

Active Kids in Newham



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

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.

Email: 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.

Email: steve_branch@sky.com

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.

Email: info@ukwheelchaircricket.co.uk

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.

Email: elliejbarton@movl.com

Cycle Confident

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

Email: contact@cycleconfident.com

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.

Email: bookings@zapspace.co.uk

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.

Email: docklands@gymbo.co.uk

Horse Riding

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

Email: riding.school@btconnect.com

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

Venue: Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD