00pm

**Climbing Club**

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.

**Age Range:** 10-19 years  
**Venue:** Harlow Outdoors Activity Centre  
**Time:** Sundays, Fortnightly 12.30- 2.30pm

**Computer/Gaming Club**

A range of IT/computer gaming equipment will be available – computers, Wii, Xbox and PlayStation, for the young people to use. 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.

**Age Range:** 12-19 years  
**Venue:** Children’s Centre, Sele School Hertford  
**Time:** Tuesdays, Fortnightly 7:00-9:00pm

**CHIPS Playschemes are part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit**  
https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx **or contact the service directly.**
Who is it for?

Young people up to 18 years old, enabling them to experience and enjoy a range of activities with the support of skilled staff within a safe environment. All of the services are designed to maximise independence and to provide choice and the opportunity to learn new skills.

How does the service work?

They provide services for young people with learning disabilities to access activities based in the community or at Peartree Short Breaks Centre. Young people have the opportunity to enjoy new experiences, have fun and make new friends, giving them a break from their everyday routine.

The range of services provides additional support for families through one to one sessions, sibling groups and other group activities.

The bespoke One to One buddyng scheme supports access to activities in the local community such as scouts, bowling, soft play, falconry or specific projects like travel training.

At the After School Club, young people choose from a range of group activities including dance sessions, cooking, crazy golf, quasar, junk modelling, pottery, and trampolining.

Sibling groups give an opportunity for brothers and sisters of children or young people with a learning disability to meet others in the same situation, share experiences and take time out.

Jubilee covers East Herts, North Herts, St Albans, Stevenage and Welwyn/Hatfield.

Jubilee House is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.
Holiday Clubs

A range of Holiday Clubs for children and young people aged 5-19 who have learning disabilities of varying severity, physical or sensory disabilities and/or challenging behaviour. The play-schemes run during February half term, Easter holidays, May half term, summer holidays, October half term and Christmas holidays.

Children/young people will be split age-appropriately and will enjoy a wide choice of risk assessed activities, trips, on-site visits from third parties such as drummers, magicians, dog handlers, police and fire services, sports coaches, artists, musicians etc. to stimulate them and add to their enjoyment. Friendship with other users will be encouraged and supported and chill out time encouraged. Wherever possible engagement with the mainstream community will be encouraged and supported where required.

Holiday Clubs are split into 2 ages groups: ‘Unders’ 5-10 years and ‘Overs’ 11-19 years.

Holiday Clubs run in Dacorum, St Albans, and Welwyn Hatfield.

SNAP Weekend Fun

Saturday Clubs for children and young people aged 5-19 who have learning disabilities of varying severity, physical or sensory disabilities and/or challenging behaviour.

Children/young people will be split age appropriately and will enjoy a wide choice of risk assessed activities. Wherever possible engagement with the mainstream community will be encouraged and supported where required.

The clubs will normally run for 5 hours but may be longer on occasion to meet the needs of the activity chosen by the participants.

Saturday Clubs are split into 2 age groups: ‘Unders’ 5-7 years and ‘Over’s 8-19 years.

SNAP Weekend Fun covers Dacorum, St Albans, Welwyn Hatfield and Hertsmere.
SNAP Weekend Youth Club

This group runs on Saturdays for young people aged 14-19 years who have learning disabilities of varying severity, physical or sensory disabilities and/or challenging behaviour. Activities such as travel training, bowling, cinema, a football supporters group, and attendance at festivals, firework displays, shopping trips, farm visits, and a range of other outside activities will be encouraged.

The club typically runs for 6 hours but may be longer on occasion to meet the needs of the activity chosen by the participants.

SNAP Weekend Youth Club covers Dacorum, St Albans, Welwyn Hatfield and Hertsmere.

SNAP One to One/Buddying

This service provides individual support for children and young people aged 5-19 years, with a wide range of disabilities. This includes home support, accompanying to events, assisting to travel or volunteering or work as well as attending activities such as sport, films, clubs and other mainstream activities or interest groups.

While managing a wide range of disability and behaviour, the safety and enjoyment of all clients will be paramount as will the needs of parent/carers and staff with full in-depth risk assessment. The service will be available throughout the year. Attendance will normally run from 1 - 5 hours with extended support for longer periods.

SNAP Life Enhancement covers Dacorum, St Albans, Welwyn Hatfield and Hertsmere.

SNAP Adventure Activities – Weekends / After School

This service is for children and young people aged 8-19 years, with a wide range of disabilities. They will enjoy a wide choice of activities that are age appropriate. These will include: trips, canoeing, climbing, trampoline, country activities, shelter building, campfires, attending events, going for a coffee, a football supporters club, festivals, firework displays, shopping trips and a range of other pursuits chosen by clients. Wherever possible engagement with the mainstream community will be encouraged and supported where required.

Schemes will normally run for 2 - 4 hours but may be longer on occasion to meet the needs of the activity chosen by the participants e.g. a trip out of county. Activities will normally be after 3.30pm or at weekends.

SNAP Adventure Activities covers Dacorum, St Albans, Welwyn Hatfield and Hertsmere.

St Albans Mencap is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.
Holiday Clubs
Watford Mencap Community Centre, The LeMarie Centre for Charities, 524 St Albans Road, Watford WD24 7RX
Parmiters School, High Elms Lane, Watford, WD25 0UU

The holiday club supports children and young people aged 5-19 in Watford, Three Rivers and Hertsmere with a learning disability and can support additional disabilities such as epilepsy and gastrostomy. This service will run every week of each holiday, offering a variety of activities for a wide range of ages and abilities. Flexibility is at the heart of these activities, with parents being able to book their sessions before each holiday. Although the core sessions will be 6 hours, parents will be able to ‘bolt on’ hours before or after to enable them to tailor the session to meet their needs. Additional hours will also be available to purchase with direct payments or individual budgets.

Sessions will take place at the centre, which is safe, secure and fully accessible, as well as other venues in the community. Each of the venues is selected for their location and proximity to local transport links and suitability to meet the needs of the groups attending. Each location has a comprehensive risk assessment and they liaise very closely with any external venues. They don’t use any venue or activity that does not comply with the requirements of their comprehensive Health and Safety Policy.

A programme of activities will be prepared for each holiday and attendees will be able to choose the activities in which they wish to participate. This could include sensory sessions, music, art and craft, outdoor activities, soft play and cooking. They also work in partnership with local organisations to enhance the services they offer such as Pets as Therapy, a local singing group, animal talks and the local fire brigade.

All outings will be offered for those over 8 and with local facilities within the community such as golf, bowling and cinema. A different type of session will be offered to those at college enabling them to go out in the local community in small groups, mixing with others already at college. This will help them prepare for the transition to adult services. All sessions focus on promoting independence and building and maintaining friendships, and adhere to the principles of the Early Years Foundation Stages.

When: School holidays 10:00am-4:00pm
**Saturday Club**  
Watford Mencap Community Centre, The LeMarie Centre for Charities, 524 St Albans Road, Watford WD24 7RX

The Saturday club is for children and young people with a learning disability aged 5-19 years. This service will run on various Saturdays throughout the year and offer a variety of activities for a wide range of ages and abilities.

Attendees will bring a packed lunch and will be able to choose the activities they wish to participate in. This could include sensory sessions, music, art and craft, outdoor activities, soft play and cooking. All sessions focus on promoting independence and building and maintaining friendships, and adhere to the main principles of the Early Years Foundation Stages.

Each young person will have their own individual support plan, risk assessment and a personalised outcome which will focus on developing and improving their confidence and independence skills. This will be monitored through their internal systems and reviewed each term.

**When:** Saturdays during terms time 10:00-4:00pm

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**Youth Club**  
Watford Mencap Community Centre, The LeMarie Centre for Charities, 524 St Albans Road, Watford WD24 7RX

The Youth Club is for young people with a learning disability aged 13-19 years and offers an opportunity to make friends and share experiences. They offer a variety of activities for a wide range of abilities.

Sessions will take place at the fully accessible centre in North Watford. The activities will be planned and chosen by the young people to get them involved in the service and making choices, and will take into consideration cultural celebrations. This service will work in conjunction with other youth services such as Youth Connexions, focusing on promoting independence and building and maintaining friendships, and will adhere to the main principles of the Early Years Foundation Stage. A tuck shop is available for young people to access.

Each young person will have their own individual support plan, risk assessment and a personalised outcome which will focus on developing and improving their confidence and independence skills. This will be monitored through internal systems and reviewed each term.

**When:** Friday during term time and run from 6:00–9:00pm
**Adventure Together (Overnight)**

Adventure together is for children and young people with a learning disability aged 9-19 years enabling them to stay overnight and develop their own skills. The service will operate over 3 weekends throughout the year, offering young people the opportunity to stay away from home and experience a variety of challenges. Each session will be 12 hours and the weekend will consist of 2 sessions or 24 hours. Although the hours of the session will be fixed, additional sessions will be available to purchase using direct payments.

Each weekend will offer a programme of activities at a local activity centre, Hudnall Park Field Studies Centre, which is owned by Hertfordshire County Council. This offers exciting activities and courses designed to provide learning opportunities and personal development for young people. Sessions will be available for all levels of need and will include those with profound and multiple disabilities. All activities will attract an additional cost for participants and will be designed to reflect the service users’ abilities, confidence and sense of adventure.

All sessions focus on promoting independence, building and maintaining friendships and adhere to the main principles of the Early Years Foundation Stage. Each young person will have their own individual support plan, risk assessment and a personalised outcome which will focus on developing and improving their confidence and independence skills. This will be monitored through internal systems and reviewed after each weekend.

**When:** Sessions take place 3 times a year, and the sessions are 12 hours (2 sessions for an overnight stay of 24 hours).

**Cost:** £48 (24 hours) plus any additional activities

**Buddying Service**

This service is for children and young people aged 5-19 years. The buddying service will provide fully trained staff to support children and young people to access mainstream activities, such as scouts, ballet etc. The service will match staff to the interest of the young person they are supporting. The 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 to understand the support needed by the young person. The activity staff will receive extensive training enabling them to support children and young people with a wide range of needs, something volunteers would not be expected to be able to do. This training will also enable them to provide advice and solutions to mainstream activities, enabling them to learn and support more children and young people with additional 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.

**Cost:** Sessions are 3 hours. Minimum of £6 a session plus any additional activity costs.
Lego Club
Watford Mencap Community Centre, The LeMarie Centre for Charities, 524 St Albans Road, Watford WD24 7RX

The Lego Club is for children and young people with a learning disability aged 5-19 years. This service will run fortnightly and 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 session will run for 2 hours and although the session time will be fixed, additional hours will also be available to purchase.

A range of Lego will be available and Lego games and plans will also be available on an iPad. Members of the club will be encouraged to join the Lego Club, a free club facilitated by Lego which provides a regular magazine, and outings will be available at an additional cost such as trips to Legoland. A tuck shop is available for young people to access.

All sessions focus on promoting independence and building and maintaining friendships, and adhere to the main principles of the Early Years Foundation Stages. Each child/young person will have their own individual support plan, risk assessment and a personalised outcome which will focus on developing and improving their confidence and independence skills. This will be monitored through internal systems and reviewed each term.

When: Saturdays 10.30am-12.30pm during term time

Watford and District Mencap is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.
North Herts and Stevenage Breakaway Playschemes
St Nicholas C of E Primary School, Six Hills Way, Stevenage, Hertfordshire, SG2 0PZ
Woolgrove School, Pryor Way, Letchworth Garden City, Hertfordshire, SG6 2PT

NHCVS Breakaway Playschemes aim to provide holiday fun for children and young people aged 5-19 with additional needs in the North Herts and Stevenage areas.

The Playschemes create an opportunity for social interaction between children and young people with special needs, through different mediums of play in a safe, supportive and fun environment.

There is a varied and interesting programme of activities which enable opportunities for peer interaction to help develop the social skills of the children and young people, whilst giving much needed respite for parents and carers.

The Playschemes operate at two venues in Stevenage and one in North Herts during all the school holidays.

When: 10:00am-3:00pm during school holidays

Breakaway Lifestyle and Leisure Saturday Club
St Nicholas C of E Primary School, Six Hills Way, Stevenage, SG2 0PZ

The Breakaway Lifestyle and Leisure Club is for young people aged 5-19 years with challenging and behavioural disabilities. This service will focus on developing life skills and independence for the young people, addressing any needs that they may have and may provide an easier transition into adulthood.

Sessions will be practical and will encourage the young people to try new things and get out and about in the local community.

When: 10:00am–3:00pm one Saturday a month
Stevenage & North Herts Breakaway Club – Complex Needs
Greenside School, Shephall Green, Stevenage, SG2 9XS

For children and young people aged 5-19 years with complex health needs, this Holiday Scheme will run from Greenside School. This club will have a paediatric nurse on site, along with hoist changing facilities.

Activities are adapted to meet the needs of the children and young people. Daily activities will include:

• Sensory Art - using mediums like paint, cornflour, jelly, chalk, water
• Multi-Sensory Art including making art using hands and feet, wheel prints & using aromas in art materials to heighten senses
• Stimulus food tasting sessions to heighten senses through taste and smell and acknowledge foods from different countries
• Sensory play such as lighting and water features
• Physical activities, including catching a ball and the parachute

When: 10:00am-3:00pm on selected dates during the Christmas, Half term, Easter and summer holidays

North Herts CVS is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.
Noah’s Ark Playscheme, Hertsmere Mencap
Rochelle Gould
0208 9062 783 | noahs-ark@live.co.uk

The Holiday Playscheme is for children and young people with learning disabilities aged 5-16 years. The scheme runs for approximately one week at Easter and four weeks during the summer holidays, Monday - Friday 10.00am-3.00pm, and is held at a local school in Borehamwood.

They provide fun and stimulating activities, outings and entertainment for all children with additional needs and their siblings, aged between 5-16 years. For example, trips to soft play, theatre, bowling and the cinema, as well as on-site activities such as bouncy castle, music groups, creative play, entertainers etc.

Venue: St. Teresa’s School, Brook Road, Borehamwood, WD6 5HL

Noah’s Ark is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.

Phoenix Group for Deaf Children and Young People
Sarah Munro
Phoenix Community Centre, 2-6 The Hyde, Stevenage, SG2 9SE
01438 722142 | 07856 776530
activities@phoenixgroup.org.uk

The Phoenix Group supports deaf children, young people and their families, through fun and informative activities, which aim to promote independence and develop friendships. As a user-led charity, the Short Breaks activities will vary, depending on what the children and young people would like to do. Previous activities have included: ice skating, swimming, relaxation, farm visits, horse riding, crazy golf, danger den, dragon boating, cooking, climbing/high ropes, bowling, sports, overnight residential activities, trampolining, arts and crafts, football and many more.

Age range is 8-18 years. The sessions are between 3 and 5 hours and take place in the school holidays and occasional Saturdays.

Venue: The Phoenix Centre, Stevenage (acoustically treated) and other activity centres across Hertfordshire.

Phoenix Group is part of the Short Breaks Local Offer. In order to find out more about the Short Breaks Local Offer and how to apply, please visit https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx or contact the service directly.
**Holiday Club**

Tis holiday club covers Broxbourne, Hertsmere and Welwyn/Hatfield for children and young people with disabilities aged 5-18 years. The club is divided into 5-11 year olds and 12-18 year old to provide age appropriate activities and promote relationship forming amongst peers.

Activities include: arts and crafts, sports, music therapy and messy play. Parents and carers are also consulted on the preferences, likes and dislikes of the children and young people. Weeks or sessions as a whole are themed, and examples of themes include: around the world, carnival, time travel and fantasy.

**Venue:**

Kennedy Leigh Centre, Edgeworth Close, London, NW4 4HJ

At The Kennedy Leigh Centre, the facilities are designed to enhance development and learning, as well as for the children and young people to have fun and enjoy themselves. Specialist sensory equipment, a well-equipped sensory room and soft play areas are available, as well as outdoor gardens designed for children and young people with learning disabilities. For example, the playground at JCoSS has a wheelchair accessible play roundabout, and floor level trampoline.

The venue is fully wheelchair accessible, purpose built with wide hallways and high ceilings, and has appropriate bathrooms and changing rooms.

**Norwood is part of the Short Breaks Local Offer.** In order to find out more about the Short Breaks Local Offer and how to apply, please visit [https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx](https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx) or contact the service directly.
Mencap Bishop's Stortford (Grove Cottage)
Esme Willcocks
Grove Cottage, 151 London Road, Bishop's Stortford, CM23 3JX
01279 656085 | info@mencapgrovecottage.org
www.mencapgrovecottage.org

Based in the middle of Bishop's Stortford, Grove Cottage provide social and educational activities for people of all ages with learning disabilities to develop their potential, avoid social isolation by supporting lifelong friendships and to provide respite for their families. They accept members from all over Hertfordshire, Essex and surrounding counties. If you can get to Grove Cottage you are welcome to come along.

Grove Cottage is a registered charity managed by a board of trustees with a wealth of experience of special needs and education.

Activities include:

Youth Club 12-25 years – Tues 6:30-8:30pm
Get Active from 12 years – Thurs 6:30-8:30pm
Holiday Clubs 3-19 years – Mon – Fri in the school holidays 9:30am-4:30pm
Performing Arts from 14 years – Mon 6:00-7:15pm
Cottage Creates 12-25 years – Fri 5:00-7:00pm
Cottage Crew 12-25 years – 1st & 3rd Sat 2:15-6:00pm
Big Play (for active teens who require 1:1 support) – 1st & 3rd Sat 9:30am-1:15pm

Please contact Mencap Bishop’s Stortford directly for costs.

Courtyard Arts and Community Centre
Courtyard Arts Centre, The Stables, Port Vale, Hertford, SG14 3AA
01992 509596 | centredirector@courtyardarts.org.uk
http://www.courtyardarts.org.uk

Courtyard Arts is a small but lively community arts centre on Port Vale in Hertford. They offer art classes for adults and children, alongside a busy ceramics studio and vibrant programme of changing exhibitions. They also have artists' studios, a small cafe and a gift shop show-casing work by local artists.

Additional needs are accommodated - the ground floor is wheelchair accessible with a disabled toilet and there is disabled parking immediately behind the centre.

Courtyard Arts was founded in 1996 in an old stable block by a group of enthusiastic local artists who wanted everyone in the community to have access to art in a friendly environment, whatever their ability. They are a self-funded charity run largely by volunteers.

When: Open Tues-Sat 10am-4pm
Cost: Children's class fees start from £60 per term, and entry to exhibitions is free.
Herts Inclusive Theatre (HIT)
07857 986364 | hertsinclusivetheatre@live.co.uk
http://www.hit-theatre.org.uk

Herts Theatre Inclusive Theatre (HIT) is an award winning charity working with disabled and non-disabled children, young people and adults. They offer weekly after school workshops, holiday and weekend activities. Their 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. HIT offers participants the opportunity to explore the broadest spectrum of theatre, and unique performance experiences. Using these tools gives people the opportunity to increase self-confidence and worth. They use theatre skills to support the development of all children, young people and adults no matter what their ability. Every individual is valued for their capabilities and their contribution to the group.

**Weds:** Aldenham School, Aldenham Rd, Radlett, Elstree WD6 3AJ
**Tues:** The James Theatre, Watford Grammar School for Boys, Watford, WD18 7JF
**When:** 6:15-7:45pm (term time only)
**Aimed at:** 12-18 years
**Cost:** £72 / term (2 free taster sessions available)

**Venue:** The Old Town Hall, Hemel Hempstead, Herts, HP1 3AR
**When:** Saturdays at 10:30-12:00 (due to be split into 2 groups soon)
**Aimed at:** 5-18 years
**Cost:** £70 / term (2 free taster sessions available)

**Eagles Boccia Club**

Peter Stannard
Jim McDonald Centre, High View, Hatfield, Herts AL10 8HR
07506 415969 | 01992 558895
eaglesboccia@hotmail.co.uk

Boccia is a Paralympic sport similar to French Boules/Petanque and is played from a seated position. It can be played in team matches consisting of 3 players per team or as pairs or singles. The aim of the game is to throw/kick/roll leather balls as close to the white jack ball as possible. The balls can be propelled by hands, feet, or, if the competitor's disability is severe, with an assistive device (ramp). It is a game for everyone and is open to juniors and adults both with and without a disability.

**When:** Every other Saturday from 2:00-4.00pm
**Cost:** £3.00 per session and 50p for refreshments
Swimming Clubs

**Barracuda Swimming Club**
Furzefield Centre, Mutton Lane, Potters Bar, EN6 3BW  
01707 643198 | secretary.barracuda.sc@hotmail.co.uk  
http://www.barracudasc.co.uk

*When:* Sundays from 11.30am to 12.30pm  
*Cost:* Annual admin fee of £5

Barracuda Swimming Club is a swimming club for people with disabilities. They welcome people of all ages and swimming abilities no matter the severity of physical or learning disability. They have exclusive use of the pool, and on average have 20-25 swimmers a week, a number of whom swim independently, and 15-20 volunteers.

**Dacorum Dolphins Swimming Group for Disabled**
Sportspace, Park Rd, Hemel Hempstead, HP1 1JS  
01442 217470 | dacorumdolphins@outlook.com  
https://www.facebook.com/DacorumDolphins

*When:* Saturdays 5:00-6:00pm  
*Cost:* £8 per year for single members, £28 per year for a family of four.

Dacorum Dolphins is a swimming club for people with disabilities and their families, to swim in a fun, friendly and safe environment.

**Stevenage Dolphins Swimming Club**
Stevenage Swimming Centre, St. Georges Way, Stevenage, SG1 1XY  
01438 811631 | stevenagedolphinsclub@gmail.com  
www.stevenage-dolphins.org

*When:* Sundays 4:00- 5.30pm  
*Cost:* £5 per year membership fee

There are two lanes roped off for lane swimming and the rest of the pool is open use for general enjoyment. Balls and floats are introduced for the second 45 minutes of each session. The deck-level pool is equipped with a hoist to help those with a physical disability in and out of the pool.

**Disability Splash and Swim Session**
Hartham Leisure Centre, Hartham Common, Hertford SG14 1QR  
01992 584000  
http://www.everyoneactive.com/Centre/Hartham-Leisure-Centre/28/Timetables

*When:* Saturdays 12:00-1:00pm  
*Cost:* Free for swimmers and carers

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.
Autism (and Sensory) Friendly Cinema Screenings

Mainstream films are shown in a sensory friendly environment. Lights are on low, sound is turned down, trailers are omitted and people of all ages can bring their own food, make noise and move around the cinema as they feel comfortable. Times and costs can vary, please check the websites. Websites also provide booking information. Tickets are available for booking approximately 5 days in advance. Free entry for carers with a valid CEA card.

Cineworld, Stevenage Leisure Park, Six Hills Way, Stevenage SG1 2UA
When: First Sunday of the month at 11:00am - see above link for details of showings

Vue Cinema, Woodside Leisure Park, Watford WD25 7JZ
When: Last Sunday of the month at 10:00am - see above link for details of showings

ODEON cinema, The Galleria, Comet Way, Hatfield AL10 9TF
When: Monthly on Sundays 10:00am - see above link for details of showings

Knebworth Junior Badminton Club
Gosling Sports Park, Stanborough Road, Welwyn Garden City AL8 6XE
07910 755135 | enquiries@ksclub.org.uk
www.ksclub.org.uk

This is a badminton club for players aged 7-18. Beginners welcome. Players will receive regular coaching by a qualified Badminton England level 2 coach. They can also coach wheelchair/disabled badminton, and children with autism and other disabilities, including hearing impairment, visual impairment and dwarfism. Tournaments are by age/ability.

When: Sundays 6:00-7:00pm and 7:00-8:00pm (term time only)
Cost: Per term, please contact them for details
Ishin Ryu Ju Jitsu
Kevin Pell
01953483795 | k.pell@ishinryu.com
http://ju-jitsu.co.uk/bushey-ju-jitsu-club/

This inclusive Ju Jitsu Club aims to teach discipline and self-defence. Participants will need to be able to walk and to follow instructions independently for short amount of time.

Location: Furzefield Centre, Mutton Lane, Potters Bar, EN6 3BW
When:
Teens: 13-16 years Thurs 7.30–8.30pm
Adults: 16 years+ Thurs 7.30–8.30pm

Location: Bushey Grove Leisure Centre, Aldenham Rd, Bushey, WD23 2TD
When:
Teens: Mon 8:00-9:00pm and Friday 8:00-9:00pm
Adults: Mon 8:00-9.30pm and Friday 8:00-9.30pm

Location: Three Ways Community Centre, Arundel Drive, Borehamwood, WD6 2ND
When:
Teens: Tues 8:00-9:00pm and Sat 11.30am-12.30pm.
Adults: Tues 8:00-10:00pm, Thurs 8:00-10:00pm and Sat 11.30am-12.30pm.

Age: Teens 13-16 years. Adults 16 years+
Cost: £30 annual membership and £24/month training fees

Get Set Adventure
Lisa Cook
Lees Wood Scout and Guide Activity Centre, Fir Tree Hill, Chandlers Cross, nr Watford, WD3 4LY
01923 776611 | leisure@threerivers.gov.uk
www.igetset.co.uk

Get Set Adventure is suitable from age 5+. Come along with your whole family for an adventure at Lees Wood. You will be able to try archery, the climbing wall, rifle shooting, the boulder complex, the assault course or take a stroll along the nature trail. Don’t forget to bring your lunch for a picnic in the picnic area!

Three Rivers District Council aims to make all reasonable adaptations to this leisure service to ensure accessibility for all. They appreciate everyone is different, and if you require any specific support, please let them know and they will do their utmost to help.

When: Saturday's in July and August. 10:00am-2:00pm.
Cost: £10 per person (full time carers go free). Booking is essential.
**Lego Clubs**

**St Albans Lego Club**  
Gayeanna Allcock  
Fleetville Community Centre, Royal Road, St Albans AL1 4QL  
01727 863992 | gayeannaallcock@btinternet.com

A Lego Club for children and young people aged 5-18 with autism/Asperger syndrome. Children/young people are in charge of their independent play, choosing Lego to create models and form friendships with peers.

**Cost:** £2 - No booking required

**Hitchin Lego Club**  
Hitchin Youth Trust, 111 Walsworth Road, Hitchin SG4 9SP  
hitchinlego@hotmail.com

As well as providing children with autism the opportunity to meet with others who share their love of LEGO and practice 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.

**When:** 1st Saturday of the month 2-4pm during term time only.  
**Cost:** No charge but donations needed to enable club to buy new equipment and to pay for tea, coffee. Booking is required.

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**4-am Project**  
Trevor Dilks  
27 Queensway, Hemel Hempstead, Hertfordshire, HP1 1LS  
01442 261622 | 07852 738 297  
four-am@hotmail.co.uk

The 4-am Project provides bespoke tuition in painting, singing, musical instruments, music technology, video, podcasts, independent living and social skills training in a safe, supportive environment. The students set the agenda and the pace. They are primarily focussed on social skills, self-esteem, confidence building, and developing better communication skills. Their target group are students with autism, Asperger's syndrome, Down's syndrome or any special educational needs aged 14+.

(Not wheelchair accessible)

**When:** Monday – Friday 10am-3:00pm (call to arrange suitable times)  
**Cost:** £25 for first hour, £10 an hour for subsequent hours – booking required
Young people aged 13-17 with disabilities and learning disabilities are welcome at YC Hertfordshire Youth Projects. In addition there are a number of YC Hertfordshire projects across the county specifically for young people with learning disabilities up to their 25th birthday.

**Focus Youth Project**  
Tracy Crace  
Waltham Cross Youth Centre, Stanhope Road, Waltham Cross EN8 7DJ  
01992 588220

The YC Hertfordshire Focus Youth Project is an exciting youth project for young people with learning disabilities. If you are interested in playing sports, cooking, arts & crafts, music-making, trips away and socialising then this is the project for you!

**When:** Term time: every Tuesday 7pm - 9pm for young people aged 13-17 and Wednesday 7pm-9pm for young people aged 18-24 plus regular day trips and special activities during school holidays.  
**Booking Info:** Drop-in / no booking needed  
**Cost:** Free

**Creative Spark Music and Media Project for Young People with Learning Disabilities**  
The XC Studios, The XC Centre 1st Floor, Jarman Park, Hemel Hempstead HP2 4JS  
01442 454060 | yc.dacorum@hertfordshire.gov.uk

Creative Spark is a music and media project for young people aged 13-24 with mild to moderate learning disabilities. Run by YC Hertfordshire at the state-of-the-art XC Music and Media Studios, the project enables young people to get involved with creating and recording music, photography, film-making and animation.

**When:** Every Wednesday 6.30-8.30pm for young people aged 13-17 and 7.30-9.30pm for young people aged 18-24  
**Booking Info:** Possible, but not necessary  
**Cost:** Free
7 2 10 Integrated Group at the Zoo Café
Zoo Cafè, Pioneer Hall, 11a Ware Road, Hertford SG13 7DZ
01992 588220 | youth.connexions@hertfordshire.gov.uk

The 7 2 10 Youth Project is an integrated group for young people with and without disabilities. It's for ages 13-19 or up to 24 if you have a learning disability. Come along and join in the fun - whatever your ability.

When: Every Thursday, 7.15pm – 9.45pm.
Booking Info: Drop-in / no booking needed
Cost: Free

'96 on Tuesdays' Youth Project
96, Shenley Road, Borehamwood WD6 1EB
01707 292645 | yc.hertsmere@hertfordshire.gov.uk

'96 on Tuesdays is a youth project for young people aged 13-17 with learning disabilities. You'll get to spend time with other young people in a safe and relaxing environment. The project is run by trained and supportive youth workers in YC Hertfordshire's Hertsmere Team and you can develop new interests, participate in fun activities and learn new life skills. Youth workers are trained in Epilepsy awareness and Epi Pen trained. The venue is fully wheelchair accessible and there is a wheelchair accessible computer.

When: Every Tuesday 6:30-8:30pm.
Booking Info: Drop-in / no booking needed
Cost: Free

Snappy G’s
Garry Leask
Bancroft Centre for Young People, 29 Bancroft, Hitchin SG5 1JW
01438 844161

There are loads of great activities at Snappy G’s for young people aged 13-24.

Sports Activators: This is for young people with learning disabilities to try new sports activities such as football, tennis, badminton, and much more. The Bancroft Centre for Young People has a fully equipped snack bar open both evenings. Please note, staff are unable to provide one-to-one support.

When: Mondays 6:00-8:00pm for ages 13-17 and Mondays 6.45-9:00pm for ages 18-24. (Sports Activators runs on Mondays: 6:00-7.30pm for ages 13-17 and Mondays: 7:30-9:00pm for ages 18-24.)
Booking Info: Drop-in / no booking needed
Cost: Free
Megamix Youth Project for Young People with Learning Disabilities
Bowes Lyon Centre for Young People, St Georges Way, Stevenage SG1 1XY
01438 843340 | yc.stevenage@hertfordshire.gov.uk

Megamix is a YC Hertfordshire youth project for young people with additional needs aged 13-24. It’s based at the largest youth centre in Hertfordshire. There is a wide range of activities and trips for you to get involved with, all designed specifically for young people with particular needs and support.

Activities include: pool, table tennis, basketball, football, arts & crafts, drama, music, trips out and much more.

The YC Hertfordshire staff who work at this project have a great deal of experience of working with young people who have a mixture of abilities and needs. They have adapted games and sports equipment for use in this session.

There is a separate room available for parents or carers, which allows them to stay in the building to provide any assistance young people may need during the session, whilst allowing young people freedom and independence to enjoy the group. The centre is fully wheelchair accessible.

**When:** Every Tuesday evening. 13-17 year olds: 5:15-7:15pm. 18-24 year olds: 7.45-9.45pm

**Booking Info:** Drop-in / no booking needed

**Cost:** Free

Zodiac Youth Project
Helen Wolstencroft
YouthPoint Centre for Young People, 206-210 Lower High Street, Watford WD17 2EL
01442 454060

The YC Hertfordshire Zodiac Youth Project is for young people aged 13-17 with learning disabilities. It's a place where you can make friends, learn new skills, relax and have fun! Activities include: Sports, drama projects, discussions and debates, games, cooking and music. The centre is fully wheelchair accessible.

**When:** Every Monday during term time, 6-8pm.

**Booking Info:** Drop-in / no booking needed

**Cost:** Free
**Galaxy Youth Project**
Kate Bignell
Rickmansworth Youth Centre, Northway, Rickmansworth WD3 1EH
01442 454060

The Galaxy Youth Project runs every Thursday night at the Youth Centre in Rickmansworth. It's for young people aged 13-17 who have a mild learning disability, need a boost in self-confidence or would benefit from being in a small supportive environment.

There are friendly youth workers to chat to about any issues you may have. It's a great place to meet other young people and experience something new. Activities include arts and crafts, sports and more. The centre is fully wheelchair accessible.

**When:** Every Thursday night, 6–8pm  
**Booking Info:** Drop-in / no booking needed  
**Cost:** Free

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**Watford 'Starburst' Project**
Laura Butcher
YouthPoint Centre for Young People, 206-210 Lower High Street, Watford WD17 2EL
01442 454060

Watford 'Starburst' is a YC Hertfordshire project with a focus on young people with learning disabilities, aged 18-24. You can take part in a range of activities including drama, arts and crafts and cooking, in a fun and supportive atmosphere.

The focus is on independent living skills, relationships and wellbeing in a relaxed and supportive environment. Young people attending can develop their knowledge, skills and confidence through a range of fun activities, including cooking, sports, arts and crafts and drama. The centre is fully wheelchair accessible & has a wheelchair user-friendly cooking suite.

**When:** Every Tuesday evening 7-9pm  
**Booking Info:** Drop-in / no booking needed  
**Cost:** Free
Youth Group
Alison Carpenter
Monks Walk Youth Centre, Monks Walk School, Knightsfield, Welwyn Garden City
AL8 7NL
01442 247046 | alison.carpenter@nas.org.uk

Youth Group is an exciting youth project for young people aged 13-17 with Asperger's Syndrome or High Functioning Autism, run by the National Autistic Society in partnership with YC Hertfordshire. If you'd like the opportunity to meet others, join in discussions and take part in activities such as sports, cooking, arts & crafts, and socialising, then this club is for you. You can use all the facilities including the: ICT suite, art room, games consoles, table tennis table, pool table and kitchen.

When: 6.30-8.30pm every Monday evening, term-time only.
Booking Info: Booking always needed
Cost: £1

Friday Breakout Project
Tracy Lee
Breaks Manor Youth Centre, Link Drive, Hatfield, Herts AL10 8TP
07580 744357 | tracy.lee@hertfordshire.gov.uk

A group for young people with moderate learning difficulties or disabilities.

When: Fortnightly on Fridays 6:30pm to 9:30pm
Cost: £1

Disability Snowsports UK
Peter Thorpe
The Snow Centre, St Albans Hill, Hemel Hempstead, HP3 9NH
07783 026 189 | 01479 861272
dsuk.hemel@googlemail.com
http://www.disabilitysnowsport.org.uk

Disability Snowsports UK is a charity providing adaptive skiing and snowboarding for individuals with any disability, including physical, sensory and learning difficulties. Specialist equipment is used (e.g. sit-down skiers) to ensure that children and young people with physical disabilities can enjoy the sport. All ages and abilities welcome.

When: Last Sunday of the month: October–April 6-9pm, May–September 6-7.30pm
Cost: Please contact Disability Snowsports directly for costs - booking required
Basketball

**Herts Ravens Special Olympics Basketball Club**
Simon Turner
Presdales School, Hoe Lane, Ware, SG12 9NX
07545 685414 | simonjacksonturner@gmail.com

Herts Ravens is open to players of all ability, with various teams at various levels. They train weekly with qualified SEN basketball coaches.

**When:** Every Wednesday evening 7:00-9:00pm  
**Cost:** £5 per session

**North Herts Wheelchair Basketball Club**
Ros Cramp
The Priory School, Bedford Road, Hitchin, SG5 2UR
07817 756143 | hertsdisabilitysport@yahoo.co.uk

This is a wheelchair basketball club for young people with a disability. The young person must be able to propel themselves in a manual wheelchair.

**When:** Wednesdays 7:00-8:00pm  
**Cost:** £2 per session - Booking required

**Rickmansworth Gateway Club**
Sharon Ogilvie
Shepherd Centre, Middleton Road, Mill End, Rickmansworth WD3 8JF
07387564773 | rickygateway@outlook.com

The club organises sessions, outings and other activities to provide social and recreational facilities for those with learning disabilities aged 14+ living in the local area.

**When:** Wednesdays, 7.15-9.15pm  
**Cost:** £3 per session. Extra cost for some events and tuck shop.
ActOne Artsbase (Soon to be known as Silverbirch Dance Company)
Jo Gibb
Middleton School, Ware and West Herts College, Watford
01582 621947 | info@artsbase.org.uk
http://silverbirchdance.com/project/dancebase/

ActOne was established in the year 2000 by Suzie Birchwood choreographer and arts accessibility specialist, and is a thriving company and charity providing inclusive dance and performance training for disabled and non-disabled people across Hertfordshire. They provide weekly dance training sessions for children and young people, a trainee programme for aspiring disabled dance professionals, regular inclusive nightclub events and have their own professional dance performance company touring performances to audiences that may otherwise not have the opportunity to experience dance. Their work promotes tolerance and understanding; all of their activities have a unique atmosphere where difference and individuality are celebrated. The company runs two weekly projects in Ware and Watford: DanceBase (5 years+). These projects are integrated for people of any ability with an interest in dance. They also offer a range of workshops that can be tailor made for any age, from schools and youth groups to adults, from one-day sessions to week-long courses. They focus on integration during all the workshops, promoting acceptance and encouraging individual creativity. ActOne puts ability not disability centre stage!

Ware: Tuesdays 5:00-6:15pm for 5-15 years and 6:20-7:50pm for 16+ years
Watford: Wednesdays 5:15-6:30pm for 5-15 years and 6:30-8:00pm for 16+ years
Cost: £105 for youth group / £125 for adult group (per term). Free trial session available - Booking required

The Plus Club
Parish Hall, Our Lady of All Creation, Rant Meadow, Hemel Hempstead, HP3 8PG
01442 391759 | paul.heatley1@btinternet.com

The Plus Club is a club for families with children or young adults with additional needs. The club has a mix of play activities, and is a safe place for parents and carers to meet and talk. There are refreshments, and there will be a short (optional) prayer time at the end. The club is not intended as respite care, so parents and carers will stay on the premises.

When: Every Fourth Sunday of the month 2:30-4:30pm (Except December and August)
Cost: Free – No booking required
Sailing

Sailability
Fairlands Valley Park, Stevenage
01438 353 241 | fairlands@sll.co.uk

Fairlands Valley Sailing Centre offers disability sailing for ages 8yrs and up. They support the RYA Sailability scheme and believe they are well placed to help people with disabilities take up the sport, old or young.

When: Fortnightly Saturday afternoons or Friday evenings April-October
Cost: £8 per person – Booking required

Colne Valley Special Sailors (CVSS)
David Harris
Rickmansworth Aquadrome, Frogmoor Lane, Off Harefield Road, Rickmansworth
WD3 1NB
01923283138
harris.d@btinternet.com | elainescombs@gmail.com
www.cvssailors.org.uk

Colne Valley Special Sailors provide sailing opportunities for people with disabilities (learning, physical, sensory, emotional, behavioral) in highly buoyant sailing boats which are easy to steer using a “joystick” control and have easy sail management (one boat has been modified to steer by mouth control). A hoist is available to assist boarding. The fleet of 9 boats includes single and double boats so it is possible to sail with a buddy. They cater for people aged from 7-80 years, and provide buoyancy aids, safety boat cover and plenty of help and encouragement. They are based at the Aquadrome which has paths made suitable for people in wheelchairs and a cafe.

When: Monday, Wednesday and Saturday, usually from 10:30am-4:30pm. The season begins in May and ends in September but less time may be available during school holidays (July to August).
Cost: £35 for the season or £5 per hour.
Trampolining
Learn and develop new trampolining skills with these great sessions for children/young people with special needs. You must wear socks, and no jeans or jewellery.

Age: Under 16
When: Every Saturday 4:15-5:15pm (term time only)
Cost: £4.50 per session – booking advised

Sports
The range of sports activities include; badminton, football, hockey, basketball and trampolining and inflatable fun on the bouncy castle.

Please note: Availability of activities may be subject to change.

Age: 4+
When: Every Saturday 3:00-4:00pm (term time only)
Cost: £4.50 per session – booking advised

Swimming
These supervised sessions are organised in partnership with Hoddesdon Swimming Club who will be offering advice and assistance to those taking part in the session.

Age: Any
When: Every Sunday 3:30-5:00pm
Cost: Free for both carer and swimmer – no booking required

(Also on Sundays 4.15-5.45pm at the Laura Trott Leisure Centre, Windmill Lane, Cheshunt, EN8 9AJ, contact 01992 623345 / Linda.crisp@live.co.uk)
Aldenham Country Playground is a purpose built, multi-sensory play facility for children and young people with additional needs. They understand how difficult it can be to find a play area that caters for all children and are fully aware the number of places that parents can visit with children and young people with additional needs or physical disabilities in a welcoming, safe environment is restricted.

The pavilion and playground are set inside the beautiful grounds of Aldenham Country Park, surrounded by nature, and is the perfect place to visit come rain or shine with both indoor and outdoor facilities available. They have created a space where children/young people can enjoy, learn, play, explore, relax and have the same experiences regardless of their needs and abilities. Their aim is to provide a fun, engaging and stimulating environment with a real community feel. The age range is 0-19 years.

**Playground**
You will have the use of outdoor play equipment as well as an indoor play hut. Facilities include: sensory room, soft play, sensi-floor projector, climbing frames, basket swing, zip-wire and more!

**Indoor SEND Pavilion**
You will have unlimited indoor play for the whole day. 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 the outdoor area. This also includes use of outdoor play equipment as well as indoor play hut. Facilities include: sensory room, soft play, sensi-floor projector, climbing

**When:**
Indoor Pavilion – Everyday 9:00am-5:00pm (SEND only)
Adventure Playground – 9:00-11:00am SEND only / 11am-5pm open for everyone
Farm Kitchen – Everyday 9:00am-4:00pm

**Cost:**
SEND Play Session - £6 per child/young person for the whole day
Adventure Playground Pass - £3 per child/young person for 2 hours
Riding for the Disabled Centres

At RDA, horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK. They have been carrying out life-changing activities for over 40 years, and take great pride in the exceptional standard of their instructors and volunteers. They offer activities for all age groups and, wherever possible, to people with any disability. Waiting lists may apply.

Gaddesden Place RDA
Cathy Bolshaw / Louise Lumsden
Gaddesden Place RDA, Bridens Camp, Hemel Hempstead, HP2 6EX
01442 246924 | info@gaddesdenplacerda.org.uk
www.gaddesdenplacerda.org.uk
When: Open Tuesday through Saturday
Cost: Contact centre directly for costs

Harpenden RDA
Tim Roberts
Greenacres, Annables Lane, Harpenden AL5 3PL
01438 871694 | tim@stagenhoe.co.uk
When: Thursday evenings 5.30-6.15pm & 6.15-7:00pm (term-time only)
Cost: £6 per session - Booking required
Age 5-adult. No designated parking/toilet facilities.

Penniwell's RDA
Penniwell's RDA Centre, Edgwarebury Lane, Elstree WD6 3RG
020 8207 4525 | penniwell's.rda@btconnect.com
http://www.penniwell'srda.com
When: 10:00am-5.30pm various days – contact for details
Cost: £25 per 30mins (group) £30 (private) - Booking required

Digswell Place RDA
Sue Jenkins
Digswell Place Stables, Rectory Road, Welwyn AL8 7SU
01707 332159 | info@digswellplacerda.org.uk
http://www.digswellplacerda.org.uk
When: Contact for details
Cost: Contact centre directly for costs
Age 2-adult.
**Football**

**Bedwell Rangers Football Team**
Bryan Prentice  
Marriots School, Brittain Way, Stevenage SG28UT  
07545 991941 | 07701 387150  
Bryan.prentice@ntlworld.com  
http://www.bedwellrangersfc.com

Bedwell Rangers Football Team training and matches are for all genders with a physical disability or additional educational need, and are organised to the individual’s abilities.

**When:** Thursdays 8pm-9pm (13-17 years)  
**Cost:** £50 per season - concessions possible - 25% discount for 2nd child - booking required

**Watford FC Community Trust – Football for Players with Downs Syndrome**
Karen Stephanou  
Westfield Community Sports Centre, Tolpits Lane, Watford WD18 6NS  
Karen.stephanou@watfordfc.com | 07841 028229

Weekly football training sessions led by FA qualified coaches, for players with Downs Syndrome. The club runs an open door policy, any gender and ages 8-16 and 16+.

**When:** Wednesdays 6-7pm  
**Cost:** Free

**Aspire Powerchair Sports Club**
Woodside Leisure Centre, Horseshoe Lane, Garston, Watford WD25 7HH  
01923 680261 | 07803208294 | 07577 065394  
http://aspirepowerchairsportsclub.org

Aspire Powerchair Sports Club has three teams for ages 14+, called Aspire PFC, Evergreen PFC, Muscle Warriors PFC. All three teams play in National and Regional Leagues, and for recreation. Chairs are available if able to transfer.

**When:** Training usually on Sundays 3:00-5:00pm (further training dates/times on website)  
**Cost:** £250 per year
Inclusive Football Training at Royston Town Football Club
Guy Reynolds
Melbourn Sports Hall, Melbourne Village College, The Moor, Melbourne SG8 6EF
roystontowninclusive@gmail.com
Fun coaching for young people from 4-18 years with sensory, learning or physical disabilities. It is run by qualified volunteers from Royston Town Youth Football Club.

When: Fridays 6:00-7:00pm
Cost: £35 per year (first couple of taster sessions free)

Everett Rovers FC Inclusive Football
Leggatts Field, North Western Avenue, Watford WD24 5BX
Mark Collins 07808 030512 | mark.2.collins@bt.com
Vicky Dunton 07754 588980 | vickyd21@outlook.com
http://www.everettroversfc.co.uk/teams/151668

They run training sessions for boys and girls with disabilities - any age/any ability. They have grown quickly since forming two years ago and now have in the region of 40 players signed on with 25+ coming to each training session. Every month they play matches against other inclusive teams from across Hertfordshire through their involvement in Herts Youth Inclusive Football (HYIF). Their players also get the chance to represent Watford FC inclusive team.

When: 5-16 years weekly on Saturdays 9:30-10.30am. 16+ Wednesday 7:00-8:00pm
Cost: One off fee of £35

Hertfordshire Music Therapy Service
Jennie Small, Head Music Therapist
Hertfordshire Music Service, Robertson House, Six Hills Way, Stevenage SG1 2FQ
07776 068361 | jennie.small@hertfordshire.gov.uk
http://www.hertsmusicservice.org.uk/music-therapy

Music therapy can be an effective intervention for a very wide range of needs. These may include:

- Developmental delay
- Physical / sensory disability
- Autistic spectrum difficulties
- Emotional and/or behavioural difficulties

The Hertfordshire Music Service offers music therapy sessions with a team of professional fully qualified State Registered Music Therapists. Music therapy for most children would be in individual sessions, but the needs of a small number of children/young people may be more suited to paired or small group sessions. There is a charge for sessions but some children may be eligible for remission of fees. Age range pre-school to adult.

Contact Hertfordshire Music Therapy Service directly for times and costs.
**Soft Play**

**Gambado Watford – Autism Evenings and Autism Mornings**
Woodside Leisure Park, North Orbital Road, Watford WD25 7JZ
01923 892141 | watford@gambado.com
http://www.gambado.com/clubs/watford

Exclusive use of Gambados for children/young people aged 0-19 with autism and their friends and families. Parents/carers are allowed to use soft play to support young people.

**When:** Usually second Friday of every month 6:45-8:15pm and fourth Saturday of every month 9am-10:30am (open to general public from 10am)
**Cost:** £5 per child, £1 per adult - no booking required

**Gosling Sports Park**
Stanborough Road, Welwyn Garden City AL8 6XE
https://www.better.org.uk/leisure-centre/welwyn/gosling-sports-park
01707 331056

**Jungle Mania special needs sessions**
Jungle Mania at Gosling Sports is a soft play frame with 65 individual play features, where children and young people can explore, climb and swing with others in a calm, purpose-built and safe environment. These are exclusive play sessions for children and teens 0-16 with physical disabilities and learning disabilities & difficulties.

**When:** 1st Monday of every month, 4:00pm-6:00pm
**Cost:** Contact Gosling Sports Park for info

**Trampolining**
Turn up sessions for children and young people up to age 16 with a range of learning difficulties and physical disabilities. Sessions led by qualified Rebound Therapy coaches. Hoists, slings, steps and blocks are available to aid access onto the trampolines.

**When:** Sundays 11.15pm – 12.15pm
**Cost:** Contact Gosling Sports Park for info
**Easy Riders - Disability Cycling Sessions**  
Stanborough Park, Stanborough Road, Welwyn Garden City, AL8 6DQ  
https://www.cyclinguk.org/cycle-centre/stanborough-park  
01707 276 276

Easy Riders offers 1:1 sessions or organise your own group (5+ people) to visit together. All sessions are 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 all ages.

**When:** Open all year. Easter - September, 9:00am-9:00pm and September - Easter, 9:00am-5:00pm  
**Cost with a trained parent or carer:** Individuals £6/h and Groups £3/h  
**Cost with a trained members of staff:** Please contact the centre

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**Thorpe's Autism Project**  
Wayne Thorpe  
Monk's Walk School, Knightsfield, Welwyn Garden City AL8 7NL  
07946 081270 | wayne@taproject.co.uk

Thorpe's Autism Project runs a youth group for young people aged 13-17 with High Functioning Autism or Asperger’s Syndrome and 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. Booking is required.

**When:** Mondays 6:30-8.30pm  
**Cost:** Contact for details

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**National Citizen Service**  
http://www.ncsys.co.uk  
0800 197 8010

National Citizen Service (NCS) is a 3-4 week experience for young people aged 15-17, and it is a chance to embark on exhilarating challenges, learn the skills employers value, learn to budget and live for yourself, meet incredible people and get your voice heard. It takes place in your local community.

NCS is committed to being open to all. They will look to accommodate young people with disabilities wherever possible, and all NCS providers are trained to a high standard to be able to assess individual needs and help everyone enjoy the NCS experience and are DBS checked.

Food and accommodation are included.

**When:** Outside of term time  
**Cost:** £50
Ministry of Mencap Club Nights (Dacorum Mencap)
Mode Nightclub, 156 The Marlowes, Hemel Hempstead
01442 247675

This is a regular themed club night for adults with learning disabilities. Friends and family are welcome, but it is not open to the general public, so is a safe environment for people to have a real clubbing experience.

**When:** First Wednesday of the month 7:00-10:00pm  
**Cost:** £6 entrance - must have a carer (one carer free)

Dacorum Friendship Scheme (Mencap)
Kelly Albross
[http://www.dacorummencap.org.uk/friendship-scheme](http://www.dacorummencap.org.uk/friendship-scheme)  
manager@dacorummencap.org.uk | 01442 247675

The Dacorum Mencap Friendship Scheme provides individual befrienders for adults 18+ who have learning difficulties, to help them improve and extend their leisure activities and social lives.

Adults with learning difficulties or disabilities living or receiving services in the Dacorum area are eligible to join the scheme as long as they are living with or receiving support from unpaid carers. This is due to the way that the scheme is funded. Core funding for the Friendship Scheme is provided on an annual basis by Hertfordshire County Council.

**When:** As required /agreed  
**Cost:** Varies depending on activity

ROAR (Recreational Opportunities Allowing Respite)
Kelly Albross
[http://www.dacorummencap.org.uk/roar](http://www.dacorummencap.org.uk/roar)  
manager@dacorummencap.org.uk | 01442 247675

The ROAR scheme (Recreational Opportunities Allowing Respite) takes groups of adults with learning disabilities out on social activities in the community, whilst their unpaid carers receive a break. A monthly programme of activities is organised that members can choose from.

Potential members must live in, or receive services in Dacorum, be over 18 and have a learning disability. An application form must be completed for each new member so that they can ensure that they can meet everyone’s needs. Core funding for the ROAR Scheme is provided on an annual basis by Hertfordshire County Council.

**When:** Varies – monthly programme of activities  
**Cost:** Varies depending on activity
The Inclusion Project
Simon Jackson-Turner
Various locations throughout Herts, please see website
simonjacksonturner@gmail.com | 07545 685 414
https://inclusionproject.co.uk

The Inclusion Project is an innovative initiative that promotes a healthy, social and active lifestyle for young adults aged 18-25 with learning difficulties. The emphasis is for participants to be included into the happenings of the community. Post education life can be an abyss for people with learning difficulties, and it can be difficult to find activities during week days that will facilitate the lifestyle that young adult’s desire. The Inclusion Project is set to solve this issue.

Activities include; gym, swimming, social time, volunteering, food shopping and cooking. Participants will be collected and dropped home by a Group Leader at a time arranged from the timetable.

When: Monday to Friday 8:30am-5:00pm all year round, covering different activities on different days.
Cost: Instructor fees are financed through direct payments/personal budgets, and are individually assessed to determine the appropriate price bracket.

Mudlarks
Vic Hobson
07835 714766 | vic@mudlarksgarden.org.uk
www.mudlarksgarden.org.uk

Mudlarks Community Gardening Team
Mudlarks Allotments, Cromwell Road, Hertford SG13 7DP

Mudlarks community gardening team provides work experience for people aged 16+ 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.

When: Contact directly for days and times.
Cost: As for the allotments. Booking required.

Mudlarks Garden Café
10 Railway Street, Hertford SG14 1BG

The Mudlarks café provides opportunities for people aged 16-28 with learning difficulties to be involved in food catering and supported work in the cafe.

When: Contact directly for days and times.
Cost: Contact directly for costs. Drop in.
Oasis Academy
Oasis, Fair Oak, Staines Green, Hertford SG14 2LN
07902243352 | ailsa@oasisacademy.co.uk
www.oasisacademy.co.uk

Oasis Academy is a project to help young people aged 16+ to achieve their personal goals by supporting them, in small groups, to improve their life, learning and communication skills.

**When:** 1, 2, 3, 4 or 5 days per week for up to 50 weeks per year.
**Cost:** Dependant on support needs and attendance.

Oasis 2 Inclusion Academy Limited
Oasis 2, Cottered Village Hall, Cottered SG9 9BD
07742969175 | liz@oasisacademy.co.uk
www.oasis2inclusionacademy.co.uk

Oasis 2 Inclusion Academy is a project to help young people aged 16+ to achieve their personal goals by supporting them, in small groups, to improve their life, learning and communication skills.

**When:** Mondays, Tuesdays, Wednesdays and Thursdays 10am-3pm, open 50 weeks a year apart from bank holidays.
**Cost:** Dependant on support needs and attendance.

Bushey Mill Resource Centre
466 Bushey Mill Lane, Watford WD23 2AS
Bernie 07771 686 909 | Maurice 07961 389316 |
Bernard.Cochrane@btinternet.com
http://thebmrc.co/bmrc._001.htm

Bushey Mill Resource Centre is a recreational day centre for adults 18+ who have learning and or physical disabilities.

**When:** Mondays and Thursdays 10:00am - 3:00pm.
**Cost:** £45 per day (Free taster day) Booking required.

Earthworks
Fiona Gulliver
Hixberry Lane, St Albans AL4 0TZ
01727 847311 | fiona@earthworksstalbans.co.uk
http://www.earthworksstalbans.co.uk

Earthworks offers trainees with learning difficulties, mental health or moderate physical disabilities aged 16+ the opportunity to learn about horticulture, hands-on.

**When:** Site is open Monday - Friday, 9.30am-3:00pm
**Cost:** Low Support Needs: £55.60 per day. Medium Support Needs: £65.72 per day. High Support Needs: £55.60 per day but must have own external support staff.
Get Set Activities (18+)
Freddie Chester
01923 776611 | leisure@threerivers.gov.uk
www.igetset.co.uk

Get Set Sport
The Centre, Gosforth Lane, South Oxhey WD19 7AX

Get Set Sport offers multi and team sports sessions for adults with disabilities including team sports, Boccia and ball games. All sessions are adapted to meet individual needs and will help improve mobility, stability, throwing and catching skills.

When: Alternate Fridays 10:00-11.30am
Cost: £2 per session. Booking not required.

Get Set Games
William Penn Leisure Centre, Shepherds Lane, Mill End WD3 8JN

Come along for fun playing basketball, table tennis, archery, Boccia and much more. This is suitable for wheelchair users and carers to join in.

When: Wednesdays 10:00-11:30am
Cost: £2 per session - carers go free. Booking not required.

Get Set Perform
Watersmeet, High street, Rickmansworth WD3 1EH

Dance sessions for adults with disabilities to keep fit and have fun at the same time. Learn the moves to popular dances and songs.

When: Alternate Fridays 10:00-11.30am
Cost: £2 per session. Booking not required.

Get Set Trampolining
Watford Leisure Centre, Woodside, Watford, WD25 7HH

Get Set Trampolining offers trampolining for adults with disabilities and aims to increase physical movement and stimulation to senses. Jump for joy as you bounce around and have lots of fun with different movement and skills.

When: Wednesdays 10:00-11.30am
Cost: £2 per session. Booking not required.

Get Set Dance
The Centre, Gosforth Lane, South Oxhey WD19 7AX

Get Set Dance offers dance sessions for adults with disabilities to keep fit and have fun at the same time. Learn the moves to popular dances and songs.

When: Alternate Fridays 10:00-11.30am
Cost: £2 per session. Booking not required.