# **EDLAG Directory**



Everyone has the opportunity to get active

The Eastleigh Disability Leisure Access Group have created a directory which lists inclusive and accessible activities and facilities in the local area.

## **District Sports South**

#### **Eastleigh Boccia Club**

Wednesdays, 1.30pm - 2.30pm at Pavilion on the Park

paviliononthepark.org/activities-clubs/eastleigh-boccia-club

## **Eastleigh Disability Swimming**

## EDSAD (Eastleigh & District Sports Association for Disabled)

Tuesdays, 8pm - 9pm Places Leisure Eastleigh swimedsad@gmail.com

facebook.com/
eastleighdisabilityswimming



## The Hub

#### **Inclusive Multi-Sports**

11 am - 1 pm. Must be over 18 to attend. £3 per person, with carers being free.

There is a variety of sports and games set up in the Hall for everyone to take part in. A cup of tea or coffee is also included so participants are welcome to have a seat and socialise with others at the session.

facebook.com/hubeastleigh centremanager@youthoptions.org.uk



## Pan disability football sessions

A format of football which brings together players of different disabilities so they can play together.

#### **Eastleigh Football Club**

eastleighfc.com/community/pan-disability

#### **Rehabilitation Walking Football**

Wednesdays, 2pm - 4pm at Places Leisure Eastleigh

ewfcmobility@gmail.com

#### **Hamble Pan Youth Disability FC**

inclusive.football/places/hamble-club-pan-disability

### Wheelchair basketball

Sessions for children and young people with a physical disability aged 7-17 years.

#### Hampshire Hornets Wheelchair Basketball

Contact Nass Dadkah for further information: ndadkah@ntlworld.com

07798852784

## **Cricket**

#### Hampshire Visually Impaired Cricket Club

Open to all ages, abilities and genders.

blindcricket-hampshire.org.uk

#### Super 1's

An inclusive programme which offers weekly cricket sessions, as well as festivals and lifestyle experiences. The programme is targeted at 12-25 year olds, with some flexibility on age, in Chandler's Ford.

## **Multi Sports Club**

For people aged 16+ with learning and/or physical disibilities.

info@multisportsclub.org.uk multisportsclub.org.uk

- facebook.com/ groups/1439701852969753
- instagram.com/multisportsclub01

## **Passport to Leisure**

#### **Places Leisure Eastleigh**

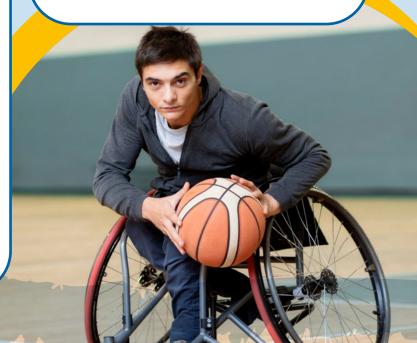
The concessionary scheme includes borough residents who are people with physical, learning or sensory impairments.

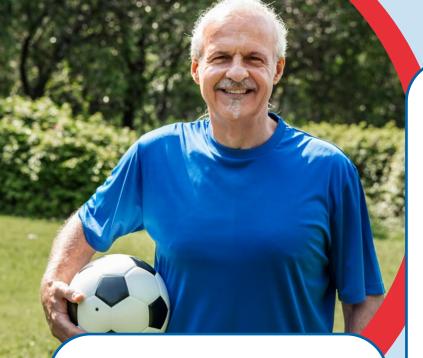
Proof is required using a Named Disability Living Allowance (DLA) or Personal Independence Payment (PIP) literature.

eastleigh.gov.uk/sport-and-health/passport-to-leisure

#### Wildern Leisure Centre

wildernleisurecentre.co.uk/memberships





## **QE2 Activity Centre**

Offers a range of services including facility hire for people with additional needs.

qe2activitycentre.co.uk

office@qe2activitycentre.co.uk

## **Walking Football**

#### **Eastleigh Football Club**

Thursday afternoons 12.30pm and 2.15pm and Monday evenings 6.30pm - 7.30pm. £5 per session. 50+ years

eastleighfcwalkingfootball.co.uk

## **Walking Netball**

A slower version of the game; it is netball, but at a walking pace.

Sessions are at Places Leisure Eastleigh, Hiltingbury Sports and Wildern Leisure Centre.

engage.englandnetball.co.uk

## The Pavilion on the Park

#### Cycles4All

Inclusive outdoor cycling for all ages and abilities.

paviliononthepark.org/activities-clubs/cycles4all

#### One4all

An inclusive activity club includes crafting, boccia, fitness, multi-sports, sensory, dance, games and wellbeing walking – all abilities welcome!

paviliononthepark.org/activities-clubs/one4all-inclusive-activity-club

#### Sensory4All

Community multi-sensory space for babies through to adults.

paviliononthepark.org/activities-clubs/sensory4all

#### Sensecere

A journey to learn more about children's behaviour and how it is affected by the senses.

paviliononthepark.org/activities-clubs/ sensecere



### The Point

#### Dance for Parkinson's

Thursdays during term time. 1.30pm - 3pm. 18+

A social and uplifting movement class designed specifically for the symptoms of Parkinson's. Expect a relaxed session with upbeat music, good company and targeted movement activities to improve general mobility. Family and carers can attend for free (one carer per participant).

#### We Create Dance and Drama Club

Fridays during term time. 1.30pm - 2.45pm. 18+

A lively, fun session for adults with learning disabilities, exploring creativity through both drama and dance-based activities. This might include mime, acting scenarios, moving to music, developing stories and creating characters!

#### **Next Step Dance Company**

Sundays, 10am - 4pm. 18+

An exciting class offering professional dance training for adults with learning disabilities. Dancers are admitted to the company with an audition, but if you're not sure yet if you'd like the commitment, you can also attend Next Step's Open Class between 10am - 11.30am, which gets you moving and gives a taste of what it is like to belong to the company.



#### **Open Sight VI Dance Class**

Fridays, 11 am - 12pm. 18+

In partnership with Open Sight Hampshire. Join us for a social and upbeat dance class created with visually impaired participants in mind. No experience necessary – just come and get moving, meet others and have a good boogie! Suitable for all but specifically designed for the visually impaired.

thepointeastleigh.co.uk/classes

