

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 and Day Opportunities' 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 Pinpoint Devon at www.pinpointdevon.co.uk (for details of sports and leisure opportunities across Devon). For other sources of information about general sports opportunities, please see page 5.

General Sports Information

- For information and advice on all aspects of sports in Torbay, including sports clubs, sports facilities, the Fit-Bay GP referral programme and the Torbay Leisure Card, visit Torbay Council website's Sports section at: www.torbay.gov.uk/leisure-sports-and-community/sports You can also contact them on (01803) 207976 or sports@torbay.gov.uk
- Some centres have been accredited by the Inclusive Fitness Initiative (IFI). For further information about this initiative visit: www.activityalliance.org.uk/how-we-help/programmes/65-inclusive-fitness-initiative 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 at www.activedevon.org (includes a section on Inclusive Activity and Sport) and Get Active Devon at www.getactivedevon.co.uk
- 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'.
- 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's indoor venue is the YMCA, Paignton and its outdoor venue is Stoke Gabriel Cricket Club. Beginners courses for all ages (from 10 upwards), genders and abilities are available. All equipment is provided by the club.

💻 www.paigntonarcheryclub.co.uk

✉ paigntonarchers@gmail.com

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. Its shooting site is Torquay Academy, just off Cricketfield Road, Torquay.

💻 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.

📍 Alders Way, Yalberton Industrial Estate, Paignton, Devon TQ4 7QR
☎ Nicci Tucker, Head Coach, (01803) 523774 or nicci@southdevongym.co.uk
💻 www.southdevongym.co.uk 📠 info@southdevongym.co.uk

Basketball

Exeter Otters Wheelchair Basketball Club

Exeter 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 James School, Exeter.

☎ Paul Bounden, Club Secretary and Captain, 07791 715169
📠 paul.bounden@yahoo.co.uk

Torbay Tigers Basketball Club

The Club gives able and disabled young people (under 18) the chance to play basketball and also has a senior (over 18's) team. It meets at various venues, including Paignton Community and Sports Academy and Churston Ferrers Grammar School. There is currently no wheelchair basketball.

☎ Rick Wooldridge, Club Secretary, (01803) 844757
💻 www.torbaytigers.co.uk
📠 info@torbaytigers.co.uk or rick.wooldridge@btinternet.com

Bowls and Ten Pin Bowling

Devon County Short Mat Bowls Association

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

💻 www.devonshortmat.co.uk

The ISCA Centre

An indoor bowling centre for bowlers of any ability. Offers sessions for people with disabilities.

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

☎ (01392) 462833

💻 www.leisurecentre.com/isca-centre

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

Cycling

Torbay Velopark

Torbay Velopark is able to provide specially adapted bikes for use by disabled people. Bikes include specially made trikes, a tandem and junior and senior recumbent bikes.

📍 Torbay Velopark, Penwill Way, Paignton TQ4 5JR

☎ (01803) 659711

💻 www.torbay.gov.uk/leisure-sports-and-community/sports/cycling/velopark/

✉ torbay.velopark@lexleisure.org.uk

Football

Devon FA Disability Football

Offers a range of football opportunities for disabled people in Devon, including the disability football league (Devon Ability Counts), wheelchair football, deaf-friendly football clubs, Torbay and Plymouth mental health football tournaments and an Exeter Downs Syndrome football programme.

☎ Ashley Harris, Disability Football Development Officer, (01626) 323560 or 07912 089838

✉ ashley.harris@devonfa.com

💻 www.devonfa.com/players/disability

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

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, 9.00 am – 10.00 am (adults), 10.00 am – 11.00 am (children)

Cost: Minimal charge of £4 for each indoor coaching session.

📍 Paignton and Community Sports Academy, Waterleat Road, Paignton
☎ Torquay United Community Sports Trust, (01803) 322551

Walking Football

Walking football provides an opportunity for people of 50+ to take part in football and physical activity in a structured but friendly environment.

Times: Wednesdays, 5.30 pm – 6.30 pm. **Cost:** £3 per session.

📍 Paignton Community and Sports Academy, Waterleat Road, Paignton
☎ Torquay United Community Sports Trust, (01803) 322551

Wheelchair Football

Wheelchair football and games 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 Ashley Harris before attending.

Times: Alternate Saturdays, 11.00 am – 12.00. **Cost:** £3.00 per session.

📍 Paignton Community and Sports Academy, Waterleat Road, Paignton
☎ Ashley Harris, 07912 089838 or (01626) 323560
✉ ashley.harris@devonfa.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

☎ (01803) 712011

💻 www.thedartmouthhotel.co.uk

Horse Riding

Riding for the Disabled Association

There are Riding for the Disabled groups all over the UK, including some in Devon. For further information visit the website below.

💻 www.rda.org.uk

Keep Fit, Sports and Activities

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.

☎ (01395) 271763

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 air pistol and rifle shooting, mountain biking, laser combat, bushcraft, archery, climbing and team building.

📍 Newton Abbot, Devon TQ12 6NQ

☎ (01626) 325800

💻 www.discoverhannahs.org ✉ enquiries@discoverhannahs.org

ROC Active Torbay

ROC Active is run by the charity United Response and gives support to adults with a learning disability to access health, sports and exercise opportunities. It provides a number of sporting activities, such as volleyball, badminton and swimming, and also provides tailor made gym sessions. ROC Active also operates in Exeter – call (01392) 270875.

📍 Torbay Leisure Centre, Penwill Way, Clennon Valley, Paignton

☎ ROC Active Torbay, (01803) 550018

💻 www.unitedresponse.org.uk/roc-wellbeing

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 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

Racket Sports

Devon Disability Tennis

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

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

☎ 07966 441623

💻 www.devondisabilitytennis.co.uk ✉ tenniscoach@blueyonder.co.uk

Devon Racqueteers Para-Badminton Club

Provides year round coaching and social badminton services for those with any type of disability at all levels of play. The club is open to anyone interested in playing badminton or wheelchair badminton. No experience or equipment necessary – equipment and sports wheelchairs can be borrowed with notice. Only manual wheelchairs are used. All sessions are led by qualified coaches.

📍 Broadclyst Sports Centre, Station Road, Broadclyst, Exeter EX5 3AL

☎ Ian Vosper, (01392) 660742 or 07779 872890

💻 www.devonracqueteers.co.uk ✉ info@devonracqueteers.co.uk

Rugby

Wheelchair Rugby Clubs

Local wheelchair rugby clubs Exeter Hawks and West Country Hawks provide opportunities to play and compete in wheelchair rugby.

Exeter Hawks

📍 St. Luke's Science and Sports College, Sportshall, Hart's Lane, Exeter EX1 3RD

☎ 07875 299454

💻 www.exeterspirit.co.uk/portfolio-item/exeter-hawks-wheelchair-rugby

West Country Hawks

📍 Plymouth Life Centre, Mayflower Drive, Plymouth PL2 3DG

☎ 07766 314262

💻 www.pitchero.com/clubs/westcountryhawks/

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 or Janet 07954 160092

💻 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.org

✉ team@trinitysailing.org

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

☎ John Redwood, 07730 045444 or Exeter and District Ski Club, (01392) 211422

💻 www.exeterskiclub.org.uk

✉ info@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, (01803) 445872

💻 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 (affiliated with Para Dance UK)

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

Times: Weekly on Tuesday evenings, 6.45 pm - 9.30 pm.

Cost: £2 entry free

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

💻 www.paradance.org.uk

Para Dance UK (previously Wheelchair Dance Sport Association UK)

The national governing body for Para Dance Sport in the UK. Its aim is to develop and promote dance as a sport and an inclusive leisure activity across the country for those who would otherwise be excluded.

☎ 0300 111 30 45

💻 www.paradance.org.uk

✉ info@paradance.org.uk

National Sports Opportunities

Activity Alliance (formerly 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.activityalliance.org.uk

AeroBILITY (formerly the British Disabled Flying Association)

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

📍 Aerobility, Blackbushe Airport, Camberley GU17 9LQ

☎ 0303 303 1230

💻 www.aerobility.com/

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

☎ 0343 5077006

💻 www.anglingtrust.net

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.

📍 Back Up, 4 Knightley Walk, London SW18 1GZ

☎ 020 8875 1805

💻 www.backuptrust.org.uk

Boccia England

Promotes and provides opportunities for people with disabilities to take part in the sport of boccia.

📍 Unit 8, Heathcoat Building, Nottingham Science & Technology Park, University Boulevard, Nottingham NG7 2QJ

☎ (01159) 678455

💻 <https://bocciaengland.org.uk>

✉ info@bocciaengland.org.uk

British Amputee & Les Autres Sports Association (BALASA)

Historically the charity organised amputee sports and recreations, such as archery, badminton, bowls, cricket, curling, football, golf, horse riding, and orienteering. Since 2008 the only sport that continues under the BALASA banner is golf, which it promotes for all disabilities.

💻 <https://balasa.org>

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/

✉ info@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) 742020 💻 www.britishcycling.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.


 www.bdfa.org.uk  info@BDFa.org.uk

British Disabled Water-Ski and Wakeboard Association

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

 Tony Edge National Centre, Heron Lake, Heron Lake Road, Staines-upon-Thames, Middlesex TW19 6HW

 (01784) 483664

 www.bdwwa.org  office@bdwsa.org

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.


 Nathalie McGloin, BMSAD Chairman, (07734) 365742

 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.

 Scholes Mill, Old Coach Road, Tansley, Matlock, Derbyshire DE4 5FY


 (01629) 583037

 www.britishorienteering.org.uk  info@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 Para Ice Hockey Association

Para ice hockey is a sport designed to allow participants who have a physical disability to play the game of ice hockey, using adapted sledges. 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.

💻 www.britishsledgehockey.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 ✉ info@bsac.com

British Wheelchair Archery Association

Promotes the sport of para-archery, organising and networking local clubs and assisting 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.

💻 www.british-wheelchair-archery.org.uk

✉ britishwheelchairarchery@gmail.com

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.


 www.bwba.org.uk

 paul.brown@bwba.org.uk or ianblackmore@bwba.org.uk

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  info@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.

 136 Hadley Park Road, Leegomery, Telford, Shropshire TF1 6QE

 07957 614890

 www.cfpd.org.uk  enquiry@cfpd.org.uk

Deaf Climbing UK

Deaf Climbing UK aims to increase deaf participation in the sport and works with national governing bodies and partners to develop progression routes for talented climbers.

 www.deafclimbing.co.uk

Disability Shooting Great Britain

Disability Shooting Great Britain is the national governing body representing shooting for people with a disability, promoting shooting and providing information about regional and national shooting.

📍 Stoke Mandeville Stadium, Guttman Road, Aylesbury, Bucks HP21 9PP

💻 www.disabilityshooting-gb.org

✉️ info@disabilityshooting-gb.org

Disability Snowsport UK

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

📍 Glenmore Grounds, Aviemore PH22 1QZ

☎️ (01479) 861272

💻 www.disabilitysnowsport.org.uk

✉️ admin@disabilitysnowsport.org.uk

Disability Sport Events

The 'events' section of the Activity Alliance website offers opportunities for participation in sport for disabled people with all impairments and levels of skill.

www.activityalliance.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.

📍 53 Wych Lane, Gosport, Hampshire, PO13 OTA

☎️ 07541 754196

💻 www.disabledsailing.org

✉️ office@disabledsailing.org

English Blind Golf Association

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

☎️ Secretary, 07554 424977

💻 www.blindgolf.co.uk

✉️ enquiries.blindgolf@gmail.com

English Disabled Fly Fishers

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

💻 www.englishdisabledflyfishers.org.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, Sport Park, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

☎ (01509) 227722

💻 www.volleyballengland.org

✉ info@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.

📍 The Old Dairy, Woodlands Industrial Estate, Woodlands Terrace, Grantown on Spey, Morayshire, Scotland PH26 3NA

☎ (01479) 861200

💻 www.equaladventure.org

Football Association - Disability Football

Provides a range of opportunities for playing football with a disability and gives advice about how to get involved in pan-disability football, cerebral palsy football, learning disability football, powerchair football, deaf football and blind football.

💻 www.thefa.com/get-involved/player/disability/grassroots-disability-football

Flyability

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

📍 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.

📍 English Institute of Sport Sheffield, Coleridge Road, Sheffield S9 5DA

☎ (01142) 235670

💻 www.goalballuk.com

✉ enquiries@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 Ltd.

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

Hand Cycling Association 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.

📄 Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, Bucks HP21 9PP

💻 www.handcyclinguk.org.uk ✉ info@handcycling.org.uk

Handigolf Foundation

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

💻 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.

☎ 0207 696 5480

💻 www.mencap.org.uk/sport ✉ sport@mencap.org.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 South

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

☎ (01926) 492915

💻 www.rda.org.uk ✉ info@rda.org.uk

RNIB Leisure Activities and Sports

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, Hants SO31 4YA

☎ 023 8060 4271

💻 www.rya.org.uk/programmes/rya-sailability ✉ sailability@rya.org.uk

Scuba Trust

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

📄 3 Boxted Close, Leagrave, Luton, Bedfordshire LU4 9HN

☎ 07922 557155

💻 <https://scubatrust.org> ✉ TryDive@scubatrust.org

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.

💻 www.onearmgolf.org

Special Olympics Great Britain

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.specialolympicsgb.org.uk ✉ info@sogb.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

Swim England (formerly the Amateur Swimming Association)

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

📍 SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough University, Leicestershire, LE11 3QF

☎ (01509) 618700

💻 www.swimming.org/swimengland/

Tandem Club

This 'all abilities club' welcomes people with disabilities as members. It also has a disability liaison officer who may be able to help with queries related to cycling with a disability or visual impairment.

☎ (01732) 848432

💻 <http://tandem-club.org.uk>

✉ disabilities@tandem-club.org.uk

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

☎ 020 8487 7000

💻 www.tennisfoundation.org.uk

✉ info@tennisfoundation.org.uk

UK Deaf Sport


A national registered charity and the only recognised national governing body for Deaf sport in the UK. It is a federation of many deaf sports organisations and has a UK Deaf Sports Directory on its website.

💻 <https://ukdeafsport.org.uk>

Wheelyboat Trust

The Wheelyboat Trust provides boats that are wheelchair accessible all over the UK for people with mobility impairments.

 North Lodge, Burton Park, Petworth, West Sussex GU28 0JT

 (01798) 342222

 www.wheelyboats.org  info@wheelyboats.org

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).

Disability Support Series	
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
Housing Options for Older People	P25
Information, Advice and Advocacy Services	P01
Keeping Safe and Warm at Home	P13
Leisure and Day Opportunities	P28
Meal Delivery Services	P14
Motoring	P17
Parking and Public Conveniences	P15
Shop Delivery Services	P16
Sitting Services	P18
Sport and Outdoor Activities	P34
Stairlifts and Vertical Lifts	P19
Support for Adults with High Functioning Autism and Asperger's Syndrome	P33
Support Groups	P21
Telecare (includes community alarm systems)	P04
Transport Services	P20
Caring	
Caring for an Adult with an Alcohol or Drug Problem	P31
Care Home Series	
Care Homes - Day Care, Torbay	C09
Care Homes: Dementia (residential and nursing), Torbay	C06
Care Homes: Dual Registered to include Nursing	C04
Care Homes: Learning Disabilities, Torbay	C05
Care Homes: Mental Health, Torbay	C08
Care Homes: Nursing, Torbay	C03
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 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
4th Floor, Union House
Union Street
Torquay TQ1 3YA

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 – August 2018

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