

Information for young people

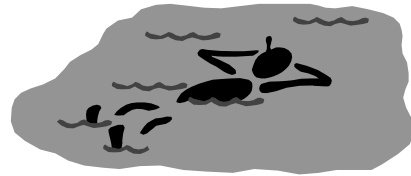
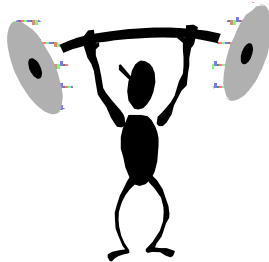
Leaflet 4: Leisure, sport and holidays



Free Time

This leaflet tells you about what you could do in your **free time** and where you can find more information

What leisure and sport activities are there?

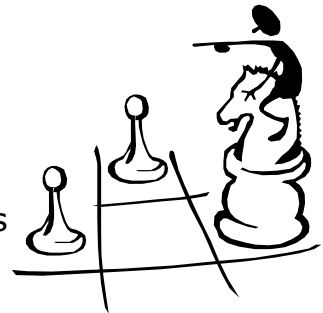


Leisure centres

Swimming pools

Local clubs and societies

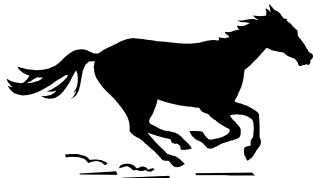
Sports clubs



Local Gateway Clubs for people with learning disabilities (through Mencap)

Local PHAB clubs mainly for people with a physical disability

Playschemes for children and young people with special needs

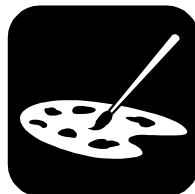


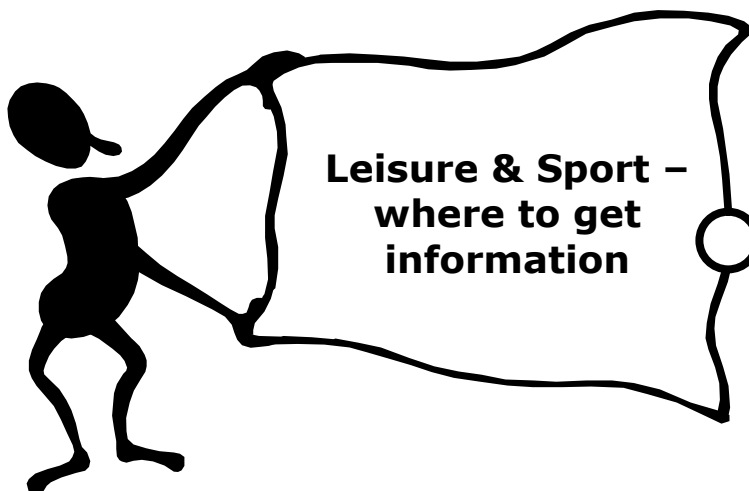
Saturday clubs

Riding for the Disabled



Hertfordshire dance/arts projects





**Leisure & Sport -
where to get
information**

A range of sports for disabled young people is available across Hertfordshire. Information can be found on the following two websites:

Young People's Channel

This is Hertfordshire County Council's information service for young people aged 13-19. It includes music, health, politics, technology and lists sports clubs in Hertfordshire

www.hertsdirect.org/youth

Special Needs and Disabled Children website

This website includes information about leisure, arts projects, clubs and playschemes in Hertfordshire as well as contact numbers and names. For information about offering sporting activities go to the 'Sport for People with Disabilities' link.

www.hertsdirect.org/specialneeds

Leaflet 4: Leisure, sport and holidays

Disability Sport England

This is a national organisation which create opportunities for people with disabilities to participate in sport



Tel: **020 07490 4919**

www.disabilitysports.co.uk



This is the national organisation for recreational and competitive wheelchair sport

British Wheelchair Sports Foundation

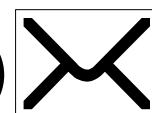


Tel: **01298 395995**

www.britishwheelchairsports.org



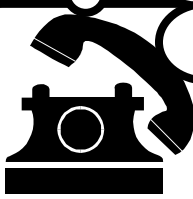
Guttman Road
Stoke Mandeville
Buckinghamshire
HP21 9PP



Leaflet 4: Leisure, sport and holidays

Mencap

This is a national organisation which provide many services including information about Gateway Clubs and holidays. Phone Mencap for details of local groups where you live

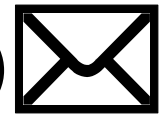


'Ask Mencap'
Learning Disability Helpline
Tel: **0808 808 111**

www.mencap.org.uk



123 Golden Lane
London
EC1Y 0RT



Scope

This is a national organisation for anyone with cerebral palsy. They provide many services including information about sports, leisure and social activities

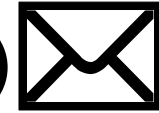


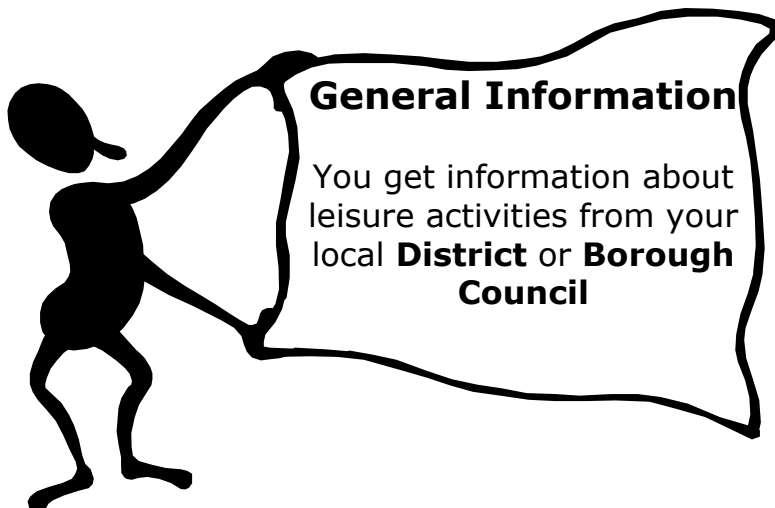
Tel: **0808 800 3333**

www.scope.org.uk



6 Market Road
London
N7 9PW





General Information

You get information about leisure activities from your local **District** or **Borough Council**

Broxbourne Borough Council

Hoddesdon, Broxbourne, Cheshunt, Waltham Cross & Goffs Oak area

i Tel: **01992 785555**

www.broxbourne.gov.uk

Dacorum Borough Council

Hemel Hempstead area

i Tel: **01442 228000**

www.dacorum.gov.uk

East Herts District Council

Bishop's Stortford, Buntingford, Hertford, Ware area

i Tel: **01279 655261**

www.eastherts.gov.uk

Hertsmere Borough Council

Borehamwood, Potters Bar, Bushey area

i Tel: **020 8386 4044**

www.hertsmere.gov.uk

North Hertfordshire District Council

Letchworth, Baldock, Hitchin, Royston area

i Tel: **01462 474000**

www.north-herts.gov.uk

Leaflet 4: Leisure, sport and holidays

St Albans City & District Council

St Albans area

 Tel: **01727 819 367** www.stalbans.gov.uk

Stevenage Borough Council

Stevenage area

 Tel: **01438 242242** www.stevenage.gov.uk


Three Rivers District Council

Rickmansworth area

 Tel: **01923 242670** www.threerivers.gov.uk

Watford Council

Watford area

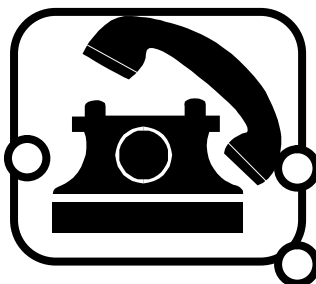
 Tel: **01923 226400** www.watford.gov.uk

Welwyn Hatfield Council

Welwyn & Hatfield area

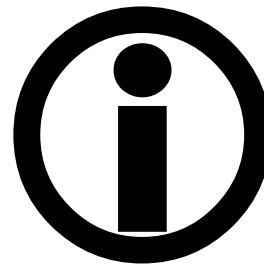
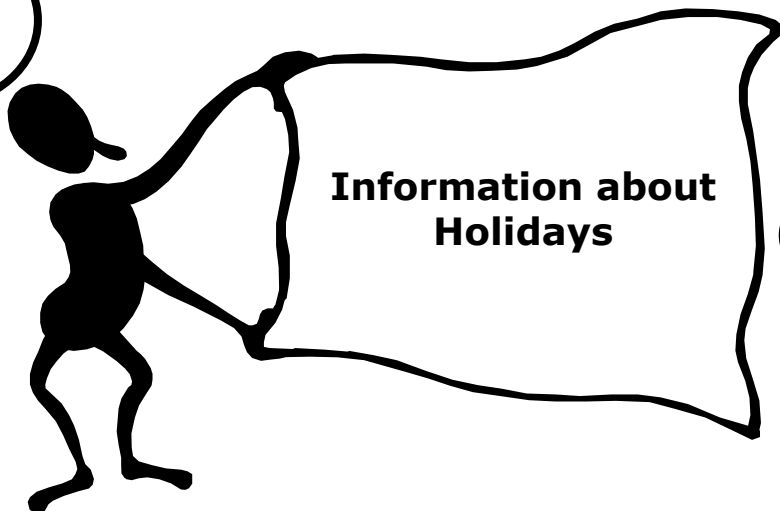
 Tel: **01707 357150** www.welhat.gov.uk

**Disability
Information
Bureau
Hertfordshire
County Council**



Tel: **01438 737444**

Email. Email your enquiry to
disability@hertscc.gov.uk



**Tourism
for
All**

Tourism for All provides information to people with disabilities about accessing accommodation and other tourism services. They also provide expertise and support to the tourism and hospitality businesses on access and disability issues



The Hawkins Suite
Enham Place
Enham Alamein
Andover SP11 6JS

Tel: **0845 124 9971**
www.tourismforall.org.uk
E-mail: **info@holidaycare.org**
Minicom: **0845 124 9976**



Leaflet 4: Leisure, sport and holidays

The Winged Fellowship Trust provide short-term care holidays for severely physically disabled people and their carers

Winged Fellowship Trust (WFT)



Angel House
20-32 Pentonville Road
London
N1 9XD

Tel: **020 7833 2594**
www.wft.org.uk

National Autistic Society

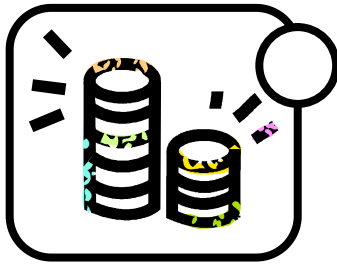
The National Autistic Society provides factsheet about holidays for people with autism and related disorders. Information can be downloaded from their website



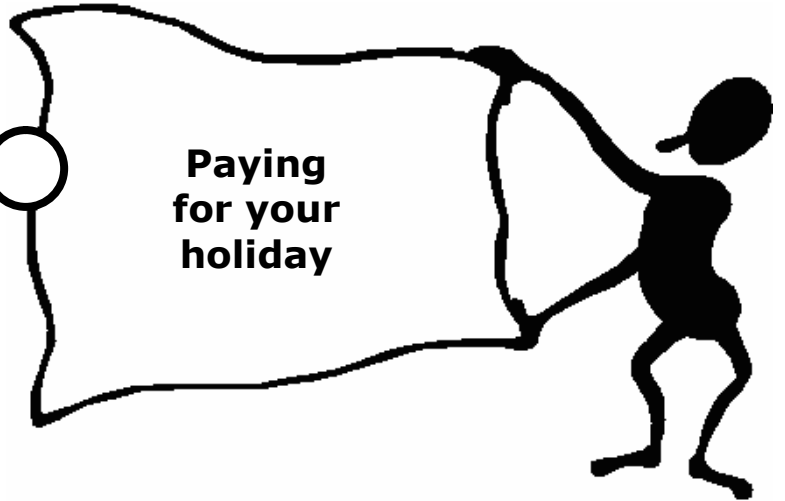
393 City Road
London
EC1V 1NG

Tel: **0845 070 4004**
www.autism.org.uk





**Paying
for your
holiday**



**Family
Fund
Trust**

The Family Fund Trust may be able to help towards holiday costs if you are a child who is severely disabled and under 16 in the family. Grants vary in size.



Family Fund Trust
Unit 4 Alpha Court
Monk Cross Drive
York
YO32 9WN

www.familyfund.org.uk



**To find out
more contact..**

Your Connexions Personal Adviser

Connexions Access Ability Team:

Tel 01462 704901

Fax 01462 705001

Minicom 01462 704901

Email accessability@connexions-hertfordshire.co.uk