

Leisure Activities for Adults with Learning Difficulties in South Gloucestershire

LAAD

We are Leisure Activities for Adults with Learning Difficulties, we call ourselves LAAD.

If you are over 18 years old and have learning difficulties we will support you to access leisure facilities in the community, make friends and most importantly to have fun.

If you need to ask any questions please call or write to:

Jay Lee

South Gloucestershire Council,
Community sport and Active Lifestyles PO Box 2078
Council Offices, Castle Street
Thornbury
South Gloucestershire
BS35 9BJ

Main Tel: 01454 863852

Fax: 01454 868420

Email: Jay.lee@southglos.gov.uk

Facebook is a social network website. We have set up a group for LAAD that you can join and keep in touch with friends or meet new friends. You can find out what activities are on. We would like to see some of you photos on there too. To sign up log onto: www.facebook.com.

When you have joined you can find the LAAD group by copying this link into the web browser:
www.facebook.com/p.php?i=505478932&k=34133ZU2V5VM5FL1YJY5S4

You can then find your friends to add, upload photos, chat online, find out about events and meet new people.

Please remember that Facebook is not run by the council and therefore the council is not responsible any messages you might receive other than those from LAAD.

Would you like a leisure buddy

The leisure buddy scheme supports adults with learning difficulties to travel and access leisure activities.

John is our first leisure buddy who could work with you.



If you would like support our leisure buddy can meet with you and get to know you first and find out what you would like to do. A Leisure buddy is there to give you some encouragement and support to travel and access leisure activities.

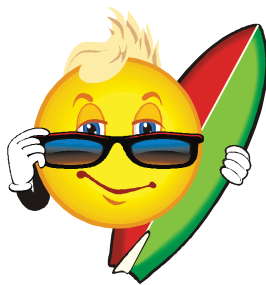
A leisure buddy will travel with you to your chosen activity and take part with you. The leisure buddy will travel with you back home after the session has ended.

If you would like to find out more about our leisure buddy scheme or would like a leisure buddy please contact Jay Lee

Tel: 01454 863852 or 07795 315 265

Summer Club

This summer we have started a **Brand New Club** to happen over the summer and will involve doing many different types of activities including;



- Trips to the seaside
- Trips to heritage Sites
- Wildways days
- A Cricket festival
- And many more!!!

Each session will run from 10am till 4pm and will cost £24 per day. For more information contact Jay lee on 01454 863852 or 07795 315 265



Active Programme





Multi Sports Club/Athletics

at Wise Campus, Filton, **Term Time Only**
every Monday Evening, 6.30pm – 7.45pm

It costs £2.50 per session

Transport is not provided

All abilities welcome for males and females, this is fully inclusive, wheelchair users welcome

For more information call Alison:0117 3286258

No need to book, Just turn up



Tennis

Almondsbury Tennis Club, **Term Time only**

every Tuesday morning, 10.30am - 11.30pm

It costs £3 per session, Transport is not provided

All abilities welcome for males and females, this is fully inclusive, wheelchair users welcome. All equipment is provided

For more information call Lynda Riddle: 01454 616495

No need to book, Just turn up



Fun swimming club

At Bradley Stoke Leisure Centre

every Thursday morning, 10.30am – 11.30am

It costs £1, Transport is not provided

No need to book, Just turn up



Fun swimming session

at Longwell Green Leisure Centre

on Tuesday morning, 10.00am – 11.00am

It costs £1, Transport is not provided

No need to book, Just turn up



Disability Swimming Development Squad

At Bradley Stoke Leisure Centre

On Thursday Evening 7.00pm – 8.00pm

Min Requirement Swim 50 Metres

It costs £4.35 with Active card, £1.35 to be paid to reception and £3.00 to the organiser.

Transport is not provided

No need to book, Just turn up



Judo

at Bradley Stoke Leisure Centre

every Tuesday evening, 6.15pm - 7.30pm

It costs £3.65

No need to book, Just turn up



Gym and Swim at your nearest Leisure Centre

Doing exercise **3 times** a week can help you to stay fit and healthy.

Going swimming and / or to the gym can be fun and you can make new friends too.

It costs £3 for the gym and £1 for swimming

To find out more contact your local leisure centre

SG



Football training

at WISE campus, Filton

New 2010/2011 Season starts 22nd of August

every Sunday morning 11am – 12pm

For males and females. All abilities welcome.

Limited transport is available

Its costs £3.50 without transport and £4.50 with transport

For more information contact **Jay on 07795 353825**



Disability Cricket session

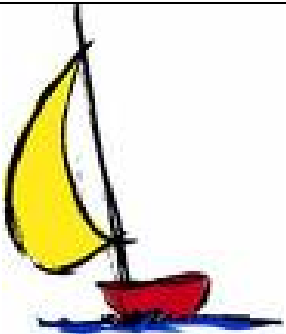
at Frenchay Cricket Club, Filton Road, Frenchay
Wednesday morning 10,30am – 12pm

For males and females. All abilities welcome.

Its costs £2 per session.

For more information contact **Jay on 07795 353825**

N.B. No wheelchair access or accessible toilet at venue.



Sailing with Bristol Sailability

At Baltic Wharf Bristol City Docks, next to the Cottage
pub

All adapted boats and equipment supplied.

Every Saturday during Summer months

£5 a session

Call Steve Evans 07747 714856

Please call Steve to let him know you are coming.



Leisure Programme



Cinema Club

At Aspects Leisure Park, Longwell Green

1st Thursday of every other month

Meet at **The Wishing Well Pub** at **6.30pm** – finishing about 9pm (Depending on what film we see)

Thursday 5th August

Thursday 7th October

You will need to pay for your own cinema ticket (£7.50) plus any food and drinks

Book by sending your booking form.

(Spaces are Limited)



Dinner Club

1st Thursday of every other month

Meet at **6.30pm**. Finish by **8.30pm**

Thursday 2nd September

Thursday 4th November

You need to pay for your meal and drinks

Book by sending your booking form.

(Spaces are Limited)



Laser Fusion

Aspects Leisure Park, Longwell Green

2nd Thursday every three months

Meet at **6.30pm** at the Laser Fusion and finished by **8pm**

Thursday 12th August

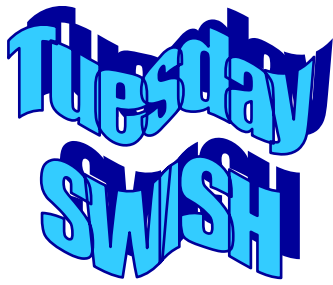
Thursday 12th November

It costs £5 per game and you can have either 1 or 2 games.

Book by sending your booking form.



	<p>AUGUST DISCO</p> <p>At Longwell Green Community Centre Its on Friday 13th August, 7pm – 10pm Costs £3 on the door Some transport is provided by People First 0117 941 5842 No need to book, Just turn up</p>
	<p>OCTOBER DISCO</p> <p>At Longwell Green Community Centre Its on Friday 15th October, 7pm – 10pm Costs £3 on the door Some transport is provided by People First 0117 941 5842 No need to book, Just turn up</p>
	<p>DECEMBER DISCO</p> <p>At Longwell Green Community Centre Its on Friday 15th October, 7pm – 10pm Costs £3 on the door Some transport is provided by People First 0117 941 5842 No need to book, Just turn up</p>
	<p>SWISH Monday Club</p> <p>Every Monday, 7pm – 9pm At Grimsbury Farm, Kingswood and various venues across South Gloucestershire</p> <p>The SWISH Club is a social club for people with learning difficulties and disabilities. Different activities are run each week including arts, crafts, sports, cooking, etc. Ages 18 and older. It costs £3 per session (payable in 8 week blocks) Transport is not provided. To join call on 01454 863852 You may need to be put on a waiting list</p>



SWISH Tuesday Club

Every Tuesday, 7pm – 9pm

At Grimsbury Farm, Kingswood and various venues across South Gloucestershire

The SWISH Club is a social club for people with learning difficulties and disabilities. Different activities are run each week including arts, crafts, sports, cooking, etc.

Ages 18 and older.

It costs £3 per session (payable in 8 week blocks)

Transport is not provided. To join call on 01454 863852

You may need to be put on a waiting list



Wildways wildlife gardening

24th Aug – 11.30 -2.30

At Grimsby Farm

This will be wheels friendly and we will be gardening in the raise beds at the farm. Also the opportunity to meet some of the animals on the farm

For more information and to book a place please contact Sally Pattison: 01454 863556



Wildways Evening Wildlife Ramble

Thurs 9th Sept 6.30pm

At Warmley Brook and Siston Common

2.5 miles – very gentle evening stroll, suitable for wheelchairs and buggies. Meet at Warmley Station Car Park

For more information and to book a place please contact Sally Pattison: 01454 863556



Wildways Bat walk

Thursday 16th September 7pm – 9pm

Meet 6.45 at the Conham River Park car park

Join us for an evening of bat detecting along the River Avon Trail at Conham River Park

For more information and to book a place please contact Rowena Kenny 01454 863556



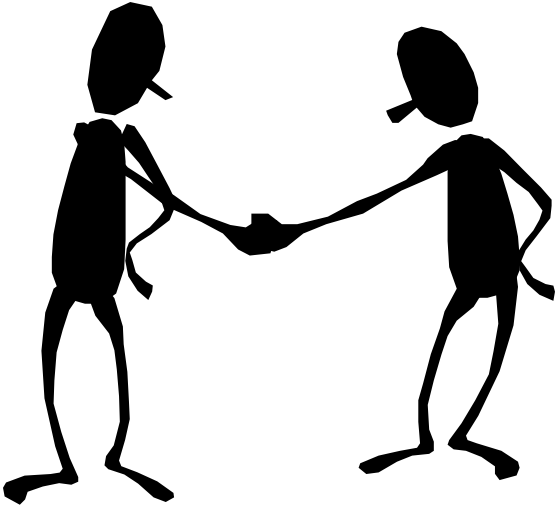
Wildways Apple Day

Sunday 17th October 2pm – 4pm

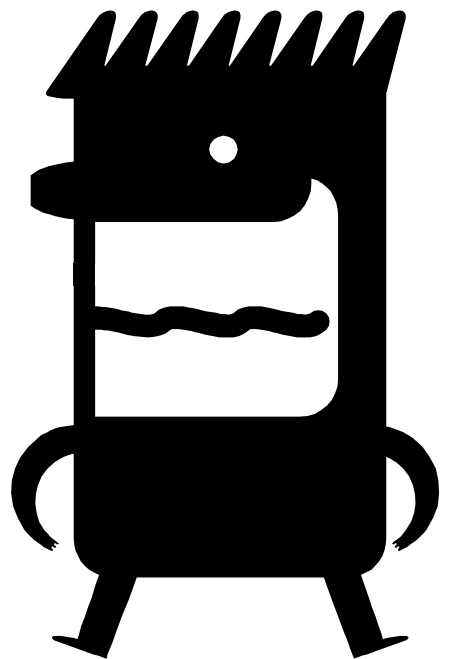
At Grimsby Farm

Join us for apple pie making and tasting, apple peeling competition, story telling, juicing demo, meet the farm animals and more! Free but booking appreciated.

For more information and to book a place please contact Sally Pattison: 01454 863556



other
clubs





The Meeting Place – Saturdays

The Meeting Place has monthly drop-ins on the 1st Saturday of each month at various places around South Gloucestershire.

People can take part in a wide range of activities, meet their friends and make new ones.

To become a member please call 0117 958 9924 or email admin@aspmile.gotadsl.co.uk.



The SMILE Friendship Club

The SMILE Friendship Club is an activities club that provides a safe, social environment where people can engage in activities, have fun and make new friends. The Friendship Club organise an assortment of interesting and fun events where any person with Learning Disability can mix with similar people in a relaxed and safe environment.

The club is every other Tuesday

Tuesday 10th August
Tuesday 24th August
Tuesday 17th August
Tuesday 7th September
Tuesday 21st September
Tuesday 5th October
Tuesday 19th October

It costs £2.50 each session

No need to book, just turn up

Its at Shire Way Community Centre, Shire Way, Yate

The friendship Club also organise special trips throughout the year.

For more information call SMILE 01454 853199



Star kids – Youth Club for people with learning difficulties

At Little Stoke Youth Centre

Tuesday nights, 7pm – 9pm, Term Time Only

Ages 11-19

It costs £1 each time you go

For more information call Catherine Challinor: 01454 865730



Social Club – Friday Evenings

Avon-North Mencap runs a social club in Almondsbury on a Friday evening.

It runs from 7-9pm and is open to anyone with a learning disability aged 18 years and over.

We meet at **Marlwood School**, Almondsbury.

There is a one-off registration fee of £5 and then it only costs £2 each time you go.

You do not have to go every week, just when you feel like it. If you would like to come along Contact Cat 07773 250045 or e-mail club@avonnorthmencap.org.uk



Bridging Club Youth Centre

Brimsham Green Youth Wing, Brimsham Green School, Broad Lane, Yate.

Wednesday 7-9pm, Term Time Only

The Bridging Club is youth provision for people with learning difficulties and disabilities. Arts, crafts, sports, cooking, independent living skills etc.

Ages 13-19 years. It costs £1 each time you go

For more information call Dawn Young: 01454 868998



Support Workers and Personal Assistants

It is ok if you would like to bring a support worker or personal assistant on any of the activities and trips.

If you need 1:1 support you **must** bring your support worker with you. LAAD staff are not qualified or trained to handle personal care needs.



Who we work with and useful phone numbers

- **Bristol and South Gloucestershire People First: 0117 941 5842**
- **Travel Buddy Scheme: 01454 866808**
- **Aspects and Milestones: 0117 970 9300**
- **Brandon Trust: 0117 9077200**
- **Mencap: 0117 9614372**
- **Turnberries: 01454 868485**

Transport and Travelling

We always encourage you to be as independent as possible. **If you need support to learn how to travel independently**

The Travel Training and Buddy Scheme provides you with:

- A person centred approach to travelling to meet your individuals needs, build on skills you already have, learn new skills and support you achieve your own goals
- Support from a Travel Buddy on your chosen route of travel until you feel that you are confident to travel independently
- Information about safe travel in a format that you will understand
- A travel wallet containing information to support you to travel safely If you think you would like a Travel Buddy to help you learn the skills to travel independently contact Teresa Derrick, the Travel Co-ordinator:

phone: 01454 86 6808

email: teresa.derrick@southglos.gov.uk





Transport

If you would like help to book a taxi and to find out if there is someone who lives near to you that you can share a taxi with call Jay on: 01454 863852

Recommended Taxi:

Active Cabs Phone 0117 9477 477

Community transport operators:

Four Towns & Vale Link Community Transport

Telephone: 01454 868529

Kingswood Community Transport

Telephone: 0117 961 6016

Yate, Sodbury & District Community Transport,

Telephone: 0845 241 0985 or 01454 228706



Disclaimer: Whilst we encourage physical activity, we cannot not give medical advice. You need to satisfy yourself that you are fit enough to take part.

We recommend that if you are starting physical activity you should speak with your doctor. We cannot accept responsibility for injury or health problems which may arise from taking part in physical activity.

How to book a place

Please fill in your details and tick, in the box provided, which of the following activities you wish to attend and return along with Booking Form to the address on the back of this form.

Name.....

Address.....

Telephone Number.....

Date	Time	Activity	Activity Venue	Tick if you wish to come
5 th August	6.30pm	Cinema Club	Aspects Leisure Park	
12 th August	6.30pm	Laser Fusion	Aspects Leisure Park	
13 th August	7pm – 10pm	Disco	Longwell Green Community Centre	
24 th August	11.30am – 2.30pm	Wildways	Grimsby Farm	
2 nd September	6.30pm	Dinner Club	The Huntsman Inn, Downend	
9 th September	6.30pm	Wildways	Warmley Brook	
16 th September	6.45pm – 9pm	Wildways	Conham River Park Car Park	
7 th October	6.30pm	Cinema Club	Aspects Leisure Park	
15 th October	7pm – 10pm	Disco	Longwell Green Community Centre	
17 th October	2pm – 4pm	Wildways	Grimsby Farm	
4 th November	6.30pm	Dinner Club	Pizza Hut, Aspects Leisure Park	
11 th November	6.30pm	Laser Fusion	Aspects Leisure Park	
2 nd December	6.30pm	Cinema Club	Aspects Leisure Park	
15 th October	7pm – 10pm	Disco	Longwell Green Community Centre	

Day	Activity	Activity Venue	Tick if you wish to come
Monday	Multi Sports Club and Athletics	Wise Campus, Filton	
Tuesday	Fun Swimming Session	Longwell Green Leisure Centre	
Tuesday	Tennis	Almondsbury Tennis Club	
Tuesday	Judo	Bradley Stoke Leisure Centre	
Wednesday	Cricket	Frenchay Cricket Club	
Thursday	Fun Swimming Club	Bradley Stoke Leisure Centre	
Thursday	Disability Swimming Squad	Bradley Stoke Leisure Centre	
Sunday	Football	Wise Campus, Filton	

Return to:

Jay Lee

South Gloucestershire Council, Community Sport & Active Lifestyles,

PO BOX 2078

Council Offices, Castle Street

Thornbury

South Gloucestershire

BS35 9BJ

Main Tel: 01454 863852

Fax: 01454 868420

Email : Jay.lee@southglos.gov.uk