

Sport and Outdoor Activities (P34)



Torbay Disability Information Service

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Important:

Please ensure that you are using the latest version of this information sheet. To check this, go to our information sheets page on the Trust website at www.torbayandsouthdevon.nhs.uk/disinfosheets or call the Disability Information Service on 0300 456 8373.

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About this information sheet

This is one of a series of regularly updated local information sheets that aim to meet the most common information needs of people with disabilities and carers in Torbay.

The information should be used as a guide only, as it may not cover all the organisations that can help with your needs. Torbay Disability Information Service (part of Torbay and South Devon NHS Foundation Trust) cannot guarantee the accuracy of the information or the quality of service provided by the organisations. No liability can be accepted for loss, damage, or injury arising out of any contract made by a private individual with any of the organisations listed.

Details change often, so please make sure you are using the current edition. Latest copies of the sheets are published on the following website page:

www.torbayandsouthdevon.nhs.uk/disinfosheets

If you do not have Internet access, you can ask for single copies from our office.

A full list of our other information sheet titles can be found at the end of this sheet.

Information can be made available in other formats and languages. Please let us know what your needs are.

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Introduction

This information sheet gives details about competitive sports opportunities and outdoor activities for adults, although some of the opportunities listed may also be suitable for children. All sports and activities in the information sheet are either aimed at people with disabilities or are inclusive.

Please note that details about the sports opportunities listed, such as meeting times and venues, were correct at the time of compiling the sheet. These details may have changed so always check current details when contacting any of the organisations.

Some support groups and social clubs for people with specific disabilities may also include sports opportunities (e.g. Torbay Deaf Social Club and Torbay Gateway Club) but these are generally not included in this sheet, nor are groups which help to build up confidence.

For information about groups that provide support for specific conditions, see our 'Support Groups' information sheet, P21. For information about leisure opportunities, see our 'Leisure' information sheet, P28. If it is gentle exercise, rather than sports, opportunities that you are seeking, please refer to our 'Gentle Exercise' information sheet, P22.

If, after looking through this information sheet, you are still not sure which sports opportunity to pursue, you may wish to search the Torbay Directory at www.torbaydirectory.com (for sports and leisure opportunities in Torbay) or the Devon Community Directory at www.directory.devon.gov.uk (for sports and leisure opportunities around Devon). For other sources of information about general sports opportunities, please see page 5.

General Sports Information

- For information on getting healthy and active, including a downloadable 'Get Healthy, Get Active' guide, go to Torbay Council's website at: www.torbay.gov.uk/sportsdevelopment You can also get copies of the 'Get Healthy, Get Active' guide from the Community and Sports Officer, on (01803) 207976 or email: sports@torbay.gov.uk
- Some centres have been accredited by the Inclusive Fitness Initiative (IFI). For further information about this initiative see www.inclusivefitness.org or call (01509) 227750 (add 18001 if you're a textphone user).

Information about general sports opportunities for all ages and interests may also be obtained from the following:

- Active Devon online at www.activedevon.org.
- If you have no access to the web at home, you can use the Internet at the library to search for sports opportunities. Internet access is available at each of the libraries in Torbay – see below for contact details.

Brixham Library, Market Street, Brixham: (01803) 853870
Churston Library, Broadsands Road, Churston: (01803) 843757
Paignton Library, Great Western Road, Paignton: (01803) 208321
Torquay Library, Lymington Road, Torquay: (01803) 208300

- Yellow Pages or Thomson Local Directory (especially for specific interests).
- Local newspapers, such as the 'Herald Express' and 'Torbay Weekender'.
- Noticeboards in libraries, supermarkets, local shop windows, community and parish halls, etc.

Local Sports Opportunities (Torbay and Devonwide)

Archery

Archery is a sport that is open to people with disabilities as well as able-bodied people. The following clubs welcome people of all abilities and ages.

Brixham Archers

The Club's home is at Churston Field, adjacent to Churston Ferrers Grammar School. It is open to people with disabilities, with the following restrictions:

- If archery could be detrimental to your physical well being
- If you are physically incapable of drawing up a bow
- If you are incapable of understanding and acting upon safety instructions
- Your GP should be aware and give consent for you to take part in archery.
- People who have a disability which requires constant and personal attention may have to bring along their own carer.

☎ Mrs Judith Booker, Secretary, (01803) 853687

💻 www.brixhamarchers.co.uk

✉ info@brixhamarchers.co.uk

Paignton Archers

Friendly club, which is affiliated to Archery GB (formerly the Grand National Archery Society). The club has a new indoor venue next to South Devon College. Beginners courses for all ages, genders and abilities are held at Stoke Gabriel Cricket Club on a Monday evening. All equipment is provided by the club.

☎ Louise Beams, Secretary, (01803) 664414

💻 www.paigntonarchers.co.uk

✉ via website

Rydon Disabled Archers and Fun Club, Holsworthy

This is an archery and fun club for individuals of all ages with physical disabilities. Fun club activities include bowls, skittles, darts and badminton. The club meets in Holsworthy. Contact the chairperson for further details.

☎ Mrs P D Griffiths, Coach and Chairperson, (01409) 253248

Torquay Company of Archers

The Club is affiliated to Archery GB. It is open to people with disabilities and has disabled members and members who belong to British Blind Sports Archery. It is currently using Paignton Archers' indoor facilities but expects to be back at Torquay Community College by the end of March 2011.

💻 www.torquayarchers.co.uk

✉ info@torquayarchers.co.uk

Athletics and Gymnastics

South Devon School of Gymnastics

Athletes of all abilities welcome. Offers classes for recreational and competitive gymnasts with a wide variety of special needs. Its special needs squad competes at national level at Special Olympic competitions.

📍 Aspen Way, Yalberton Industrial Estate, Paignton, Devon TQ4 7QR

☎ Nicci Tucker, Head Coach, (01803) 523774

💻 www.southdevongym.co.uk

✉ nicci@southdevongym.co.uk

South Devon Special Olympic Club

Holds gymnastic sessions for people with learning disabilities (IQ 75 or below) on Mondays, 4.15 pm - 5.45 pm.

☎ Chairperson and head coach, (01364) 652084 or 07764 152288

✉ Roejoh@aol.com

Basketball

Otters Wheelchair Basketball Club

Otters Wheelchair Basketball Club welcomes new players of 14 years upwards, whatever their experience or disability. Wheelchair basketball can be played by people with or without physical disabilities. Training is at Middlemoor Police HQ, Exeter, and home matches are played at St Lukes School, Exeter.

☎ Paul Bounden, Club Secretary and Captain, (01769) 573226

✉ paul.bounden@yahoo.co.uk

YMCA Torbay Tigers Basketball Club

The Club gives able and disabled young people (under 18) the chance to play basketball. The hall has disabled access and facilities. Currently there is no wheelchair basketball.

📍 YMCA, Youth Centre, Dartmouth Road, Paignton TQ4 6NX

☎ Rick Wooldridge, Club Secretary, (01803) 844757 or YMCA, (01803) 551578

💻 www.torbaytigers.co.uk or www.ymcasouthdevon.org.uk

✉ info@torbaytigers.co.uk or chris.mackey@torbaytigers.co.uk

Bowls and Ten Pin Bowling

Devon County Short Mat Bowling Association


The Association has over 100 affiliated Cubs throughout Devon, many of which offer indoor bowling for people with disabilities.

 www.dscmba.co.uk

The ISCA Centre

An indoor bowling centre for bowlers of any ability. A disabled club is held every Friday from 11.00 am.

 Indoor Bowling Centre, Summer Lane, Whipton, Exeter EX4 8NT


 (01392) 462833

 www.iscacentre.co.uk

Woolacombe Bay Holiday Park

Eight lanes of genuine American ten pin bowling that are open all year round (except January) to non-residents of the Holiday Park. There is access to bowling for wheelchair users.


 Freepost, Woolacombe, Devon EX34 7HW

 (01271) 872011 or (08432) 080377

Football

Devon County FA

There are 14 adult and 9 junior football clubs throughout Devon, all of which are committed to developing opportunities for footballers with a disability, whether as a player, coach, referee or administrator.

 David Carpenter, Disability Football Development Officer, (01626) 323560

 david.carpenter@devonfa.com


Football for All

Football coaching for adults (age 16 or above) with a disability. Suitable for all levels of player, male or female, with learning, sensory or physical disabilities. All coaches are fully qualified and have been CRB checked.

Times: Thursdays, 6.00 pm - 7.00 pm. **Cost:** £3 per session.

 Paignton Community & Sports College, Borough Rd., Paignton TQ4 7DH

 Rob Helmore, 07725 658444

 footballforall2011@hotmail.co.uk

Torquay United Inspirations Football Coaching

Coaching sessions for men and women, over 16, with any disability (including learning and physical disabilities). Includes shooting, passing, small sided games and penalty shoot outs. Warm clothing, suitable footwear for outdoors and indoors (depending on weather), and drinks to be provided by players.

The sessions are aimed at anybody wanting to have a go and are fun as well. The teams are under the Torquay United Community Sports Trust and will be playing in the Devon Ability Counts League under the guidance of the Devon Football Association.

Times: Saturday mornings, 10.00 am – 11.00 am.

Cost: Minimal charge of £3 for each indoor coaching session (in June 2011).

- 📍 Torquay Boys Grammar School, Shiphay Lane, Torquay (April -September)
- 📍 Torbay Leisure Centre, Penwill Way, Paignton (September - April)
- ☎ Kevin Titchard, 07948 397878 ✉ kevin.titchard@hotmail.com

Torquay United - Facilities for people with Disabilities (watching football)

Torquay United Supporters Trust (TUST) has a range of facilities for fans with disabilities, including some unused Soccer Sight headsets for blind and partially sighted people to listen to match commentaries.

✉ Martin Wildman, Disabled Liaison Officer: martin_wildman@btinternet.com

Walking Football

Walking football provides an opportunity to people of 60+ to take part in football and physical activity in a structured but friendly environment.

Times: Mondays, 5.30 pm – 6.30 pm. **Cost:** £2 per session.

- 📍 Paignton Community and Sports College, Waterleat Road, Paignton
- ☎ Rob Payne, Football Development Officer, (01803) 403634
- 🌐 www.paigntoncommunitycollege.com/footballdevelopment
- ✉ rob.payne@paigntoncommunitycollege.com

Wheelchair Football Coaching

Wheelchair football coaching is for wheelchair users of any age. Open to manual chair and power chair users. Those who need a push are also welcome as long as pushers accompany them. Anyone interested can turn up but it's advisable to contact Kevin Titchard before attending.

Times: Alternate Mondays, 6.00 pm - 7.00 pm **Cost:** Free of charge

- 📍 Sports Hall, South Devon College, Vantage Point, Long Rd, Paignton
- ☎ Kevin Titchard, Torquay Utd. Inspirations Football Club, 07948 397878
- ✉ kevin.titchard@hotmail.com

Golf

Dartmouth Golf and Country Club

Welcomes people with disabilities who wish to visit the club, play golf or use its facilities. Disabled golfers are welcome to bring their own buggies.

📍 Dartmouth Golf and Country Club, Blackawton, Nr. Dartmouth, Devon TQ9 7DE

☎ 0800 043 3669

💻 www.dgcc.co.uk

✉ info@dgcc.co.uk

Hockey

Plymouth Zone Hockey Club

Zone hockey is a 5 a-side game that can be played outdoors or indoors. It is suitable for electric or manual wheelchair users, ambulant and semi-ambulant youngsters. Girls and boys, both disabled and non-disabled, can participate side by side. The aim of the Club is for young people in wheelchairs to try new sports, have fun and learn new skills.

📍 Sir John Hunt Sports Centre, Lancaster Gardens, Plymouth, Devon

☎ (01752) 668198 or 07813 666382

💻 www.phdg.org.uk

Horse Riding

Riding for the Disabled Association (Torbay and District Group)

This is a local branch of the national association. It provides riding instruction (currently at stables near Torquay) for children and adults with special needs, who are able to walk and mount unaided. There is a weight limit of 10.5 stone, and riders need to produce details of their medical condition and any help that they would need at sessions.

Times: Weekly on Tuesday mornings.

Cost: £5 per half hour session (in June 2011).

There are other Riding for the Disabled groups all over the UK, including several around Devon. For information about other groups, contact the local county chairman on 0845 450 7028 or log onto the website (see below).

☎ Torbay branch contact, 0845 450 6925 or Local County Chairperson, 0845 450 7028

💻 www.riding-for-disabled.org.uk

Ice Skating on Wheels

Plymouth Pavilions

Plymouth Pavilions encourages wheelchair users to join in the fun on the ice in the comfort of their own chair during their weekly Ice Mobility sessions.

Sessions last an hour and a half, with music, lights and snow. Each session holds a maximum of 25 wheelchairs.

📍 Plymouth Pavilions, Millbay Road, Plymouth, PL1 3LF

☎ Box Office, 0845 146 1460

💻 www.plymouthpavilions.com

✉ enquiries@plymouthpavilions.com

Keep Fit, Sports and Activities

Disabled Sports Association

Provides sport for disabled people in East Devon and Exeter. Client Groups include those with a learning disability, mental health issues, physical disability and sensory disability.

☎ Trevor Milford, Chairman, (01395) 519563

Exeter and East Devon Sport Association for Disabled (EEDSAD)

EEDSAD has members from all over the South West. It offers opportunities for people with disabilities to take part in a wide range of activities, including athletics/field events, bowls, gliding, swimming, sailing, canoeing, table tennis and wheelchair basketball.

☎ Tony Proverbs, Secretary, (01392) 874745

Fighting Fit Disabled Sports Club, Brixham

Please note that this group has been suspended (as notified in June 2011).

A weekly fitness club that offers circuit training, basketball and other sports to adults of any age with a disability, including physical and learning disabilities. Carers are not supplied, but members can bring along their own carer if required. Refreshments are available at the end of each session. Please check with your GP or occupational therapist and contact the club prior to attending.

Times: Wednesdays (except 2nd Wednesday of month), 2.00 pm – 3.30 pm.

Cost: £2.00 per session (no charge for first session).

Venue: Methodist Church, Fore Street, Brixham, Devon TQ5 8DS

☎ Rosalyn Vian, (01803) 850405

Hannahs at Seale-Hayne

Offers a wide range of activities at its accessible outdoor activity centre. The centre provides opportunities and integration for people with physical or learning disabilities. Activities offered include orienteering, mountain biking, laser combat, bushcraft, archery, climbing and team building activities.

📍 Newton Abbot, Devon TQ12 6NQ

☎ (01626) 325800

💻 www.hannahssealehayne.com

✉ enquiries@hannahssealehayne.com

South Devon Sports Association for the Disabled

Organises sporting events and encourages children (10 years upwards) and adults with any disability to take part and compete. Covers most sports that are achievable by a disabled person (i.e. 80% of sports), including wheelchair racing/slalom, swimming, table tennis, track and field events and other sporting/‘have a go’ events for the more severely disabled.

Times: First, third (and fifth, if applicable) Saturday of the month, 2.30 pm - 5.00 pm. NB. May change to mornings in the future – contact Association for details.

Venue: Burton Hall, Torquay Grammar School for Girls, Shiphay Lane, Torquay TQ2 7DY.

📍 7 Flete Close, Buckland Estate, Newton Abbot TQ12 4EZ

☎ Clive Littlehales, Chairman, (01626) 212267 ✉ sdsad@blueyonder.co.uk

Racquet Sports

Devon Disability Tennis

Gives people with a disability the opportunity to experience the game of tennis, inclusive of wheelchair tennis, visually impaired tennis and tennis for people with learning disabilities.

📍 c/o South Devon Tennis Centre, Ermington Road, Ivybridge, Devon PL21 9ES

☎ Mark Blackler, Chairman and Coach, (01752) 316084

💻 www.devondisabilitytennis.co.uk

✉ tenniscoach@blueyonder.co.uk

Devon Racqueteers Badminton Club

The club is open to anyone interested in playing badminton or wheelchair badminton. No experience or equipment necessary. Only manual wheelchairs are used. All sessions are led by qualified coaches.

📍 Clyst Vale Sports Centre, Station Road, Broadclyst, Exeter, Devon EX5 3AL

☎ Mike Follett, Secretary, 07762 189595 or (01392) 466711

💻 www.devonracqueteers.co.uk

Wheelchair Badminton Sessions, Torquay

Badminton sessions for manual wheelchair users, or people with limited mobility who would play badminton in a manual wheelchair. Sessions are suitable for adults or children. There is coaching available at each session.

Times: Second and fourth Saturdays of each month, 10.30 am - 12.30 pm.

Cost: £3.00 per session (in June 2011). First session is free.

📍 Torquay Community College, Cricketfield Road, Torquay TQ2 7NP

☎ Sue Jarvis, Devon Badminton Liaison Officer, 07762 189595

✉ scjbadders@yahoo.co.uk

Sailing and Water Sports

Disabled Sailing Association Ltd.

Offers affordable sailing opportunities, from Torquay and the Dart, to disabled and disadvantaged people, their carers and families. The Association has a yacht which is specially adapted for people with disabilities, including wheelchair access. If desired, the Association may be able to arrange training for disabled users so that they can achieve recognised sailing qualifications.

☎ David Musgrove, Chairman, (01803) 408886

💻 www.disabledsailingassociation.org.uk

✉ info@disabledsailingassociation.org.uk

Grenville House Outdoor Education Centre

Gives people the opportunity to take part in canoeing, power boating and yachting, which are available for people with disabilities. Facilities are not particularly accessible to people who use wheelchairs.

📍 Berry Head Rd, Brixham, Devon TQ5 9AF

☎ (01803) 852797

💻 www.grenvillehouse.co.uk ✉ info@grenvillehouse.com

Sailability (Torbay and Dart)

Local branches of Sailability offering opportunities to people with disabilities to take up sailing, both recreationally and competitively.

Torbay Sailability

Venue: Torquay Marina, Vaughan Road, Torquay TQ2 5EQ

☎ Marshall Ritchie, General Manager, (01803) 297800

Dart Sailability

Venue: Noss Marina, near Kingswear

☎ Nikki Stewart, Co-ordinator, (01803) 856676

💻 www.dartsailability.org ✉ dartsailability@hotmail.com

Torquay Kitesurfing and Kitebuggying School

Gives disabled people the opportunity to partake in kitesurfing and kitebuggying. The activities are inclusive for everyone, including essential wheelchair users, blind people and people with limb amputations. The co-ordinator requests that anyone wishing to try the activity makes contact to discuss the possibilities.

📍 Wind and Surf Centre, 55 Victoria Road, Ellacombe, Torquay TQ1 1HX

☎ (01803) 212411

💻 www.kitesurfing-torquaywindsurfing.co.uk

✉ torquaykitesurf@tiscali.co.uk

Trinity Sailing Foundation, Brixham

Sail training for disadvantaged young people. Open to trainees aged 14 to 24 years, but also available to older or younger groups by arrangement.

📍 The Sail Loft, Pump Street, Brixham TQ5 8ED

☎ Trinity Team, (01803) 883355

💻 www.trinitysailing.co.uk

✉ team@trinitysailing.co.uk

Skiing

Exeter Adaptive Ski Club

This registered charity is a local branch of the British Ski Club for the Disabled, which caters for all disabilities and ages. It gives people with disabilities the chance to learn to ski on a dry slope and organises holidays to real snow slopes. Details of your disability will need to be disclosed and clearance from a doctor that skiing will not harm you will be required.

📍 Exeter & District Ski Club, Clifton Hill Sports Centre, Clifton Hill, Exeter, Devon EX1 2DJ

☎ Denise Leeper, (01626) 774081 or 07816 759020 or Exeter and District Ski Club, (01392) 211422

💻 www.exeterskiclub.org.uk

✉ adaptive@exeterskiclub.org.uk

Swimming (see 'Leisure' information sheet, P28)

Target Shooting

Paignton (Torbay) Rifle and Pistol Club

Affiliated to the National Rifle Association. Target shooting is for males and females, juniors and adults. Both able and disabled people can compete in the same competition on equal terms. The venue is not fully accessible.

📍 Junction off Penwill Way, Dartmouth Road, Paignton TQ4 5JQ

☎ Secretary, 07775 029372

💻 www.paigntonrifleandpistolclub.co.uk

Wheelchair Dancing

Wheelchair Dance Sport is accessible to anyone, with no boundaries in terms of age limit or level of ability. The sport and activity allows wheelchair dancers to perform together or with able-bodied performers, if necessary being assisted by a pusher or with any aids. Individuals who use power or manual wheelchairs, full or part-time, are encouraged to participate.

Beacons Wheelchair Dancers

A charity that offers people who use wheelchairs the opportunity to learn to wheelchair dance as a leisure and sports activity.

Sessions are held at:

Ground Floor, Abbey Hall, Rock Road, Torquay TQ2 5SP

Affiliated with the Wheelchair Dance Sport Association.

Times: Weekly on Monday evenings, 7.30 pm - 9.00 pm.

Cost: £2 entry free

☎ Sue Cummings, Co-ordinator, (01803) 554799

💻 www.wdsauk.co.uk

Wheelchair Dance Sport Association (UK)

The national governing body for wheelchair dance sport and wheelchair dancing in the UK, with affiliated groups of dancers all around the country. The aim of the Association is to promote and develop wheelchair dancing as a sport and leisure activity across the country and to raise the standard of coaching and competition in the UK and internationally at all levels. The Association holds national and international dance competitions every year.

☎ 0300 111 30 45

💻 www.wdsauk.co.uk

✉ info@wdsauk.co.uk

National Sports Opportunities

AeroBILITY (formerly the British Disabled Flying Association)

This organisation offers disabled people and people with terminal illness the chance to take flying lessons.

✉ AeroBility, c/o Lasham Gliding Society, Lasham Airfield, Alton, Hants GU34 5SS

☎ 0303 303 1230

💻 www.aerobility.com/

Amateur Swimming Association (The ASA)

The ASA runs clubs throughout the country, with a specifically designed discipline for people with disabilities. It supports people from amateur levels up to paralympic levels.

✉ ASA Sportpark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

☎ (01509) 618700

💻 www.britishswimming.org

Angling Trust

Promotes the sport of angling to people of all abilities and also provides a service for disabled anglers by providing information about local groups who have sufficient accessibility.

✉ Angling Trust, Eastwood House, 6 Rainbow Street, Leominster, Herefordshire HR6 8DQ

☎ (08447) 700616

💻 www.nfadirect.com

Archery GB (trading name of Grand National Archery Society)

Archery GB is a national society for archers, and would-be archers, with any kind of impairment, whether it is physical, sensory or neurological.

✉ Lilleshall National Sports Centre, Newport, Shropshire TF10 9AT

☎ (01952) 677888

💻 www.archerygb.org

✉ enquiries@archerygb.org

Back-up Trust

The Back-up Trust is a national charity that supports people of all ages who have spinal cord injuries. It provides a range of services, including a programme of activity courses, such as skiing, scuba diving, water skiing and multi-activity courses.

📍 Jessica House, Red Lion Square, 191 Wandsworth High Street, London SW18 47L

☎ 020 8875 1805

💻 www.backuptrust.org.uk

British Amputee & Les Autres Sports Association

Organises amputee sports and recreations, such as archery, badminton, bowls, cricket, curling, football, golf, horse riding, and orienteering. Also arranges weekends in a variety of locations in the UK for children and young people aged 7-18 and their families.

📍 Balasa Office, 63 High Street, Loscoe, Heanor DE75 7LG

☎ (01773) 715984

British Association for Cricketers with Disabilities

Gives people with disabilities the opportunity to take part in the sport of cricket in the UK.

📍 5 Vicarage Gardens, Walmley, Sutton Coldfield, West Midlands B76 1HX

☎ (07818) 431144

💻 www.bacd.co.uk

British Blind Sport

Enables visually impaired people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

📍 Pure Offices, Plato Close, Tachbrook Park, Leamington Spa, Warwickshire CV34 6WE

☎ (01926) 424247

💻 www.britishblindsport.org.uk/

British Cycling

British Cycling is recognised by the British Paralympic Association as the UK national governing body for cycle sport for those with a disability. Disability Cycle Sport is open to both male and female competitors, with three generic categories: blind and visually impaired, cerebral palsy and locomotor (limbs).

✉ Disability Cycling Co-ordinator, British Cycling, Stuart Street, Manchester M11 4DQ

☎ (01612) 742021

💻 www.britishcycling.org.uk

British Deaf Sports Council

Organises events in sports such as athletics, football, golf and netball for people who are deaf. It has leagues for beginners, intermediates and elite level players.

✉ Suffolk House, 2 Wharfedale Road, Off Dales Road, Ipswich IP1 4JP

💻 www.britishdeafsportsCouncil.org.uk

British Disabled Fencing Association

This organisation offers wheelchair users the chance to have a competitive go at fencing or to take part in it as a leisure activity.

✉ BPF/BDFA, 32, Devonshire Way, Croydon, Surrey CRO 8BR

💻 www.bdfa.org.uk ✉ info@BDFA.org.uk

British Disabled Water Ski Association

The BDSWA provides facilities around the country that introduce newcomers to the sport of water skiing and the equipment required.

✉ Tony Edge National Centre, Heron Lake, Hythe End Road, Wraysbury, Middlesex TW19 6HW

☎ (01784) 483664

💻 www.bdwsa.org.uk

British Motor Sports Association for the Disabled (BMSAD)

BMSAD is an association working for disabled motor sport enthusiasts who want to take part in the various sports of motor racing, both as an amateur and professionally.

✉ Barn Cottage, Commonwood, Nr. Chipperfield, Herts WD4 9BB

☎ (01923) 265577

💻 www.bmsad.co.uk

British Orienteering Federation

The British Orienteering Foundation gives people of all abilities the opportunity to compete in the sport of orienteering. It has specifically designed rules for physically disabled people.

📍 8a Stancliffe House, Whitworth Road, Darley Dale, Matlock, Derbyshire DE4 2HJ

☎ (01629) 734042

💻 www.britishorienteering.org.uk

British Paralympic Association

This Association is responsible for selecting, preparing, entering, funding and managing Britain's teams at the Paralympic Games and Paralympic Winter Games.

📍 60 Charlotte Street, London W1T 2NU

☎ 020 7842 5789

💻 www.paralympics.org.uk

British Rowing

There are a number of clubs affiliated to British Rowing that offer, or are dedicated to, adaptive rowing. Adaptive rowing is for people with a disability, and is about removing barriers to participation in the sport for anyone who has a physical, sensory or learning impairment.

📍 British Rowing, 6 Lower Mall, Hammersmith, London, W6 9DJ

☎ 020 8237 6767

💻 www.britishrowing.org/adaptive

British Sledge Hockey Association

Sledge hockey is a sport designed to allow participants who have a physical disability to play the game of ice hockey. It is the only disability team sport that allows athletes with a spinal injury to compete without the use of a wheelchair alongside those with non-wheelchair dependant disabilities such as amputation.

📍 BSHA, Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, Buckinghamshire HP21 9PP

💻 www.sledgehockey.co.uk

✉ info@sledgehockey.co.uk

British Sub-Aqua Club

Organises diving clubs throughout the country and runs some courses which are specifically designed for disabled people.

📄 Telford's Quay, South Pier Road, Ellesmere Port, Cheshire CH65 4FL
☎ (01513) 506200
💻 www.bsac.com

British Table Tennis Association for People with Disabilities

Organises and informs people about local table tennis clubs that are suitable for disabled people.

📄 Secretary, BWTTA, 3 Brentford, Wellingborough, Northants
💻 www.disabilitysports.co.uk/table-tennis

British Wheelchair Archery Association

Organises and networks local clubs and assists with all aspects, from grassroots information to elite level training. It is a reference point for wheelchair users wishing to try archery as it is able to put them in contact with local clubs.

📄 8 Oak Close, Felixstowe, Suffolk IP11 2LS
☎ (01394) 210484
💻 www.british-wheelchair-archery.org.uk

British Wheelchair Athletics Association

The BWAA promotes and provides opportunities in track and field athletics for people who use wheelchairs due to disability.

📄 Barbara Hoole, 30 Grape Lane, Croston, Leyland PR26 9HB
💻 www.bwaa.co.uk

British Wheelchair Bowls Association

Helps to integrate wheelchair users into local bowls clubs, and offers advice, training and information about local clubs that are able to accommodate people in wheelchairs.

☎ Ian Blackmore, Chairman, (07932) 791519
💻 www.bwba.org.uk

British Wheelchair Cue Sports Association

Coaching weekends and sessions at venues around the country are organised for people who use wheelchairs to compete in cue sports, such as snooker and pool.

📍 02/1 Balshagray Crescent, Glasgow, Lanarkshire G14 9RY
☎ (01413) 394584
💻 www.bwppa.org

British Wheelchair Sports Foundation

Provides accessible facilities at the Stoke Mandeville Stadium, the 'Home of Wheelchair Sport' including an athletics arena, sports hall, indoor bowls centre, swimming pool and fitness centre.

📍 Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, Bucks HP21 9PP
☎ (01296) 395995
💻 www.wheelpower.org.uk

Cerebral Palsy Sport

Cerebral Palsy Sport is a sports organisation for people with cerebral palsy, providing sporting opportunities to individuals of all ages and at all levels, from the recreational right through to paralympic competition.

📍 CP Sport England & Wales, Unit 5, Heathcoat Building, Nottingham Science & Technology Park, University Boulevard, Nottingham NG7 2QJ
☎ (01159) 257027
💻 www.cpsport.org

Cricket Federation for People with Disabilities

This organisation encourages people with mixed abilities to compete in the different levels of cricket, regardless of the severity of their disability.

📍 Director of Operations, The Poplars, Chirk Road, Gobowen, Oswestry, Shropshire, SY11 3LQ.
☎ (01691) 661341 or (01691) 650554
💻 www.cfpd.org.uk

Deaf Mountaineering Club

Provides deaf people with the opportunity to take part in mountain climbing, fell walking, hiking, rock climbing and other activities throughout the country.

📍 Hon. Secretary, 80 Coledale Meadows, Carlisle, Cumbria CA2 7NZ
💻 www.deafmountaineering.co.uk

Disability Martial Arts Association

The Disability Martial Arts Association is a wide ranging support network for people with all types of disabilities. It has a national database of martial arts clubs and associations that are able to teach people with disabilities and can signpost you to your nearest club.

📍 32 Rotherfield Road, Enfield, Middlesex EN3 6AL

☎ (07754) 144334

💻 www.disabilitymartialartsassociation.co.uk

Disability Snowsport UK

Gives people with a disability the chance to go skiing on artificial ski slopes throughout the country.

📍 Cairngorm Mountain, Aviemore PH22 1RB

☎ (01479) 861272

💻 www.disabilitysnowsport.org.uk

Disability Sport Events

The 'events' division of the English Federation of Disability Sport creates opportunities for participation in sport for disabled people with all impairments and levels of skill.

📍 Belle Vue Centre, Pink Bank Lane, Manchester M12 5GL

☎ (01619) 532499

💻 www.disabilitysport.org.uk

Disability Target Shooting Great Britain

The DTSGB is the National governing body representing shooting for people with a disability, promoting shooting and providing information about regional and national shooting.

📍 68 Weir Road, Pheonix Green, Hartney Witney, Hants RG27 8ES

☎ (01252) 842715

💻 www.dtsqb.org.uk

Disabled Sailors Association

The Disabled Sailors Association provides disabled people with the opportunity to try their hand at sailing through the use of specially built boats.

📍 RoRo, 53 Wych Lane, Gosport, Hampshire, PO13 OTA

☎ (01329) 317279

💻 www.disabledsailing.org

English Blind Golf Association

Provides visually handicapped people with the facility to train and compete in the game of golf.

📄 EBGA Secretary, 1 Hampden Way, Bilton, Rugby, CV22 7NW

☎ (01788) 519835

💻 www.blindgolf.co.uk

English Boccia Association

Promotes and provides opportunities for people with cerebral palsy to take part in the sport of Boccia.

📄 CP Sport England, Unit 5, Heathcoat Building, Nottingham Science & Technology Park, Nottingham NG7 2QJ

☎ (01159) 678455

💻 www.cpsport.org

English Disabled Fly Fishers

Helps people with disabilities to take part in fly fishing and has several wheelchair- accessible boats.

📄 9 Whitethorns Drive, Batemoor, Sheffield, South Yorkshire S8 8ET

☎ (01142) 375507

💻 www.disabled-flyfish.co.uk

English Federation of Disability Sport

The national body responsible for developing sport for disabled people in England. The organisation works closely with several national disability sports organisations recognised by Sport England.

📄 Sport Park, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire LE11 3QF

☎ (01509) 227750

💻 www.efds.co.uk

English Volleyball Association

The governing body for volleyball in all its forms, including sitting volleyball, a version of volleyball that has been adapted to allow anyone to participate, including those with a disability.

📄 Volleyball England, SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

☎ (01509) 227722

💻 www.volleyballengland.org

Equal Adventure

Organises annual expeditions for both disabled and able bodied individuals throughout the UK. This gives opportunities for those with a physical disability to take part in an outdoor adventure on an equal footing with able bodied individuals.

☰ Soapstone Studios, Finlarig Road, Dulnain Bridge, Morayshire PH26 3NU

☎ (01479) 861200

💻 www.equaladventure.org

✉ hello@equaladventure.org or enquiries@equaladventure.org

Football Association for Players with Learning Disabilities

Runs a number of regional and international football teams that are made up of people who are blind, deaf or have cerebral palsy and other disabilities.

💻 www.thefa.com/England/DisabledTeams/

Flyability

A disability initiative of the British Hang Gliding and Paragliding Association (BHPA). Gives people with disabilities the experience of hand gliding, which helps to motivate people and improve confidence.

NB. The Co-ordinator has requested that any enquiries to Flyability are via email or post only.

☰ 8 Merus Court, Meridian Business Park, Leicester LE19 1RJ

💻 www.flyability.org.uk

✉ contact@flyability.org.uk

Goalball UK

Goalball is open to visually impaired athletes. All athletes must wear 'blackout' masks to ensure equality in competition. The object of the game is to roll a ball (containing a bell) past opposition defence and into the opponent's goal.

☰ C/o MLS, 4 Park Square, Newton Chambers Road, Sheffield S35 2PH

☎ (01142) 572060

💻 www.goalballuk.com

Great Britain Wheelchair Basketball Association

Provides opportunities for people wishing to take part in wheelchair basketball.

☰ GBWBA Office, SportPark, 3 Oakwood Drive, Loughborough, Leicestershire LE11 3QF

☎ (01509) 279900

💻 www.gbwba.org.uk

Great Britain Wheelchair Rugby Association

Both male and female wheelchair users are given the opportunity to play the contact sport of wheelchair rugby, with clubs throughout the country.

📍 Rugby House, Twickenham Stadium, 20 Whitton Road, Twickenham, Middlesex TW2 7BA

☎ 020 8831 7645

💻 www.gbwr.org.uk 📧 info@gbwr.org.uk

Handcycling Association of the UK (HCAUK)

One of the newest British Wheelchair Sports Federation affiliated sports associations, which has been set up to promote and encourage handcycling for recreational and competitive purposes throughout the UK.

📍 Barry North, HandcyclingUK, 2 Windlesham Road, Brighton, BN1 3AG.

☎ (01273) 269274

💻 www.handcyclinguk.org.uk 📧 handcycling@calshot.demon.co.uk

Handigolf Foundation

The Handigolf Foundation provides the chance for physically disabled people who have to be seated to play all golf shots.

☎ (01424) 814324

💻 www.handigolf.net

Mencap Sport

Works with Special Olympics and other organisations to promote opportunities in sport at all levels for people with a learning disability. Also supports elite athletes with a learning disability who represent England and Great Britain in competitions around the world up to Paralympic level.

📍 6a Caldervale Road, Wakefield, West Yorkshire WF1 5PE

☎ (01924) 234912

💻 www.mencap.org.uk/sport

Mobius

Mobius works alongside Disability Cornwall to promote equality of opportunity to access sports. The organisation is able to introduce disabled people to a range of new activities on Cornish beaches, including powerkiting, kitesurfing, buggying and landboarding. All lessons include use of the latest modified equipment, which has safety features, enabling those with a range of disabilities to participate. To date Mobius has catered for people with various

disabilities, including people with visual and hearing impairments, wheelchair users, amputees, and people with learning and behavioural disabilities.

All sessions are adapted to ensure that individual needs are paramount, and to encourage individuals to progress to a level within which they are comfortable and challenged.

📍 17, Churchfields Road, Cubert, Cornwall TR8 5JN

☎ (08456) 430630

💻 www.Mobiusonline.co.uk ✉ info@mobiusonline.co.uk

National Association of Swimming Clubs for the Handicapped (NASCH)

The Association acts as a co-ordinating body for the various member organisations and encourages the development of swimming clubs. NASCH also runs national and regional swimming galas and runs training courses for helpers.

📍 National Co-ordinator, Mike O’Leary, The Willows, Mayles Lane, Wickham, Hants PO17 5ND

☎ (01329) 833689

💻 www.nasch.org.uk

Ocean Youth Trust

This charity gives young people the opportunity to go sailing, and is able to provide this service to people with different types of disabilities.

📍 Ocean Youth Trust South, 8 North Meadow, Weevil Lane, Gosport, Hampshire PO12 1BP

☎ (02392) 602278

💻 www.oytsouth.org

Parasport

A joint initiative between the Paralympic Association and the professional services firm Deloitte, designed to inspire, educate, inform and signpost disabled people, and those interested, to a wide range of disability sport, offering high quality opportunities

📍 60 Charlotte Street, London W1T 2NU

☎ 020 7842 5789

💻 www.parasport.org.uk ✉ info@parasport.org.uk

Riding for the Disabled Association

This organisation helps disabled people to improve their lives through learning horse riding or carriage driving.

📍 Norfolk House, 1a Tournament Court, Edgehill Drive, Warwick, CV34 6LG
☎ 0845 6581082
💻 www.riding-for-disabled.org.uk

RNIB Holiday & Leisure Services

The RNIB leisure service works to ensure people with sight problems get equal access to recreation and leisure facilities and associated services.

The helpline can also give you details of your nearest Actionnaires Club which offer multi sports sessions run by professional coaches for blind and partially sighted children from 8 to 16 years old.

📍 RNIB, 105 Judd Street, London WC1H 9NE
☎ Helpline, 0303 123 9999
💻 www.rnib.org.uk 📧 helpline@rnib.org.uk

RYA Sailability

RYA Sailability gives people with disabilities the opportunity to sail. They have local clubs throughout the country.

📍 RYA House, Ensign Way, Hamble, Southampton SO31 4YA
☎ 0845 3450403
💻 www.rya.org.uk/programmes/ryasailability

Scuba Trust

Charity that runs scuba diving lessons for disabled people and their families, as well as organising scuba diving holidays abroad.

📍 Bloomsbury, 13 Lade Fort Crescent, Lydd-on-Sea, Romney Marsh TN29 9YG
☎ 07985 025385
💻 www.scubatrust.com

Society of One-Armed Golfers

This is a society that encourages people with an amputation to play golf, in both an amateur capacity and professionally.

📍 25 Malsters Close, Mundford, Thetford IP26 5HJ
☎ (01360) 622476
💻 www.onearmgolf.org

Special Olympics UK

Provides sporting opportunities for people with learning disabilities, regardless of ability or degree of disability.

📍 Corinthian House, 1st Floor, 6-8 Great Eastern Street, London EC2A 3NT

☎ 020 7247 8891

💻 www.specialolympics.org.uk

Sportability

Provides leisure opportunities to people who have been paralysed by spinal injuries, strokes, MS, cerebral palsy and other paralyzing conditions.

📍 Laynes House, 526 - 528 Watford Way, London, NW7 4RS

☎ 020 8959 0089

💻 www.sportability.org.uk

Tandem Club

This 'all abilities club' organises events for people who are partially sighted or blind. It has a disability liaison officer, who advises people about local clubs that have equipment for people who are blind.

☎ (01522) 695781

💻 www.tandem-club.org.uk/disabilities.htm

The Tennis Foundation

The Tennis Foundation provides opportunities for disabled people who wish to play tennis, including wheelchair tennis introductory camps, learning disability tennis coaching weekends and deaf tennis festivals. It also provides assistance to set up programmes for blind and visually impaired players.

📍 The National Tennis Centre, 100 Priory Lane, Roehampton, London SW15 5JQ

☎ 0845 872 0522

💻 www.tennisfoundation.org.uk/disabilitytennis

Wheely Boat Trust

Part of the English Disabled Fly Fishers, the Wheely Boat Trust provides boats that are wheelchair accessible so that disabled people can enjoy fishing.

📍 North Lodge, Burton Park, Petworth, West Sussex GV28 0JT

☎ (01798) 342222

💻 www.wheelyboats.org

Yoodo Sports

A new website launched by Sport England and Leonard Cheshire Disability. The website links people with disabilities and those with long term health conditions to volunteer buddies who help them to take part in sport or physical activities. The project is piloting in North and West Yorkshire during 2011 and they hope to extend this to the rest of England in 2012.

 www.yoodosports.com

 Innovative Projects Support Team, 08456 717173

Other Titles in this Series

Most sheets have many pages, and details change often. If you would like copies, please request no more than 5 titles at a time (further details on p. 3).

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Adult Abuse: how to raise your Concerns	P35
Bathing and Showering	P02
Computers	P27
Continence Management	P24
Domiciliary Care Agencies	P05
Emergency Care For Pets	P06
Equipment Centres	P07
Equipment Hire and Loan Services (including wheelchair hire)	P08
Family and Emotional Support Services	P03
Finding Funding for Extra Needs	P12
Gentle Exercise	P22
Holiday Services (national contacts)	P09
Home Maintenance Services and Building Adaptations	P10
Home Visiting Services	P23
Housework, Domestic Help and Laundry Services	P11
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Care Homes: Mental Health, Torbay	C08
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Care Homes: Paignton and Brixham	C01
Care Homes: Torquay	C02

Further Information and Advice

Torbay Disability Information Service

Torbay Disability Information Service has been providing comprehensive information and advice to people in Torbay for over 21 years and we are a founder member of the Torbay Advice Network (TAN). Our service is open to any resident of Torbay affected by any type of disability. We also provide information to anyone working or caring for people with disabilities.

No referral is necessary. Simply visit our office, call us on **0300 456 8373** or email us at dis.torbay@nhs.net

We offer:

- An enquiry desk service covering a wide range of topics related to disability support and independent living.
- Advice and guidance on disability-related social security issues, including benefit checks.
- Over 40 web-based information sheets covering the questions that we get asked most frequently.
- Appointments for help with social security forms (PIP, ESA, etc.) for people with diagnosed mental health conditions.
- An access point for the Mental Health User and Carer Involvement Worker (appointments only).


Opening hours: Monday to Thursday, 9.00am to 4.30pm; Friday, 9.00am to 1.00pm only.

Signposts for Carers

Signposts for Carers is Torbay's dedicated telephone support service providing specialist information and advice to unpaid carers in Torbay. Contact *Signposts* in confidence to find out about services, equipment, benefits and rights. Support is available on a short or long-term basis.

Opening hours: Mondays to Thursdays, 9.00am - 4.30pm. Fridays: 9.00am - 1.00pm.

Calls are diverted to a 24-hour staffed message taking service outside office hours. Your details and enquiry will be relayed to us and we will respond to your enquiry on the next working day.

 **(01803) 666620**

signposts@nhs.net

Was this information sheet useful?

We are keen to ensure that this information sheet is relevant to your needs and clear. We would be grateful if you would take a moment to answer the questions below and send your response to us either by email at dis.torbay@nhs.net or by post.

Our address is:

Torbay Disability Information Service
St. Edmunds
Victoria Park Road
Torquay TQ1 3QH

Q: Where did you get this information sheet from?

Q: How old are you?

Q: Was the information easy to read and helpful? (Please tick **one** box only)

Very Easy

Fairly easy

Undecided

Fairly difficult

Very Difficult

Q: How might we improve it?

.....
.....

Q: What local disability related support do you struggle to find out about?

.....
.....

Note: Please contact us on 0300 456 8373 if you need help or have questions about the contents of this information sheet.

Ref: DIS, P34 - February 2011

This document can be available in other languages and formats. For more information telephone 0300 456 8373.