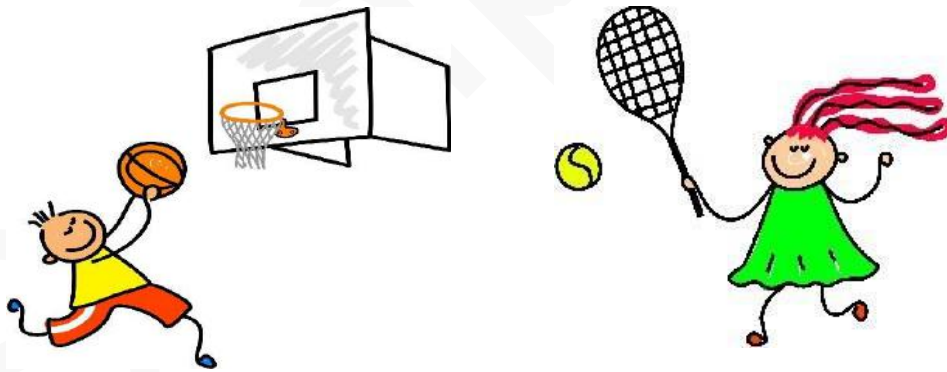


**THE SIGNPOST GUIDE TO  
SPORT AND LEISURE  
OPPORTUNITIES FOR YOUNG PEOPLE  
WITH ADDITIONAL NEEDS**



Signpost

## INTRODUCTION

Welcome to the latest edition of Signpost's leisure and sports guide. This guide is designed to help you find a sport or club that specifically caters for your child's additional needs, but please remember that many local clubs may also be happy to welcome your child, so it is worth exploring them too. West Lothian Council's website lists many organisations in their 'clubs and groups' section, which you can search to find activities near you.

Although we have done our best to check the accuracy of the information contained within this guide, the information has been compiled from a variety of sources, and not every club responded to our requests for a check of the information prior to publication.

Please let us know if you find that the information is not accurate – this will enable us to correct it in future editions. We are also interested in your thoughts on this booklet, and any improvements you can suggest.

If you know of a club which welcomes children with additional needs, please let us know so that we can share this information with other families. If you need to find a club for your child, please contact us and we'll do our best to help.

Happy reading from the Signpost staff!



Contact: Signpost on 01506 431 123  
or email: [enquiries@signpost-online.co.uk](mailto:enquiries@signpost-online.co.uk)

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## Archery

### Archery

WHO - All disability groups welcome

AGE - All ages

WHEN - Wednesdays 10.00am - 12noon

WHERE - Meadowmill Sports Centre, Tranent

CONTACT - Richard Vallis - Head Coach email - [rsvallis54@gmail.com](mailto:rsvallis54@gmail.com)

## Athletics

### Edinburgh Eagles

Run, Jump and Throw session for school aged athletes with autism.

WHO - School aged young people 8 years +

WHEN - Wednesday 6.00pm - 7.30pm

WHERE - Forrester HS, Edinburgh

CONTACT - [edinburgheaglesathletics@hotmail.com](mailto:edinburgheaglesathletics@hotmail.com)

### Forth Valley Flyers

This club is affiliated to Scottish Athletics, so participants can move on to competing events.

WHO – 11 years +

WHEN – Fridays 6.15pm - 7.30pm

WHERE - Grangemouth Stadium, Kersiebank Avenue, Grangemouth. FK3 0EE

CONTACT – [ann.finlayson@btinternet.com](mailto:ann.finlayson@btinternet.com) or 07886600659 and leave a message on the answering machine

### Athletics Club - Lasswade

WHO – 8 years +

WHEN – Mondays and Thursdays

WHERE – Dalkeith Community Campus, 2 Cousland Rd Dalkeith, Midlothian EH22 2PS

CONTACT FOR MORE INFORMATION AND ACTIVITIES ON OFFER –  
[www.lasswade-ac.org.uk](http://www.lasswade-ac.org.uk) Craig Morton ( Club Development Officer ) at  
lasswadeathletics@gmail.com, or on 07751279456.

## **Badminton**

### **Badminton Club – Lothian Disability**

Coached badminton sessions for players with a physical or learning disability

WHO - All disability groups

AGE - All ages

WHEN - Tuesday 6pm - 9pm and Wednesday 6pm - 8pm

WHERE - Musselburgh Sports Centre (Tuesday) and Bathgate Academy (Wednesday)

CONTACT - Lyndon Williams - Lead Coach email - [hbandnw@yahoo.co.uk](mailto:hbandnw@yahoo.co.uk)

[www.lothiandisabilitybadmintonclub.org.uk](http://www.lothiandisabilitybadmintonclub.org.uk)

## **Basketball**

### **Basketball Club – Boroughmuir Blaze**

Basketball sessions for athletes with a physical or learning disability

WHO - 8 years +

WHEN - Saturday 9am - 10am

WHERE - The Craggs Sports Centre, Edinburgh

CONTACT - Eoghann Dover telephone 07964324848 or email

[activities@craggedinburgh.com](mailto:activities@craggedinburgh.com)

### **Wheelchair Basketball Club – Lothian Phoenix**

Wheelchair basketball session for players with a physical disability. (ambulant or wheelchair user)

WHO - All ages (juniors on a Thursday evening)

WHEN - Tuesday (Senior) 7.00pm and 9.00pm and  
Thursday(Jnr & Snr) 7.00pm - 9.00pm

WHERE - Armadale Academy

CONTACT - Terry Gillan email - [terrygillan@lothianphoenix.org.uk](mailto:terrygillan@lothianphoenix.org.uk) or

[www.lothianphoenix.org.uk](http://www.lothianphoenix.org.uk)



## **Boccia**

### **Beeslack All Stars**

Boccia session for athletes with a physical, sensory or learning disability

WHO - All disability groups

AGE - School age (8 years +)

WHEN - Sunday 2pm - 3pm

WHERE - Beeslack Community High School, Penicuik

CONTACT - Lynne Sturgeon email - [allstars\\_dsc@hotmail.com](mailto:allstars_dsc@hotmail.com) [allstars\\_dsc@hotmail.com](mailto:allstars_dsc@hotmail.com)

### **East of Scotland**

This club is only open to boccia players with a severe physical impairment which affects all four limbs

WHO - Players with a severe physical impairment of all ages

WHERE - Gracemount High School, Edinburgh

WHEN - Tuesday 6pm - 7.30pm

CONTACT - Neal Herbert email - [neal.herbert@scottishdisabilitysport.com](mailto:neal.herbert@scottishdisabilitysport.com)

### **Edinburgh Leisure High Flyers**

Boccia session for athletes with a physical or sensory disability

WHO - 8 - 18 years

WHEN - Tuesday 7pm - 8pm

WHERE - Gracemount Leisure Centre, Edinburgh

CONTACT – email - [info.glc@edinburghleisure.co.uk](mailto:info.glc@edinburghleisure.co.uk)

### **Engage**

Boccia session for athletes with a physical, sensory or learning disability.

WHO - Players with a physical, sensory or learning disability for all ages

WHEN - Friday 2pm - 3pm

WHERE - ENGAGE Sports Centre, Napier University, Edinburgh

CONTACT - Neal Herbert email - [neal.herbert@scottishdisabilitysport.com](mailto:neal.herbert@scottishdisabilitysport.com)



## **No Limits (Strand of No Limits Multi Sport Club)**

Boccia session for athletes with a physical, sensory or learning disability

WHO - All disability groups and all ages

WHEN - Friday 6.30pm - 8 pm

WHERE - Bathgate Academy Sports Unit, West Lothian

CONTACT - Anne Gurney email - [anne@agurney.com](mailto:anne@agurney.com) or [anne@nolimitssportsclub.org.uk](mailto:anne@nolimitssportsclub.org.uk)

## **Bowls**

### **Bowls – Carpet Bowls**

Carpet bowls session for players with a learning, physical or sensory impairment

WHO - All ages

WHEN - Sunday 10.30am - 12.30pm

WHERE - Musselburgh Sports Centre, East Lothian

CONTACT - Richard Douglas email - [richarddouglas@hotmail.com](mailto:richarddouglas@hotmail.com)

### **Bowling Club - Prestonpans and District Disabled Bowling Club**

Bowls sessions for all disability groups

WHO - All ages

WHEN - Tuesday 7pm - 9pm (Grange BC)

Wednesday 1pm - 3pm (Community Centre)

Thursday 11am - 1pm (Community Centre)

WHERE - Prestonpans Community Centre, East Lothian & Grange Bowling Club, Prestonpans

CONTACT - Lesley Ross 01875 610 280

## **Dancing**

### **A Chance to Dance**

A Chance to Dance class for additional support needs

Who: All ages

When: Saturdays 12-12.45pm

Where: Nu Moves Dance Studios, Deans

CONTACT FOR MORE INFORMATION AND OTHER CLASSES – [www.numoves.co.uk](http://www.numoves.co.uk) or Tracy on 01506 238420

## **Drama Groups**

### **West Lothian Drama and Mime Group**

Drama Group for young people with and without disabilities who aim towards an annual Christmas Production

WHO – 12 years +

WHEN – Monday evenings 7-9pm weekly during rehearsal times

WHERE – Whitburn Community Centre

CONTACT FOR MORE INFORMATION – [mime\\_group@outlook.com](mailto:mime_group@outlook.com)

## **Football**

### **B Inspired (Broxburn Utd Sports Club)**

#### **Autistic Friendly Football**

This session gives children with Autism the opportunity to take part in football within a structured environment.

The sessions are designed to improve the skills and ability of the players within a fun and safe setting.

WHO – 8-16 years

WHEN – Thursdays 6pm - 7pm

WHERE – Broxburn United Sports Club, 1 Albyn Place, Broxburn EH52 5EW

CONTACT FOR MORE INFORMATION AND OTHER CLASSES – [www.busc.class4kids.co.uk](http://www.busc.class4kids.co.uk) or [a.white@busc.org.uk](mailto:a.white@busc.org.uk) First session free

### **Team Utd Sports Club**

Enjoy football? Why not join your local disability football club.

These sessions allow kids of all abilities to take part in the sport they love, develop new skills, make new friends and challenge themselves in a fun and organised environment.

The football programme will be running as follows:-

WHEN - Thursday, 5.00-6.00pm

WHERE - Inveralmond High School, Ladywell, Livingston

Contact - Ann Brown

Email - [team.united@btinternet.com](mailto:team.united@btinternet.com)

## Horse Riding

### Horse Riding

Riding is a great way to build your child's confidence, and is sometimes used as therapy as well as a fun activity. Places are limited, so there may be a waiting list for this activity.

**Riding for the Disabled Association-** <https://www.rda.org.uk/>

Contact Mrs G Morrison (01620 842154)

**Thornton Rose Riding for the Disabled**-Email - [jeff@thornton-rose-rda.org.uk](mailto:jeff@thornton-rose-rda.org.uk)

## Leisure Clubs, Sports Clubs & Gyms

### Craiglockhart Leisure Centre

Additional Support Needs Coaching across various sports such as swimming and tennis.

Who: 5-18 years

Where: Craiglockhart Leisure Centre, 177 Colinton Rd, Edinburgh EH14 1BZ

Contact: 0131 443 0101

### No Limits Sports Club

The No Limits Club exists to promote sport for disabled children living in or around West Lothian, from recreational activities to full Olympic or Paralympic standard – there is no limit!

Young people can try out a variety of different sports. The club is run by parents, and siblings are welcome. There are also social events and activity weekends from time to time.

WHO – 5 years +

WHEN – Saturdays 11am – 1pm

WHERE – Linlithgow Leisure Centre. Kettilstoun Mains . EH49 6SQ

CONTACT AND TO FIND OUT MORE ABOUT THE CLUB JUST TURN UP ON SATURDAY AND SPEAK TO THE ORGANISERS OR email – [info@nolimitssportsclub.org.uk](mailto:info@nolimitssportsclub.org.uk), telephone – 01506 855914, website – <https://www.nolimitssportsclub.org>

## **Synergy Gym**

Sessions are supervised by qualified Gym Instructors and offer opportunities for the children and young people to engage in activities in a “fun” environment which encourages and promotes “fitness”.

The gym is equipped with the standard range of equipment including rowing machines, static bikes, treadmills and ski-ing simulator.

(Please note that for insurance purposes people using the equipment must become members)

WHO – Young people with additional needs

WHEN – Sunday 1pm – 2pm

WHERE – Synergy Gym Bellsquarry, near Livingston

CONTACT FOR MORE INFORMATION AND BOOKING – Paul on 01506 855914

## **Target Club – B Inspired**

This club has been created to give individuals with a Physical, Sensory or Learning impairment the opportunity to take part in Target Sports such as Archery, Curling, Bowls and Boccia

WHO – 7-16 years

WHEN – Mondays 5-6pm

WHERE – Broxburn United Sports Club, 1 Albyn Place, Broxburn EH52 5EW

CONTACT FOR MORE INFORMATION AND OTHER CLASSES – [www.busc.class4kids.co.uk](http://www.busc.class4kids.co.uk) or [a.white@busc.org.uk](mailto:a.white@busc.org.uk) First session free

## **Netball**

### **Broxburn Academy – Netball**

WHO – 8-16 years

WHEN – Thursday 4.30pm – 5.30pm

WHERE – Broxburn Academy, Broxburn

CONTACT FOR MORE INFORMATION, BOOKINGS AND OTHER GROUPS – [www.busc.class4kids.co.uk](http://www.busc.class4kids.co.uk)

## Pottery

### Potter Around

Potter Around is a ceramic and painting studio with various activities.

WHO – All ages with and without additional needs

WHERE - Overton Farm, Kirknewton EH27 8DD

CONTACT FOR MORE INFORMATION AND BOOKINGS – email – [chat@potteraround.co.uk](mailto:chat@potteraround.co.uk),  
telephone – 01506 238961, website - <https://www.potteraround.co.uk>

## Religion

### Islamic Studies – Gems of the World

For children with Additional Needs and Disabilities to enjoy their Islamic studies in an Islamic environment.  
These classes are free:

WHO – All ages

WHEN – Saturdays 3pm – 5pm

WHERE – Livingston Islamic Centre and Mosque

CONTACT FOR MORE INFORMATION – Rizwana 07879897500

## Sailing

### Fife Sailability

Fife Sailability is a club specifically for those with a disability, it is based at Lochore Meadows Watersports Centre in central Fife, which as well as a lovely sailing loch, has disabled friendly access and facilities.

CONTACT FOR MORE INFORMATION – [info.lochore-meadows@fife.gov.uk](mailto:info.lochore-meadows@fife.gov.uk) or 01592 583388

## Snow Sports

### Disability Snow Sports

For up to date details and events visit their website [www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

Main telephone number 01479788770

## Social Clubs for Teens

### Autism Initiatives – Autism Evening Group

Social Club for teens with Autism. This group will offer the opportunity to meet like-minded people for a wide range of activities decided by the members. They have a number of resources at Almond House including computers, a fully functioning kitchen, art equipment and musical instruments which people can access during the sessions. The group will be facilitated by

sensitive, enthusiastic and experienced support workers from the Outreach service and volunteers. Members should travel to and access the group independently or with their own support.

WHO – 16 years +

WHEN – Friday evening, 6pm - 8pm

WHERE – Livingston Resource Base, Almond House, 12 Quarrywood Court,  
Livingston EH54 6AX

CONTACT – Tom Ullathorne, Senior Support Worker, Autism Initiatives on 01506 431695  
[thomasullathorne@aiscotland.org.uk](mailto:thomasullathorne@aiscotland.org.uk)

### **Cozmic Club**

Social club for teens with Autism who attend **Mainstream High School**. Run by parents and community staff (parents are expected to help with the running of the club). Provides a variety of trips and activities chosen by the young people themselves. There is a waiting list for this club.

Who: age 12 upwards

When: Tuesday evenings, 7-9pm

Where: The Chill Out Zone, Bathgate,

Contact: To find out more please contact Signpost on 01506 431123

### **FABB Club**

FABB provides a safe space where young people both disabled and non-disabled can meet socially. At the club young people can experience a variety of activities which help build confidence, promote independence and develop an understanding of the needs and feelings of others. Young people are the driving force behind the club, and choose the activities, with the help of experienced youth workers.

Who: 2 groups on alternating Thursday evenings, for ages 14-18 and 18-30, to allow age appropriate activities and aid in the transition from youth to adulthood.

When: usually 7-9pm, may vary on trips out.

Where: Club activities are based within Bathgate Partnership Centre, Bathgate, or various "out" activities, using the centre's minibus.

Website: [www.bathgatefabclub.webs.com](http://www.bathgatefabclub.webs.com)

## **Motiv8 Club**

Social Club for teens with Autism who attend **Mainstream High School**. The club provides a variety of trips and activities chosen by the young people themselves. Please note there is a waiting list for this club.

WHO – 12 years +

WHEN – Monday evenings 6.30pm – 8.30pm

WHERE – Mosswood Community Centre, Livingston. EH54 8JF

CONTACT - TO BE ADDED TO THE WAITING LIST AND FOR MORE INFORMATION – [enquiries@signpost-online.co.uk](mailto:enquiries@signpost-online.co.uk) or Signpost 01506 431123

## **Enable Club**

The Enable Club is a place where children and adults with learning disabilities and other special needs can meet and interact with each other in a relaxed setting.

There are various activities on offer.

WHO – All ages

WHEN – Children meet on Tuesday 7pm - 9pm and Saturday 10am - 12 noon

WHERE – Newyearfield Farm, Hawk Brae, Ladywell, Livingston

CONTACT FOR MORE INFORMATION BEFORE ATTENDING – [www.enable.org.uk](http://www.enable.org.uk) or Mrs Liz Wade at Newyearfield Farm on 01506 419578

## **Swimming**

### **Disability Swimming Classes – Xcite Bathgate**

WHEN – Tuesdays 3.30pm

WHERE – Bathgate Sports centre

CONTACT - <https://www.westlothianleisure.com/current-activities/xcite-coaching/coaching-sign-up/coaching-timetable/learn-2-swim> or 01506 237910

### **Disability Swimming Classes – Xcite Livingston**

WHEN – Tuesdays 4.30pm

Thursdays 5.20pm

WHERE – Bubbles, Almondvale Parkway, Livingston

CONTACT - <https://www.westlothianleisure.com/current-activities/xcite-coaching/coaching-sign-up/coaching-timetable/learn-2-swim> or 01506 237970

### **Disability Swimming Classes – Xcite Whitburn**

WHEN – Thursday 4.10pm

WHERE – Whitburn Swimming Pool

CONTACT - <https://www.westlothianleisure.com/current-activities/xcite-coaching/coaching-sign-up/coaching-timetable/learn-2-swim> or 01501 229210

## **Tae Kwon Do**

### **GMAC Martial Arts**

WHO – Kids 3 – 12 years

Teens & Adults 13 years +

WHEN – Friday 4 – 4.45pm

WHERE - Unit 6, Napier Square, Houston Industrial Estate, Livingston

CONTACT – 07734 926574 for further information or

Website - <http://www.gmacmartialarts.co.uk>

## **Tennis**

### **Advantage Tennis Edinburgh – ASN Squad**

A fun and action packed tennis session for children and young people with learning, sensory or mild physical disabilities delivered by LTA qualified and experienced coaches on indoor courts. A free trial session is available but must be pre-scheduled.

WHO - 5 - 18 years

WHEN - Sunday 3.30pm - 4.30pm (during term time)

WHERE - Craiglockhart Tennis Centre, 177 Colinton Road, Edinburgh, EH14 1BZ

CONTACT - Michael Miller

More information:

<https://www.advantagetennis.org/sessions/autism-learning-disability-tennis-edinburgh.php>

### **Longniddry Tennis Club**

Coached tennis class open to all children age 10+and caters for kids with learning, physical and or sensory disabilities.



WHO - 10 - 18 years

WHEN - Friday 2pm - 3pm

WHERE - Longniddry Tennis Club, Longniddry

CONTACT - Tom Swan email - [longniddrytennis@gmail.com](mailto:longniddrytennis@gmail.com)

### **Wheelchair Tennis – Advantage Tennis Edinburgh**

Wheelchair tennis coaching sessions for children and adults with a physical disability (ambulant or wheelchair user) delivered by LTA qualified coaches with experience of the wheelchair game on indoor courts. Suitable for total beginners and competitive players alike. A free trial session is available but must be pre-scheduled.



WHO - All ages

WHEN - Sunday 2.30pm - 3.30pm (Juniors)

4.30pm - 6pm (Adults)

WHERE - Craiglockhart Tennis Centre, 177 Colinton Road, Edinburgh, EH14 1BZ

CONTACT - Michael Miller

More information:

<https://www.advantagetennis.org/sessions/wheelchair-tennis-edinburgh.php>

## **Yoga**

### **Sonshine Yoga Kids**

Classes promote the use of mindfulness, breathing exercises and yoga poses through stories, games and music.

WHO – School age children with Additional Support Needs

WHEN – Friday 4.30 – 5.15pm

WHERE – Harburn Hall, Harburn EH55 8RF

CONTACT – Sonja email - [sonshineholistic@gmail.com](mailto:sonshineholistic@gmail.com) or

Website - <https://www.sonshineholistic.co.uk/kids-online-classes>



**Your Notes:**

Signpost



### **Signpost**

Beatlie School Campus  
Craigshill  
Livingston  
EH54 5EJ

Scottish Charitable Incorporated Organisation SCO32398

### **Drop-in Office hours:**

9.00 am – 4.00 pm (Mon – Thurs)  
9.00 am – 1.00 pm (Fri)

### **Write To:**

Signpost  
Beatlie School Campus  
Craigshill  
Livingston  
EH54 5EJ

**Telephone:**

01506 431123

**By email:**

[enquiries@signpost-online.co.uk](mailto:enquiries@signpost-online.co.uk)

**Website:**

[www.signpost-online.co.uk](http://www.signpost-online.co.uk)

**Facebook:**

Signpost-West Lothian

**We offer:**

Parent to parent support

Information on local services

Referrals to other local agencies

Help to source funding for equipment etc.

Signpost