

# Kent Wide Down Syndrome Group

## Sport, Social Activity and Leisure Directory ©

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When we started compiling a directory of sports, leisure facilities and activities, throughout Kent, it was a minefield. Even with basic enquiries, some customer service representatives were unable to help. We did, however, get some good contacts and started to look at facilities for older groups, as this section appears to have little available. Whilst some areas have lots of clubs and activities, other areas have little to offer. The information contained in this directory is, hopefully, useful, but needs to be updated regularly. When we are notified of new facilities and activities, they will be added. We have information about travel concessions, theatre tickets, attractions and useful web addresses to offer as much information as possible. The main thing is to give a starting point for you to explore yourself. Don't forget that Disability Equality legislation allows access anywhere so the directory includes information on regular activities. **NB Some activities are not specifically for people with disabilities but are inclusive. Please check with those groups.**

This is only the start. The process needs to be two way to have a useful directory, so if you know of any facilities or clubs not listed on our directory or on directories of local authorities, please e-mail [flashshirt@blueyonder.co.uk](mailto:flashshirt@blueyonder.co.uk), so they can be added to the list. Equally, if any no longer run please notify us.

We have all said "there's nothing to do in our area". There are varying degrees of activities and facilities, but even in the worst areas there are some. It's taken a lot of hard work to get here but, hopefully, as we've made a start it will be easier for you.

### **IMPORTANT NOTE**

As carers, it's important we take care of ourselves, so we can be well, stay healthy and be active enough to help those we care for enjoy full lives. We've included contact numbers for Carers Support Groups in the different areas and as siblings need support too, we've also listed young carers groups. From 1<sup>st</sup> April 2009 the NHS started a free carers' advice line open 7 days a week. Visit [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect) or ring 0808 8020202.

It would be impossible to list every attraction and theatre in the country, but the main ones for Kent are listed. Here are some general details about concessions for people with disabilities.

### Visiting Major Attractions and Theatres

It's advisable to contact attractions or theatres directly as they usually have major concessions. For example, some London theatres allow carers to attend free or at reduced rates. It's not advertised so you need to contact theatres, not ticket agencies. Visit [www.officiallondontheatre.co.uk](http://www.officiallondontheatre.co.uk), select your theatre choice, obtain their box office number and ring them to see what they offer. Locally, The Orchard Theatre in Dartford allows carers to go free and pre book a free disabled parking space for the performance. The Central and Brook Theatres in Chatham allow carers a discount and certain seating areas, but you have to apply for a special pass. Application forms are available from the box office.

If you want to see a movie, the Cinema Exhibitors Association Card, costs £5.50, lasts for 3 years and allows carers a free seat when paying for a person with a disability, It is accepted by all main cinema chains. The form can be collected from any cinema or downloaded from [www.ceacard.co.uk](http://www.ceacard.co.uk).

If you're travelling by bus, your local authority now provides anyone with a disability a free travel card using local bus services to travel anywhere in the country. You would need to check with your local authority to see if your carer or companion can travel free as well.

If you like to travel by train, a Disabled Persons Railcard, which costs £18 per year, allows the disabled person and their carer 1/3<sup>rd</sup> off the cost of their train journeys. So if your first train journey cost £54 you can save the cost of your outlay on a single journey. Visit [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk) for further details.

If you're a family with a disabled member, the Family and Friends Railcard may be more suitable. It costs £24 per year, but as long as you travel with a child, up to 4 adults get 1/3<sup>rd</sup> off and up to 4 children get 60% off their ticket price throughout Britain. There are sometimes special introductory offers which reduce the price of the railcard even further. For full terms and conditions visit [www.family-railcard.co.uk](http://www.family-railcard.co.uk).

Did you know that if you travel by car under the Motability scheme and are exempt from road tax, you don't need to pay tolls when using the Dartford Crossing? There are concessions on other toll routes too. Check details on [www.yourable.com](http://www.yourable.com) in the life/motoring section.

That's a brief overview of the bigger picture but don't forget to use search engines for information on specific attractions and events. Other useful sites are:-

[www.disabledgo.info](http://www.disabledgo.info) (covers places to eat, travel etc for authorities signed up to it, such as Canterbury and Thanet)

[www.english-heritage.co.uk](http://www.english-heritage.co.uk) (responsible for historic sites, such as castles etc)

[www.enjoyengland.com](http://www.enjoyengland.com) (ideas for days out and holidays ideas in England)

[www.kentsport.org](http://www.kentsport.org) (contains details of sports for people with disabilities and learning difficulties, such as wheelchair basketball and outdoor pursuits)

[www.kingfishermedwaytrust.org.uk](http://www.kingfishermedwaytrust.org.uk) (boat trips for disadvantaged people along the Medway)

[www.mencap.org.uk](http://www.mencap.org.uk) (contains useful contacts of local groups and their activities)

[www.merlinentertainments.biz](http://www.merlinentertainments.biz) (this website covers all the major theme parks such as Chessington, Alton Towers, etc)

[www.nationaltrust.org](http://www.nationaltrust.org) (responsible for the protection of historical buildings and some of our most beautiful coastlines and wild areas)

[www.visitbritain.co.uk](http://www.visitbritain.co.uk) (day out and holiday ideas in Britain)

[www.visitkent.co.uk](http://www.visitkent.co.uk) ( day out and holiday ideas in Kent)

[www.visitlondon.co.uk](http://www.visitlondon.co.uk) (day out and holiday ideas in London)

Contact details for theatres, cinemas and local tourist information centres in Kent are listed under the appropriate local authority. Please contact tourist information or the attraction itself for specific information. Libraries and local What's On publications are also very useful for local events and regular activities. Check your area for other disability support groups such as Action For Children, Mencap and Parents Partnerships as they run regular and

holiday events. These can usually be found in the community pages of the local authority or just “Google” disability groups and click on the ones you’re interested in. There are lots of other useful contacts out there.

We felt it would be easier to list local clubs, authorities and facilities, alphabetically. Some local authorities have done well with school holiday, play or youth schemes, whereas, others have very limited events in local areas. Details for each local authority are listed alphabetically. Some sites are very good, but you need to access the relevant areas e.g. Maidstone’s holiday scheme is Hotfoot. You may be able to request copies of local authority directories to be sent, if you don’t have a computer, by contacting your local authority.

**N.B. Most council run holiday schemes are for residents in that local authority area, so please check with them first.**

**Ashford Borough Council ([www.ashford.gov.uk](http://www.ashford.gov.uk))**

**CARERS SUPPORT 01233 664393**

**YOUNG CARERS SUPPORT 01233 665393**

Ashford Councils’ website doesn’t contain a lot of information, but there is some. The site is well labelled but you have to cross several links to find what you’re looking for.

### Theatres and Cinemas

The Sinden Theatre 01580 767046 ext 223

Cineworld Cinema 0871 200 2000

### Sports and Leisure Centres

Courtside 01233 896511

The Julie Rose Stadium 01233 613131

The Stour Centre 01233 663503

Tenterden Leisure Centre 01580 765987

Victoria Park Indoor Bowls Centre 01233 650760

### Tourist Information Centres

Ashford Tourist Information Centre 01233 629165

Tenterden Tourist Information Centre 01580 763572

### Other Activities

Ashford Borough Council provides a wide range of sports supported by a specialist team, from archery to wheelchair basketball. Please check their website under community and living.

Ashford A C Alligators 01233 330232 (Simon Harris)

An athletics club for children with special needs held at the Julie Rose Stadium.

Ashford Mencap 01233 621663

Monthly disability disco held in St Stephens Walk, Ashford.

Dolphins of Ashford 01233 330232 (Simon Harris)

A swimming club for people with learning difficulties and disabilities.

Invicta Valiants Junior FC 07860 713619/ 01233 758085 (David Ramzan)

A football club for under 16's with special needs and/or disabilities.

Kent Gliding Club 01233 740274

People with disabilities can try gliding but there are restrictions including height and weight. 14+ only.

**Canterbury City Council ([www.canterbury.gov.uk](http://www.canterbury.gov.uk))**

**CARER'S VOICE 01227 365442**

**CANTERBURY & THANET YOUNG CARERS 01227 743323**

**CANTERBURY & COASTAL RETHINK CARERS SUPPORT GROUP**

**01227 760707**

On the Canterbury website, go to the section marked what's on at the bottom. There are several headings including Festivals and Events, Leisure Centres and Play Schemes. Click on your selection to get information on what's available and contact details.

### Theatres and Cinemas

Gulbenkian Theatre (Canterbury) 01227 769075

Gulbenkian Cinema 3 (Canterbury) 01227 769075

Herne Bay Little Theatre 01227 366004

Kavanagh Cinema (Herne Bay) 0845 166 2384

Kings Hall Theatre (Herne Bay) 01227 373322

Odeon Cinema (Canterbury) 0871 224 4007

Theatre in the Park (Herne Bay) 01227 373292

Whitstable Playhouse (Whitstable) 01227 272042

### Sports and Leisure Centres

Herons Swimming Pool (Herne Bay) 01227 742102

Kingsmead Leisure Centre (Canterbury) 01227 769818

The Pier Sports Centre (Herne Bay) 01227 366921

Whitstable Sports Centre 01227 274394

Whitstable Swimming Pool 01227 772442

## Tourist Information Centres

Canterbury Tourist Information Centre 01227 378100

Herne Bay Tourist Information Centre 01227 361911

Whitstable Tourist Information Centre 01227 275482

## Other Activities

Kingsmead Disabled Swimming Club 01304 812734

Sunday club for all ages and disabilities.

Canterbury City Football Club ([info@canterburycityfc.com](mailto:info@canterburycityfc.com))

Saturday football club for special needs

Inclusive Youth Club 01227 367555 (Natalie)

All inclusive youth club in Canterbury fortnightly on Thursday.

M.A.P.S 01634 317431

This is a club for people aged 16+ with disabilities which runs on Wednesday mornings in Canterbury.

Multi Sport Club 01227 367555

For children aged 8+ meeting fortnightly.

Riding for The Disabled -Cobbes Meadow Group 01227 830043

Horse riding and carriage rides for all ages and disabilities.

SNAAP Sports Club 01227 367555 (Natalie)

Runs every other Friday for 8+ with disabilities.

Whitstable Youth Group 01227 367555/ 07985 407672

Meets fortnightly on Sundays for young people aged 11+.

[www.notbored.net/kids](http://www.notbored.net/kids)

This website lists activities for 5-11 year olds.

[www.notbored.net](http://www.notbored.net)

This website lists activities for 12-18 year olds.

**Dartford Borough Council ([www.dartford.gov.uk](http://www.dartford.gov.uk))**

**CARERS SUPPORT SERVICE 01322 284740**

**121 YOUNG CARERS PROJECT 01322 294005**

Visit the council website and click on the heading, living and leisure to bring up a drop down menu. Click on organisations and clubs, then the red box community connects. Here you have the opportunity to search for all types of clubs and community organisations, with contact details. A good straightforward site that's easy to navigate.

### Theatres and Cinemas

Miskin Theatre 01322 629422

Mick Jagger Centre 01322 291100

Orchard Theatre 01322 220000

Showcase Cinema (Bluewater) 0871 220 1000

### Sports and Leisure Centres

Acacia Hall 01322 343490

Fairfield Pool and Leisure Centre 01322 224400

### Tourist Information Centre

Dartford Tourist Information Centre 01322 558676

## Other Activities

After School Club 01322 281833

Held at Peppercorns on Tuesdays for 13-19 years.

Flex Gym Club (Paul Wood)

Music Club at Allsworth Court, Hextable (01322 668501)

One hour music sessions held on Saturday mornings. 2 groups 5-8 years and 9-13 years

Peppercorns (Dartford) 01322 425981

Peppercorns is a purpose built centre offering employment and training schemes, hairdressing and beauty treatments and lots of leisure activities for people with disabilities.

Place 2 Be 01322 281833

A Thursday evening club for people with disabilities.

Swan Valley School Football Club (Swanscombe)

01322 665474 (Lisa Derosé)

A football club for young people with disabilities run by Charlton Athletic Football Club catering for age groups 7-11 and 12-16.

Swanscombe Tigers (Swanscombe)

[www.swanscombetigers.com](http://www.swanscombetigers.com)

01474 356082 (Kevin Matthews)

A football club of mixed abilities which has been running for more than twenty years. There are 2 age groups which are 8's to 12's and 13's to 18's.

Youth Club at Allsworth Court, Hextable (01322 668501)

Youth club for young people with disabilities.

[www.create-inn.com](http://www.create-inn.com) This is a pottery studio which is situated in Crayford and can cater for people with disabilities.

**Dover District Council ([www.dover.gov.uk](http://www.dover.gov.uk))**

**DOVER DISTRICT CARER'S SUPPORT 01304 364637**

**YOUNG CARERS SUPPORT 01233 665393**

Within Dover Council website there is lots of information. Click on Community and Living, or Leisure and Culture, then on Community Directory where you'll find clubs and events.

### Theatres and Cinemas

Astor Theatre (Deal) 01304 366077

Flicks Cinema (Deal) 01304 361165

Silver Screen Cinema (Dover) 01304 228000

### Sports and Leisure Centres

Dover Leisure Centre 01304 201145

Tides Leisure Centre (Deal) 01304 373399

### Tourist Information Centres

Deal Tourist Information Centre 01304 369576

Dover Tourist Information Centre 01304 205108

### Other Activities

Kent Association for The Disabled Club (Jeanne Henderson)

Ring for details 01304 205838

St Margarets All Stars Pan Disability Football Club (Deal)

A football club for all disabilities and all ages from 6+.

01304 373526 / 07956 137458 (Dan Slaughter)

Teen Scheme 01304 379630

Organises holiday activities for 12 to 17 year olds.

Play Scheme 01304 872448

Organises holiday activities for 6 to 12 year olds.

[www.pegasusplayscheme.btik.com](http://www.pegasusplayscheme.btik.com)

A 3week summer playscheme offering 65 places for young people with disabilities and learning difficulties aged 8 to 21 years.

( Sue Clark 07789 696358)

**Gravesham Borough Council ([www.gravesham.gov.uk](http://www.gravesham.gov.uk))**

**CARERS SUPPORT SERVICE 01322 284740**

Go to Gravesham Council website and click on the heading which says enjoying . Here you'll find a full page of ideas. Click on Sport and Recreation-Leisure Services where there's a section on school holiday activities, local sports clubs and organisations with contact details. At the time of writing, the website was being updated.

### Theatres and Cinemas

Guild Theatre 07981 792101

Woodville Halls 01474 337630

### Sports and Leisure Centres

Cascades Leisure Centre (Gravesend) 01474 337471/337472

Cygnets Leisure Centre (Northfleet) 01474 337484/337485

## Tourist Information Centres

Gravesend Towncentric Information Centre 01474 337600

## Other Activities

Kids Club at Sprints Youth Centre, Northfleet (01322 668501)

Wednesday club for disabled young people from 5-18

Swim Sessions (Cascades) 01474 337471/ 01474 337472

Swim Session (Cygnets) 01474 227484/ 01474 337485

Both these swim sessions for people with disabilities are run on Saturday evenings at their respective sports centres.

**Maidstone Borough Council ([www.maidstone.gov.uk](http://www.maidstone.gov.uk))**

**MAIDSTONE CARERS PROJECT 01622 685276**

**CROSSROADS YOUNG CARERS PROJECT 01622 249090**

Go to the council website and click on the heading Community. It will take you to a drop down list with a section called Sports, Play and Youth. Click on that link and you'll find a page with lots of activities. Click on Hotfoot, Rewind or Freefall to get information on activities for people up to the age of 20. The pages also contain a small directory of disabled facilities including, gymnastic and football clubs. On the drop down menu on the left hand side is a section on disability sports which lists playschemes and dance classes.

## Theatres and Cinemas

Hazlitt Arts Centre 01622 758611

Odeon Cinema 0871 224 4007

## Sports and Leisure Centres

Larkfield Leisure Centre 01622 719345

Maidstone Leisure Centre and Mote Hall 01622 761111

## Tourist Information Centres

Town Hall Information Centre 01622 602169

## Other Activities

Bubbles Swimming Club 01622 753749

Swimming club for 4-16 years with disabilities.

Cobham Manor Riding Centre 01622 738497

Riding lessons for special needs pupils. Ring for details.

Multi Sport Club 01732 525389

Try different sports on a regular basis. 8-16 years.

No Limits (Neil) 01622 679796

Monthly nightclub held at JJ's in Maidstone for special needs

[www.maidstonearts.com](http://www.maidstonearts.com). Click on the directory which lists contact details for anything to do with the arts.

[www.digitalmaidstone.co.uk](http://www.digitalmaidstone.co.uk). This website runs in tandem with the council website and gives similar information.

**Medway Council ([www.medway.gov.uk](http://www.medway.gov.uk))**

**MEDWAY CARERS CENTRE/CARERS FIRST 01634 577340**

**MEDWAY YOUNG CARERS PROJECT 01634 852458**

**CARERS RELIEF 01634 715995**

## MEDWAY CROSSROADS 01634 577900

On the council website, click on leisure. You'll see a drop down list including children's activities , and clubs. Click here and select the section you want. In the same section is the Medway Organisation List for Everybody (M.O.L.E.) which contains lots of information.

### Theatres and Cinemas

The Brook Theatre (Chatham) 01634 338338

Central Theatre (Chatham) 01634 338338

Cineworld Cinema (Strood) 0871 220 8000

The Kings Theatre (Chatham) 01634 403737

Medway Little Theatre (Rochester) 01634 400322

The Oast House Theatre (Rainham) 01634 233660

Odeon Cinema Dickens World (Chatham) 0871 224 4007

### Sports and Leisure Centres

Arethusa Venture Centre (Rochester) 01634 719933

Black Lion Leisure Centre (Gillingham) 01634 283700

Darnley Road Recreation Ground (Strood) 01634 718959

Deangate Ridge Sports Complex (Rochester) 01634 251180

Gillingham Gym Club (Chatham) 01634 843431/720609

Hundred of Hoo Pool (Rochester) 01634 251588/251594

The Ice Bowl (Gillingham) 01634 388477

Jacksons Fields Recreation (Rochester) 01634 847739

John Nike Leisuresport Complex (Chatham) 01634 827979

Jumpers Rebound Centre (Gillingham) 01634 855507

Lordswood Leisure Centre (Chatham) 01634 662862

Maidstone Road Sports Ground (Chatham) 01634 843754

Splashes Leisure Centre (Rainham) 01634 377509

The Stirling Centre (Rochester) 01634 818422

Strand Leisure Park (Gillingham) 01634 852907

Strood Leisure Centre 01634 723888

### Tourist Information Centres

Rochester Visitor Information Centre 01634 843666

### Other Activities

Closing the Gap 01322 281833

A Saturday afternoon club for families of children with disabilities.

Disability Judo Group (Jon Sieloff) 07971 862874

!st Saturday of every month at Gillingham.

Equal Teams (Derek Drew) 07867 898632

A mixed ability football club for 16+ with or without learning disabilities.

Gateway Youth Club 01634 864980 (Joan Mitchell)

A club for adults with learning disabilities over the age of 20.

MAGIC @ Monkey Bizz 01634 326230

A club run for younger children every 1<sup>st</sup> and 2<sup>nd</sup> Thursday of each month from 6.15pm to 8pm.

MAGIC Youth Club @ Woodies 01634 326230

A youth club for people with a disability aged 10+ which runs every Tuesday from 6.30pm.

M.A.P.S. 01634 317431 (Mark Spurgeon)

A weekly club for people aged 16+ with disabilities held in Chatham and Twydall. Also walks and football trips.

Medway Faith and Light 01634 570309 (Rachel Littlewood)

A fortnightly Christian based disability spiritual /social group.

Medway Youth Station 01634 850531

A facility enabling people access to electronic youth activities, such as cd or video recording, with studios.

Music and Drama Group 01322 281833

Held in Gillingham every Thursday.

The Monday Club 01322 281833

Club in Gillingham runs every Monday 18+.

Parkwood Youth Centre (THE WEDNESDAY SQUAD) 01634 233846

A youth club for people with disabilities and learning difficulties up to the age of 20. Held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month.

Sailability 01634 314124 (Julia Browne)

To enable people with disabilities to fully participate in sailing.

Shout Out 01634 338600 (Anton or Paula)

Self advocacy group for people with disabilities which has a weekly radio programme.

Tuesday Club 07940 128794 (Tracy Staples)

Regular club for those with disabilities aged 16+ A small annual membership fee is required and a small weekly charge.

Tuesday Performing Arts Club 07588 778047 (Karen)

A new performing arts club for all ages and disabilities.

Valiant Swimming Club 01634 723486

For people of all ages with disabilities to learn water skills.

**Sevenoaks District Council ([www.sevenoaks.gov.uk](http://www.sevenoaks.gov.uk))**

**CARERS FIRST 01732 357555**

Despite exploring Disabled Go on the council website, there appears to be nothing much available. If anybody knows differently please let me know and I will gladly add it to the directory.

### Theatres and Cinemas

Hever Lakeside Theatre 01732 666114

Sevenoaks Playhouse (The Stag) 01732 450175

### Sports and Leisure Centres

Edenbridge Leisure Centre 01732 865665

Sevenoaks Leisure Centre 01732 470700

White Oak Leisure Centre 01322 662188

Wilderness Sports Centre 01732 451437

### Tourist Information Centres

Sevenoaks Tourist Information Centre 01732 450305

Swanley Tourist Information Centre 01322 614660

## Other Activities

CEDAK 01732 822864 (Peter Drewry)

Archery group at Valence School for disabilities.

Sevenoaks PHAB 01732 465668

A mixed ability social club that meets on Tuesdays.

The Cygnet Club 01322 665196

A social club for learning disabilities meeting on Thursdays in Swanley.

Shepway District Council ([www.shepway.gov.uk](http://www.shepway.gov.uk))

**YOUNG CARERS SUPPORT 01233 665393**

**CARERS SUPPORT 01233 664393**

## Theatres and Cinemas

Silver Screen Cinemas 01303 221230

## Sports and Leisure Centre

Folkestone Sports Centre 01303 850222

Hythe Swimming Pool 01303 269177

Pent Valley Leisure Centre 01303 277539

Shepway Council have a scheme called Sportslink which gives discounts to people with disabilities and based at The Pent Valley Leisure Centre. Visit [www.thevlc.co.uk](http://www.thevlc.co.uk) and click on disability on the left hand side to find further information.

## Tourist Information Centres

Folkestone Tourist Information Centre 01303 258594

Hythe Tourist Information Centre 01303 267799

New Romney Tourist Information Centre 01303 258594

## Other Activities

Folkestone Ski Centre 01303 850333

Disabled ski club on last Sunday of each month between September and May

Hythe Ability Cycling Club 01732 525433 (Paul Panton)

Cycling club for all ages and disabilities.

Learning Disabilities Netball Team 01303 277539

This club is aimed at over 12 years.

Sitting Volleyball 07710 772533 (Tom Middleton)

A sports club suitable for all ages.

Valley Friday Fun Club 01303 277539

For young people aged 5 to 18, although over 13's are expected to become a buddy to younger members.

Wheelchair Basketball Club 01303 277539

This is aimed at 12+ years.

**Swale Borough Council ([www.swale.gov.uk](http://www.swale.gov.uk))**

**SWALE CARERS AND YOUNG CARERS 01795 583440**

At present, on the council website, there's a large list of activities and clubs. You will need to contact them to see if they cater for people

with disabilities and learning difficulties. Click on [www.swale.gov.uk](http://www.swale.gov.uk) and on A to Z search, click on C and scroll down on the left hand side until you find community services. Click on community events and you'll see a calendar. Click on regular events and clubs and a drop down list will appear. Select your choice and contact them.

### Theatres and Cinemas

Arden Theatre 01795 531334

Avenue Theatre 01795 471140

New Century Cinema 01795 423984

Royal Cinema 01795 535551

Sheppey Little Theatre 01795 665700

### Sports and Leisure Centres

Faversham Swimming Pool 01795 532426

Sheppey Leisure Complex 01795 668061

Sittingbourne Community College Sports Centre 01795 425825

Sports Pitches (all of Swale) 01795 417529

Swale Indoor Bowls Club 01795 421222

Swallows Leisure Centre 01795 420420

### Tourist Information Centres

Faversham Heritage Centre 01795 534542

Sittingbourne Tourist Information 01795 417478

### Other Activities

Disability Discovery Club 01795 417054/01795 417109

A club developing sports skills with all ages of disability.

\*Faversham Youth Centre 01795 532238

\*New House Sports and Youth Centre 01795 423836

\*Sheerness County Youth and Activity Centre 01795 662808

\*Sheppey Inter-Agency Project 01795 665733

The listings marked \* are youth projects for all young people.

SittCom Circus 01795 472449 ext 301/ 07900 367079

Circus skills club for 13-19 years

**Thanet Council ([www.thanet.gov.uk](http://www.thanet.gov.uk))**

**CARERS VOICE 01227 365442**

**CANTERBURY AND COASTAL RETHINK CARERS SUPPORT GROUP  
01227 760707**

**CARERS VOICE YOUNG CARERS PROJECT 01233 665393**

**VOLCARE CANTERBURY & THANET 01227 749400**

### Theatres and Cinemas

Carlton Cinema (Westgate) 01843 832019

Granville Theatre (Ramsgate) 01843 591750

Palace Cinema (Broadstairs) 01843 865726

Theatre Royal (Margate) 0845 1301786

Vue Cinema (Westwood Cross) 0871 2240240

Winter Gardens (Margate) 01843 296111/292795

### Sports and Leisure Centres

AMF Bowling Centre 0844 8263024

Bugsy's Tenpin Bowling 01843 228632

Hartsdown Golf and Tennis Club 01843 226221

Hartsdown Leisure Centre 01843 226221

JJB Sports and Fitness Club 01843 866105

Ramsgate Sports Centre 01843 585111

Ramsgate Swimming Centre 01843 593754

Thanet Indoor Bowls Centre 01843 227083

Westbrook Bowls 01843 220185

### Tourist Information Centres

Broadstairs, Margate and Ramsgate

Visitor Information Centre 0870 2646111

### Other Activities

Disabled Youth Group 07896 844151

Meets monthly on Tuesday's in Cliftonville for ages 11-25.

Step Forward Cycling Club 01732 525433 (Paul Panton)

A cycling club for all ages and disabilities.

T.A.D.S.A.D 01843 577528/01843 590614

This group has disabled sports activities around Thanet ranging from TADPOLES for ages 5-11 years and football and archery for all ages.

Thanet Disabled Riding Centre 01843 863481

Provides supported riding for people with disabilities of any age.

**CARERS FIRST 01732 357555**

**CARERS LINE 0808 808777**

Check the council website for arts, sports and community directory.

### Theatres and Cinemas

Angel Centre 01732 359966

E.M.Forster Theatre at Tonbridge School 01732 304241

Tonbridge Oast Theatre 01732 363849

### Sports and Leisure Centres

The council has a leisure pass allowing residents with disabilities up to 50% discount at council sports and leisure centres, some playschemes and some events. Visit the website for details.

Angel Centre 01732 359966

Astor Sports and Leisure Complex 01622 759615

Larkfield Leisure Centre 01622 719345

Poult Wood Golf Centre 01732 364039

Tonbridge Pool 01732 367449

### Tourist Information Centres

The Hop Farm Tourist Information Centre 01732 876322

Tonbridge Castle Tourist Information 01732 770929

### Other Activities

Circle of Friends (Trudy) 01732 875888

A monthly social group for people with disabilities.

Dance for Fun (Angela Borsos) 01732 846314/07824 485170

Monday fun exercise dance for all ages and abilities

Friendz 01732 360033

A fortnightly social group for 18-30 year olds.

Fun Club 01732 360033

For young people aged 8-17 during school holidays.

Golden Flag 01732 360033

A fortnightly social club for ages 25+ which runs on a Monday 7-9pm.

Grove Centre Youth Group 01732 362699

A club for disabled youngsters aged 12 to 18 on Tuesday afternoons between 4.30pm and 6pm.

Holiday Friendz 01732 360033

A group for adults aged 18-30 during college holidays.

Kingfisher Club(Barbara Myatt) 01732 352824

For people with learning disabilities aged 11+ with no upper age limit.

Paddock Wood Football Club (Lorraine Humm) 07880 907188

A disability club run indoors Sunday from 10am-12 noon. All ages.

River Drama Group [www.riverdrama.com](http://www.riverdrama.com)

A specialist drama group for people with Down Syndrome.

Speaking Up Group (Nicky Delacey) 07917 115165

Social group which meets once a month in East Malling and Tonbridge and empowers people with disabilities to speak out on issues that affect them.

Special Needs Club 01622 719345

Run every 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month at Larkfield Leisure Centre from 5pm-7pm with a variety of activities for all ages.

Playscheme Plus 01732 876166

A summer play scheme offering 1-1 support for those with a disability who need regular 1-1 support aged 4-11.

Splash 01732 360033

Regular swimming sessions for people with disabilities, their friends and families.

Y2 Crew 01732 876166

A summer scheme designed for 11-18 years. Can provide additional support for those who need it.

## **Tunbridge Wells Borough Council**

**[www.tunbridgewells.gov.uk](http://www.tunbridgewells.gov.uk)**

**CARERS FIRST 01732 357555**

**WEALD OF KENT CROSSROADS 01892 532701**

### Theatres and Cinemas

Assembly Hall Theatre 01892 530613/ 01892 532072

The Forum 08712 777101

Kino Cinema 01580 754321

Odeon Cinema 0871 2244007

The Queens Hall Theatre 01580 711856

Trinity Theatre 01892 678678

## Sports and Leisure Centres

Putlands Sports and Leisure Centre 01892 838290

Tunbridge Wells High School Sports Centre 01892 538404

Tunbridge Wells Sports Centre 01892 540744

Weald Sports Centre 01580 710720

## Tourist Information Centres

Tunbridge Wells Tourist Information Centre 01892 515675

## Other Activities

The council website has contact details for all parks with recreation facilities and country parks but doesn't appear to list any community, sports or leisure groups.

Mariners of Bewl [info@mariners-of-bewl.org.uk](mailto:info@mariners-of-bewl.org.uk)

A group that helps all disabilities and ages integrate with able bodied through sailing.

Tunbridge Wells FC Disabilities Team 07952 773228 (Joe Croker)

A team for people with disabilities 16+ which meets every Monday.

A final thought. **If you feel there is a lack of facilities for your families, please write to your local councillors and MP's and join local support and pressure groups to make things better.**