

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



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.

Contact: 07811 671082

or 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.

Contact: 07747 001 004

or Email: 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

