

EDLAG Directory 2024

An inclusive resource for residents across the Borough

The Eastleigh Disability Leisure Access Group have created a directory which lists all inclusive and accessible facilities in the Borough.



District Sports South

Eastleigh Boccia Club

Wednesdays, 1.30pm - 2.30pm
at Pavilion on the Park.

<https://paviliononthepark.org/activities-clubs/eastleigh-boccia-club/>

EDSAD

(Eastleigh & District Sports Association for Disabled) - Eastleigh Disability Swimming

Swimming sessions for those with any kind of disability from 8pm - 9pm on Tuesdays at Places Leisure Eastleigh.

email: swimedsad@gmail.com

 www.facebook.com/eastleighdisabilityswimming

fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=mWPLItYsZT8&familychannel=6-6

Eastleigh Active Buddy Scheme

Local volunteers work with individuals to encourage them to lead a more active and healthier life.

- Scheme members are matched with a volunteer as activity buddies. Members are adults who may have a physical or learning disability and/or long-term illness or other challenges that stop them from participating in sport or active sessions at Places Leisure Eastleigh.
- Volunteers play a crucial role in providing a friendly, fun and safe atmosphere for the member to improve the experience and ability to achieve their goals. You will be required to make a commitment to accompany your matched buddy during their active sessions for one hour a week.
- For every session you volunteer, you will be offered a gym or swim voucher to use at Places Leisure Eastleigh.

www.eastleigh.gov.uk/sport-and-health/supporting-health/activity-buddy-scheme

Eastleigh Football Club

Pan Disability sessions

www.eastleighfc.com/community/pan-disability

Hamble Pan Youth Disability FC

Pan Disability sessions

<https://inclusive.football/places/hamble-club-pan-disability>

Hampshire Hornets Wheelchair Basketball

Wheelchair basketball sessions for children and young people with a physical disability aged 7-17 years.

Contact Nass Dadkah for further information:

email: ndadkah@ntlworld.com

Telephone: 07798852784

Hampshire Visually Impaired Cricket Club

Open to all ages, abilities and genders.

www.blindcricket-hampshire.org.uk/index.html

Super 1's

Super 1's is an inclusive programme which offers weekly cricket sessions as well as festivals and lifestyle experiences. The programme is targeted at 12-25 year olds (but are reasonably flexible on this) Chandler's Ford.

Multi Sports Club

For people aged 16+ with learning and/or physical disabilities.

email: info@multisportsclub.org.uk

www.multisportsclub.org.uk/index.html

www.facebook.com/groups/1439701852969753

www.instagram.com/multisportsclub01

Places Leisure Eastleigh Passport to Leisure

The concessionary scheme includes borough residents who are people with physical, learning or sensory impairments.

Physical, learning or sensory impairment - Named Disability Living Allowance (DLA) or Personal Independence Payment (PIP) literature.

www.eastleigh.gov.uk/sport-and-health/passport-to-leisure

Wildern Leisure Centre Passport to Leisure

www.wildernleisurecentre.co.uk/memberships





QE2 Activity Centre

Offers a range of services including facility hire for people with additional needs.

<https://qe2activitycentre.co.uk>

email: office@qe2activitycentre.co.uk

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Eastleigh Football Club Walking Football

Thursday afternoons 12.30pm and 2.15pm
and Monday evenings 6.30pm - 7.30pm.
£5 per session. 50+ years

<https://eastleighfcwalkingfootball.co.uk>

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Walking Netball

Walking Netball is a slower version of the game; it is netball, but at a walking pace.

Sessions are at Places Leisure Eastleigh,
Hiltingbury Sports and The Wildern School.

<https://engage.englandnetball.co.uk>

The Pavilion on the Park

Cycles4All

Inclusive outdoor cycling for all ages and abilities.

<https://paviliononthepark.org/activities-clubs/cycles4all/>

One4all

An inclusive activity club includes crafting, boccia, fitness, multi sports, sensory, dance, games and wellbeing walking – All abilities welcome!

<https://paviliononthepark.org/activities-clubs/one4all-inclusive-activity-club>

Sensory4All

Community multi-sensory space for babies through to adults.

<https://paviliononthepark.org/activities-clubs/sensory4all>

Sensecere

A journey to learn more about children's behaviour and how it is affected by the senses.

<https://paviliononthepark.org/activities-clubs/sensecere>



The Point

Dance for Parkinson's

Thursdays during term time. 1.30pm - 3pm. 18+

A social and uplifting movement class designed specifically for the symptoms of Parkinson's. Expect a relaxed session with upbeat music, good company and targeted movement activities to improve general mobility. Family and carers can attend for free (one carer per participant).

We Create Dance and Drama Club

Fridays during term time. 1.30pm - 2.45pm. 18+

A lively, fun session for adults with learning disabilities, exploring creativity through both drama and dance-based activities. This might include mime, acting scenarios, moving to music, developing stories and creating characters!

Next Step Dance Company

Sundays, 10am - 4pm. 18+

An exciting class offering professional dance training for adults with learning disabilities. Dancers are admitted to the company with an audition, but if you're not sure yet if you'd like the commitment, you can also attend Next Step's Open Class between 10am - 11.30am, which gets you moving and gives a taste of what it is like to belong to the company.

Open Sight VI Dance Class

Fridays, 11am - 12pm. 18+

In partnership with Open Sight Hampshire. Join us for a social and upbeat dance class created with visually impaired participants in mind. No experience necessary – just come and get moving, meet others and have a good boogie! Suitable for all but specifically designed for the visually impaired.

www.thepointeastleigh.co.uk/classes



The Hub

Inclusive Multi-Sports

11 am - 1 pm. Must be over 18 to attend. £3 per person, with carers being free.

There is a variety of sports and games set up in the Hall for everyone to take part in. A cup of tea or coffee is also included so participants are welcome to have a seat and socialise with others at the session.

www.facebook.com/hubeastleigh
centremanager@youthoptions.org.uk

Accessible Facilities:

Places Leisure

www.activityalliance.org.uk/get-active/inclusive-gyms/5329-places-leisure-eastleigh

Pavilion on the Park

<https://paviliononthepark.org>