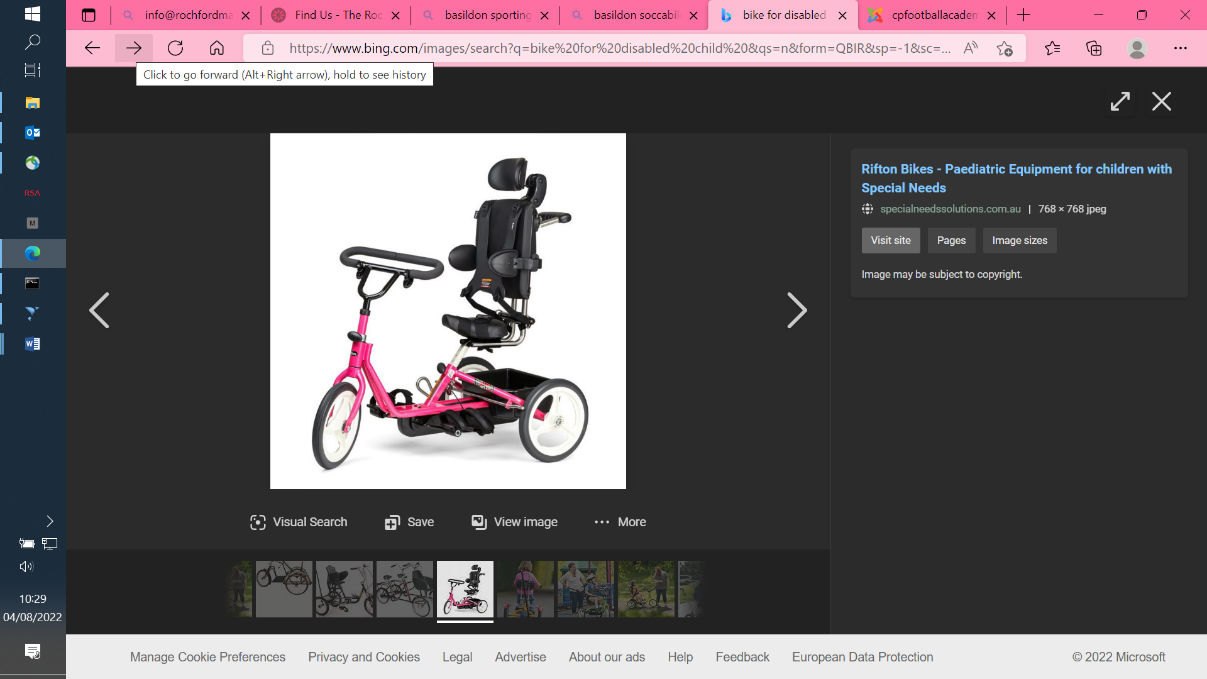
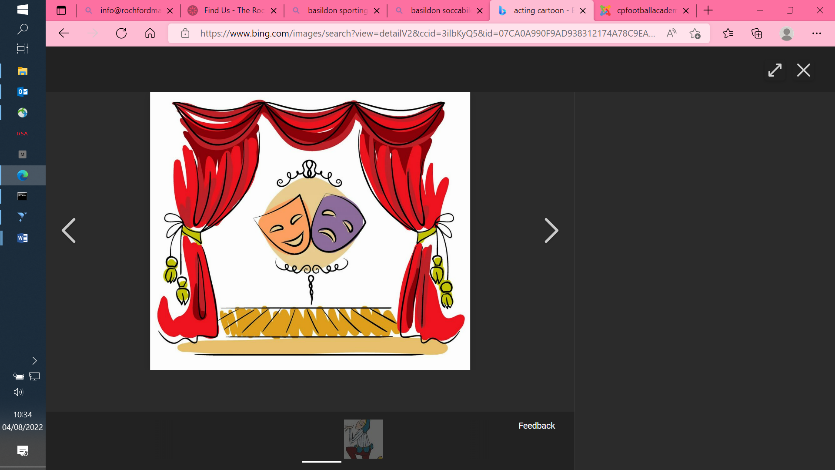
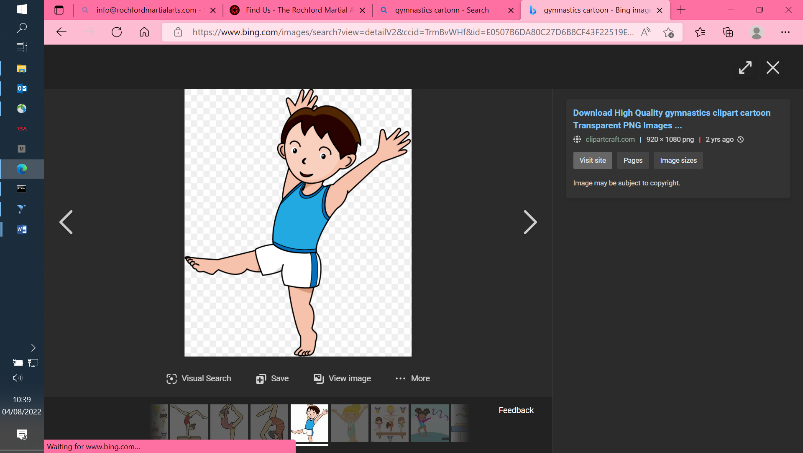
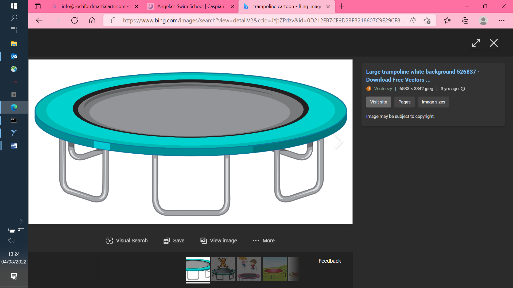
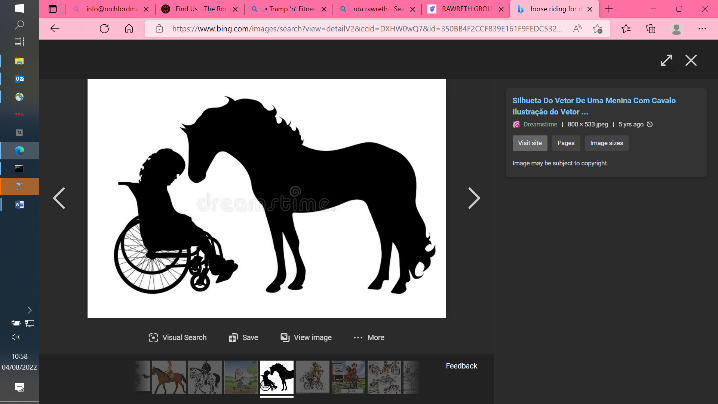
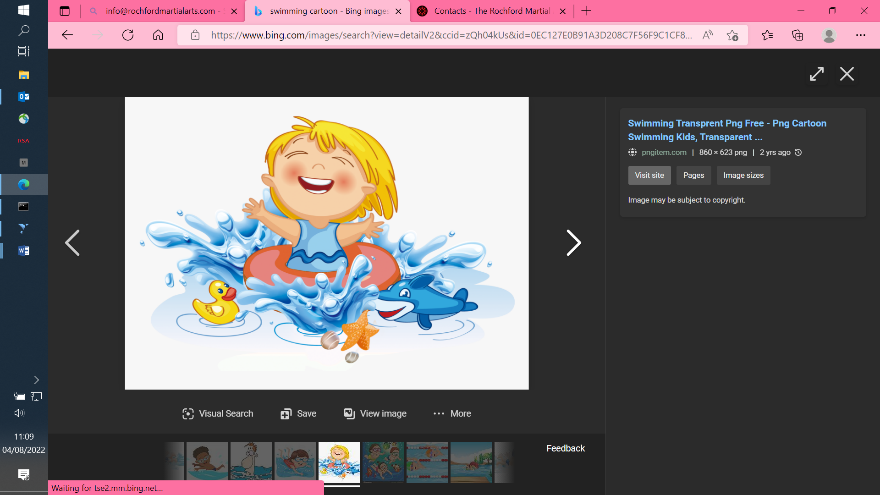
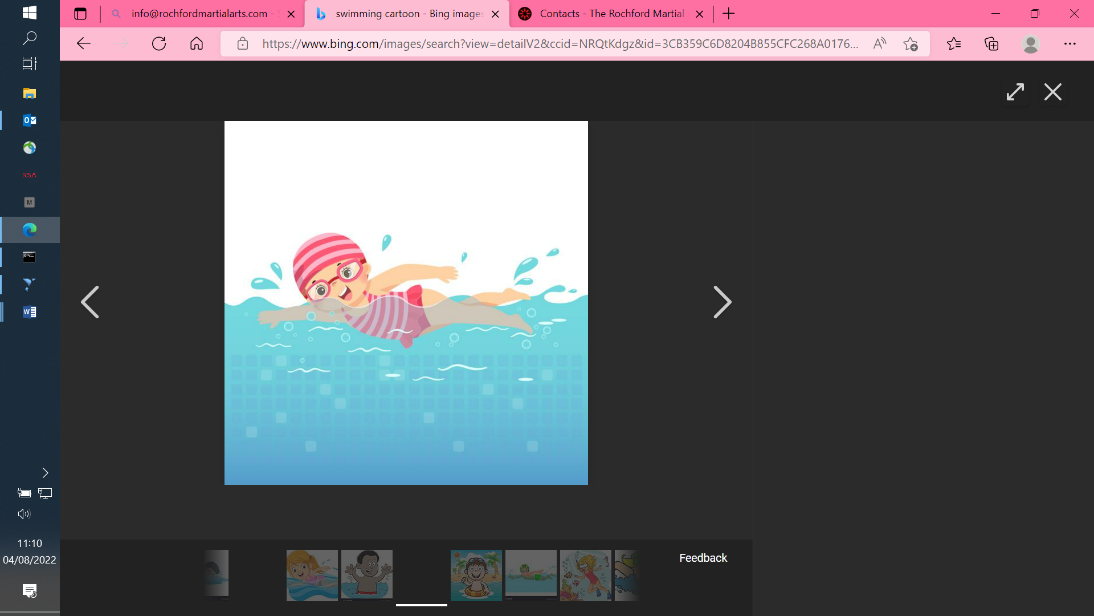
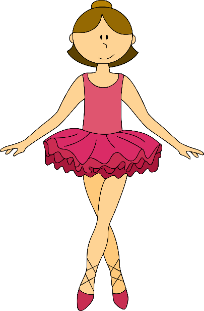
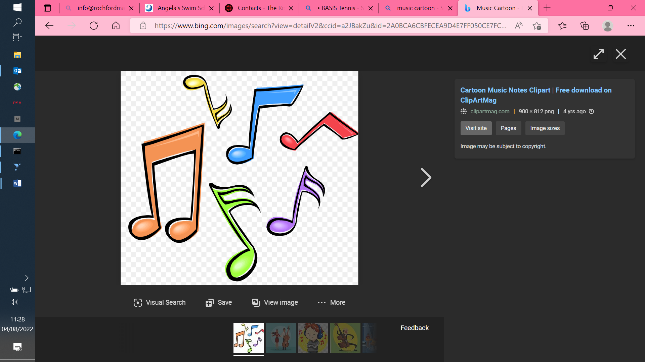
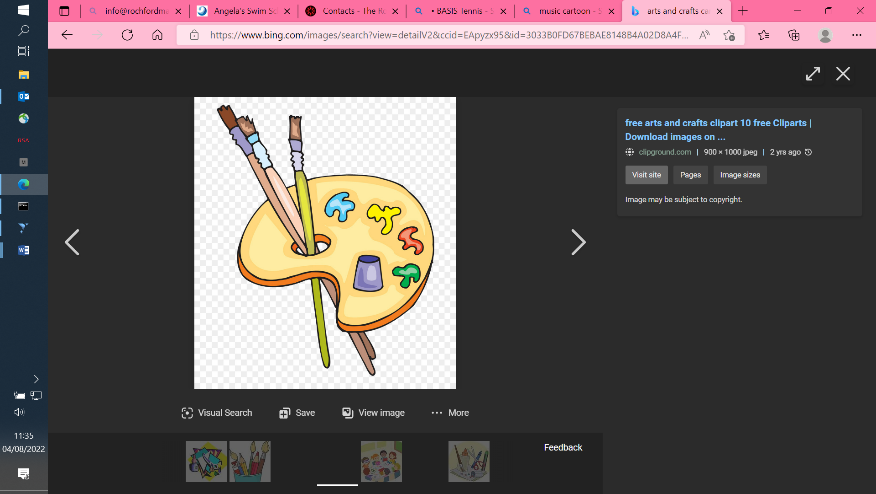
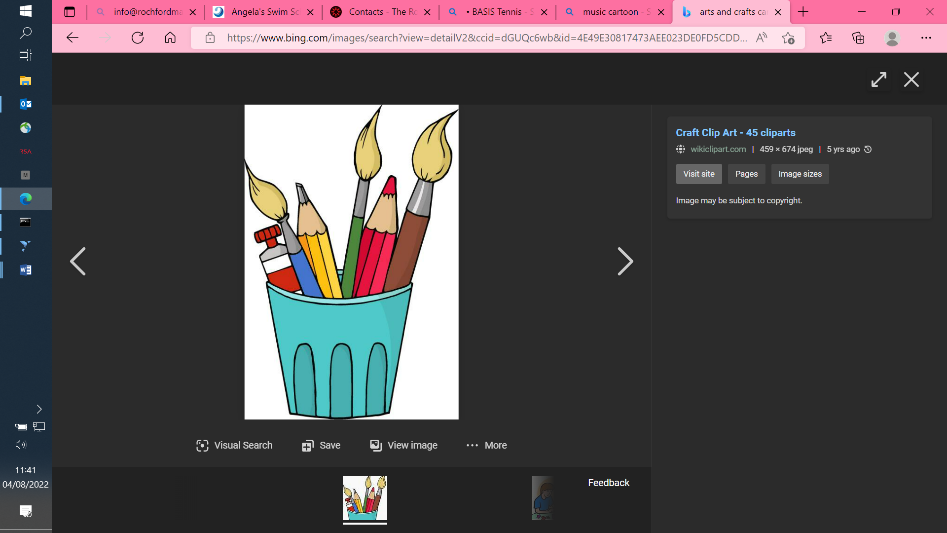
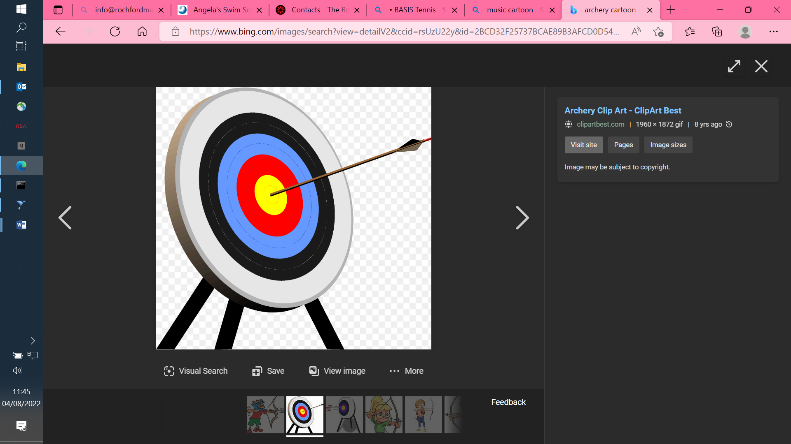
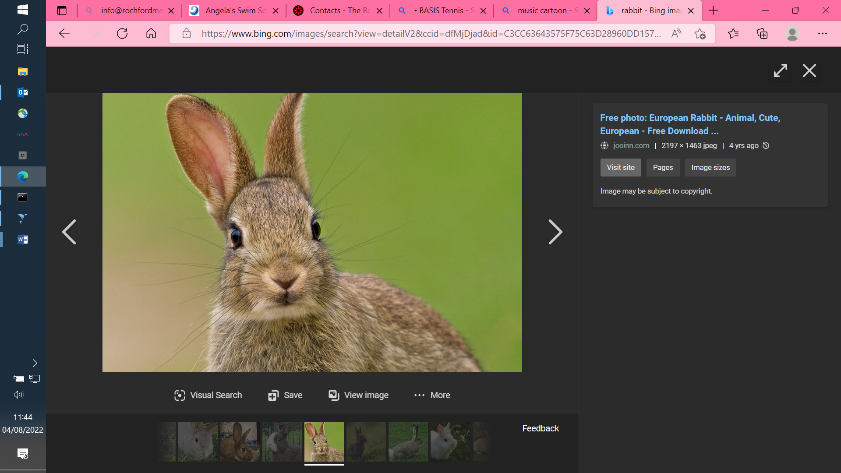
**  
  
Available Sports & Activities for Children with Disabilities and Special Needs**(South Essex)

**-on-Sea**

* **Porters Soccability**
* Football
  + @ Cedar Hall School, 226 Hart Road, Benfleet SS7 3UQ
  + Sessions: Sat 11-12pm Over 16’s, Sat 12-1pm Under 16’s
  + Nigel 07967 667843 / Mick 07484 008600 or   
    [porterssoccability@gmail.com](mailto:porterssoccability@gmail.com)
  + Impairment catered for: More able
* **Rayleigh Mini-Rebels**
  + Football
  + @ King George’s Park, Websters Way, Rayleigh, SS6 8JL
  + Ages: 6-10YO
  + Sessions: Sun 9:30-10:30am,
  + Impairment catered for: Varied SEND
  + 07487683264 or [steve.crane@megacentrerayleigh.co.uk](mailto:steve.crane@megacentrerayleigh.co.uk)
* **Rayleigh Rebels Football Club**
  + Football
  + @ King George’s Park, Websters Way, Rayleigh, SS6 8JL
  + Ages: 11-15YO
  + Sessions: Sun 11- 12:30pm
  + Impairment catered for: With and without SEND
  + 07487683264 or [steve.crane@megacentrerayleigh.co.uk](mailto:steve.crane@megacentrerayleigh.co.uk)
* **SNAP Sports and Fitness** 
  + Activities include mixed sports, fun games, fitness training, basketball, tennis, volleyball and football.
  + @ Bromfords Sports Hall, Grange Avenue, Wickford, SS12 0LZ
  + Sessions: Tues: 5:15pm to 6:15pm, Thurs: 5-6pm
  + Impairment catered for: All ages with additional needs
  + Contact Sonny 07903 040025 or Pippa 07765 344035 for more information
* **SNAP #Inclusive United**
  + Football
  + @ Barleylands, Barleylands Road, Billericay CM11 2UD
  + Sessions: Sat: from 11.30am
  + Impairment catered for: All ages with additional needs
  + Contact Sonny 07903 040025 or Pippa 07765 344035 for more information
* **Just Ride Southend**
  + Cycling
  + @ Southend Leisure and Tennis Centre, Garon Park, Eastern Ave, Southend-on-Sea SS2 4FA
  + Sessions: Tues, Wed, Sat 10-12pm
  + Impairment catered for: All ages & all abilities
  + 07971774479 or <https://justridesouthend.com/>
  + Cost: £2.50 donation per rider, carers free
* **Trailnet – Thordon Inclusive Cycle**
  + Cycling (Wide range of trikes, electric assisted double trikes and bikes available)
  + @ Thordon Country Park, The Avenue, Brentwood CM13 3RZ
  + Sessions: Any time by prior arrangement (£10), Sat 11-1pm inclusive BikeKlubz (Ages 4-19) (£7 with an Essex Short Breaks Passport), ActivAte day sessions in school holidays most days 10:30-2:30pm.
  + Impairment catered for: All disabilities and all ages
  + 01277 811012 or [office@trailnet.org.uk](mailto:office@trailnet.org.uk) or [www.trailnet.org.uk](http://www.trailnet.org.uk/)
* **Mushroom Theatre Company** 
  + Dance, drama & musical theatre
  + @ Brook Road Industrial Estate, 29 Brook Road, Rayleigh SS6 7XJ
  + SEND sessions: Wed 4:30-5:30pm Musical theatre, Sat 10:15-11:15am Musical Theatre, 11:30-12 Tap, 12-1pm Musical Theatre. Students with SEN are welcome to any classes available as long as teachers are aware to put any necessary support in place
  + Impairment catered for: Varied SEND
  + 01268 906470 or [info@mushroomtheatre.co.uk](mailto:info@mushroomtheatre.co.uk)
* **Total Palace (during term time only)**
  + Drama and performing arts
  + @ The Cliffs Pavilion, Station Rd, Southend SS0 7RA
  + Sessions: Wed 5:30-6:30pm 11-16YO & 6:30-7:30pm 16+
  + Cost: £20 per term
  + Impairment catered for: High-functioning autism or Asperger’s syndrome
  + 01702 390472 or [miad@southendtheatres.org.uk](mailto:miad@southendtheatres.org.uk) or [emmawa@southendtheatres.org.uk](mailto:emmawa@southendtheatres.org.uk) or [www.southendtheatres.org.uk](http://www.southendtheatres.org.uk)
* **South Essex Gymnastics Club** 
  + Gymnastics
  + @ BSV, **Cranes** Farm Rd,**Basildon** SS14 3GR (Thurs 5-6pm)
  + @ Eversley, Crest Avenue, Pitsea SS13 2EF (Mon & Wed 6-7pm)
  + Impairment catered for: Varied SEND
  + **Basildon** - 01268 722479, Eversely - 01268 557771 or [office@southessexgym.co.uk](mailto:office@southessexgym.co.uk)
* **The Wickford Trampoline Centre**
  + Trampolining
  + @ 1a London Rd, Wickford SS12 0AW
  + Sessions (30-60 mins): Mon: 11:30-3:30 & 5:30-7:30, Tues 11-4:30, Wed 10:30-3:30, Thurs: 11:30-3:30, Sat 2:30, 3:30 & 4:30
  + Impairment catered for: Varied
  + 01268 906269 or <https://the-wickford-trampoline-centre.business.site/> or [www.ultima-tc.com](http://www.ultima-tc.com)
* **The Recoil Trampoline Club**
  + Trampolining
  + @ Recoil trampoline club, Trampoline & activity Centre, Eagle Way, Warley, Brentwood CM13 3BP
  + Sessions: 1-1 and group sessions offered. Young children: Wed: 4-5pm, Sat: 10-11/11-12/12-1pm. Teen: Wed 5-6, Fri: 5-6, Sat: 10-11/11-12/12-1pm
  + Impairment catered for: Varied
  + 01277 500282 or [info@recoiltrampolineclub.org](mailto:info@recoiltrampolineclub.org)
* **Music Man Projects Southend** 
  + Music
  + @ Kingsdown School, Snakes Lane, Southend-On-Sea, SS2 6XT
  + Ages: 7-19 years
  + Sessions: Sat 9-10:15am booking required through Southend Mencap (£2 Per session)
  + David Stanley: [musicmanprojectsouthend@gmail.com](mailto:musicmanprojectsouthend@gmail.com) or 07786 864853
  + Impairment catered for: Varied
* **Chigwell Riding Trust** 
  + Horse riding
  + @ Chigwell Riding Trust For Special Needs, Grange Farm Lane, Essex, IG7 6FB
  + Impairment catered for: Varied
  + 020 8500 6051 or [Chigwell Riding Trust (chigride.org.uk)](https://www.chigride.org.uk/) (Please be advised there is a long waiting list – complete participant form on website and post to be put on waiting list)
* **Sugarloaf RDA**
  + Horse Riding
  + @ Little Fields Farm, Stifford Clays Road, Orsett, Essex. RM16 3ND
  + Regular rides: Our regular rides are: Tuesday 10:00 – 12:40, Thursday 10:30 – 12.40, Saturday 10:00 – 12:40
  + Impairment catered for: All disabilities & all ages (No cost however donation of £15)
  + Carleen on 07854 747754 or email [rdasugarloaf@gmail.com](mailto:rdasugarloaf@gmail.com)
* **SEALS Swimming Club**
  + Swimming (Pool hired, not lessons)
  + @ Belfairs Swim Centre, Fairview Gardens, Leigh-on-Sea SS9 3PD
  + Session: Sun 2-3pm (£10 PP Per year)
  + Impairment catered for: Mental and physical disabilities
  + 07976805535 (Robert Hunt) or [sealsswimclub@me.com](mailto:sealsswimclub@me.com)
* **Runnymede Swimming Club Swimability Squad**
  + Swimming (Aged 8+)
  + @ Runnymede Pool, Kiln Road, Benfleet SS7 1TF
  + Sessions: Sat: 1-2pm, Tues: 7-8pm (Times may change)
  + Impairment catered for: Varied however should be able to swim 10 metres
  + [disability@runnymedeswimmingclub.com](mailto:disability@runnymedeswimmingclub.com) or <https://runnymedeswimmingclub.com/>
* **Tiny Toes Ballet** 
  + ****Ballet (Age 6 month-7)
  + @ Rayleigh, Leigh-On-Sea, Southend-on-Sea, Westcliff-On-Sea & Benfleet
  + Impairment catered for: Varied SEND
  + 07786266841 or [info@tinytoesballet.co.uk](mailto:info@tinytoesballet.co.uk) or <https://www.tinytoesballet.co.uk/essex>
* **Yoga4all** 
  + Yoga
  + @ Leigh Community Centre, Elm Road, SS9 1SP (Tues 5-5:45pm)
  + @ The Novel Coffee Shop, 98 London Road, Southend-On-Sea (Chair yoga) (Fri 10:30-11:15am)
  + Impairment catered for: Varied
  + 01702 475700 or [Yoga for Special Needs | Southend-on-Sea | Yoga4all](https://www.yoga4all.co/specialneeds)
* **Brighter Opportunities through Supported Play (BOSP)**
  + Saturday club 10-3:30pm (includes swimming, soft play, music sessions, sports coaching and arts and crafts) 4 years + @ Pioneer School, Ghyllgrove, Basildon SS14 2LA
  + Sensory sessions: Various dates/ times. Skills for life including play, balance, movement and co-ordination tasks, fine and gross motor skills etc. Age 0-25 years. @ Wat Tyler Country park
  + Music therapy 1:30-2:30pm Tues. @ Wat Tyler Country Park
  + Lots of other sessions including: After school clubs & evening sessions, family support, family fun days, whizzy woodland awaydays, crazy golf, theatre trips etc.
  + Impairment catered for: Learning and physical disabilities
  + 01268 553117 or <https://www.bosp.co.uk> or [bookings@bosp.co.uk](mailto:bookings@bosp.co.uk?subject=Sensory%20Session%20Enquiry)
* **Southend Mencap Family Play & Respite**
  + Arts and craft, soft play games, outdoor play (weather permitting), children can also bring in their own hobbies if deemed suitable
  + Age: 5-16YO
  + @ Prince Avenue School,  [Hornby Ave, Westcliff-On-Sea SS0 0LG](https://www.bing.com/local?lid=YN1029x1506124916418625599&id=YN1029x1506124916418625599&q=Prince+Avenue+Academy+%26+Nursery&name=Prince+Avenue+Academy+%26+Nursery&cp=51.55994415283203%7e0.6937860250473022&ppois=51.55994415283203_0.6937860250473022_Prince+Avenue+Academy+%26+Nursery)
  + Sessions: Sat: 9-3pm (term time), midweek during some of the school holidays (not during the Christmas break)
  + Cost: £15 per day (parents required to meet co-ordinator prior to day to discuss plan)
  + 01702 341250 or [marc.mcowens@southendmencap.co.uk](mailto:marc.mcowens@southendmencap.co.uk)
* **Southend Mencap SMASH Sports Club** 
  + Arts and craft, soft play games, outdoor play (weather permitting), children can also bring in their own hobbies if deemed suitable
  + Age: 5-16YO
  + Sessions: Vary between Garons swim/ sports centre & other locations such as Hockley woods (See: <https://southendmencap.org.uk/> for more info)
  + Impairment catered for: Learning disabilities aged 13+
  + 01702 341250 or Keeley (co-ordinator) 07984801726 or Rob (support staff) - 07955417415 or E-mail: marc.mcowens@southendmencap.co.uk
* **The MegaCentre – Family Fun sessions**
  + ‘The Mix’: Wed 4:30-6pm (Range of activities including arts/ crafts, video games, sports including football, badminton, volleyball, table tennis and music workshops)
  + ‘Mega Monday’: Every other Mon 4:30-6pm (Family soft play)
  + @ The MegaCentre Rayleigh, 7 Brook Road, Rayleigh SS6 7UT
  + Impairment catered for: Physical and learning disabilities (Age 4+)
  + 07592 502981/**01268 779100**  or <http://www.megacentrerayleigh.co.uk/>
* **The Big Xperience** 
  + Awards and courses include Duke of Edinburgh award, Gateway award, first aid and summer holiday camps.
  + Activities include archery, boot camp, animal care, wildlife projects, life skills, cookery, dancing, pottery and computing . (Age 11+)
  + @ 62 Burnt Mills Road, Basildon, Essex, SS13 1DY
  + Impairment catered for: Learning disability only
  + [01268 901516 / 07411554264](tel:0126890151607411554264) or [info@thebigxperience.co.uk](mailto:info@thebigxperience.co.uk) or <https://www.snapcharity.org/business-directory/4598/the-big-xperience/>