

[Inclusive Physical activity SEND Opportunities](#)

(Compiled on 26.3.23)

Every Move Activity Finder

Everymove Website has been created to allow people in Norfolk to search for physical activity opportunities:

<https://www.everymove.uk/>

Norfolk DRAGONS:

Dragons.project@outlook.com

The DRAGONS (Disability Real Action Group of Norfolk) are a group of young people with disabilities that are looking to make sure that SEND opportunities, in Norfolk, are accessible and that young people are enjoying their services.

Special Olympics

07948353245 <https://www.specialolympicsnorfolk.com/>

Swimming – Sundays 15:30 – 16:30 Wymondham Leisure Centre – £30 for 6 weeks - all ages

Boccia – Mondays 18:20 – 19:40 – UEA Sportspark - £3 per session - all ages

Tennis – Fridays 16:30 – 17:30 - Lime Tree Road Tennis Club – £3 per session – all ages

Athletics – UEA Sportspark

Fridays 11.00am - 12.00pm

Open to all ages

£3 for each session

Great Yarmouth Campus Sports Hall or Wellesley Rd Athletics Track

Fridays 11.00am - 12.00pm

Open to all ages

£3 for each session

Children's Athletes Group

UEA Sportspark

Saturdays 12.30-1.30pm

Open to anyone with an intellectual disability

Aged 8-16 years

£3 for each session

For more information please contact Kay Bailey on 07825 778173 or email.

Hoop Stars

Claire@NorfolkHoopstars.co.uk

Basketball – Thursdays – 17:00 – 18:00 – UEA Sportspark - £5 per session – all ages

Able2Be

<https://able2b.co.uk/>

Email - info@able2B.co.uk

Able2b Gym, 9 Gilchrist Close, Bessemer Road, NR4 6AT.

01603986407

If you would like your child to start at Able2B, they need to get in contact first and book an assessment. The quickest way is to email with a contact number and that you are from Parkside. The child will then be told which class is ideal for them.

The cost of an assessment is £45 and classes are £40 per month (one class a week).

Prior to starting there is an online consent and medical form to complete.

The quickest way to get in contact is via email, if the parent I'll call them back and do my best to book their assessment as soon as possible.

Class times:

Tuesdays – 16:30

Saturdays - from 11am

Assessment required prior to attending (please do not just turn up)

Norfolk Snowsports Club

01603 662781 <https://www.norfolksnowsports.com/learn-to-ski/#ski-adaptive>

Adaptive skiing/Tubing – Sundays – 1 Hour sessions at 13:30 and 15:00 - fortnightly – Norfolk Snowsports Club - £27 membership per year plus £11 per session – Don't need membership for 1st session or tubing – all ages

Community Sports Foundation

01603 984000 <https://www.communitysportsfoundation.org.uk/>

Please see attached Flyers for further information about the specific clubs. Most are £1 or free

DISABILITY INCLUSIVE SESSIONS (7-16)



COMMUNITY
SPORTS
FOUNDATION

Dance

When: Monday
5:15pm – 6:00pm
Where: Carrow
Park
Who: Ages 8+

Focuses on learning key dance skills for performance opportunities, as well as fun games at weekly sessions.

Realising Potential

When: Tuesday
6:00 – 8:00pm
Where: The Nest
Who: Ages 10–16

When: Friday
5:00 – 6:00pm
Where: Carrow Park
Who: Ages 10–16

Multisport and Youth Club.

PAN Football

When: Tuesday
5:00 – 6:00pm
Where: The Nest
Who: Ages 7 – 16
years old

When: Thursday
6:00 – 7:00pm
Where: Carrow
Road
Who: Ages 7 – 16
years old

Impairment Football

When: Friday
5:00 – 6:00pm
Where: Carrow
Park
Who: Ages 7+
Cerebral Palsy,
Hearing Impaired,
VI & Blind

Match Day Club

When: Norwich City Home
Fixtures
Where: Carrow Road
Who: Ages 8+

Our Disability Match Day Clubs provide the chance for participants to watch Norwich City FC together, in the Community Stand at Carrow Road. Participants will be accompanied by our coaches throughout.

Powerchair Football - City Academy Fridays 6-8pm. Age 8+

Pan Disability - The Nest every Sunday 10-11am. Age 4-6yrs costing £1

Swimming: Riverside Leisure Centre every Friday 6-7pm. Age 8-12yrs costing £1

Down Syndrome Football: The Nest every Saturday 10-11am. Age 7+ costing £1

UEA Sportspark

<https://www.sportspark.co.uk/sports/inclusive/#activities-run-by-external-organisers>

Cycling – Sundays 10:00 – 10:45 11:00 – 11:45 – Once a month - UEA Sportspark £1:50 per session - all ages

Springs Gym - Gymnastics – Sundays – 10:00 – 10:45 – UEA Sportspark - £4.40 per session

Alternate weeks – 5-9 years old – 8-15 years old

No Limits Dance

Inclusive Dance for all abilities

<https://www.facebook.com/NoLimitsNorfolk>

07557 382133

nolimitsnorfolk@gmail.com

Tuesdays: Sprowston Methodist Church.

BSL Signing Choir - 6:30-7:30pm.

Wednesdays: Sprowston Methodist Church.

SEND Street Dance - 7-8pm costing £8 per session or £80 for the term. Sprowston Methodist Church.

Inclusive Dance -5:30-6:30pm costing £8 per session or £80 for the term.

Thursdays: Sprowston Methodist Church.

Inclusive Dance Class - 6:30-7:30pm.

Saturdays: Greenfields Community Centre

Young Movers: U11's 9:30-10:30am

Sensory Dance: -All Ages: 11-12pm

Sensory Stories - All ages: 12:30-1:30pm

Cycling: Little Riders

<https://www.littleridersuk.co.uk/>

Various sessions available at different venues. These include group sessions as well as more bespoke 1-1 sessions

Private 1-1 Swimming

Contact Paul Howe (Parkside Swim Teacher) on 07909332953

Hewett School Swimming Pool, 137 Hall Road, Norwich, NR1 2RD

Various time slots Mon - Fri generally between 4-6pm

£22.50 for a 20min session