

## Swimming - General

Parents to call and book 'general swim' slot. Sessions are free for under 16s. Hoists are available.

**Contact: 0844 414 2728**

**Venue: Atherton, Balaam, East Ham, Manor Park or Newham**

## Swimming - Complex Needs

Swimming lessons specifically designed for children aged 8-16 with complex and special educational needs.

**Contact: 0300 124 0123**



## Local Offer

There is a variety of activities in Newham which are being run by a range of groups, organisations and agencies.

**Email: [local.offer@newham.gov.uk](mailto:local.offer@newham.gov.uk)**

## Newham Ability Camp

The Newham Ability Camp is a multisport club which aims to give children and young adults with disabilities their first steps into sports.



**Contact: 07811 671082**

**or Email: [Paul495@btinternet.com](mailto:Paul495@btinternet.com)**

## Framed Football

Frame football is a new format of the game that is being developed specifically to meet the needs of footballers who require the use of a frame or K-walker.

**Contact: 07747 001 004**

**or Email: [steve\\_branch@sky.com](mailto:steve_branch@sky.com)**

**Venue: Harris Academy Riverside, London Road, Essex, RM19 1QY**

## Contact Us

**West Ham Lane Health Centre, 84 West Ham Lane, E15 4PT**

**Phone: 020 8586 6480**

East London   
NHS Foundation Trust



**Active Kids in Newham**

## Wheelchair Cricket

Formed to give people with mixed disabilities the opportunity to play cricket and develop their potential regardless of the severity of their disability.

**Contact: 07811 671 082**

**Venue: UEL Sports Dock, 4-6 University Way, London E16 2RD**



## RaceRunning

RaceRunning is a new sport for children, young people and adults who cannot run independently and rely on support aids for mobility and balance.

**Contact: 0207 993 9883**

**or email: elliebarton@movl.com**

**Venue: Waltham Forest Feel Good Centre, E17 5AA**

## ZEN SEN and Soft play at ZAPspace

### ZEN SEN

Weekly Tuesday ZEN SEN sessions which are specifically designed to be all the fun of a Freestyle Jump, but a little more zen.

### Soft Play

For babies and toddlers, the bright colours, soft equipment and challenging physical activities are all readily available to provide a stimulating play experience.

**Contact: 020 8555 7029**

**or Email: bookings@zapspace.co.uk**

**Venue: 369 High Street, Stratford, E15 4QZ**

## Gymboree

Designed by experts in both education and in play, their age-appropriate activities help develop the cognitive, physical and social skills of children as they play.

**Contact: 07966 227583**

**or Email: docklands@gymbo.co.uk**

**Venue: 15 Lyell Street, London, E14 0SZ**

## Cycle Confident

These programs offer children the opportunity to learn how to cycle.

<https://www.cycleconfident.com>

**or Telephone 01223 606027**

## Horse Riding

Pony rides for £1 on Saturdays and Sundays for children with additional needs/ASD.

**Contact: 0207 5113917**

**Venue: 2 Claps Gate Lane, Beckton, E6 6JF**

