

Inclusive Sport in Bristol

Session Directory
May 2025



Ignite
BRISTOL
Active. Inclusive. Together.

About this Directory:

In here there's lots of wonderful activities and clubs for you to get involved in – hopefully, something for everyone! You don't have to have a diagnosis to attend, and it doesn't matter what your postcode is.

Sessions listed are at the request of the club. Whilst everyone in here has a passion for inclusion, checks and assurances haven't been made by Ignite Bristol; you should always enquire to ensure the suitability of opportunities.

Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

Keep up to date:



www.ignitebristol.co.uk



Sign up to the mailing list



info@ignitebristol.co.uk



[@ignitebristol](https://www.facebook.com/ignitebristol)



0117 450 9805



Or scan here

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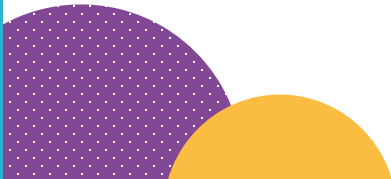
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Map View



Or scan here

To open the interactive version of this map, go to:
https://bit.ly/AccessSport_Bristol

Calendar View

Monday

Time	Club	Page No.
9.00am-6.00pm	Super Sense	65
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	22
11.45am-12.30pm	Bristol Cycling Centre	28
12.00pm – 1.30pm	Yate Athletics Club	16
1.00pm-2.00pm	Peter Caseley Tennis Coaching (adult)	53
2.00pm-2.45pm	Blue Sky Tennis Foundation	52
2.30pm-3.30pm	Peter Caseley Coaching (Walking Tennis)	53
4:30pm-5:30pm	Nova Sports Wheelchair Basketball	18
5.00pm-6.00pm	Peter Caseley Coaching (junior)	53
5.30pm-6.15pm	Wrestle for Humanity (8-16yrs)	58
5:30pm-6:30pm	Frenchay Falcons Cricket	25
5:30pm-6:30pm	Streetenvy Dance	31
6.00pm-7.00pm	Waves Swim School	49
6:00pm-7:00pm	Frenchay Falcons Cricket	25
6.15pm-7.00pm	Wrestle for Humanity (16+yrs)	58
7.00pm-7.30pm	City of Bristol Gymnastics	40
7.00pm-8.00pm	Irwin Mitchell Bristol Boccia Club	19
7-8:30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Tuesday

Time	Club	Page No.
9.00am-6.00pm	Super Sense	65
9:30am-10:30am	UK Active Outdoors	17
10:30am-11:30am	Sensory Storytime	47
11.00am-1.00pm	Paul's Place Boccia	20
11.45am-12.30pm	Bristol Cycling Centre	28
12.00pm-2.00pm	SENDSenses	66
12:30pm-1:30pm	UK Active Outdoors	17
4.00pm-5.30pm	Yate Athletics Club	16
4.00pm-6.00pm	GEM Boccia Club	21
4.00pm-6.00pm	Bristol Indoor Bowls Club	21
4.30pm-5.30pm	SENDSenses	66
4.00pm-8.00pm	Waves Swim School	49
5.00pm-6.00pm	Bristol Rovers Community Trust	35
5:00pm-7:00pm	Waves Swim School	49
5:00pm-6:00pm	Inclusive Skittles	47
5.45pm-6.30pm	Inclusive Dance	30
6:00pm-7:00pm	Bristol Flyerz Hockey	41
6.00pm-7.00pm	Peter Caseley Tennis (Visually Impaired)	53
6.00pm-7.00pm	BCRF- Youth Football	36
6.15pm-10pm	Bristol Blades Fencing	32
7.00pm-8.00pm	BCRF- Adult Football	36
7-8:30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Wednesday

Time	Club	Page No.
9.00am-6.00pm	Super Sense	65
10.00am-3.00pm	Warmley Wheelers	29
10:00am-4:00pm	Strawberry Line Cycles	27
11:00am-12pm	Heart Within Yoga	59
11.45am-12.30pm	Bristol Cycling Centre	28
2.00pm-2.45pm	Blue Sky Tennis Foundation	52
4.00pm-6.00pm	Bristol Indoor Bowls Club	21
4:30pm	Strawberry Line Cycles	27
5:00pm-6:00pm	Bristol Academy of Live Performing Arts	31
5.00pm-6.00pm	BLOC Inclusive Climbing (Clip'n Climb)	23
5:00pm-6:30pm	BCRF- Youth Football	36
5.00pm-7.00pm	Waves Swim School	49
6.30pm-7.30pm	Kingswood Air	46
7.00pm-8.00pm	Wheely Good Tennis Club	53
7:00pm-8:00pm	Rockleaze Rangers FC	35
Evening	VI Runners Bristol	44
7-8:30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Thursday

Time	Club	Page No.
9.00am-6.00pm	Super Sense	65
9:30am-10:30am	UK Active Outdoors	17
10.00am-3.00pm	Warmley Wheelers	29
10.00am-11.00am	Peter Caseley Walking Tennis	53
10:00am-12:00pm	SENDSenses	66
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	22
11.00am-1.00pm	Paul's Place Boccia	20
11.00am-12.00pm	Peter Caseley Tennis (Adults)	53
11.45am-12.30pm	Bristol Cycling Centre	28
12:30pm-1:30pm	UK Active Outdoors	17
1.00pm-2.00pm	Axis Trampoline & Gymnastics	40
4.00pm-5.00pm	David Lloyd Tennis Club	54
4:00pm-6:00pm	Absolutely Karting	43
5.00pm-6.00pm	Somerset Cricket Foundation	25
5:00pm-5:45pm	Winterbourne Tennis Club	55
5:00pm-5:45pm	Sense Yoga and Sensory Sport	59
6.00pm-7.00pm	Avonmouth OBRFC Rugby	45
6:00pm-7:00pm	Red Falcons Comets	34
6.30pm-7.30pm	Bristol Inclusive Climbing	23
7:30pm-8:30pm	UWE Pirates Wheelchair Basketball Club	18
7-8:30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Time	Club	Page No.
9.00am–5.30pm	Super Sense	65
10.00am–3.00pm	Warmley Wheelers	29
11:15am–12:00pm	Winterbourne Tennis Club	55
2.00pm–2.45pm	Blue Sky Tennis Foundation	52
5:00–6:00pm	BCRF– Youth Football	36
5.00pm–7.30pm	Yate Athletics Club	16
6.00pm	Paraclimbing Socials	24
7.00pm–8:10pm	Bristol and South Glos Swimming	48
7.00pm – 7.30pm	City of Bristol Gymnastics	40
7–8:30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Saturday

Time	Club	Page No.
08:30am–11:30am	Waves Swim School	49
9.00am–2.00pm	Super Sense	65
9:30am–10:30am	Heart Within Yoga	59
10.00am–11.00am	Bristol City Frame Football Club	38
10.00am–12.00pm	Bristol Indoor Bowls Club	21
10.00am–3.00pm	Warmley Wheelers	29
10.15am–11.00am	Elly Shearman Tennis Coaching	51
11.45am–12.30pm	Bristol Cycling Centre	28
12:30pm–1:30pm	Recatch Park Tennis	55
1.00pm–1.45pm	Saltford Tennis Club	54
1:00pm–2:00pm	Wheely Good Tennis	53
12.00pm–2.00pm	Bristol City Cerebral Palsy Football Club	37
1:30pm–2:15pm	Body Focus BoxFit Class	22

Sunday

Time	Club	Page No.
9.00am-2.00pm	Super Sense	65
9:00-11am	Broadplain & Riverside Youth Projects (Boxing)	22
09:00am-11:00am	Absolutely Karting	43
09:00am-10:00am	Cheddar Valley Dragobs	45
10.00am-12.00pm	Bristol Rovers Ability FC	34
10:00am-11am	Golden Hill Cricket	24
10:00am-12pm	SENDSenses	66
10.30am-11.30am	Bristol Downs Syndrome Football Club	37
12.00pm – 1.00pm 1.00pm-2.00pm	Adaptive CrossFit Henleaze	26
11.30am-1.00pm	Frame Running	39
12.00pm-2.00pm	Bristol Dragons Powerchair Football	43
2:00pm-3:00pm	Next Gen Fun Football	38
3:30pm-5pm	UWE Pirates Wheelchair Basketball Club	18
4:00-4:30pm	Bristol and South Glos Swimming	48
5:00-6:00pm	City of Bristol Swimming Club	51

Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

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Ignite Bristol Supporters

In addition to the Ignite Bristol Steering Group, the events and directory wouldn't be possible without the following:

Access Sport

Access Sport is a national charity but works intensively in Bristol to support community sports clubs to offer disability inclusive sport and activity for children and young people.

They coordinate the Ignite Bristol Network and are always looking for more clubs and partners to collaborate with.

Contact:

- Email: info@accesssport.org.uk
- Phone: 0117 450 9805

Get in touch here



Cerebral Palsy Plus

Cerebral Palsy Plus is a Bristol area charity working with children and adults with Cerebral Palsy, their families and their carers. Our services are free of charge and we aim is to support our members so that no matter what their circumstances or needs, they can live as independently as they wish, living life to the full!

Contact:

- Email: office@cerebralpalsyplus.org.uk
- Phone: 01179 655 028

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Out & About

The Out and About Team offer a variety of different services to support Disabled/SEND Children and Young people.

These include:

- Specific provision for Sensory Impairments
- Specific provision for Neurodivergent Children & Young People
- Specific provision for BAME Families
- Befriending Service
- Independent Living Skills for Young People aged 19–25
- Family Activities and Trips
- Activities for Children and Young People with additional needs

We have been delivering our services for over 10 years, and as a Disabled People's Organisation, lived experience is at the heart of everything we do. Combined with the specialist experience of our partners, the services we offer are specifically tailored to meet the needs of the individuals in the sessions.

If you would like any more information about any of the sessions offered, please contact the Out and About referrals team.

Contact:

Email: outandabout@wecil.org.uk

Phone: 07835 611 651/0117 947 9911



Bristol Parent Carer Forum

The local parent carer forum provides information and support to families who have children with special educational needs and disabilities. No diagnosis is needed to access this support

www.bristolparentcarers.org.uk



Warmley Park School

As the Youth Sport Trust Lead Inclusion School in the West of England, Warmley Park actively promotes inclusivity and youth leadership through intentional collaboration and co-production.



YST INCLUSION SCHOOLS

University of Bristol

The University of Bristol supports with the planning of the events in addition to recruiting student volunteers to assist and make it all possible!



Sport



What: Adaptive and para-athletics with opportunity to compete if desired. Sports therapy available as part of the sessions.

Who: Ages from 10 years to 50 years

Where: Yate Outdoor Sports Complex, BS37 7LB

- Outdoor Track and Indoor Gym
- Free on-site parking spaces
- Bus routes X27, 329, 88. 0.5 miles from bus stop.
- Yate railway station- 20-minute walk
- Yate Centre- 15-minute walk

When:

Mondays and Fridays

- Mondays 12-1:30pm (Frame Running)
- Tuesdays 4-5:30pm (Wheelchair Racing)
- Fridays 5-6:30pm (Adaptive Academy, secondary age)
- Fridays 6-7:30pm (Para Athletics, Field Throws and Track)

Contact:

- Email Jim: adaptive4athletics@gmail.com

Go to
Website



8+ yrs



£20

UK Active Outdoors Ltd

What: join us for an exciting archery experience with our certified ArcheryGB instructors. Learn essential skills for shooting a bow and arrow and play some fun games!

Who: Ages 8+ years, suitable for all experiences and inclusive to all needs. Please get in touch before attending so we're able to best support you.

Where: Avon Valley Farm, BS31 ITS

- Outdoors under a large sheltered building
- Free on-site parking spaces in a gravel car park
- Bus stop 0.7 miles away, bus routes 39, A4 and X39 stop here.

When:

Weekly Tuesdays and Thursdays

- 9:30am–10:30am and 12:30pm–1:30pm

Contact:

- Email Simon and Tristan:
enquiries@ukactiveoutdoors.co.uk
- Phone: 07472122471 or 07865202600



Go to
Website



Nova Junior Wheelchair Basketball

What: Junior Wheelchair basketball session for participants with or without a physical disability, where they can get involved and learn new skills within a team.

Who: Open to all children and young people aged 7-16 years old. Sports wheelchairs provided.

Where:

- Kingswood Leisure Centre, BS16 4RH
- Indoor Sports Hall

When:

- Weekly Mondays, 4:30-5:30pm.

Contact Details

- Email: jenny@novasports.org.uk
- Facebook: www.facebook.com/UWEPirates

UWE Pirates Wheelchair Basketball Club

What: Adult Wheelchair basketball session for participants with or without a physical disability, where they can get involved and learn new skills within a team.

Who: Open to all **adults** with or without a physical disability. Must be able to transfer into a sports wheelchair (no hoist available). Sports wheelchairs provided. Suitable for those who can follow instructions independently and take part in group activities.

Where: Centre For Sport

- University of the West of England, BS16 1QY

When:

- Weekly Thursdays 7:30-8:30pm
- Weekly Sundays 3:30-5pm

Contact Details

- Email: alex@novasports.co.uk
- Facebook: www.facebook.com/UWEPirates



Irwin Mitchell Bristol Boccia Club

15+ yrs  • £0

What: A fully inclusive sport that's great fun and the chance to be competitive too!

Who: 15+ years, all genders, inclusive to all needs. 12-15 years to be accompanied by an adult.

Where: In the hall at The Greenway Centre, Southmead, BS10 5PY

- Free on-site parking, including accessible parking
- Bus stop <0.1 miles, bus routes 2, 13 and 76
- Bus stop 0.5 miles, bus route 1

When: 7-8pm, Every 2nd and 4th Monday of the month

Contact Details:

- Email: bocciabristol@irwinmitchell.com
- Phone: 07435753954





Paul's Place Boccia

18+yrs  £0

What: Boccia is a fully accessible sport, and at Paul's Place our Boccia teams are run by disabled people, with the support of Paul's Place staff.

Who: Physically disabled adults aged 18+

Where: Yate Active leisure centre & Paul's Place day facility in Coalpit Heath, BS37 4EQ

- Sports Hall/ Indoor Court
- Free on-site parking

When:

- Tuesday: 11am – 1pm Paul's Place day facility, Coalpit Heath (please contact us for details of this session)
- Thursday: 11am-1pm – Yate sports centre

Contact:

- Email: info@paulsplace.org.uk
- Phone: 01454 777 236

Go to
Website



GEM Boccia Club

All Ages  £3

What: A fully inclusive sport that's great fun and the chance to be competitive too! First session is free!

Who: All ages, all needs, everyone plays seated

Where: Inside at Yate Leisure Centre, BS37 4DQ

- Free onsite parking, including accessible parking
- Bus stop < 0.2 miles, bus routes: 84, 85, 86, 202, 622, Y1, Y2, Y3, Y5, Y6

When: Weekly Tuesdays, 4-6pm

Contact:

- Email: gembocciacclub@gmail.com
- Phone: 07921337350



Bristol Indoor Bowls Club

6+yrs  £3

What: Practice your skills at these pan-disability indoor bowls open sessions, suitable for the whole family!

Who: 6+, all needs, family and friends welcome

Where: Bristol Indoor Bowls Club, Ashton Vale, BS3 2TY

- Free onsite parking
- Bus stop 0.4 miles, bus route U2

When:

Tuesdays, 4-6pm, April - September

Wednesdays, 4-6pm, September - April

Saturdays, 10am-12pm, April - September

Contact:

- Email: info@bristolindoorbowls.org.uk
- Phone: 0117 963 3460

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Broadplain & Riverside Youth Projects

All Ages



£5

What:

- Non-contact boxing for people with Parkinsons
- Boxing Sessions for All

Who: All ages, all abilities/experiences

Where: Clement Street, Easton BS2 9ES

- Indoor fully equipped gym
- Free onsite parking, including accessible parking
- Bus stop 0.8 miles, bus routes: 72a, 463, T1, Y1, Y3, Y4, Y5, m1, m3, m3x.

When:

- Weekly Mondays and Thursdays, 10:30-11:30am (non-contact boxing)
- Weekly Monday to Friday, 7-8:30pm/Weekly Sunday 9-11am (boxing)

Contact:

- Email: Dennismbe@riversideyp.org
- Phone: 07973574091

Body Focus BoxFit Class

14 years+



£10

What: BoxFit and exercise class which is lots of fun and a great way to keep fit. All equipment provided.

Who: All abilities and experiences, aimed and disabled and neurodivergent young people aged 14 years and older.

Where: Unit 12, East Park Trading Estate, BS5 7DR

- Indoor fully equipped gym
- Free onsite parking
- Bus stop 0.4 miles, bus routes: 6 and 7.

When:

- Weekly Saturdays, 1:30-2:15pm

Contact:

- Email: patsy@body-focus.net

First session free!



Bristol Inclusive Climbing

All ages



£7

What: 1:1 rock climbing sessions

Who: all ages, all needs

Where: Redpoint Bristol, BS3 2NW, Indoors

- Bus routes 52, 75, 76, 672. 0.1 miles from bus stop. 0.2 miles from Parson Street Train Station.

When: Weekly Thursdays, 6.30pm – 7.30pm

Contact:

- Email: hello@bristolinclusiveclimbing.org

BLOC Inclusive Climbing

4-18yrs



£9.90

What: Inclusive climbing session using the exciting Clip 'n Climb walls

Who: Children & young people aged 4-18, any experience. For children & young people who can climb independently. Please get in touch to discuss how we can best support you.

Where: BLOC Climbing Centre, Bristol, BS2 9SH

- Free onsite and road parking

When: Weekly, Wednesday 5-6pm

Contact:

- Email: joe@blocclimbing.co.uk
- Phone: 0117 955 8508

ParaClimbing Socials

All Ages



£8-11

What: inclusive social for everyone to climb independently in

Who: 18+ years, or U18 with supervision. Whether you have a physical impairment, learning disability or are neurodivergent, or just looking for a welcoming and adaptive community to climb with.

Where & When:

- TCA Mothership, BS5 0FD, 1st Friday of each month, 6pm
- Redpoint, BS3 2NW, 2nd Friday of each month, 6pm
- Frome Boulder Rooms, BA11 3EN, 3rd Friday of each month, 6pm

Contact:

- James on Instagram @rudge_paraclimbing
- www.ukparaclimbingcollective.com/socials

Golden Hill Cricket

6-18 years



£0

What: fun, free inclusive cricket sessions

Who: children and young people aged 6-18 years, inclusive to all needs – no experience necessary!

Where:

September - April

- Shine Sports Hall, Brecon Road, BS9 4DT
- Indoor sports hall – September to April

April - September

- Golden Hill Cricket Club, Wimbledon Road, Bristol BS6 7YA – April – September
- Free on-street parking
- Bus routes 48, 48x. Bus stop 0.3 miles walk.

When: Weekly Sunday, 10-11am

Contact Details

- Email: russ.fry@goldenhillsports.com
- Phone: 07469071577
- Website: www.goldenhillsports.com

Frenchay Falcons Cricket

10-25yrs  £0

What: Play cricket and challenge yourself to be more active, improve your skills and make new friends.

Who: ideally 10-25yrs, all genders

Where: Downend Sports Centre, BS16 6QY – Indoor Sports Hall (September – March)

Frenchay Cricket Club, BS16 1QD – Outdoor session (May – September)

- On-site parking

When: Weekly Mondays 5:30-6:30pm (September – March)
Weekly Mondays 6-7pm (May – September)

Contact:

- Email: jeanette.tate@gloucestershirecricketfoundation.org
- Phone: 07432728926
- Please call or text to book or to discuss how we can help you access these sessions.

Somerset Cricket Foundation

 £0

What: Play cricket and challenge yourself to be more active, improve your skills and make new friends.

Who: 12-25 years, all genders, inclusive to all needs.

Where: Hengrove Leisure Centre, BS14 0DE

- Inside, Sports Hall
- Bus routes 75, 76, 515, SB3. Bus stop 0.1 miles away.

When: Weekly Thursdays, 5pm – 6pm (term time)

Contact:

- Email: Steve.Gass@SomersetCricketFoundation.org.uk
- Phone: 01823 352266



Adaptive CrossFit Henleaze

What: A fully inclusive sport that introduces participants to basic endurance, weightlifting and gymnastic movements. Free taster sessions offered.

Who: 16+years, parents/ support workers encouraged to join in when appropriate

Where: CrossFit Henleaze, 73 Henleaze Road, BS9 3JS

- On-street parking in surrounding residential area
- Bus routes 2, 2a, 1, B2 with bus stop nearby

When: Sundays

12pm – 1pm: for people who are neurodivergent or have a learning disability

1pm – 2pm: for people with a physical impairment

Contact:

- Email: adaptivecrossfithenleaze@gmail.com
- Phone: 07512354248





Strawberry Line Cycles

All ages  £0

What: Ride one of their adaptive or regular bikes at no charge. Get advice and support from our Ride leaders and enjoy the Strawberry Line Cycle Path.

Who: All ages, all genders, ideal for those who can't ride a traditional bike or are looking to develop their cycling skills.

Where:

- Strawberry Line Cycle Project, Yatton Railway Station, BS49 4AJ
- Opposite Yatton railway station with easy links to Bristol

When:

- Drop in sessions- Wednesday 10am-4pm
- Bike Hire- Everyday 10am-4pm
- Group rides available – email for more details
- 1-1 Cycle Confidence Sessions available upon request
- After school inclusive cycling sessions – Wednesday 4:30pm
- 1-1 learn to ride, inclusive cycling sessions – Saturday slots available

Contact:

- Email: strawberrylineprojects@gmail.com
- Number: 07983816426

Bristol Cycling Centre

All Ages



£5-7

What: Ride around the track with cycles or inclusive cycles, supported by a trained cycling instructor.

Who: All ages, all needs, all genders

Where: Bristol Cycling centre, Bamfield, BS14 0XD

- Free onsite parking, 250m from entrance
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516 are a 10 min walk/wheel from bus stop. M1 3-5 min walk/wheel from bus stop

When: Open 7 days a week, see website for a full timetable of sessions.

Contact:

- Email: cyclingcentre@bristol.gov.uk
- Phone: 01275 832800
- Website: Betterbybike.info/bristolcyclingcentre



Life Cycle

14+yrs



£0

What: Get involved and have fun with the Two's Company Tandem rides for adults and young people who are unable to ride a traditional bike

Who: All genders. Our adult group is for people with visual impairment. Our young person group is open to children with physical, visual, learning and hidden disabilities. Minimum height is 5ft.

Where: Rides take place in and around different cycle routes in Bristol

When: Every weekend from March–October

Contact:

- Email: twos-company@lifecycle.org.uk
- Phone: 0117 3534580

Warmley Wheelers

All ages



£5-10

What: Giving people with health conditions and SEND a chance to get into cycling

Who: All ages, all genders, inclusive to all needs

Where: Next to Warmley Waiting Room Café, BS30 5JB

- Free on-site parking , 2 accessible spaces
- Bus routes 19, 35, 43 citylines east, bus stop 0.1 miles away
- Bristol to Bath cycle path

When: Summer Opening Times (March to November)

- Wednesday 10am-3pm
- Thursday 10am-3pm
- Friday 10am-3pm
- First and third Saturday of the month 10am-1pm

Cost: most bikes £5 per hour, some up to £10 per hour (carers go free)

Contact:

- Email: warmleywheelers@milestonetrust.org.uk
- Phone: 07587 034 366





Inclusive Dance

5-16yrs



£0

What: This session offers dance in a fun, creative and fully inclusive way incorporating a mix of active learning, storytelling and magical music!

Who: 5 – 16 years, all genders, any ability/experience, complex disabilities and/or sensory impairments (siblings welcome)

Where: Sense Centre South West, Kingswood, BS15 8DB

- Free on site parking

When: Weekly Tuesdays, 5:45-6:30pm

Contact:

- Email: alice.turner@sense.org.uk
- Phone: 07599 104405
- To book: www.sense.org.uk/shop/online-shop/childrens-inclusive-dance/

Flamingo Chicks

All Ages



Varies

What: Through a combination of active learning, storytelling, sensory props and magical music

Who: Children and young people, inclusive to all needs

Where:

- The Vassall Centre, Gill Avenue, BS16 2QQ

When: At a time to suit the setting.

Contact:

- Email: Davinia@flamingochicks.org

Online classes available on youtube:

<https://www.youtube.com/@flamingochicks/playlists>

Streetenvy Dance

4-18 yrs



£5

What: learn to dance in a fun and friendly environment. Cool moves and confidence are encouraged!

Who: 4-18 years, all genders, any ability/experience.

Where: Streetenvy dance Academy, Eastgate Road, BS56XX

- Indoor, Dance Studio
- Free on-site parking with 6x accessible spaces
- Bus routes 25. Bus stop <0.1 miles away.

When:

- Weekly Mondays, 5:30-6pm (4-10 years)
- Weekly Mondays, 6-6:30pm (11-18 years)
- Classes are term time only

Contact:

- Email: Streetenvydanceacademy@hotmail.com
- To find out more and book on, please email first.

Bristol Academy of Live Performing Arts

7-12 yrs



£2

What: Quiet Street Dance Class, learn new moves in a supportive and inclusive environment! Small class size with a low level of music, children are welcome to wear headphones/ear defenders too.

Who: 5-11 years, all genders, any ability/experience.

Where: Caedmon Complex, Thornbury, BS35 3JA

- Indoor, Dance Studio
- Free on-site parking with accessible spaces.
- Bus routes 62 and 207. Bus stop <0.1 miles away.

When:

- Weekly Wednesdays, 5-6pm

Contact:

- Email: info@balpauk.com
- Phone: 01454 414880

Sign Up
here





Bristol Blades Fencing

7+yrs



£9

What: Take a beginner's course to learn a new sport in fun, inclusive sessions. No experience necessary and equipment provided!

Who: All genders, coaches for standard and wheelchair fencing. Juniors aged 7-14, Seniors Age 15+.

When and Where:

Juniors: aged 7-14 years

- Weekly Tuesdays, 6:00-7:30pm- Bristol Grammar School Sports Hall, BS8 1SL
- Weekly Tuesdays, 7-8:15pm (Chipping Sodbury School Sports Hall)

Seniors: aged 15+

- Weekly Tuesdays, 8-10pm- Bristol Grammar School Sports, BS8 1SL
- Weekly Tuesdays, 8:15-9:515pm (Chipping Sodbury School Sports Hall)

Wheelchair fencing for both junior and senior fencers available at our Tuesday Bristol Grammar School Sessions.

Contact:

- Email: bristolbladesfencing@gmail.com
- Website: <https://bristolbladesfencing.wordpress.com>



All ages  £50

RMR Rehabilitation LTD

RMR Rehabilitation offer adaptive personal training sessions from the comfort of your own home or place of choice.

Who: all ages, neurological conditions, spinal injury, amputee and other complex needs. Specialising working with Cerebral Palsy, including post Selective Dorsal Rhizotomy (SDR)

Where:

- Mobile
- Home or place of choice

When: Monday–Sunday, 8am–8pm
RMR also offer online personal training.

Contact Details:

- Email: Rowanmorganruffley@rmr-rehabilitation.co.uk
- Phone: 07518964332
- www.rmr-rehabilitation.co.uk

Bristol Rovers Ability FC

8+yrs 

What: a friendly adult football club looking for new players.

Who: 8 plus years, all genders, all levels of experience and ability are welcome

Where: North Bristol Goals, SGS Wise Campus, BS34 8LP

- Outdoors 4G pitch
- Nearest train station: Bristol Parkway (10 minute walk)
- Bus: frequent services from Bristol City Centre and Bus Station to stops near SGS Wise Campus
- Bus numbers: 10, 12, 73, Y6, 70, 74, 680, M4

When:

- Every Sunday at 10am-12pm

Contact:

- Team Manager: Jane Pfister
- Email: bristolroversability@gmail.com
- Phone: 07562 374000
- Facebook: Bristol Rovers Ability FC Official
- For information on coming along to a trial training session please contact Jane (team manager)

Red Falcons Comets

5-11 years  £0

What: An all inclusive, safe and supportive environment for children with any additional needs & disabilities to get involved in fun and inclusive football sessions.

Who: 5-11 years old

Where: Winter Months – Indoors, Broadlands School, BS31 2DY


Summer Months – Outdoors Somerdale Pavilion, BS31 2FW

When: Weekly Thursday 6-7pm

Contact:

- Email: anitageracitano@hotmail.co.uk
- Phone: 07713665176



8-18yrs  £0

Bristol Rovers Community Trust

What Have a go at free, fun and inclusive football sessions. Sessions consist of small football matches and a general kick about to get participants moving!

Who: 8-18 years

Where: Lockleaze Sports Centre, Lockleaze, BS7 9XF

- Outdoors, 4G Pitch
- Large free on-site car park with 3 x accessible spaces.
- Bus routes 24, 70, 73. 0.3 miles from bus stop.

When:

- Weekly Tuesdays, 5-6pm (term time)
- 1-1 available, call for availability

Contact:

- Email: wilddixon@bristolroverscommunity.org.uk
- Phone: 077585080716

Rockleaze Rangers FC 8-18yrs £0

What: These fully inclusive sessions offer children the opportunity to increase their confidence, be active and to socialise.

Who: 8-18 years, all genders, those with a physical, sensory or learning disability.

Where: UWE Hillside Gardens Sports Ground, BS16 1QQ

- Outdoors, 4G Pitch
- Free on-site car park with accessible spaces.
- Bus routes 19, 427, 626. 0.5 miles from bus stop.

When: Wednesday Evening 7-8pm

Enquire for more details.

Contact:

- Email: inclusive@rockleazerangers.org.uk

Bristol City Robins Foundation

Bristol City Robins Foundation is a pan-disability football programme which provides opportunities for both young people and adults to get active, make friends and have fun. Everyone is welcome, regardless of ability and experience.

If there are any adjustments we need to make to accommodate you at our sessions, please let us know.

Contact Details for all Session Enquiries:

- Email: gary.bell@bcfc.co.uk
- Phone: 07899991983

Youth Football

5-16yrs



£0

Who: Youth (5-16 years), all genders, any impairment, any ability/experience

When and where:

- Weekly Tuesday, 6-7pm
- Imperial Sports Ground, BS14 9EA, outside court 5 (outdoor)
- Weekly Wednesday, 5-6:30pm
- Bridge Learning Campus (next to gymnastics centre), BS13 0RF (indoor)
- Weekly Friday, 5-6pm
- Bradley Stoke School, Fiddlers Wood Lane, BS32 9BS (outdoor)

Adult Football

16yrs +



£0

Who: 16 years+, all genders, any impairment, any ability and experience

Where:

- Imperial Sports Ground, BS14 9EA
- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.

When: Weekly Tuesdays, 7-8pm

Bristol Downs Syndrome Football Club

5+yrs  £5

What: A fun and welcoming environment for children and adults with Down Syndrome to learn football and make friends.

Who: 5+ years, all genders, children and adults with Down Syndrome and any ability/experience

Where: St Pauls Community Sports Academy, BS2 9NH

- Outside, 2 x 7 a side pitches
- Bus routes, lots! 0.4 miles from bus stop
- Free on-site parking with 2 x accessible spaces

When: Weekly Sundays, 10.30am – 11.30am

Contact Details:

- Email: samsmith5026@hotmail.co.uk Phone: 07510360248

Bristol City Cerebral Palsy Football Club

7-25yrs  Weekly

What: We offer a safe and inclusive environment where children can feel at ease about their disabilities, allowing them to build confidence and make friends.

Who: 7-25 years, all genders, children with ambulant cerebral palsy or a brain injury, any ability/experience

Where: Imperial Sports Ground, BS14 9EA

- Outside, 4G Pitch
- Free on-site parking with 4 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When: Weekly Saturdays, 12-2PM (term time)


Cost: Monthly subs (two free taster sessions)

Contact Details:

- Email: info@bccpfootball.co.uk Phone: 07789960674



Bristol City Frame Football Club

3-16yrs  £3

Who: 3-16 years, all genders, children who need a frame to walk or exercise.

Where: Merchants Academy Sports Centre, BS13 9BJ

- Outside
- Bus routes 52, 76. 0.5 miles from bus stop

When: Weekly Saturdays, 10am – 11am

Contact Details

- Email: nickdewfall@aol.com
- Phone: 07411013516

5-11 years  £0

Next Gen Circle Fun Football

What: Enjoy the thrill of running as the tricycle-like frame supports your weight!

Who: children aged 5-11 years, inclusive to all needs – no experience necessary!

Where: Trinity Academy School, Romney Avenue, BS7 9BY

- Indoors, Sports Hall
- Free on-site parking
- Bus routes, 24. Bus stop <0.1 miles away.

When: Weekly, Sundays 2-3pm

- Sessions run in blocks, please get in contact to find out more.
- Please register in advance.

Contact Details

- Email: info@nextgencircle.co.uk



Frame Running

What: Enjoy the thrill of running as the tricycle-like frame supports your weight!

Who: children aged 2+ and adults with a disability which affects your mobility and ability to walk or run independently.

Where: Bristol Cycling Centre, Bamfield BS14 0XD

- Outdoors, Sports Track
- Free onsite parking, 250m from entrance
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516 are a 10 min walk/wheel from bus stop. M1 3-5 min walk/wheel from bus stop

When: Monthly Sessions, Sundays 11:30am-1pm

- Sessions run in blocks, please get in contact to find out more.
- Please sign-up in advance.

Contact Details

- Email: office@cerebralpalsyplus.org.uk
- Phone: 01179 655 028



City of Bristol Gymnastics

5-16 yrs  £5

What: Gymnastics has emerged as a highly popular exercise for children with special needs. It offers unique, engaging methods of exercise while also presenting mental strength, and coordination challenges that positively affect their overall health.

Who: any children with special educational or physical needs

Where: City of Bristol Gymnastics Centre, Teyfant Road, BS13 0R

- Inside, Specially designed gymnastics hall
- Free on-site parking

When: Mondays 7-7:30pm and Fridays 7-7:30pm

Contact Details

- Email: gymnastics@almsport.co.uk
- Phone: 0117 3773420



Axis Trampoline and Gymnastics

All ages  £7.75

What: An open, unstructured Gymnastics and Trampolining session where we turn "disability" into "ABILITY"!

Who: for all ages and abilities

Where: Axis Trampoline and Gymnastics Club, BS3 2SU

- Indoor gymnastics centre
- Free on-site parking available

When: Thursdays 1-2pm

Cost: £7.75 per session

Access Sport are able to support any participants who may find it hard to pay the session fees

Contact Details

- Email: info@axistrampolineclub.co.uk
- Phone: 01179661878



Bristol Flyerz Hockey

All ages  £0

What: Fun, inclusive hockey sessions with a relaxed and friendly feel. No experience necessary and equipment provided!

Who: All ages (current participants are 5–28 years), all genders, inclusive to all needs. Whilst we can't guarantee 1:1 support, we have lots of volunteers to help. Friends and family welcome to join in!

Where:

- Outdoor Astroturf at Old Bristolians Hockey Pitch, Beggar Bush Lane, BS8 3TH

When: Fortnightly Tuesday, 6–7pm

Contact Details

- Email: OBsFlyerzHockey@gmail.com
- Phone: Lizzie - 07511700220



4+yrs  From £25

The Avon Centre

What: Providing both Disabled people and non-disabled people with the opportunity to learn to ride and interact with horses in a safe, friendly and accepting environment.

Who: 4+, all genders, inclusive to all needs.

Where:

- The Avon Centre, Henbury, BS10 7QT
- Lessons take place in a riding arena.
- EAL (Equine Assisted Learning) takes place either in the riding school or outdoors
- Free on-site parking
- Bus routes CityLines 3 & 4. 0.5 miles from bus stop

When: Slots are available throughout the week.

Days include Tuesdays to Saturday – please call to check availability

Cost: Varies depending on sessions – call for more information

Group riding session – £25

Contact Details

- Email: info@theavoncentre.org.uk
- Phone: 0117 959 0266

The Avon Centre are now offering a bespoke 'Pony Interactions' session. This provides participants the opportunity to learn horse care, work towards qualifications and spend time outdoors with horses and nature.



6+ years



£0

Karting

What: fun, free inclusive karting sessions.

Who: children 6+, all genders – no experience necessary!

Where: Absolutely Karting, Fishponds, BS5 7EY

- Go Karting track
- Free on-site parking
- Bus routes 6,7. 0.5 miles from bus stop.

When:

- Weekly Thursdays 4pm
- Weekly Sundays 9am

Contact Details:

- Email: smiles@absolutely-together.org.uk
- Phone: 0300 303 3548

6+ yrs

Bristol Dragons Powerchair Football

What: Powerchair football sessions with a combination of drills and games

Who: 6+ years and adults

Where: Shine Community Sports Hall, Henleaze, BS9 4DT

When: 12 – 2pm, Fortnightly Sundays, get in touch for dates

Contact details

Email: info@goalsbeyondgrass.co.uk

Phone: 01452 245771



VI Runners Bristol

16+yrs



£0

What: A group for both VI runners and running guides in and around Bristol to connect up for training runs and races

Who: 16+ years or Under 16 with a parent/guardian, for blind or partially sighted people, or who would like to be a sighted guide

Where: Runs are planned across Bristol

When: Weekly Wednesday evenings

Join the VI Runners Bristol Group on Facebook





What: Inclusive rugby with experienced coaches at each session

Who: children with any additional needs

Where: Barrack's Lane, Shirehampton, BS11 9NG

- Outside pitches
- Bus routes 10, 11 and 3 citylines, 0.5 miles from bus stop
- Parking onsite

When:

- Weekly Thursdays 6-7pm

Contact Details:

- Phone (Lucy): 07789017025
- Phone (Laura): 07803561655
- Phone (Neta): 07980175565

Cheddar Valley Dragons

What: all-inclusive rugby sessions with experienced coaches

Who: children with any additional needs

Where: Cheddar Valley RFC, Sharpham Road, BS27 3DR

- Outside pitches
- Bus routes 48, 66, 126, 668. Bus stop 0.6 miles away.
- Parking onsite

When:

- Weekly Sundays, 9-10am

Contact Details:

- Phone Pete: 07521279350
- Phone Hayley: 07771797995



What: all-inclusive rugby sessions to build confidence and self-esteem and to teach non-contact rugby.

Who: all abilities and disabilities welcome aged 8+

Where: Mangotsfield School, Mangotsfield, BS16 9LH

- Indoor Sports Hall
- Bus routes 86, SB4. Bus stop 0.1 miles away.
- Parking onsite

When: Weekly Wednesdays 6:30–7:30pm

Contact details:

- Please message us on Facebook. Our page is Kingswood AIR.

Bristol Tryz Rugby

5–25yrs  £0

What: Fun, inclusive non-contact rugby sessions.

Who: 5 – 25 years, all genders, inclusive to all needs.

Friends and family welcome to join in!

Where & When: Details TBC

Contact Details

- Email: Disability.Inclusion@AccessSport.org.uk
- Phone: 0117 450 9805



SENDaWelcome

16+ years



£5

Inclusive Skittles

What: Skittles is a target practice game that's fun, easy to learn and extremely sociable. Played indoors on an accessible Skittles alley, groups of mixed ages and abilities can play together.

Who: inclusive to all needs, for young people and adults aged 16+.

Where: Nevil Road Community Club, Bishopston, BS7 9EQ

When: Weekly Tuesdays, 5-6pm (rotating 16-25 and over 25 group)

Contact Details:

- **Email:** laura.sendawelcome@gmail.com
- **Phone:** 07386493801



Sign-up Here

Sensory Storytime

All ages



£donation

What: Join us for a fun and interactive story session to engage all the senses, making for a truly immersive experience. You will enjoy music, gentle movement, and hands-on activities that bring the stories to life.

Who: inclusive to all needs, all ages welcome and families and friends.

Where & When: Bishopston Library, Gloucester Road, BS7 8BN
• Second Tuesday of every month, 10:30-11:30am

Contact Details

- **Email:** laura.sendawelcome@gmail.com
- **Phone:** 07386493801



Bristol and South Gloucestershire Swimming Club

5+yrs  TBC

What: Get involved with either Para swimming or learn to swim sessions! These are fun, safe and inclusive swimming sessions where you can also improve technique, work towards competitions.

Who: 5+, all genders, physical, sensory or learning Disability. Para swimmers must be confident in water.

Where and Where:

- **Learn to Swim:**
 - Weekly Fridays, 7–7:30pm– Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
 - Weekly Sundays 6–6:30pm–Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
- **Para Swimming:**
 - Weekly Fridays, 7:30–8:15pm– Easton Leisure Centre, Thrissell Street, Easton BS5 0SW

Cost: dependent on frequency of sessions but trials are free

Contact Details

- Email: jess.clements@bsgsc.org



Waves Swim School

What: Waves Swim School are offering disability inclusive provision in a fun and supportive way. Opportunity to learn to swim or develop swimming ability.

Who: children and young people who struggle to access mainstream swimming provision, inclusive to all needs. Currently have a waiting list.

Where:

Freeways Hydrotherapy Pool, Leigh Court Centre, BS8 3RA :

- Free on-site parking with 4 x accessible spaces
- Bus Routes B2, X4 stop at Sandy Lane Bus Stop which is 0.5 miles from venue.

When: Sessions run in a 6-week block (term time) 20-minute sessions

- Tuesday 5 – 7pm
- Wednesday 5-7pm

Where:

St Mary Redcliffe Pool, BS1 6RT:

- Free on-site parking
- Bus routes 512 stop at Somerset Bus Stop, 0.2 miles from the venue

When: Sessions run in a 6 week (term time) 20-minute sessions.

- Monday to Thursday 4pm and Sunday from 12pm

Where:

The Downs School Wraxall, BS49 1PF

- On-site parking
- Bus routes x6. Bus stop 1.6 miles away.

When: Sessions run in a 6 week (term time) 20-minute sessions

- Saturday mornings 8:30-11:30am

Contact Details

- Email: caroline@wavesswim.co.uk
- Phone: 07837474915

Swim 4 Sure

All ages



What: Teaching swimming in a way that enables learners to build trust with the water and develop their skills whilst accommodating any sensory or additional needs they may have.

Who: All ages, all genders, SPD, LDD, other additional needs and disabilities.

Where: Lessons operate at:

- The Holiday Inn Spirit Health Club, Filton, BS16 1QX
- New Siblands Primary, Thornbury, BS35 2EG
- Barley Close Community School, Mangotsfield BS16 9DL
- Free on-site parking with accessible spaces.

When: Lessons all are all 25 minutes. They run weekly, at various different times throughout the week.

Cost: based on participant to teacher ratio.

3:1 Child - £70. 2:1 Child - £90. 1:1 Child - £125. 1:1 Adult - £130.

Lessons are paid monthly in advance with a one month notice period to cancel.

Contact Details:

- Email: enquiries@swim4sureuk.com
- Phone: 07342190708



City of Bristol Swimming Club

What: The City of Bristol Para squad was set up in 2015, with one very clear objective to make swimming accessible to disabled people.

Who: for those 8 years or older. We require you to be able to swim 25 metres in deep water both front and back. If you require support in the water, you will need to bring your own carer to the session.

Where: Hengrove Leisure Centre, BS14 0DE

- Indoor Swimming Pool
- Accessible Changing Places and Car Parking

When: Sundays 5-6pm

Cost: Monthly fee of £22.50

- Trial session free

Contact Details:

- Email: cobscpara@gmail.com





6-12yrs



£30 for 6

Elly Shearman Tennis Coaching

What: Great fun sessions run in 6 week blocks and holiday camps too!

Who: 6-12 years, all genders, with SEND, any ability/experience

Where: Kings Lawn Tennis Club, BS7 8JG

- Outside, Tennis Courts
- Small car park
- Bus routes 13. 0.1 miles from bus stop.

When: Term Time Saturdays in 6 week block, 10:15-11am – dependant on coach availability.

Contact Details

- Email: ellytennis.kings@hotmail.com
- Phone: 07581237260

Blue Sky Tennis Foundation

What: Tennis and Sign is an activity/story-based tennis session with some basic sign language. Walking tennis is based on a smaller court, with a slower speed but is great fun!

Who: There are two sessions for the 'Signing 4 Tennis sessions' one is for 3- to 4-year-olds and the other is a family session. All genders and all tennis abilities.

Where:

- Lansdown Club, Bath, BA1 5TN
- Free on-site parking with accessible spaces
- Bus stop 0.1 miles away, bus routes 31 P&R and 620 stop here.

When:

- Weekly Mondays, Wednesdays, and Fridays 2 – 2:45pm (Tennis and Sign for those aged 3-4 years)
- Family Tennis and Sign sessions take place in half term – call for availability.
- Monthly Saturday Pan-disability (2-3pm) and Deaf Tennis sessions (3-4pm)

Cost:

- Tennis and Sign: £5
- Walking Tennis: £5 pay as you go
- Monthly Pan-disability and Deaf Tennis: £5

Contact Details:

- Email: foundation@blueskytennis.co.uk
- Website: www.blueskytennis.foundation
- Phone: 07736931066



Peter Caseley Tennis

8+yrs



Varies

What: Sessions for ALL abilities, delivered by an LTA accredited coach with specific disability tennis training.

Who: children and adults 8yrs+ with any form of disability

Where: Sodbury Tennis Club, Bristol, BS37 6PQ

- Outdoor tennis courts
- On-site parking and disability spaces

When:

- Mondays 2.30-3.30pm (Walking Tennis)
- Mondays 5-6pm (Junior pan-disability)
- Mondays 1-2pm (Adult pan-disability)
- Tuesdays 6-7pm (Visually Impaired)
- Thursday 10-11am (Walking Tennis)
- Thursdays 11am-12pm (Adult pan-disability)

Contact details:

- Email: coachcaseley@hotmail.co.uk
- Phone: 07790937524



Wheely Good Tennis Club

6+yrs



£5

What: Great coaching and sports wheelchairs provided

Who: 6+ years, all genders, for anyone who wouldn't be able to play tennis standing

Where: Coombe Dingle Sports Complex, BS9 2BJ

- Outside over Summer
- Bus route 3. 120m from bus stop.

When: Weekly Saturdays, 1-2pm

Contact Details

- Phone: 07979657969
- Email: bristoluni-tennis@bristol.ac.uk

David Lloyd Tennis Club

Juniors



£3

What: A pan-disability Tennis session, no experience necessary

Who: Pan-disability Tennis session is for juniors, all genders, no experience necessary

Where: David Lloyd Tennis club

- Long Ashton, BS3 2HB
- Indoor Court
- Free on-site accessible parking
- Buse Routes 505, U2, X1, X4, X6, X7, X8, X9

• **When:** Weekly Thursdays 4-5pm

• **Cost:** Approximately £3

Contact Details: Jonny.fenner@accesssport.org.uk

Saltford Tennis Club

Juniors



£5

What: A Junior Inclusive Tennis session.

Who: Junior Inclusive session is for juniors of all abilities.

Where: Saltford Tennis Club

Wedmore Road, Saltford, Bristol, BS31 3BY

- Outdoor Court
- Free road parking next to the club
- Bus routes A4

When: Weekly Saturday 1-1:45pm

Cost: £5

Contact Details: Agraytenniscoaching@gmail.com



Winterbourne Tennis

8-18 years  £5

What: A pan-disability Tennis sessions, no experience necessary

Who: Pan-disability Tennis sessions are for children and young people aged 8 to 18 years, all genders, no experience necessary

Where: Winterbourne Tennis Club
Winterbourne, BS36 1LU

- Outdoor Court
- Free on-site accessible parking
- Bus Routes SB5, Y1, Y2, Y6 South Glos Lynx
- **When:** Weekly Thursdays 5-5:45pm and Fridays 11:15am-12:00pm
- **Contact Details:**
 - Email: Rachelcockcroft@outlook.com
 - Phone: 0798901967

Redcatch Park Tennis

8+yrs  £0

What: A pan-disability Tennis session, no experience necessary

Who: children and adults 8yrs+

Where: Redcatch Park, Redcatch Road, BS42EP

- Outdoor tennis courts
- On-site car park with accessible spaces

When:

- Weekly Saturdays, 12:30-1:30pm

Contact details:

- Email: tennis@wesport.org.uk
- Phone: 01173286250



All- Aboard Watersports

What: Get involved with fun, fully inclusive sessions. These include accessible sailing, powerboat trips and paddling! We run Sailability on Saturday and Tuesday morning and a Home Education Program on Monday, Wednesdays and Fridays as well as Taster Days throughout the year

Who: any age, all genders, inclusive to all needs (siblings welcome too)

Where: All-Aboard Watersports Centre, BS1 6XG

- Outdoors, Bristol Harbour
- Free on-site parking for 4 hours, 4x accessible parking spaces.
- Bus routes, m2. 0.2 miles from bus stop.

When: April to October

- Various sessions
- More information:
 - www.allaboardwatersports.co.uk

Cost: Varies

Contact Details:

- Email: sailability@allaboardwatersports.co.uk
- Phone: 0117 929 0801



CLADs

All ages



£varies

What: If you have never tried sailing before, welcome! You will find sailing a breath of fresh air, meet fantastic people and learn loads. Sailing is great for the mind, body and soul. Come and enjoy sailing in this beautiful setting.

Who: any age, all genders, inclusive to all needs (siblings welcome too)

Where: All-Chew Valley Sailing Club, Chew Valley Lake.

- Outdoors, Chew Valley Lake
- Free on-site parking.

When: April to October

- Various sessions

Cost: Varies

Contact Details:

- Email: info@clads.co.uk

Find out more here



Wrestle for Humanity

8+yrs



£0

What: Get involved with 'Wrestling for any-BODY' classes! Sessions aim to improve health and wellbeing through a combination of wrestling movement, mindfulness, music and dance.

Who: any ages, any gender, inclusive to all needs

Where: St Gregory The Great Church, Horfield, BS70PD

- Indoors
- Car parking available with accessible spaces
- Bus routes 3X, 71, 74, 75. 100m from bus stop.

When: Weekly Mondays

- Ages 8-16 years- 5:30pm-6:15pm
- Ages 16+ years- 6:15pm-7:00pm

Contact Details:

- Email: wrestleforhumanity@gmail.com
- Phone: 07854 458 692

Sessions run in blocks, so please get in touch with info@ignitebristol.co.uk to find out more.



5-16yrs



Free

Yoga for Complex Needs

What: An engaging mindful movement session which is accessible to all bodies and abilities, incorporating a mix of movement, breathing, sound, massage and relaxation

Who: All children aged 5-16 with complex disabilities and/or sensory impairments.

Where: Vassall Centre, Gill Avenue, BS16 2QQ

- Indoor Space
- Free on-site Parking

When: Fortnightly Thursdays 5-5:45pm

Contact Details

- Email: alice.turner@sense.org.uk
- Phone: 07599104405

5-16yrs



£2

Heart Within Yoga

What: Get involved in Therapeutic Yoga and Chair Yoga sessions for children and adults with SEND, and their families.

Who: for children and adults, inclusive to all needs, no experience necessary

Where: Easton Community Centre, BS5 6AW

- Indoors

When:

- Therapeutic Yoga
 - Monthly, every 4th Saturday of the month
 - 9:30-10:30am
- Therapeutic Chair Yoga
 - Weekly, Wednesday
 - 11am-12pm

Contact Details

- Email: heartwithinyoga1@gmail.com
- Phone: 07933603396

Nova Sports

Nova Sports are a not-for-profit organisation who deliver high-quality, inclusive sport to people with disabilities in Bristol, Bath, and Somerset.

They achieve this by running sports sessions in mainstream and special schools, offer holiday activities, and create disability-specific sports clubs in the community.

Sports they offer include wheelchair basketball, boccia, hydrotherapy, frame running and powerchair football. Staff are also qualified in rugby, football, athletics, basketball, tennis, cricket and more.

Some of the Sports Clubs they help run include:

- **Bath Romans Wheelchair Basketball Club** – for young people and adults
- **UWE Pirates Wheelchair Basketball Club** – for young people and adults
- **Frome Falcons Powerchair Football Club** – for young people and adults
- **SuperNova Multisports Club** – for young people
- **Bath, Frome and Radstock Otters Hydro Clubs** – for young people
- **Bath Inclusive Football Club** – for young people
- **Bath Pythons Super 1s Cricket Club** – for young people

For a full list of their regular sports clubs please see their website: <https://www.novasportsandcoaching.co.uk/>

All coaches are SEN specialists with a huge amount of experience. Specialist equipment like wheelchairs and frames are provided to participants and no experience of any sport is necessary to attend. No 1-to-1 care or assistance can be provided. Many clubs are also open to neurotypical and non-disabled siblings.

Contact Details:

jenny@novasports.co.uk
07880 743453



Recreate Sport

Recreate Sport works with people of all ages and all backgrounds to support lifelong engagement in physical activity and sport.

It's inclusive and creative approach to delivering sessions ensures they focus on what matters most.

Working in partnership with a range of charities to deliver various sports sessions including Kin-Ball, Rugby, Flag Football, Tri-Golf and Tennis. Recreate Sport also offers a wide range of CPD workshops to schools and resources for people to access session ideas from home including their recently launched Recreate Rugby pack.

Some of the regular clubs you can find Recreate Sport at include:

- Mondays @ Keynsham Mencap Fitness For All – For Adults
- Thursdays @ Sensory Sport – For young people

They also run sensory sport sessions as part of the HAF programme.

Contact Details:

Email: recreatesport@gmail.com

Website: www.recreatesport.co.uk



Future Pages Sports



Future Pages Sports provides inclusive and engaging sports sessions for children aged 6 to 11. Our sessions focus on football, basketball, tennis, and non-contact martial arts, ensuring every child has the opportunity to enjoy and develop their skills in a safe build confidence, and friendships in a supportive environment.

We are dedicated to making sports accessible to all children, including those who are neurodivergent, disabled, from low socioeconomic backgrounds or ethnically diverse backgrounds with English as an additional language. Our trained coaches and staff specialise in creating fun, inclusive, and engaging sessions where every child can participate, grow, and thrive.

Due to high demand, our spaces get filled up very quickly.

Contact Details:

Email: support@futurepages.co.uk

Website: www.futurepages.co.uk

Tel: 07511839380

To ensure you stay up to date with all our projects, please sign up to our mailing list: <https://futurepages.fillout.com/maillinglist>

Join our WhatsApp
broadcast list



JIGSAW are a charity that works with all children and young people aged 0-25 years with additional needs or disabilities, and their families. Their work changes lives and enhances community inclusion.

It's free to join JIGSAW Thornbury and they currently support families with or without a diagnosis within the post codes beginning BS, BS and GL. If you'd like to join, please fill out this form here: www.jigsawthornbury.org.uk/join-online/

JIGSAW Thornbury offer inclusive holiday events and term time activities in the Thornbury area to encourage fun, help reduce isolation and aid friendships for the whole family. See our website for latest information and bookings or get in touch by emailing: events@jigsawthornbury.org.uk.

5-16 yrs



£0

Sensory Sport with Sense

What: Come and try all your favourite sports such as football, tennis and badminton – delivered in an accessible and person-centered way. Activities have been specifically designed for people with complex disabilities and will be tailored to suit each participant's individual needs.

Who: children aged 5-16 years, all genders, any ability/experience, complex disabilities and/or sensory impairments.

Where: Vassall Centre, Gill Avenue, BS16 2QQ

- Indoor activity room
- Free on-site parking

When: Fortnightly Thursdays 5-5:45pm



Find out more here

Active Reality

9+yrs From £10

What: In-person Immersive Virtual Reality Party for groups. Fight off zombies or battle each-other in space!

Who: No experience required, must be able to walk independently

Where: Parish Wharf Leisure Centre, Portishead, BS20 7DB

- Indoor Studio in Leisure Centre
- On-site parking
- Bus stop 0.3 miles away, routes 57 and X4 excel stop here

When:

- Open every day, closes at 7pm (closed for lunch) – check the website for varying opening times depending on location

Contact Details

- Email: bookings@active-reality.com
- Phone: 0333 339 1881



Gympanzees

0-25yrs £9

What: Pop Up activity centre for children and young people with disabilities.

Who: 0 – 25 years, all genders with sensory, physical, learning difficulties, SEN and any mild to profound disability

When: 22nd July – 15th August

Contact Details

- Email: info@gympanzees.org
- Phone: 07958118684

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Limb Power

4-18yrs

£0

What: Children will learn the fundamental skills required to take part in school PE and community games and sports. Including throwing, catching, kicking, running, jumping, skipping and hopping.

Who: all genders, for those with a physical limb impairment who wear an activity limb/prosthetic or who would like to be more active.

Where:

- Badminton School Sports Hall, BS9 3BA
- Inside sports hall
- Bus routes 1, B2. 0.1 miles from bus stop

When: Every 6 months

Contact Details

- Email: carly@limbpower.com
- Phone: 07789075709

Super Sense

All ages

From £3.80

What: Get involved in 60-minute sensory sessions for children and adults with SEND.

Who: babies, children and adults with SEND

Where: Imperial Sports Ground, BS14 9EA

- Fully equipped sensory room
- Free on-site parking with 3 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When:

- Monday-Thursday 9am-6pm
- Friday 9am-5:30pm
- Saturday-Sunday 9am-2pm

Contact Details:

- Email: keeley@imperialsportsground.co.uk
- Phone: 01179038681



SENDSenses

All ages



£2-5

What SENDSenses provide multi-sensory experiences which encourage nature connection, enable body awareness and support regulation. SENDSenses currently offer weekday and holiday group outdoor activities and 1:1 private sessions on request.

Who: all ages and abilities. Site is hoping to become wheelchair accessible soon!

Where: The Orchard, Church Lane, Portbury, BS20 7TR

- Outdoor Orchard/ Forest
- On-street parking nearby

When:

- Monthly Sunday sessions
- Orchard Club for home-educated children – Thursday 10-12pm
- School holiday sessions

Contact Details

- Email: sendsenses@gmail.com
- Facebook: [@sendsenses](https://www.facebook.com/sendsenses)

This Guide was collated by:



Supporters:



YST INCLUSION SCHOOLS