Inclusive Sport in Bristol

Session Directory
May 2023

Ignite
BRISTOL
Active. Inclusive. Together.

About this Directory

In here there's lots of wonderful activities and clubs for you get involved in.

Sessions listed are at the request of the club. Checks and assurances haven't been made by Ignite Bristol; you should always enquire to ensure the suitability of opportunities.

Session details can change!

Always get in touch with the club before attending.

Latest information and other sports opportunities can be found via:

- www.ignitebristol.co.uk/get-active
- Signing up to the mailing list: bit.ly/IB-signup

If you require any assistance using this guide or would like further information, please contact:

Email: info@ignitebristol.co.uk

Phone: 0117 450 9805

Contents 1

About this Directory....2
Contents....3
Map View....6
Calendar View....7
Athletics with Yate Athletic Club....10
Boccia with:
- Irwin Mitchell Bristol Boccia Club....11
- GEM Boccia....12

Bowls with Bristol Indoor Bowls Club....13
Boxing with Broadplain & Riverside Youth Projects....14
Climbing with Bristol Inclusive Thrill Seekers....15
Cricket with:
- Frenchay Falcons Cricket....16
- Somerset Cricket Foundation....17
- Shine Inclusivity Cricket....18

CrossFit with Adaptive CrossFit Henleaze....19
Cycling with:
- Life Cycle UK....20
- Strawberry Line Cycles....21
- Bristol Cycling Centre....22

Dance with:
- Inclusive Dance....23
- Jigsaw Thornbury....24
- Flamingo Chicks....25

Contents 2

Fitness Classes with:
- Fitness Class for Blind and VI People.....26
- FAM- Functional Adaptive Movement.....27

Fencing with Bristol Blades Fencing.....28

Football with:
- Bristol Rovers Community Trust.....29
- Rockleaze Rangers FC.....30
- Bristol City Robins Foundation.....31
- Bristol Down Syndrome Football Club.....36
- Bristol City Cerebral Palsy Football Club.....37
- Bristol City Sensory Football.....38
- Bristol City Frame Football Club.....38
- Longwell Green Sports JFC.....39

Frame Running with Nova.....40
Gympanzees.....41
Hockey with Bristol Flyerz Hockey.....42
Horse Riding with The Avon Centre.....43
Hydrotherapy Freeways Hydrotherapy.....44
Karting with Absolutely Together.....45
Limb Power.....46
Martial Arts with Adaptive Martial Arts.....47
Powerchair Football with Nova Powerchair FC.....48
Physiotherapy Freeways Physiotherapy.....49
Running with VI Runners Bristol.....50

Contents 3

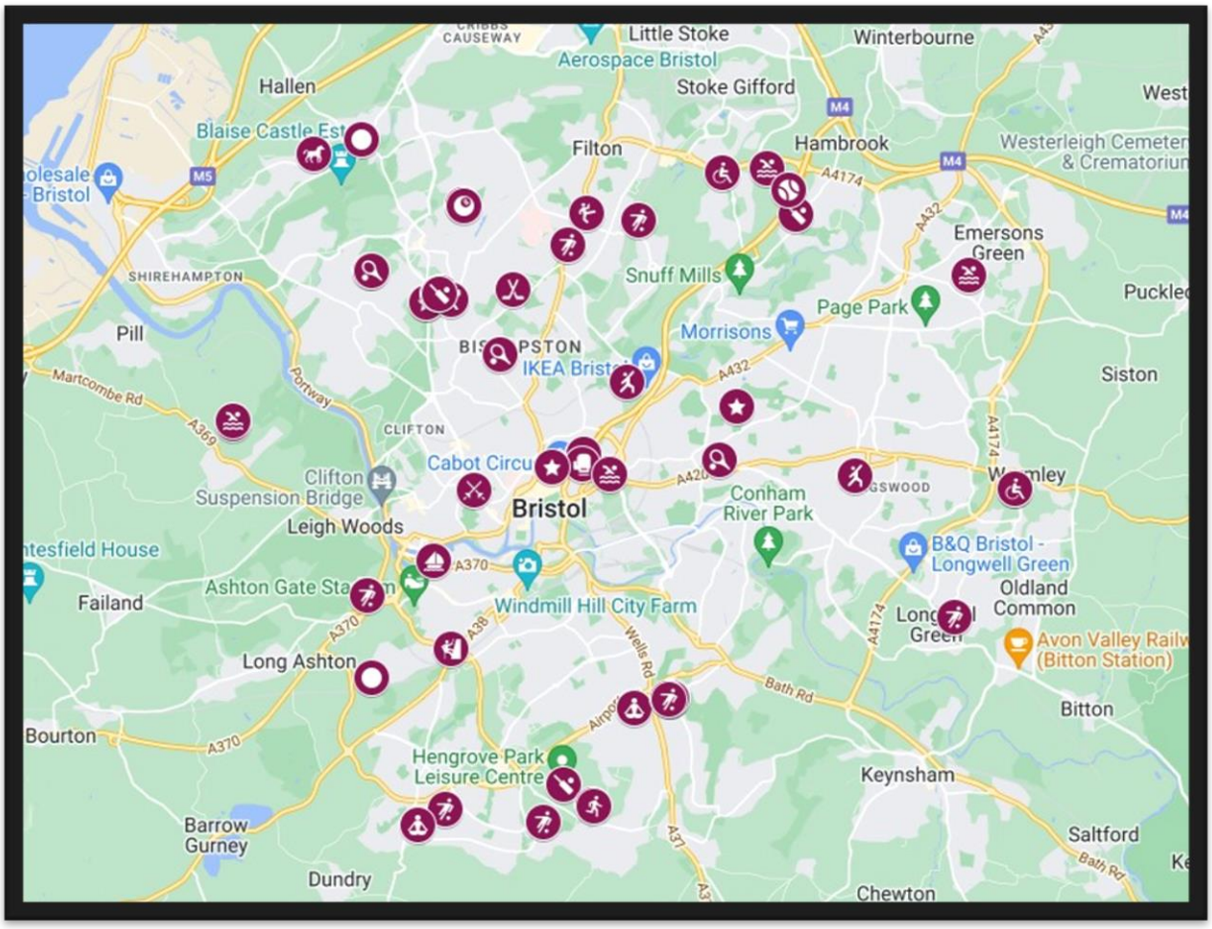
Rugby with Bristol Tryz Rugby.....51
Personal Training with RMR Rehabilitation.....52
Sensory Room with Super Sense.....53
Snooker with Cue Zone Snooker Club.....54
Swimming with:
- Bristol Penguin Olympic Swimming Club.....55
- Waves Swim School.....56
- Swim 4 Sure.....57

Virtual Reality with Active Reality.....58
Tennis with:
- Wheely Good Tennis Club.....59
- St George's Park Tennis.....60
- Elly Shearman Tennis Coaching.....61
- Blue Sky Tennis Foundation.....62

University of Bristol Phab.....63
Inclusive Wellness.....64
Watersports with All-Aboard Watersports.....65
Wheelchair Sports with Bristol Bears.....66
Wrestling with Wrestle for Humanity.....67
Yoga with:
- Heart Within Yoga.....68
- Yoga Time with Emma.....69
- Soleil Salutations Yoga.....70

Ignite Bristol Steering Group.....71

Map View



To open the interactive version of this map, go to

https://bit.ly/Inclusive-Clubs-Bristol or scan this QR code:

Go back to contents page

Calendar View

Monday

- Adaptive Athletics with Yate AC (PD) - 11am-12:30pm
- Para Athletics with Yate AC – 12-1:30pm
- Boccia with Irwin Mitchell Bristol Boccia – 6-7pm
- Cricket with Frenchay Falcons – 6-7pm/7-8pm
- Football with Bristol City Robins (youth) - 5-6pm
- VI Fitness Class – 12-1pm
- Fitness Class with FAM - 7pm
- Wrestling For anyBODY – 5:30-7:00pm
- Therapeutic Yoga with Hearts Within Yoga

Tuesday

- Boccia with GEM Boccia – 4-6pm
- Inclusive Dance with Sense – 5:45-6:30pm
- Fencing with Bristol Blades (junior) - 6:20-7:30pm
- Fencing with Bristol Blades (senior) - 8-9:45pm
- Football with Bristol Rovers – 5-6pm
- Football with Bristol City Robins (hub 1) - 6-7pm
- Football with Bristol City Robins (hub 2) - 7-8pm
- VI Football with Bristol City Robins (youth) - 5-6pm
- VI Football with Bristol City Robins (adult) - 6-7pm
- Physiotherapy with Freeways – 5-6pm
- Water Sports with All-Aboard - 3-6pm
- Swimming with Waves Swim School – 7-8pm

Go back to contents page

Wednesday

- Cycling with Strawberry Line Cycles – 10am-2pm
- Group Cycle Rides with Strawberry Line– 2pm
- Football with Bristol City Robins (youth) – 5-6:30pm
- Hockey with Bristol Flyerz (fortnightly) - 6-7pm
- Rugby with Tryz Rugby (fortnightly) – 6-7pm
- Horse Riding with the Avon Centre – 12:45-5pm
- Physiotherapy with Freeways – 4-5pm
- Tennis with Wheely Good Tennis Club – 7-8pm
- Football with Rockleaze Rangers – 7-8pm
- Bowls with Bristol Indoor Bowls Club – 4-6pm
- Dance with Jigsaw Thornbury – 5-6pm
- Swimming with Waves Swim School – 5–7pm
- Tennis and Sign – 4-4:45pm

Thursday

- Boxing with Riverside Youth Projects – 10:30-11:30am
- Climbing with Inclusive Thrill Seekers – 6:30-7:30pm
- Cricket with Somerset Cricket Foundation – 5-6pm
- Football with Bristol City Robins (adult) - 12-1pm
- Sensory Football with Bristol City Robins – 5-6pm
- Football with Longwell Green Sports JFC
- Horse Riding with the Avon Centre – 10am-7pm
- Physiotherapy with Freeways – 2-3pm
- Hydrotherapy with Freeways – 4 – 5:30pm
- Activity Sessions with University of Bristol PHAB – 7:30-9:30pm
- Yoga with Yoga Time with Emma – 4:15-5:00pm
- Karting with Absolutely Together – 4pm
- Cricket with Shine – 6-7pm
- Walking Tennis – 10-11am

Go back to contents page

Friday

- Adaptive Athletics with Yate AC (4-11 years) - 4:15-5:15pm
- Adaptive Athletics with Yate AC (11-16 years) - 5:15-6:15pm
- Para Athletics with Yate AC – 6-7:30pm
- Football with Bristol City Robins (hub 3) - 5-6pm
- Horse Riding with the Avon Centre – 9:30am-4pm
- Snooker with Cue Zone Snooker Club (1st and 3rd Friday of the Month)
- Swimming with Bristol Penguins – 7:30-8:10pm
- Group Cycle Rides with Strawberry Line – 10:30am

Saturday

- Football with Bristol City Cerebral Palsy FC – 12-2pm
- Football with Bristol City Frame Football Club – 10-11am
- Tennis with St George's Park Tennis – 4-5pm
- Bowls with Bristol Indoor Bowls Club – 10am-12pm
- Tennis with Elly Shearman – 10:15am-11am
- Watersports with All-Aboard – 10:30am-12:30pm

Sunday

- CrossFit with Adaptive CrossFit Henleaze – 11am-12pm/12-1pm
- Karting with Absolutely Together – 9am
- Adaptive Martial Arts (last Sunday of the Month) - 2-5pm
- Water Sports with All-Aboard – 10am-12pm
- Wheelchair Sports with Bristol Bears – 11:30am-12:30pm
- Football with Bristol City DS Club – 10:30-11:30am
- Frame Running Monthly Sessions – 11:30am – 1pm

Go back to contents page

All Ages Free

Yate Athletic Club

Yate Athletic Club are offering you opportunities to give Adaptive and Para Athletics a try!

Who: any ages, inclusive to all needs

Where:

- Yate Athletics Club, BS37 7LB
- Outdoor Track and Indoor Gym

Parking/ Public Transport:

- Free on-site parking spaces
- Bus routes 967, 47, Y3 South Glos, Y4 South Glos. 0.5 miles from bus stop.

When: All sessions are weekly

- Mondays 11am-12:30pm (Physical Disability)
- Mondays 12-1:30pm (Para Athletics)
- Fridays 4:15-5:15pm (Learning Disability, 4-11 years)
- Fridays 5:15-6:15pm (Learning Disability, 11-16 years)
- Fridays 6-7:30pm (Para Athletics)

Cost: Free

Contact Details:

- Email: adaptive4athletics@gmail.com
- Visit the Website Here

All Ages Free

Irwin Mitchell Bristol Boccia Club

A fully inclusive sport that's great fun and the chance to be competitive too!

Who: all ages, all genders, inclusive to all needs

Where:

- Greenway Centre, Doncaster Road BS10 5PY
- Indoor Court

Parking/ Public Transport:

- Free on-site parking spaces
- Bus routes 2, 13, 76. 0.1 miles from bus stop

When: Weekly Mondays, 6-7pm (2nd and 4th Monday of the month)

Cost: Free

Anyone u15 is asked to be accompanied by a responsible adult.

Contact Details:

- Email: bocciabristol@irwinmitchell.com
- Phone: 07435753954

Go back to contents page

All Ages £2

GEM Boccia

A fully inclusive sport that's great fun and the chance to be competitive too!

Who: all ages, all genders, inclusive to all needs, everyone plays seated

Where:

- Yate Leisure Centre, BS37 4DQ
- Indoor Sports Hall

Parking/ Public Transport:

- Free on-site parking, including accessible parking
- Bus routes 84, 85, 86, 202, 622, Y1, Y2, Y3, Y5, Y6. 220m from bus stop.

When: Weekly Tuesdays, 4-6pm

Cost: £2

Contact Details:

- Email: gembocciaclub@gmail.com
- Phone: 07921337350

Go back to contents page

6+ years

Free

Bristol Indoor Bowls Club

Practice your skills at these pan-disability indoor bowls open sessions, suitable for the whole family!

Who: all ages 6+, all genders, inclusive to all needs, family and friends welcome

Where:

- Bristol Indoor Bowls Club, Ashton Vale, BS3 2TY
- Indoor Bowls Green

Parking/ Public Transport:

- Free on-site parking, including accessible parking
- Bus stop 0.4 miles away, routes U2 stop here.

When:

- Weekly Wednesdays, 4-6pm during Winter months
- Saturday's 10am-12pm, May to September

Cost: Free

Contact Details:

- Email: info@bristolindoorbowls.org.uk
- Phone: 0117 963 3460

Go back to contents page

All Ages £5

Broadplain & Riverside Youth Projects

Get involved with fun, non-contact boxing sessions for people with Parkinsons.

Who: any age, all genders, any ability/experience

Where:

- Clement Street, Easton BS2 9ES
- Indoor fully equipped gym

Parking/ Public Transport:

- Free on-site parking
- Bus routes 72a, 463, T1, Y1, Y3, Y4, Y5, m1, m3, m3x. 0.8 miles from bus stop

When: Weekly Thursdays, 10:30-11:30am

Cost: £5 per session

Contact Details:

- Email: Dennismbe@riversideyp.org
- Phone: 07973574091
- Visit the Website Here

Go back to contents page

All Ages £7

Bristol Inclusive Thrill Seekers

Rope climbing and bouldering sessions, 1:1 with a volunteer.

Who: All ages, all genders, inclusive to all needs. Where:

- Redpoint Bristol, BS3 2NW
- Indoor

Parking/Public Transport:

- Bus routes 52, 75, 76, 672. 0.1 miles from bus stop. 0.2 miles from Parson Street Train Station.

When: Weekly Thursdays, 6.30pm – 7.30pm

Cost: £7

Contact Details

- Email: hello@club-bits.com
- Sign-Up Here

Go back to contents page

12-25 years Free

Frenchay Falcons Cricket

Play cricket and challenge yourself to be more active, improve your skills and make new friends.

Who: 12-25 years ideally, all genders

Where:

- Frenchay Cricket Club, BS16 1QQ
- Outdoors on grass cricket ground

Parking/Public Transport:

- Parking Info
- Bus stop 0.9 miles away, routes 19 and 626 stop here.

When: Weekly Mondays 6-7pm/7-8pm

Cost: Free

Please call or text to book or to discuss how we can help you access these sessions.

Contact Details

- Email: jeanette.tate@gloucestershirecricketfoundation.org
- Phone: 07432728926
- Visit the Website Here

Go back to contents page

12-25 years Free

Somerset Cricket Foundation

Free cricket sessions! Make new friends and have fun.

Who: 12–25 years, all genders, inclusive to all needs.

Where:

- Hengrove Park Leisure Centre, BS14 0DE
- Indoor Sports Hall

Parking/Public Transport:

- The car park is opposite the centre. This includes accessible parking, parent and child, and motorcycle spaces.
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.1 miles from bus stop.

When: Weekly Thursdays, 5pm – 6pm (term time)

Cost: Free

Contact Details

- Email: Steve.Gass@SomsersetCricketFoundation.org.uk
- Phone Number: 01823 352266
- Visit the Website Here

Go back to contents page

7-15 years Free

Shine Inclusivity Cricket

Free inclusive cricket sessions! Learn new skills and have fun.

Who: 7-15 years, all genders, inclusive to all needs.

Where:

- Shine Sports Hall, BS9 4DT
- Indoor Sports Hall

Parking/Public Transport:

- Free on-street parking
- Bus routes 1, B2 (0.1 miles from bus stop). Bus routes 2, 2a (0.2 miles from bus stop)

When: Weekly Thursdays,6-7pm (term time)

Cost: Free

Contact Details:

- Email: SCP@myshine.co.uk
- Phone Number: 0117 94033033
- Visit the Website Here

Go back to contents page

16+ years £8

Adaptive CrossFit Henleaze

A fully inclusive sport that introduces participants to basic endurance, weightlifting and gymnastic movements.

Who: 16+ years, all genders, inclusive to all needs.

Where:

- CrossFit Henleaze, 73 Henleaze Road, BS9 3JS
- Indoor, CrossFit Gym

Parking/Public Transport:

- On-street parking in surrounding residential area
- Bus routes 2, 2a. 0.1 miles from bus stop
- Bus routes 1, B2 – 0.3 miles from bus stop

When:

- Sunday, 11am (Learning Disability and Autism specific)
- Sunday 12pm (Physical Impairment specific)

Cost:

- £8 per session (First Session Free)

Contact Details

- Email: adaptivecrossfithenleaze@gmail.com
- Phone: 07512354248
- Sign Up Here

Go back to contents page

14+ Years Free

Life Cycle UK

Get involved and have fun with the Two's Company Tandem rides for adults and young people with a visual impairment.

Who: 14+, all genders, visual impairment

Where:

- Sessions start at different central locations in Bristol
- Rides take place on cycle routes in and around Bristol
- Get in contact to find out more details

When: Every weekend from March-October

Cost: Free

Life Cycle UK also provide lots of other services including bike recycling, cycle skills training, cycle parking and bike maintenance.

Contact Details

- Email: twos-company@lifecycle.org.uk
- Phone Number: 0117 3534580
- Visit the Website Here

Go back to contents page

All Ages Free

Strawberry Line Cycles

Ride one of their adaptive or regular bikes at no charge. Get advice and support from our Ride leaders and enjoy the Strawberry Line Cycle Path.

Who: All ages, all genders, ideal for those who can't ride a traditional bike or are looking to develop their cycling skills.

Where:

- Strawberry Line Cycle Project, Yatton Railway Station, BS49 4AJ
- Opposite Yatton railway station with easy links to Bristol

When:

- Drop in sessions- Wednesday 10am-2pm
- Bike Hire- Everyday 10am-4pm
- Guided Group Rides- Wednesdays 2pm and Fridays 10:30am
- 1-1 Cycle Confidence Sessions available upon request

Cost: Free

Contact Details

- Email: strawberrylineprojects@gmail.com
- Visit the Website Here

Go back to contents page

All Ages £3-5

Bristol Cycling Centre

Enjoy a ride around the track with one of our cycles, including a wide range of inclusive cycles.

Who: All ages, all genders, inclusive to all needs.

Where:

- Bristol Cycling Centre, Bamfield BS14 0XD
- Outdoors, Sports Track

Parking/Public Transport:

- Free on-site parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop.

When: Monday-Saturday, 11:45am-12:30pm

Cost: £5 per adult, £3 per child (carers go free)

Contact Details

- Email: cyclingcentre@bristol.gov.uk
- Phone: 01275832800
- Visit the Website Here

Go back to contents page

5-12 years £3

Inclusive Dance

This session offers dance in a fun, creative and fully inclusive way incorporating a mix of active learning, storytelling and magical music!

Who: 5 – 12 years, all genders, any ability/experience, complex disabilities and/or sensory impairments (siblings welcome)

Where:

- Sense Family Centre, Kingswood, BS15 8DB
- Indoor, Studio

Parking/Public Transport:

- Bus routes, 35, 42 citylines east, 43 citylines east, SB2. 0.4 miles from bus stop

When: Weekly Tuesdays, 5:45pm-6:30pm

Cost: £3 (please bring cash to session)

Contact Details

- Email: alice.miller@sense.org.uk
- Phone Number: 078599104405
- Visit the Website Here

Go back to contents page

5-18 years £2

Jigsaw Thornbury

A fun and inclusive street dance session, providing a creative outlet through music and movement.

Who: children and young people aged 5 and over, all genders, any ability/experience, Jigsaw members

Where:

- Caedmon Complex, Thornbury BS35 3JA
- Indoor Dance Studio

Parking/Public Transport:

- On-site parking
- Bus routes 10, 207 and 622, 0.1 miles from bus stop

When: Weekly Wednesdays, 5pm-6pm

Cost: £2 per young person

We ask that participants are members of Jigsaw Thornbury, and they sign up each week in advance through our website. Parents/carers need to stay at each session.

Contact Details

- Email: events@jigsawthornbury.org.uk
- Phone Number: 01454 567508
- Visit the Website Here

Go back to contents page

All Ages Varies

Flamingo Chicks

Through a combination of active learning, storytelling, sensory props and magical music we bring our Flamingo Chicks sparkle and joy to schools and community groups across the UK.

Who: Children and young people, all genders, inclusive to all needs.

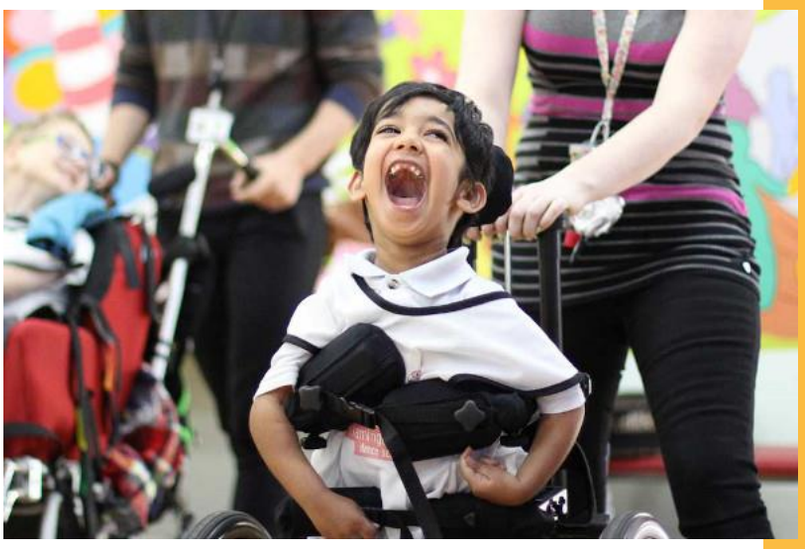
Where: Classes are run in settings such as special schools, children's hospices, community organisations and online.

When: At a time to suit the setting. Online classes are Weekly Wednesday 4:30-5:15pm.

Cost: Dependent on the setting. Online community class is free for the first 4 weeks, and is then £6 per family

Contact Details

- Email: vicky@flamingochicks.org
- Phone Number: 07846 686751
- Visit the Website Here



Go back to contents page

All Ages £8

Fitness Class for Blind and Visually Impaired People

Specialised exercise class for blind and visually impaired people. Low Impact session that provides a full body workout for strengthening and toning muscles and burning calories.

Who: aimed at blind and visually impaired people, all ages, any ability/experience

Where:

- Kingswood Leisure Centre, BS16 4RH
- Indoor Sports Hall

Parking/Public Transport:

- On-site parking
- Bus routes 6, 0.2 miles from bus stop

When: Weekly Mondays, from 12pm-1pm

Cost: £8 per session or a block of 6 sessions for £40 (first session free)

Contact Details:

- Email: rechargeft@gmail.com
- Phone: 07525 790951

Go back to contents page

14+ years £4-7

FAM – Functional Adaptive Movement

Improve your fitness in a fun, supportive and motivational environment with these interactive strength and conditioning classes.

Who: 14+ years, all genders, all abilities/experience inclusive to all needs.

Where: online-Zoom

When: Weekly Mondays 7pm

Cost: £4-7 donation appreciated

For the exercises there are both seated and standing options. A parent or support person is required to be in the room at the same to offer support if required.

Contact Details

- Email: info@functionaladaptivemovement.com
- Visit the Website Here

Go back to contents page

All Ages £5-11

Bristol Blades Fencing

Learn a new sport in fun, inclusive sessions.
No experience necessary and equipment provided!

Who: all ages, all genders, coaching for standing and wheelchair fencing.

Where:

- Bristol Grammar School Sports Hall, BS8 1SL
- Indoors
- Bus routes Lots! 0.1 miles from bus stop.

When: Weekly Tuesdays

Junior 6.20pm – 7.30pm.

Senior, 8pm – 9.45pm

Cost:

- Junior
  - 1 weekly session- £5.76 (£25 monthly payment)
  - 2 weekly sessions- £8.08 (£35 monthly payment)
- Senior
  - 1 weekly session- £6.92 (£30 monthly payment)
  - 2 weekly sessions- £10.38 (£45 monthly payment)

Contact Details

- Email: bristolbladesfencing@gmail.com
- Visit the Website Here

Go back to contents page

8-18 years Free

Bristol Rovers Community Trust

Have a go at free, fun and inclusive football sessions.

Who: 8-18 years, all genders, inclusive to all needs.
Where:

- Lockleaze Sports Centre, Lockleaze, BS7 9XF
- Outdoors, 4G Pitch

Parking/Public Transport:

- Large free on-site car park with 3 x accessible spaces.
- Bus routes 24, 70, 73. 0.3 miles from bus stop.

When: Weekly Tuesdays, 5-6pm (term time)
Cost: Free

Sessions consist of small football matches and a general kick about to get participants moving!

Contact Details

- Email: willdixon@bristolroverscommunity.org.uk
- Phone Number: 07306213134
- Visit the Website Here

Go back to contents page

8-18 years Free

Rockleaze Rangers FC

These fully inclusive sessions offer children the opportunity to increase their confidence, be active and to socialise.

Who: 8-18 years, all genders, those with a physical, sensory or learning disability.

Where:

- UWE Hillside Gardens Sports Ground, BS16 1QQ
- Outdoors, 4G Pitch

Parking/Public Transport:

- Free on-site car park with accessible spaces.
- Bus routes 19, 427, 626. 0.5 miles from bus stop.

When: Weekly Wednesday 7-8pm

Cost: Free

Contact Details

- Email: inclusive@rockleazerangers.org.uk
- Phone Number: 07970 434274
- Visit the Website Here

Go back to contents page

All Ages

Free

Bristol City Robins Foundation

Bristol City Robins Foundation is a pan-disability football programme which provides opportunities for both young people and adults to get active, make friends and have fun. Everyone is welcome, regardless of ability and experience.

If there are any adjustments we need to make to accommodate you at our sessions, please let us know.

Contact Details for all Session Enquiries:

- Email: gary.bell@bcfc.co.uk
- Phone Number: 07899991983
- Visit the Website Here

Go back to contents page

6-16 years Free

BCRF – Youth Football

South Youth Pan-Disability Football Hub

Who: 6-15 years, all genders, any impairment, any ability/ experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Courts 4 and 5

Parking/Public Transport:

- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.
- Free on-site parking with 2 x accessible spaces.

When: Weekly Tuesdays, 6-7pm (term time)

Cost: Free

North Youth Pan-Disability Football Hub

Who: 6-16 years, all genders, any impairment, any ability/experience

Where:

- Bradley Stoke Community School, BS32 9BL
- Outdoors, Astro Pitch

Parking/Public Transport:

- Free on-site parking with 4 x accessible spaces.
- Bus Routes 75,76, 96. 0.1 miles from bus stop

When: Weekly Friday, 5-6pm

Cost: Free

Go back to contents page

5-18 years Free

BCRF – Youth Football & Multi-Skills Sessions

South Hub

Who: 5-18 years, all genders, any impairment, any ability/ experience

Where:

- Bridge Learning Campus, BS13 0RL
- Indoors, Sports Hall

Parking/Public Transport:

- Bus Routes 75,76, 96. 0.1 miles from bus stop
- Free on-site parking with accessible spaces

When: Weekly Wednesday, 5:00-6:30pm

Cost: Free

North Hub

Who: 5 - 18 years, all genders, any impairment, any ability/ experience

Where:

- Ashton Park Sports Centre, BS3 2JL
- Outside, 3G Football Pitch

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus routes 505, X1, X2, X4, X6, X7, X9. 0.4 miles from bus stop.

When: Weekly Mondays, 5pm – 6.30pm

Cost: Free

Go back to contents page

16+ years

Free

BCRF – Adult Football

South Hub

Who: 16+, all genders, any impairment, any ability/experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Court 5

Parking/Public Transport:

- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop
- Free on-site parking with 2 x accessible spaces

When: Weekly Tuesday, 7-8pm

Cost: Free

North Hub

Who: 16+, all genders, any impairment, any ability/experience

Where:

- Horfield Leisure Centre, BS7 0XW
- Indoors, Sports Hall

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus routes 3X, 71, 75, 76, A2. 0.1 miles from bus stop.

When: Weekly Thursday, 12-1pm (term time)

Cost: Free

Go back to contents page

All Ages Free

BCRF – Visual Impairment Football Sessions

Youth Visual Impairment Football Session

Who: 5 – 16 years, all genders, visual impairment, any ability and experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Court 6

Parking/Public Transport:

- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.

When: Weekly Tuesdays, 5-6pm (term time)

Cost: Free

Adult Visual Impairment Football Session

Who: 18+, any gender, visual impairment, any ability/experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outdoors, Court 6

Parking/Public Transport:

- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When: Tuesday, 6-7pm (selected dates, only)

Cost: Free

Go back to contents page

5-25 years £5

Bristol Down Syndrome Football Club

A fun and welcoming environment for children and young people with Down Syndrome to learn football and make friends.

Who: 5+ years, all genders, children and young people with Down Syndrome and any ability/experience

Where:

- St Pauls Community Sports Ground, BS2 9NH
- Outside, 2 x 7 a side pitches

Parking/Public Transport:

- Bus routes, lots! 0.4 miles from bus stop
- Free on-site parking with 2 x accessible spaces

When: Weekly Sundays, 10.30am – 11.30am

Cost: £5

Contact Details:

- Email: samsmith5026@hotmail.co.uk
- Phone: 07510360248

Go back to contents page

6-17 years Monthly

Bristol City Cerebral Palsy Football Club

We offer a safe and inclusive environment where children can feel at ease about their disabilities, allowing them to build confidence and make friends.

Who: 6-17 years, all genders, children with ambulant cerebral palsy or a brain injury, any ability/experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, 4G Pitch

Parking/Public Transport:

- Free on-site parking with 4 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When: Weekly Saturdays, 12-2PM (term time)

Cost: Monthly subs (two free taster sessions)

Contact Details

- Email: info@bccpfootball.co.uk
- Phone Number: 07789960674
- Visit the Website Here

Go back to contents page

3-16 years £3

Bristol City Sensory Football

Who: 5-16 years, all genders, children with complex disabilities and/or sensory impairments, any ability/experience

Where:

- Warmly Park School, BS30 8YE
- Indoors, Sports Hall

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus routes 19, 43, 948. 100m from bus stop

When: Weekly Thursdays, 5pm – 6pm (term time only)

Cost: £3 + free taster session

Contact Details:

- Email: alice.miller@sense.org.uk
- Phone: 07599 104405
- Visit the Website Here

Bristol City Frame Football Club

Who: 3-16 years, all genders, children who need a frame to walk or exercise.

Where:

- Merchants Academy Sports Centre, BS13 9BJ
- Outside
- Bus routes 52, 76. 0.5 miles from bus stop

When: Weekly Saturdays, 10am – 11am

Cost: £3

Contact Details

- Email: nickdewfall@aol.com
- Phone Number: 07899 991983

Go back to contents page

6-18 years Free

Football with Longwell Green Sports JFC

Get involved with fully inclusive football sessions for children aged 6 years and older.

Who: 6+ years, all genders, inclusive to all needs.

Where:

- Longwell Green Community Centre, BS30 9DU
- Outdoors, 3G Pitch

Parking/Public Transport:

- Free on-site parking
- Bus routes, 17 + 45 CityLines East, OS1, SB1. 0.1 miles from bus stop.

When: Weekly Thursday Evenings

Cost: Free

Contact Details

- Email: goaliegriff@tiscali.co.uk
- Visit the Website Here

Go back to contents page

2+ years

Free

Frame Running

Enjoy the thrill of running as the tricycle-like frame supports your weight!

Who: children aged 2+ and adults with a disability which affects your mobility and ability to walk or run independently.

Where:

- Bristol Cycling Centre, Bamfield BS14 0XD
- Outdoors, Sports Track

Parking/Public Transport:

- Free on-site parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop.

When: Monthly Sessions, Sundays 11:30am-1pm

- Sessions run in blocks, please get in contact to find out more.

Cost: Free

Please sign-up in advance.

Contact Details

- Email: office@cerebralpalsyplus.org.uk
- Phone Number: 01179 655 028

Go back to contents page

0-25 years £9

Gympanzees

Pop Up activity centre for children and young people with disabilities.

Who: 0 – 25 years, all genders with sensory, physical, learning difficulties, SEN and any mild to profound disability

Where:

- TBC

When: Easter Half-term and Summer Holidays

Cost: £9

Contact Details

- Email: info@gympanzees.org
- Phone Number: 07958118684
- Visit the Website Here

Go back to contents page

5-25 years

Free

Bristol Flyerz Hockey

Fun, inclusive hockey sessions. No experience necessary and equipment provided!

Who: 5 – 25 years, all genders, inclusive to all needs. Friends and family welcome to join in!

Where:

- Shine Sports Ground, Lime Trees Road, BS6 7XW
- Outdoor Astroturf pitch
- Bus routes 13 & 505. 0.2 miles from bus stop.

When: Fortnightly Wednesdays, 6-7pm (alternating with Tryz Rugby)

Cost: Free

Contact Details

- Email: Lizzie.Edgecombe@AccessSport.org.uk
- Phone Number: 07511700220
- Sign-Up Here

Go back to contents page

4+ years £20/£30

The Avon Centre

Providing both Disabled people and non-disabled people with the opportunity to learn to ride and interact with horses in a safe, friendly and accepting environment.

Who: 4+, all genders, inclusive to all needs.

Where:

- The Avon Centre, Henbury, BS10 7QT
- Lessons take place in an Indoor Arena
- EAL (Equine Assisted Learning) takes place either in the riding school or outdoors

Parking/Public Transport:

- Free on-site parking
- Bus routes CityLines 3 & 4. 0.5 miles from bus stop

When: Weekly 45-minute sessions, on the following days and between the following hours:

- Wednesday 12:45-5pm
- Thursday 10am-7pm
- Friday 9:30am-4pm

Cost: £20 for group lesson/£30 for EAL

The Avon Centre are now offering a bespoke **'Pony Interactions'** session. This provides participants the opportunity to learn horse care, work towards qualifications and spend time outdoors with horses and nature.

Contact Details

- Email: info@theavoncentre.org.uk
- Phone Number: 0117 959 0266
- Visit the Website Here

Go back to contents page

5-16 years £45 for 6

Freeways Hydrotherapy

Get involved with inclusive 'Swimability' sessions. Have fun and learn new techniques!

Who: 5-16 years, all genders, inclusive to all needs

Where:

- Freeways Hydrotherapy Pool, Leigh Court Centre, BS8 3RA
- Indoor, Hydrotherapy Pool

Parking/Public Transport:

- Free on-site parking with 3 x accessible spaces
- Drop off point close to the main building
- Bus Routes B2, X4. 0.7 miles from bus stop

When: Weekly Thursday, 4-4:30pm/5-5:30pm

Cost: Block of 6 sessions is £45

If there is interest, sessions may be extended to Monday's at 5pm, 5:30pm and 6:00pm.

Contact Details:

- Email: AndyBunn@freeways.org.uk
- Phone Number: 01275 376082
- Visit the Website Here

Go back to contents page

6+ years Free

Absolutely Together

Fun, inclusive karting sessions. No experience necessary!

Who: children 6+, all genders, inclusive to all needs

Where:

- Absolutely Karting, Fishponds, BS5 7EY
- Go Karting Track

Parking/Public Transport:

- Free on-site parking
- Bus routes 6,7. 0.5 miles from bus stop

When:

- Weekly Thursdays 4pm
- Weekly Sundays 9am

Cost: Free

Contact Details

- Email: smilesbristol@absolutely-group.co.uk
- Phone Number: 0300 30 33 548
- Visit the Website Here

4-18 years Free

LimbPower

Come and join LimbPower for a Fundamental Skills Workshop!

Children will learn the fundamental skills required to take part in school PE and community games and sports. Including throwing, catching, kicking, running, jumping, skipping and hopping.

Who: 4-18 years, all genders, for those with a physical limb impairment who wear an activity limb/prosthetic or who would like to be more active.

Where:

- Badminton School Sports Hall, BS9 3BA
- Inside sports hall

Public Transport:

- Bus routes 1, B2. 0.1 miles from bus stop

When: Every 6 months

Cost: Free

Contact Details

- Email: carly@limbpower.com
- Phone Number: 07789075709
- Visit the Website Here

6+ years Free

Adaptive Martial Arts

Learn jiu jitsu, self-defence, and other martial arts in a friendly, welcoming environment.

Who: 6+ years, all genders, inclusive to all needs.

- Shine Sports Ground, Lime Trees Road, BS6 7XW
- Indoor, Sports Hall

Parking/Public Transport:

- Free on-site parking including accessible spaces
- Bus routes 13 & 505. 0.2 miles from bus stop.

When:

- Last Sunday of the Month, 2pm - 5pm

Cost: free

Contact Details

- Email: info@adaptivema.co.uk
- Phone Number: 07468608018
- Visit the Website Here

Go back to contents page

4+ years £5

Nova Powerchair Football Club

Powerchair Football is a fun, exciting sport for anyone of who has a physical disability. The sport is played in an electric wheelchair, which we provide, and you drive to strike the ball and score goals.

Who: 4+ years with a physical disability. Open to adults too.

Where:

- Warmley Park School, BS30 8XL
- Indoor

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus routes 19, 43, 948. 100m from bus stop.

When: TBC

Cost: £5

Contact Details:

- Email: jenny@novasportsandcoaching.co.uk
- Phone Number: 07880743453
- Visit the Website Here

Go back to contents page

18 months -16 years

£45 for 6

Freeways Physiotherapy

Freeways provide tailored physiotherapy to develop motor skills to promote independence, participation and enjoyment.

Who: 18 months-16 years, all genders, inclusive to all needs

Where:

- Leigh Court Centre, BS8 3RA
- Indoor, Studio

Parking/Public Transport:

- Free on-site parking with 3 x accessible spaces
- Drop off point close to the main building
- Bus Routes B2, X4. 0.7 miles from bus stop

When: Weekly, on the following days/times

- Tuesday 5-6pm
- Wednesday 4-5pm
- Thursday 2-3pm

Cost: Block of 6 sessions is £45.

Contact Details

- Email: AndyBunn@freeways.org.uk
- Phone Number: 01275 376082
- Visit the Website Here

Go back to contents page

16 + years

Free

VI Runners Bristol

A group for both VI runners and running guides in and around Bristol to connect up for training runs and races

Who: 16+ years or Under 16 with a parent/guardian, for blind or partially sighted people, or who would like to be a sighted guide

Where: Runs are planned across Bristol

When: Weekly Wednesday evenings

Cost: Free

Join the VI Runners Bristol Group on Facebook

Go back to contents page

5-25 years Free

Bristol Tryz Rugby

Fun, inclusive rugby sessions. No experience needed.

Who: 5 – 25 years, all genders, inclusive to all needs. Friends and family welcome to join in!

Where:

- Shine Sports Ground, Lime Trees Road, BS6 7XW
- Outdoor Astroturf pitch
- Bus routes 13 & 505. 0.2 miles from bus stop.

When: Fortnightly Wednesdays, 6-7pm (alternating with Flyerz Hockey)

Cost: Free

Contact Details

- Email: Disability.Inclusion@AccessSport.org.uk
- Phone Number: 0117 450 9805
- Sign-Up Here

Go back to contents page

All Ages £50

RMR Rehabilitation

RMR Rehabilitation offer adaptive personal training sessions from the comfort of your own home or place of choice.

Who: all ages, neurological conditions, spinal injury, amputee and other complex needs

Where:

- Mobile
- Home or place of choice

When: Monday-Sunday, 8am-8pm

Cost: £50 per hour

RMR also offer online personal training.

Contact Details:

- Email: Rowanmorganruffley@rmr-rehabilitation.co.uk
- Phone Number: 07518964332
- Visit the Website Here

Go back to contents page

All Ages £3.50

Super Sense

Get involved in 60 minute sensory sessions for children and adults with SEND.

Who: babies, children and adults with SEND

Where:

- Imperial Sports Ground, BS14 9EA
- Fully equipped sensory room

Parking/Public Transport:

- Free on-site parking with 3 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When:

- Monday-Thursday 9am-7pm
- Friday 9am-5:30pm
- Saturday-Sunday 9am-2am

Cost: £3.50

Contact Details:

- Email: keeley@imperialsportsground.co.uk
- Phone Number: 01179038681

Go back to contents page

18+ years 8 £3

Cue Zone Snooker Club

A fun and engaging snooker session with skills, competitions, prizes and lots of laughs!

Who: Adults with Learning Disabilities

Where:

- Greenway Centre, Doncaster Road, BS10 5PY
- Indoor, Snooker Room

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus routes 2, 13, 76. 0.1 miles from bus stop.

When: 1st & 3rd Friday each month, September-May

Cost: £3

They run occasional trips to take part in World Disability Billiards and Snooker (WDBS) tournaments or to watch World Snooker Tour events.

Contact Details

- Email: thesnookercoach@gmail.com
- Phone: 07876184774
- Visit the Website Here

Go back to contents page

8+ years TBC

Bristol Penguins Swimming Club

Get involved with Para Penguins swimming sessions! Improve technique, work towards competitions and have fun.

Who: 8+, all genders, physical and/or learning Disability, able to swim 25m in deep water in both front crawl and backstroke

Where:

- Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
- Indoor, Swimming Pool

Parking/Public Transport:

- Free parking in a contained area for 3 hours once registered to the Leisure Centre
- Bus routes 24, 48, 48a, 49. 0.1 miles from bus stop

When: Weekly Fridays, 7:30-8:10pm

Cost: dependent on frequency of sessions but trials are free

Contact Details

- Email: cristy.cunnick@bristolpenguins.com

Go back to contents page

5-25 years £7.80

Waves Swim School

Give swimming a go! Waves Swim School are offering disability inclusive provision in a fun and supportive way.

Who: children and young people who struggle to access mainstream swimming provision, inclusive to all needs

Where:

- Freeways Hydrotherapy Pool, Leigh Court Centre, BS8 3RA / St Mary Redcliffe School Pool, BS1 6RT
- Indoor, Swimming/Hydrotherapy Pool

Parking/Public Transport:

Freeways Hydrotherapy Pool:

- Free on-site parking with 4 x accessible spaces
- Bus Routes B2, X4 stop at Sandy Lane Bus Stop which is 0.5 miles from venue.

St Mary Redcliffe Pool:

- Free on-site parking
- Bus routes 512 stop at Somerset Bus Stop, 0.2 miles from the venue

When: Sessions start after Easter Half-Term 2023 and run in a 6 week block in term time. 20 minute sessions on either:

- Tuesdays 7-8pm at St Mary Redcliffe School Pool
- Wednesdays 5-7pm at Freeways Hydrotherapy Pool

Cost: £7.80 for a class

Contact Details

- Email: caroline@wavesswim.co.uk
- Phone: 07837474915

Go back to contents page

All Ages £65-120

Swim 4 Sure

SPD, LDD, other additional needs and disabilities.

Who: All ages, all genders, inclusive to all needs.

Where: Lessons operate at:

- The Holiday Inn Spirit Health Club, Filton, BS16 1QX
- New Siblands Primary, Thornbury, BS35 2EG
- Barley Close Community School, Mangotsfield BS16 9DL

Parking:

- Free on-site parking with accessible spaces.

When: Lessons all are all 25 minutes. They run weekly, at various different times throughout the week.

Cost: based on participant to teacher ratio.

3:1 Child - £65. 2:1 Child - £80. 1:1 Child - £115. 1:1 Adult - £120.

Lessons are paid monthly in advance with a one month notice period to cancel.

Contact Details:

- Email: enquiries@swim4sureuk.com
- Phone: 07342190708
- Visit the Website Here

Go back to contents page

9+ years £10

Active Reality

In-person Immersive Virtual Reality Party for groups. Fight off hoards of zombies In a VR bunker or battle each-other in space!

Who: 9+ years, no experience required, must be able to walk independently

Where:

- Parish Wharf Leisure Centre, Portishead, BS20 7DB
- Indoor Studio in Leisure Centre

Parking/Public Transport:

- On-site parking
- Bus stop 0.3 miles away, routes 57 and X4 excel stop here

When:

- Everyday mid-day to 7pm (closed for lunch)

Cost: £10 per person for a short trial

Contact Details

- Email: bookings@active-reality.com
- Phone Number: 0333 339 1881
- Visit the Website Here

Go back to contents page

6+ years £5

Wheely Good Tennis Club

Great coaching and sports wheelchairs provided

Who: 6+ years, all genders, for anyone who wouldn't be able to play tennis standing

Where:

- Coombe Dingle Sports Complex, BS9 2BJ
- Outside over Summer
- Bus route 3. 120m from bus stop.

When: Weekly Wednesdays, 7pm – 8pm

Cost: £5

Contact Details

- Email: andy.trott@bristol.ac.uk

Go back to contents page

5-16 years £4

St George's Park Tennis

Tennis suitable for those with physical, visual, learning and hidden disabilities. No experience necessary, all equipment is provided.

Who: 5-16 years, all genders, inclusive to all needs.

Where:

- St George's Park Tennis Courts, BS5 7AA
- Outside

Parking/Public Transport:

- On-street parking
- Bus routes 6, 7, 35, 42, 43, 44, 45. 0.3 miles from bus stop.

When:

- Weekly Saturdays, 4pm – 5pm

Cost: £4

Contact Details

- Email: info@wesport.org.uk
- Phone Number: 0117 3286250
- Visit the Website Here

Go back to contents page

6-12 years £30 for 6

Elly Shearman Tennis Coaching

Great fun sessions run in 6 week blocks and holiday camps too!

Who: 6-12 years, all genders, with SEND, any ability/experience

Where:

- Kings Lawn Tennis Club, BS7 8JG
- Outside, Tennis Courts

Parking/Public Transport:

- Small car park
- Bus routes 13. 0.1 miles from bus stop.

When: Term Time Saturdays in 6 week block, 10:15-11am.

Cost: £30 for 6 weeks

Contact Details

- Email: ellytennis.kings@hotmail.com
- Sign-Up Here

Go back to contents page

All Ages £5

Blue Sky Tennis Foundation

Tennis and Sign is an activity/story-based tennis session with some basic sign language. Walking tennis is based on a smaller court, with a slower speed but is great fun!

Who: children and adults, with SEND, d/Deaf or hard of hearing, any ability/experience

Where:

- Tennis and Sign:
  - Lansdown Club, Bath, BA1 5TN
- Walking Tennis:
  - Sydney Garden Tennis Courts, Bath, BA2 6NH

Parking/Public Transport:

- Tennis and Sign:
  - Free on-site parking with accessible spaces
  - Bus stop 0.1 miles away, bus routes 31 P&R and 620 stop here.
- Walking Tennis:
  - Paid on-street parking
  - Bus stop 0.1 miles away, bus routes 11, 94, D1 and D2x stop here.

When: Term Time only

- Tennis and Sign: Weekly Wednesdays, 4-4:45pm
- Walking Tennis: Weekly Thursdays, 10-11am

Cost:

- Tennis and Sign: TBC
- Walking Tennis: £5 pay as you go

Contact Details:

- Email: foundation@blueskytennis.co.uk
- Phone: 07736931066

Go back to contents page

16-25 years Free

University of Bristol PHAB

Great fun-filled sessions! Get involved in various different arts & crafts, games and other themed activities.

Who: 16-25 years, all genders, inclusive to all needs

Where:

- Unitarian Meeting Hall, St Paul's, BS2 8PE
- Inside, Church Hall

Parking/Public Transport:

- On-street pay and display parking
- Bus routes lots! 0.1 miles from bus stop

When: Thursdays, Every 2-3 weeks, 7:30-9:30pm (term time)

Cost: free

Contact Details

- Email: bristolphab@gmail.com
- Instagram: @bristolphab

Go back to contents page

Inclusive Wellness

A new Bristol based social enterprise working to improve accessibility and diversity within the health and wellbeing industry, in spaces such as gyms, yoga studios and massage clinics.

We run wellbeing focussed training courses and workshops for professionals, parents and carers. We also work with other organisations to offer wellbeing services like massage therapy, yoga and fitness sessions directly to those who don't usually have easy access to them in Bristol.

We'd love to hear about your experiences of wellbeing in Bristol and the options you'd like us to work towards providing for you or your family.

Contact Details

- Email: hello@inclusivewellness.org.uk
- Phone Number: 07572 897 439
- Visit the Website Here

All Ages £6

All-Aboard Watersports

Get involved with fun, fully inclusive 'Sailability' sessions. These include accessible sailing, powerboat trips and paddling!

Who: any age, all genders, inclusive to all needs (siblings welcome too)

Where:

- All-Aboard Watersports Centre, BS1 6XG
- Outdoors, Bristol Harbour

Parking/Public Transport:

- Free on-site parking for 4 hours, 4x accessible parking spaces.
- Bus routes, m2. 0.2 miles from bus stop.

When: April to October

- Saturdays 10:30am-12:30pm (Paddling, Powerboat trips and sailing)
- Tuesdays 3-6pm (Powerboat trips and occasionally sailing)

Cost: £6 per person, carers go free

Contact Details:

- Email: sailability@allaboardwatersports.co.uk
- Phone: 0117 929 0801
- Visit the Website Here

Go back to contents page

4-18 years Free

Wheelchair Sports

Inclusive Sport and Physical Activity Club with Wheelchair Rugby, Wheelchair Basketball, Sensory Fun, Multi-Sports and Ball Games

Who: 4-18 years, all genders, inclusive to all needs. Parents and siblings encouraged to join in.

Where:

- UWE Centre for Sport, BS16 1QY
- Indoor Sports Hall

Parking/Public Transport:

- Free on-site parking with accessible spaces
- Bus route 19, 70, 71, 72, 72a, m1, m3. 0.3miles from bus stop.
- 1 mile from Bristol Parkway Train Station.

When: Weekly Sundays, 11:30am – 12:30pm

Cost: Free

Contact Details

- Email: iblundell@bristolbearsrugby.com
- Phone Number: 07413410552
- Visit the Website Here

Go back to contents page

6+ years Free

Wrestle For Humanity

Get involved with 'Wrestling for any-BODY' classes! Sessions aim to improve health and wellbeing through a combination of wrestling movement, mindfulness, music and dance.

Who: any ages, any gender, inclusive to all needs

Where:

- St Gregory The Great Church, Horfield, BS70PD
- Indoors

Parking/Public Transport:

- Car parking available with accessible spaces
- Bus routes 3X, 71, 74, 75. 100m from bus stop.

When: Weekly Mondays

- Ages 8-16 years- 5:30pm-6:15pm
- Ages 16+ years- 6:15pm-7:00pm

Sessions run in blocks, so please get in touch with jonny.fenner@accesssport.org.uk to find out more.

Contact Details:

- Email: wrestleforhumanity@gmail.com
- Phone: 07854 458 692

Go back to contents page

All Ages £12/£45

Heart Within Yoga

Get involved in Therapeutic Yoga sessions for children and adults with SEND.

Who: for children and adults, inclusive to all needs, no experience necessary

Where:

- Mobile (based in Bristol/Newport)
- Can organise yoga in pre-booked studios

When: Weekly Mondays, between 9am-6pm

Cost: £12 per person for pre-booked sessions, or private 1-1 £45 per 60 min.

Contact Details

- Email: heartwithinyoga1@gmail.com
- Phone Number: 07933603396
- Visit the Website Here

5-11 years £5

Yoga Time with Emma

In-person disability inclusive yoga sessions for children and their families.

Who: 5 – 11 years, all genders, inclusive to all needs. Parents and siblings encouraged to join in.

Where:

- Whitchurch Dance Studio, Hengrove Ln, BS14 9DQ
- Indoor studio
- Bus route 511. 100m from bus stop.

When: Weekly Thursdays, 4.15 – 5.00pm

Cost: Suggested donation of £5

Contact Details

- Email: Emma@YogaClassesBath.co.uk
- Phone Number: 0733034402
- Sign-Up Here

Go back to contents page

Soleil Salutations Yoga

Yoga has something to give everyone. Whether it be breathing exercises, soothing sound, mindfulness, postures and even fun.

Soleil Salutations provide therapeutic yoga for children and young people with SEND in Bristol and surrounding areas. We do not have currently have a session running but we are keen to find out if there is interest. If you would be interested in attending a yoga session, please get in touch using the contact details below.

To find out more about Soleil Salutations and SEND Yoga, please visit their website: www.soleilsalutations.com

Contact Details

- Email: soleilsalutations@gmail.com
- Phone: 02086388627

Go back to contents page

Ignite Bristol Steering Group

The Ignite Bristol Network is a co-created group with shared ownership and responsibility. Members have self-nominated to form a steering group which shapes the Network's ideas and actions. Current steering group members are:

Access Sport

Bristol Bears Community Foundation

Bristol City Council

AMA Adaptive Martial Arts

WECIL supporting independent living

Gympanzees

Youth Sport Trust

LTA Open Court Disabilty Tennis

activity alliance | disability inclusion sport

Bristol Disability Equality Forum

Bristol Royal Hospital For Children

wesport INSPIRING ACTIVE LIVES

Go back to contents page

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