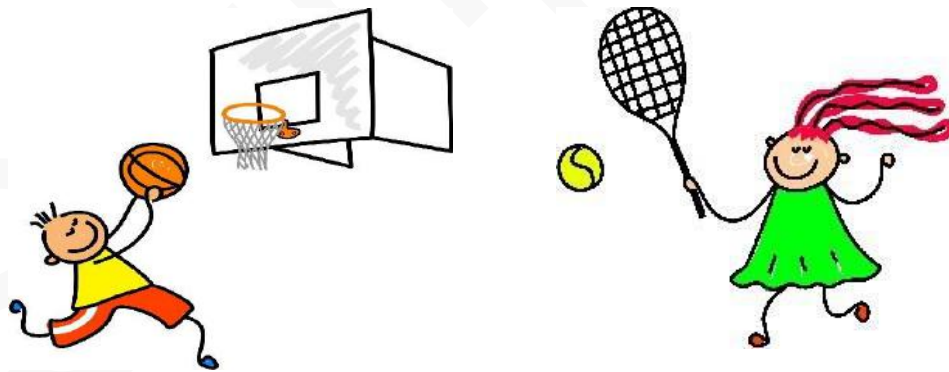


**THE SIGNPOST GUIDE TO
SPORT AND LEISURE
OPPORTUNITIES FOR YOUNG PEOPLE
WITH ADDITIONAL NEEDS**



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.

Happy reading from the Signpost staff!



Further information can be found on the website: <https://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
https://www.enjoyleisure.com/sports_coaching/disability_sports/d189/

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

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 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 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

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@cragsedinburgh.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 or

<https://www.lothianphoenixwbc.org/>



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 allstars_dsc@hotmail.com

https://weebreaks.com/community_support/oor-club-beeslack-all-stars-disabled-sports-club/

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

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 mariekneeshaw@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 - joshua.thomson@scottishdisabilitysport.com

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

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 – <https://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

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 – <https://busc.org.uk/coaching-programmes> or 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

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

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, telephone – 01506 855914, website – <https://www.nolimitssportsclub.org>

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 <https://busc.org.uk/coaching-programmes> or 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 – <https://busc.org.uk/coaching-programmes>

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,
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 or 01592 583388

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

Snow Sports

Disability Snow Sports

For up to date details and events visit their website 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

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 jacquiemcneill@sky.com

Diversified

The Diversified Together Project.

This is a social project for neurodiverse 10 to 16 year olds and their families/carers. It will provide a variety of social opportunities both face to face and online. The project aims to bring neurodiverse young people and their families together with others who face similar challenges to enable them to create meaningful friendships and give/receive support from their peers. The project has been created by young people and parents who are neurodiverse which we hope will bring a different perspective.

See www.diversified.org.uk/together-project for more details.

The project is for:

- Young people aged 10-16 years
- Identify as neurodiverse (diagnosis is not required)
- Live in West Lothian
- Parent/Carer participation

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: <https://bathgatefabclub.webs.com/>

Motiv8 Club 16 years +

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 this a waiting list for this club.

WHO – 16 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 –

Mark.Drysdale@westlothian.gov.uk

Motiv8 Club 12- 16 years

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

WHO – 10-16 years

WHEN – Wednesday evenings 6.30pm – 8.30pm

WHERE – Strathbrock Community Centre, Broxburn EH52 5LH

CONTACT - TO BE ADDED TO THE WAITING LIST AND FOR MORE INFORMATION –

Mark.Drysdale@westlothian.gov.uk

Enable Club

The Enable Club is a place where children and adults with learning disabilities and other special needs can be 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 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 - michael@advantagetennis.org

More information:

<https://www.facebook.com/advantennisedin/>

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

WEBSITE - <https://clubspark.lta.org.uk/longniddrytennis/Coaching/Course/0e0b0223-244a-4aaf-b5c1-4ed69b7f106e>

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 - michael@advantagetennis.org

More information: <https://www.facebook.com/advantennisedin/>

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 - sonshinehollistic@gmail.com or

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

Signpost

Your notes:

Signpost

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