

## INFORMATION FOR PARENTS/CARERS

# LEISURE, SPORT & HOLIDAYS



Free Time

This leaflet is about what your son/daughter can do in his/her 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
- Play schemes 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 website.

- **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](http://www.hertsdirect.org/specialneeds)

- **Disability Sport England**

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

 Tel: **020 7490 4919**  
[www.disabilitysports.co.uk](http://www.disabilitysports.co.uk)

- **Wheel Power British Wheelchair Sports Foundation**

Guttman Road  
Stoke Mandeville  
Buckinghamshire  
HP21 9PP

This is the national organisation for wheelchair sport in the United Kingdom and exists to provide, promote and develop opportunities for men, woman and children with disabilities to participate in recreational and competitive wheelchair sport.

📞 Tel: **01296 395995**

**[www.wheelpower.org.uk](http://www.wheelpower.org.uk)**

- **Mencap**

123 Golden Lane  
London  
EC1Y 0RT

This is a national organisation which provides 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](http://www.mencap.org.uk)**

- **Scope**

6 Market Road  
London  
N7 9PW

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](http://www.scope.org.uk)**

## General Information


### Clubs and Play Schemes

District and Borough summer play schemes vary over the county regarding the ages of children they accept and times they run.


Most schemes will support children with mild or moderate learning disabilities, providing the child will remain on site and the venue is considered accessible and safe for them. Local Play or Sports Officers at the councils will be able to advise on which sites will be suitable. In addition to these there are play schemes which focus on the needs of children with disabilities. These schemes accept children on a geographical basis. Please click on this link below for more information.


 [www.hertsdirect.org/specialneeds](http://www.hertsdirect.org/specialneeds)

Your local **District** or **Borough Council**

**Broxbourne Borough Council** – Hoddesdon, Broxbourne, Cheshunt, Waltham Cross & Goffs Oak area  
 Tel: **01992 785555** [www.broxbourne.gov.uk](http://www.broxbourne.gov.uk)

**Dacorum Borough Council** – Hemel Hempstead area  
 Tel: **01442 228000** [www.dacorum.gov.uk](http://www.dacorum.gov.uk)

**East Herts District Council** – Bishop's Stortford, Buntingford, Hertford, Ware area  
 Tel: **01279 655261** [www.eastherts.gov.uk](http://www.eastherts.gov.uk)

**Hertsmere Borough Council** – Borehamwood, Potters Bar, Bushey area  
 Tel: **020 8386 4044** [www.hertsmere.gov.uk](http://www.hertsmere.gov.uk)

 **North Herts District Council** – Letchworth Garden City, Baldock, Hitching Royston area  
 Tel: **01462 474000** [www.north-herts.gov.uk](http://www.north-herts.gov.uk)

**St Albans City & District Council** – St Albans area  
 Tel: **01727 819367** [www.stalbans.gov.uk](http://www.stalbans.gov.uk)

**Stevenage Borough Council** – Stevenage area  
 Tel: **01438 242670** [www.stevenage.gov.uk](http://www.stevenage.gov.uk)

**Three Rivers District Council** – Rickmansworth area  
 Tel: **01923 776611** [www.threerivers.gov.uk](http://www.threerivers.gov.uk)

## **Watford Council -**

Watford area

**i** Tel: **01923 226400**

**www.watford.gov.uk**

## **Welwyn Hatfield Council -**

Welwyn & Hatfield area

**i** Tel: **01707 357150**

**www.welhat.gov.uk**

## **Disability Information Bureau**

**i** Email – your enquiry to **disability@hertsc.gov.uk**

Tel: **01438 737444** or **01923 471444** (if you are calling from **0208** or **01923** area code)

## **Information about holidays**

### • **Tourism for All**

The Hawkins Suite  
Enham Place  
Enham Alamein  
Andover SP11 6JS

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.

**i** Tel: **0845 124 9971**

**www.tourismforall.org.uk**

E-mail: **info@holidaycare.org**

Minicom: **0845 124 9976**

### • **Winged Fellowship Trust (WFT)**

Angel House  
20-32 Pentonville Road  
London  
N1 9XD

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

**i** Tel: **020 7833 2594**

**www.wft.org.uk**

### • **National Autistic Society**

393 City Road  
London  
EC1V 1NG

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

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

## Paying for your holiday

- **Family Fund Trust**  
Unit 4 Alpha Court  
Monk Cross Drive  
York YO23 9WN

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.

**i** Tel: **0845 130 4542**  
**www.familyfund.org.uk**

## For more information

**i** **Contact your Connexions Personal Adviser or the Connexions Access Ability Team:**  
**Tel: 01462 704901**  
**Fax: 01462 705001**  
**Minicom: 01462 704901**  
**Email: [accessability@connexions-hertfordshire.co.uk](mailto:accessability@connexions-hertfordshire.co.uk)**



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