

Inclusive Sport Opportunities in Norfolk

Dear Parent/Carer,

At The Parkside School we are passionate about children's health both within and outside of School.

With this in mind, we have compiled a list of various sporting opportunities that are available outside of School.

Please contact me if you need any help contacting these sporting opportunities.

Iain Mills

PE and Health Co-ordinator

Useful Websites:

Active Norfolk:

<https://www.activenorfolk.org/disability-and-physical-activity>

Community Sports Foundation:

<https://www.communitysportsfoundation.org.uk/>

Special Olympics Norfolk:

<https://www.specialolympicsnorfolk.com/>

UEA Sportspark:

<https://www.sportspark.co.uk/sports/inclusive/>

SPECIAL OLYMPICS

ATHLETICS

Athletics training focuses on walking and running races, relay races, standing and long jump and soft and hard ball throwing.

Come and join our athletics group:

UEA Sportspark
Fridays 11.00am - 12.00pm
Open to all ages
£3 for each session

Great Yarmouth Campus Sports Hall or Wellesley Rd Athletics Track
Fridays 11.00am - 12.00pm
Open to all ages
£3 for each session

Children's Athletes Group
UEA Sportspark
Saturdays 12-1pm
Open to anyone with an intellectual disability
Aged 8-16 years
£3 for each session

For more information please contact Kay Bailey on 07825 778173 or email: specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

BOCCIA

WHAT IS BOCCIA?

Boccia is a disability sport that tests muscle control and accuracy. Players propel balls to land close to a target ball. Two sides compete as individuals, pairs or as a team of three over a set number of ends. Each side has six balls (red or blue) each end to try and score points. Points are accumulated over the course of a match to decide the winner.

Come and join our Boccia groups:

Sewell Park Sports Centre
Thursdays 5.15pm - 6.50pm - £3

UEA Sportspark
Mondays 6.20pm - 7.40pm - £3

Lingwood Village Hall
Saturdays 10am - 11am - £3.50

Open to all ages

For more information please contact Roy McGee on 07969 859335 or email specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

To find out more about Boccia, visit the Norfolk Boccia Website:
<https://norfolkboccia.weebly.com/>

DISABILITY CYCLING

By using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun. Special Olympics cycling sessions are held at the Sportspark track providing a safe environment for our athletes to hone their cycling skills. There will be opportunities to take part in skill and speed training if cyclists are eager to progress to competition

The cycling group will initially run on a monthly basis on Sunday mornings, 10:30am – 12:30pm:

- 15th March
- 19th April
- 14th June
- 5th July
- 16th August
- 20th September
- 18th October
- 15th November
- 13th December

There is a small fee of £1.50 payable at reception. Special Olympics have a number of adaptive bikes available or you can bring their own, if you prefer.

For more information, please contact Special Olympics by emailing specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

ALPINE SKIING

At our adaptive skiing sessions you can ski on the nursery slope or the main slope and for the less physically able there are sit-ski and tubing opportunities.

We work in partnership with the Norfolk Snowsports Club and all sessions are led by qualified coaches. There is regular opportunity for competition.

Come and have a go at our skiing sessions:

Norfolk Snowsports Club

Every other Sunday 2.00pm - 5.00pm

Open to all ages and abilities.

First session free and then £8 for each session

For more information please contact John Burroughs on 07766 757841 or email specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

ARTISTIC GYMNASTICS

Artistic gymnastics encompasses training on the vault, uneven bars, beam and floor exercises. It is a great sport to build strength, balance and flexibility.

Our gymnastics train at Waveney Gymnastics Club, Lowestoft. WGC run a number of sessions specifically for children (from 5 years) and adults with learning disabilities:

TUESDAY:(BOYS) 17:00 - 18:00

WEDNESDAY:(GIRLS) 16:00 - 17:00

WEDNESDAY:(GIRLS) 17:00 - 18:00

WEDNESDAY: (BOYS) 18:00 - 19:00

THURSDAY: (BOYS) 16:00-17:00

FRIDAY: (MIXED) 16:00-17:00

For more information please contact Jo Rodwell on 07947 558943 or Ellen Hutchings ellen@waveneygymnastics.org.

104 Notley Road
Lowestoft
Suffolk NR33 0UG
T 01502 501419

Website: <https://www.waveneygymnastics.org/>

SWIMMING

Our coaching sessions will help improve your swimming stroke skills and read technique as well as improve your fitness and stamina.

Come and join our swimming groups:

Wymondham Leisure Centre
Sundays 4.45pm - 5.45pm
Cost £30 for 6 weeks
Sessions are open to swimmers of all ages

For more information please contact Nicola Baxter on 07778 285555 or by email: specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

TENNIS

Anyone for tennis!

Why not come along and join our disability tennis sessions at East Anglia Tennis & Squash Club. All sessions are run by qualified coaches
It is an opportunity to improve eye hand co-ordination, fitness while having fun in a safe environment!

Lime Tree Road
Fridays 4.30pm - 5.30pm
Costs £3

For more information please contact Derek Perry 07966 455012 or email: specialolympicsnorfolk@gmail.com

Website: <https://www.specialolympicsnorfolk.com/>

Exercise

PARACISE™



45 minute exercise-to-music class. It is gentle, effective and uplifting. The routines are low impact, easy to follow and designed to improve balance, coordination, joint mobility and posture.

Venue: UEA Sportspark

Email: sportspark@uea.ac.uk

Telephone: 01603592398

Website: <https://www.sportspark.co.uk/sports/inclusive/>

Day	Time	Price (Gold & Silver members)	Price (Bronze members)	Pay & Play (non-members)
Thursday	13:00 - 13:45	Free	£2.95	£4.65

Football:

INCLUSIVE FOOTBALL

Venue: UEA Sportspark

Our Inclusive Football sessions run Mondays at 4.30pm – 5.30pm.

These pan disability sessions are drop in with the focus on having fun and enjoying some matches.

Each session will be £1.50, we encourage carers to join in if they would like to.

Contact Name: Sean Pasque

Telephone: 01603 592398

Email: s.pasque@uea.ac.uk

PAN-DISABILITY

Norwich (Carrow Park)

Tuesdays, Children – 6pm-7pm, Adults – 7pm-8pm

Free for children, £1.50 per session for adults

Our popular Pan-Disability Soccer Skill Centre gives participants the chance to play football against other players with differing impairments.

The Skill Centre is designed to improve footballing skills whilst boosting social skills such as self-esteem and confidence.

Book online below or contact the CSF Disability team on 01603 761122.

Funded by Premier League Kicks.

Website: <https://www.communitysportsfoundation.org.uk/>

DOWN'S SYNDROME

Norwich (Open Academy)

Saturdays, 10am-11am, Adults and children (ages 6+)

£1.50 per session

The Down's Syndrome Soccer Skill Centre is designed to improve footballing skills whilst boosting social skills such as self-esteem and confidence. The mixed-gender sessions are delivered on a weekly basis and are themed around all aspects of football.

Participants also have the opportunity to represent Norwich City FC in fixtures against other clubs, take part in national DS festivals and hit the road for the annual tour.

Contact the CSF Disability team on 01603 761122 to book a place, or email the disability team.

Funded by CSF fundraising.

Website: <https://www.communitysportsfoundation.org.uk/>

CEREBRAL PALSY

Norwich, (Carrow Park)

Fridays, 5pm-6pm, Adults and children (ages 7+)
FREE

Our Cerebral Palsy Soccer Skill Centre caters for both children and adults and gives participants the chance to play football against players with similar disabilities.

The sessions are designed to improve footballing skills whilst strengthening social skills such as self-esteem and confidence.

Book online below or contact the CSF Disability team on 01603 761122.

Funded by Premier League Kicks.

Website: <https://www.communitysportsfoundation.org.uk/>

HEARING IMPAIRED

Norwich, (Carrow Park)

Fridays, 5pm-6pm, Adults and children (ages 7+)
FREE

Our Hearing Impaired Soccer Skill Centre caters for both children and adults, across all levels of hearing loss.

Giving participants the chance to play football against players with similar disabilities, the sessions are designed to improve footballing skills whilst strengthening social skills such as self-esteem and confidence.

Book online or contact the CSF Disability team on 01603 761122.

Funded by Premier League Kicks.

Website: <https://www.communitysportsfoundation.org.uk/>

VISUALLY IMPAIRED OR BLIND

Norwich, (Carrow Park)

Fridays, 5pm-6pm, Children (ages 6-16)

FREE

Our VI & Blind Soccer Skill Centre caters for children, across all levels of sight impairment.

Giving participants the chance to play football against players with similar disabilities, the sessions are designed to improve footballing skills whilst strengthening social skills such as self-esteem and confidence.

Book online or contact the CSF Disability team on 01603 761122.

Funded by Premier League Kicks.

Website: <https://www.communitysportsfoundation.org.uk/>

Other Sports

MULTI-SPORTS SESSIONS

We offer pan-disability multi-sport sessions for children and adults (ages 6+) during school half-term holidays.

These sessions offer a fun introduction to the basics of sports, including football, basketball, tennis, hockey, dodgeball, badminton and many more.

Our sessions run at Open Academy in Norwich.

The sessions are supported through CSF fundraising.

Contact the CSF Disability team on 01603 761122 to discuss the programme in more detail

Website: <https://www.communitysportsfoundation.org.uk/>

WATER EXERCISE SESSIONS

We offer free swimming and water-based exercise sessions for children with disabilities.

These sessions are supported by Premier League Kicks, are for children aged 8-16, and take place at Riverside Leisure Centre.

These take place on Fridays at 6:30pm-7:30pm

Contact the CSF Disability team on 01603 761122 to discuss the programme in more detail

Website: <https://www.communitysportsfoundation.org.uk/>

DISABILITY DANCE SESSIONS

Delivered by qualified dance instructors, our pan-disability Dance Sessions will introduce participants aged 8+ to the basics of dance in fun, hour-long classes.

Focusing on key dance skills, the sessions, supported by funding from the Foundation, include routines and fun games. Participants can also look forward to exciting performance opportunities throughout the year.

Sessions take place at CSF's Carrow Park dance studio, in the shadow of Norwich City's Carrow Road stadium and are free of charge thanks to funding from the Premier League Kicks programme.

These take place on Monday's at 5:30pm-6:30pm

Contact the CSF Disability team on 01603 761122 to discuss the programme in more detail.

Website: <https://www.communitysportsfoundation.org.uk/>

GOALBALL

Thursday's (19:00 - 21:00) during term time at City College Sports Hall, Norwich

Inclusive of members with Visual Impairment

Cost First session free, subsequent sessions £5. All kit provided.

For more information see www.facebook.com/Norfolk-and-Norwich-Goalball-Teams-578071196011997/

Contact Name: John Milligan

Email: john.milligan@norfolk.gov.uk