


Activity Clubs for SEN



Borough	Activity	Contacts
<p>Hillingdon</p> 	<p>Centre for ADHD and Autism – Eastcote – Membership required for Harrow and Hillingdon residents.</p> <p>Creative Club – monthly – ages 8-12</p> <p>Various social monthly groups for ages 11-25</p>	<p>https://adhdandautism.org/services/family/</p>
	<p>Activities for people with disabilities</p>	<p>https://www.hillingdon.gov.uk/article/3968/Activities-for-people-with-disabilities</p>
	<p>Inclu-Dance - Inclusive Dance and Social Opportunities for Disabled Young People and Adults in Hillingdon, Buckinghamshire and Via Zoom</p>	<p>Oakwood School Hillingdon, Sutton Ct Rd, Uxbridge, UB10 9HT</p> <p>https://www.facebook.com/inclu.dance</p>
	<p>Arts for Life</p> <p>We support families within Harrow and Hillingdon Boroughs and close surrounding counties. Referrals are accepted from Parents/Carers and any Children/Young People Professionals</p> <ul style="list-style-type: none"> • Doodle Den • Together Thrive • Creative Crew • Skills For Life • Create and Chat • Various workshop <p>https://careandsupport.hillingdon.gov.uk/Services/2229</p>	<ul style="list-style-type: none"> • Arts for Life Project, Forge House, Forge Lane (off Hallowell Road), Northwood, HA6 1DP (directions displayed on map) • The Doodle Den, St Mathews Church Community Hall Annexe, Hallowell Road, Northwood, HA6 1DW <p>020 8064 0822</p> <p>Email: enquiries@artsforlifeproject.org</p>
	<p>Family Swim at Sunshine House School</p>	<p>Hydrotherapy Pool, Sunshine House School, 33 Dene Road, Northwood, HA6 2DD</p> <p>Telephone: 01923 82 25 38</p> <p>shriti.thompson@sunshinehouse.ac.uk</p>

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	<p><u>Autism Friendly Multi-Sports Club Hillingdon (PSD)</u></p> <p>Weds -5.30-6.30</p>	<p>Hillingdon Leisure Centre, Gatting Way, Uxbridge, UB8 1ES</p> <p>Telephone: 020 3397 7409</p> <p>Email: info@the-psd-group.org.uk</p> <p>https://the-psd-group.org.uk/psd-clubs/</p>
	<p><u>Heathrow Special Needs Centre</u></p> <p>Horse Riding - Animal Care & Management - Horticulture - Gardening - Work Experience - Not for Profit Tea Room - Community Hub - Organic Vegetables - Sensory Garden - Nature Area. The Centre is open for people from 5 years of age with disabilities and special needs including those with multiple and profound learning disabilities, physical and mental disabilities, those recovering from stroke or other serious ailments, the elderly and those affected by dementia.</p>	<p>Bath Road, West Drayton, UB7 0EF</p> <p>Telephone: 01753 680330</p> <p>Email: info@heathrowspecialneedscentre.org</p>
	<p><u>Ruislip Turtles Swimming Club</u> – Saturdays 5-6pm and social clubs throughout year.</p> <p>The club is open to all people with a disability together with their helpers or immediate family</p>	<p>Highgrove Pool and Fitness Centre, Eastcote Road, Hume Way, Ruislip, HA4 8DZ</p> <p>Email: turtlesswimming@yahoo.co.uk</p>
	<p><u>Hillingdon Young Carers trust</u> – for siblings of children with additional needs.</p>	<p>https://www.carerstrusthillington.org/young-carer-services</p>

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	<p><u>Send family support.</u></p> <p>All our clubs, workshops & events are for families that have signed up for SEND Family Support, but don't worry it is FREE and easy to sign up.</p>	<p>Telephone: 07752 169849</p> <p>Email: info@sends.co.uk</p> <ul style="list-style-type: none"> • Mencap Hillingdon, South Hall, Harlington Road, Uxbridge, UB8 3HD (• Northwood Methodist Church, 30 Oaklands Gate, HA6 3AA <p>https://careandsupport.hillingdon.gov.uk/Services/209</p>
	<p><u>HACS -Membership required.</u></p> <p>Youth clubs for 10 – 25 years (Hillingdon residents only)</p> <p>Saturday Clubs for 7 – 25 years (Hillingdon residents only)</p> <p>Holiday Playschemes for 7 – 25 years (Hillingdon residents only)</p> <p>Flexible individual support packages for complex needs (Hillingdon residents only)</p>	<p>Telephone: 020 8606 6780</p> <p>Email: enquiries@hacs.org.uk</p> <p>http://www.hacs.org.uk/</p>
	<p><u>Botwell Green Leisure Centre:</u></p> <p>Disability multi-sports at Botwell Green Leisure Centre - Disability Sports Coach are hosting a weekly sports session for all disabilities 11 years to adults in partnership with Botwell Green Sports & Leisure Centre</p>	<p>Botwell Green Sports & Leisure Centre, Hayes, UB3 2HW</p> <p>Telephone: 020 8561 0956</p> <p>Email: botwellgreen@gll.org</p> <p>https://www.better.org.uk/leisure-centre/london/hillingdon/botwell-green/7a214bf5-eba8-4300-8710-88ac7be7b2d6</p>

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	<p><u>Kingfisher Swim club</u> –</p> <p>The Club meets every Saturday evening from 5:00-6:00p.m. at The Harrow Leisure Centre</p>	<p>Contact Name: Diane Travers</p> <p>Telephone: 02084 278126</p> <p>Email: enquiries@kingfishersc.org</p> <p>http://www.kingfishersc.org/</p>
<p>Buckinghamshire</p> 	<p><u>Inclu-Dance</u> - Inclusive Dance and Social Opportunities for Disabled Young People and Adults in Hillingdon, Buckinghamshire, and Via Zoom</p>	<p>Oakwood School Hillingdon, Sutton Ct Rd, Uxbridge, UB10 9HT</p> <p>https://www.facebook.com/inclu.dance</p>
	<p><u>South Bucks RDA Horse Riding for the Disabled</u></p>	<p>South Bucks Riding for the Disabled, Mill House Farm, Framewood Road, Fulmer, Buckinghamshire, SL2 4QR</p> <p>Telephone: 01753 662796</p> <p>Email: enquiries@southbucksrda.org</p> <p>https://southbucksrda.org/</p>
	<p><u>Thomley learning and leisure centre for people with disabilities</u></p> <ul style="list-style-type: none"> • Soft play area • Two sensory rooms • Art room • Play rooms and open soft play • Teenage den • Imagination room • Accessible toilets • Construction room • Music room 	<p>Thomley, Menmarsh Road, Worminghall, Buckinghamshire, HP18 9JZ</p> <p>Telephone: 01844 338380</p> <p>Email: enquiries@thomley.org.uk</p> <p>https://thomley.org.uk/</p>

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Ealing 	Ealing Family Link Services – Document lists various activities for children with SEN and disabilities, including: Clubs, sensory activities, sports, swimming, music and movement, drama, arts and theatre, cinema, circus, museums, outings and holiday clubs.	http://www.john-chilton.ealing.sch.uk/wp-content/uploads/2019/12/Places_to_go-EALING.pdf
	Ealing local offer – website lists information on clubs as well as other accessible places to visit.	https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/site.page?id=Ltbyram2FYk&localofferchannelnew=0
Harrow 	Dare Play scheme – Saturday and holiday activities: https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf	E-mail: info@dareplayscheme.co.uk Telephone: 07721 857224 Website: www.dareplayscheme.co.uk
	Harrow Mencap – Saturday and holiday activities https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf	Telephone: 020 8866 4121 Website: www.harrowmencap.org.uk
	Unity Club – weekly and school holidays https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf	Telephone: 020 8809 8809 – Jo Shone or Laura Barrett Website: www.norwood.org.uk
	Kids can achieve – After school, Saturdays and holiday schemes. https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf	E-mail: info@kidscanachieve.co.uk Telephone: 020 8420 2300 Website: www.kidscanachieve.co.uk
	KIDS – term time and holidays https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf	Telephone: 01473 233994 Website: www.cfsupportservices.co.uk

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	<p>Sense – term time and holidays</p> <p>https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf</p> <p>Surecare Harrow and Watford – Term time and holidays</p> <p>https://www.harrow.gov.uk/downloads/file/24397/short-breaks-brochure.pdf</p> <p>Centre for ADHD and Autism – Eastcote – Membership required for Harrow and Hillingdon residents.</p> <p>Creative Club – monthly – ages 8-12</p> <p>Various social monthly groups for ages 11-25</p>	<p>E-mail: buddying@sense.org.uk</p> <p>Telephone: 020 7014 9303</p> <p>Website: www.sense.org.uk</p> <p>E-mail: enquiries@surecareharrow.co.uk or suresh@surecareharrow.co.uk</p> <p>Telephone: 020 3409 2497 Suresh, Shyam or Tejal</p> <p>Website: www.surecare.co.uk</p> <p>https://adhdandautism.org/services/family/</p>
<p>Brent</p>  <p>Brent</p>	<p><u>KEEN London runs free,</u></p> <p>Engaging and accessible activities for children with additional needs and disabilities. Our inclusive services offer one-to-one support that helps children to thrive, develop and, most importantly, to have fun</p>	<p>Telephone: 0207 686 3172</p> <p>Email: info@keenlondon.org</p> <p>https://www.keenlondon.org/keen-club/</p>
<p>Windsor and Maidenhead The Royal Borough</p>  <p>Windsor & Maidenhead</p>	<p><u>Thames Valley Adventure Playground</u></p> <p>Specialist indoor and outdoor play, recreational and learning facilities, are available to all children, teenagers and adults with special needs, whether they have a physical or learning disability, a sensory impairment, behavioural difficulties or autism, or whether they are socially disadvantaged or unable to make meaningful use of alternative mainstream provision. We provide unique support to its users, siblings, families, and carers, including respite and advisory services.</p>	<p>Thames Valley Adventure Playground, SL6 0EF</p> <p>https://www.tvap.co.uk/</p>

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<p>Barnet</p> 	<p>Sweet Tree Farming For All - Sweet Tree Fields Farm is a 14-acre farm and woodland in Mill Hill, London.</p>	<p>SweetTree Fields Farm 137, Marsh Lane, Mill Hill, NW7 4EY</p> <p>Telephone: 020 7644 9505</p> <p>Email: enquiries@sweetreefarmingforall.org.uk</p> <p>https://www.sweetreefarmingforall.org.uk/</p>
<p>Richmond</p> 	<p>Park Lane Stables RDA – Riding for the Disabled Association Centre</p>	<p>https://www.parklanestables.co.uk/</p>
<p>Hammersmith and Fulham</p> 	<p>SEB Bounce – PE and movement activity that takes place on a trampoline</p>	<p>Companion Cycling, The Stockyard, Bushy Park, Hampton Court Road, TW12 2EJ</p> <p>Telephone: 020 8979 6061</p> <p>Email: info@companioncycling.org.uk</p> <p>http://www.companioncycling.org.uk</p>
<p>Surrey</p> 	<p>Holiday activities for children with SEN or disabilities: Sports Playschemes Short breaks</p>	<p>https://www.surreycc.gov.uk/children/support-and-advice/families/send-support/holiday-activities</p>  <p>https://www.flipperclub.co.uk/</p>

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	The Flipper Club Swim School – SEND classes available	
	NAS Family support and clubs for children and young people	https://nassurreybranch.org/nas-clubs-for-children/
<p>Hounslow</p>  <p>London Borough of Hounslow</p>	Hounslow Urban Farm	<p>Faggs Road, Feltham, TW14 0LZ</p> <p>Telephone: 0208 831 9658</p> <p>Email: hounslowurbanfarm@hotmail.co.uk</p> <p>https://hounslowurbanfarm.co.uk/</p>
<p>Slough</p>  <p>Slough Borough Council</p>	Jump In – Trampoline sessions - Relaxed sensory sessions, ideal for SEN children & adult	<p>Jump In, 550 Dundee Road, Slough, SL1 4LE</p> <p>Telephone: 0800 098 8212</p> <p>Email: hello@gojumpin.com</p> <p>https://www.gojumpin.com/</p>
<p>Rickmansworth (Three Rivers)</p>  <p>THREE RIVERS DISTRICT COUNCIL</p>	CVSS - Sailing for People with Disabilities 11-25	<p>The Aquadrome, Bury Lake, Frogmoor Lane, Rickmansworth, Hertfordshire, WD3 1NB</p> <p>Mobile: 07751 628750 Telephone: 07756 442721</p> <p>https://cvssailors.org.uk/</p>

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<p>Wimbledon</p> 	<p>Bluewave Swim – lessons for ASD.</p>	<p>Wimbledon College Sports Complex, Wimbledon Collge, Edge Hill, London SW19 4NS</p> <p>https://www.bluewaveswim.co.uk/blog/swimming-lessons-for-autistic-children/#:~:text=High%20quality%20movements%20in%20water,reduce%20anxiety%20in%20ASD%20children</p>
<p>Hemel Hempstead</p> 	<p>Snow mobility snow centre</p> <p>Snowbility is the brainchild of Ski Development Coach, Richard Fetherston, who discovered the incredible benefits that could be achieved for people with additional needs and mental health challenges through ski and snowboard coaching.</p>	<p>The Snow Centre, St Albans Hill, Hemel Hempstead, Hertfordshire, HP3 9NH</p> <p>https://snowbility.co.uk/</p>
	<p>Cloud 9 is proud to offer exclusive SEN sessions, for people with Special Educational Needs, on the last Saturday of every month, from 10-11am, and the second Wednesday of every month from 5-6pm</p>	<p>Telephone: 0203 873 7999</p> <p>Email: info@cloud9leisure.com</p> <p>https://cloud9leisure.com/</p>
<p>Not specific to a borough - Activities your child might enjoy</p>		
<p>Relaxed Theatre Performances</p>	<p>ATG Tickets – Lists Relaxed Theatre Performances</p>	<p>Information: https://www.autism.org.uk/directory/t/theatre-relaxed-performances#:~:text=Relaxed%20performances%20are%20primarily%20designed,from%20a%20more%20relaxed%20environment</p> <p>Website: https://help.atgtickets.com/hc/en-gb/articles/4888434732178-Upcoming-Relaxed-Performances</p>
<p>Club search</p>	<p>Club Hub- Clubs for Disabled and SEN children</p>	<p>Postcode search facility https://clubhubuk.co.uk/listings/disabled-and-special-needs/</p>
<p>Interactive Theatre</p>	<p>Flute Theatre - Touring theatre company who specialise in interactive Shakespeare</p>	<p>https://www.flutetheatre.co.uk/shows/autistic-individuals</p>

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	performances for individuals with autism and learning disabilities.	
Museums	National History Museum – Relaxed morning visits for Neurodivergent children.	https://www.nhm.ac.uk/events/dawnosaurus.html
	Science Museum -Early Birds is a sensory friendly event for families with members who need a quieter environment to enjoy the museum.	https://www.sciencemuseum.org.uk/see-and-do/early-birds
	Museum of London – Information on accessibility and quiet times.	https://www.museumoflondon.org.uk/museum-london-docklands/plan-your-visit/museum-accessibility#:~:text=Quiet%20sessions,-We%20want%20all&text=Our%20quiet%20hours%20run%20every,to%20use%20our%20quiet%20spaces
	London Transport Museum – accessibility and quieter times information.	https://www.ltmuseum.co.uk/visit/families/families-send
Swimming – Various locations	SEN Swim – Swim school providing 1-1 lessons for children and young people with additional needs.	<p>Locations:</p> <ul style="list-style-type: none"> - Phoenix Fitness Centre and Janet Adegoke swimming pool, W12 7DB - Oaklands Secondary School, Gresham Road, Hounslow, TW34BX - Jack Tizard School, South Africa Road, London, W12 7PA - Clapham Leisure Centre, 141 Clapham Manor Street, London, SW4 6DB - Strathmore School at Grey Court, Ham Street, Richmond, TW10 7HN - Putney Aquahub, Putney Bridge Road, SW18 1PE - Horsenden Primary School, Horsenden Ln N, Greenford, UB6 0PB <p>www.senswim.org</p>
Zoo	London Zoo – Relaxed hours Visual stories	<p>https://www.londonzoo.org/plan-your-visit/events/relaxed-opening-tours</p> <p>https://www.londonzoo.org/plan-your-visit/accessibility</p>

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