

SWIMMING - GENERAL

Please call and book 'general swim' slots. Sessions are free for under 16s. Hoists are available.

Contact: 0844 414 2728

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

SWIMMING - SEN

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

Contact: 0300 124 0123



Active Kids in Newham



Specialist Children &
Young People's Services
(SCYPS)

NEWHAM ABILITY CAMP

This is a multisport club that aims to give children and young adults with disabilities their first steps into sports. They run different sports clubs across at New Vic College, East Ham Leisure Centre and Newham Leisure center.

Contact: 07811 671 082
or Email: paul495@btinternet.com

SOFT PLAY

This soft play is open 7 days a week for children aged 0-10 years. Each child entry costs £5.00.

Book online here:



FLIP OUT

Flip out is an indoor trampoline and adventure park. They sometimes offer free SEND ONLY sessions, that are available to book on their website for children aged 0-18 years old here:



CYCLE CONFIDENT

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

Contact: 01223 606027

Please visit their website:



BIKE WORKS

This is a cycle club that runs all ability sessions. The sessions are designed for people with physical, sensory or learning disabilities, those with health conditions and carers. They provide bicycles and adapted cycles.

They run sessions in E6 and E20, and all the times and locations can be found on their website:



HORSE RIDING

Pony rides for £5 or less on Saturdays and Sundays for children with additional needs/ASD. Please contact them to find out how to buy tickets

Contact: 0207 473 4951

Venue: 2 Claps Gate Lane, Beckton.



COMMUNITY GARDENS



These community gardens are spread across the borough of Newham and are a great place to visit with your family. Please scan the QR code for more information on each garden.

1) Abbey Road



2) Bonny Downs Community Association Growing Together



3) The UP Garden



4) Forest Gate Community Garden



5) Wild Green E13

