

# EDLAG Directory



Everyone has the opportunity to get active

The Eastleigh Disability Leisure Access Group have created a directory which lists inclusive and accessible activities and facilities in the local area.



## District Sports South

### Eastleigh Boccia Club

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

[paviliononthepark.org/activities-clubs/eastleigh-boccia-club](http://paviliononthepark.org/activities-clubs/eastleigh-boccia-club)

## Eastleigh Disability Swimming

### EDSAD (Eastleigh & District Sports Association for Disabled)

Tuesdays, 8pm - 9pm  
Places Leisure Eastleigh

[swimedsad@gmail.com](mailto:swimedsad@gmail.com)

[facebook.com/eastleighdisabilityswimming](https://www.facebook.com/eastleighdisabilityswimming)

## GJB Sports Coaching

Supporting children with additional needs and SEN

[facebook.com/gjbsportscoaching](https://www.facebook.com/gjbsportscoaching)

## Eastleigh Borough and Romsey Mencap

Supports people who have learning disabilities through different activities and clubs, seven days a week.

[ebrmencap.org.uk](http://ebrmencap.org.uk)

## Places Leisure Eastleigh SEND Family Activities

Active Play and Bounce and Family Swimming

[placesleisure.org/centres/places-leisure-eastleigh/news/send-at-places-leisure-eastleigh/](http://placesleisure.org/centres/places-leisure-eastleigh/news/send-at-places-leisure-eastleigh/)



## Pan disability football sessions

A format of football which brings together players of different disabilities so they can play together.

### Eastleigh Football Club

[eastleighfc.com/community/pan-disability](http://eastleighfc.com/community/pan-disability)

### Rehabilitation Walking Football

Wednesdays, 2pm - 4pm  
at Places Leisure Eastleigh

[ewfcmobility@gmail.com](mailto:ewfcmobility@gmail.com)

### Hamble Pan Youth Disability FC

[inclusive.football/places/hamble-club-pan-disability](http://inclusive.football/places/hamble-club-pan-disability)

## Wheelchair basketball

Sessions for children and young people with a physical disability aged 7-17 years.

### Hampshire Hornets Wheelchair Basketball

Contact Nass Dadkah for further information:

[ndadkah@ntlworld.com](mailto:ndadkah@ntlworld.com)

07798852784

## Cricket

### Hampshire Visually Impaired Cricket Club

Open to all ages, abilities and genders.

[blindcricket-hampshire.org.uk](http://blindcricket-hampshire.org.uk)

### Super 1's

An inclusive programme which offers weekly cricket sessions, as well as festivals and lifestyle experiences. The programme is targeted at 12-25 year olds, with some flexibility on age, in Chandler's Ford.

## Multi Sports Club

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

[info@multisportsclub.org.uk](mailto:info@multisportsclub.org.uk)

[multisportsclub.org.uk](http://multisportsclub.org.uk)

[facebook.com/groups/1439701852969753](https://www.facebook.com/groups/1439701852969753)

[instagram.com/multisportsclub01](https://www.instagram.com/multisportsclub01)

## Passport to Leisure

### Places Leisure Eastleigh

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

Proof is required using a Named Disability Living Allowance (DLA) or Personal Independence Payment (PIP) literature.

[eastleigh.gov.uk/sport-and-health/passport-to-leisure](http://eastleigh.gov.uk/sport-and-health/passport-to-leisure)

### Wildern Leisure Centre

[wildernleisurecentre.co.uk/memberships](http://wildernleisurecentre.co.uk/memberships)





## QE2 Activity Centre

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

qe2activitycentre.co.uk  
office@qe2activitycentre.co.uk

## Walking Football

### Eastleigh Football Club

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

eastleighfcwalkingfootball.co.uk

## Walking Netball

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

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

engage.englandnetball.co.uk

## Walking Cricket

Thursdays, 10am - 11am  
Places Leisure Eastleigh

utilitabowl.com/cricket-board/walking-  
cricket/

## The Pavilion on the Park

### Cycles4All

Inclusive outdoor cycling for all ages and  
abilities.

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!

paviliononthepark.org/activities-clubs/  
one4all-inclusive-activity-club

### Sensory4All

Community multi-sensory space for babies  
through to adults.

paviliononthepark.org/activities-clubs/  
sensory4all

### Sensecere

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

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).

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[thepointeastleigh.co.uk](http://thepointeastleigh.co.uk)  
(search bar: Dance for Parkinson's)

### 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!

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[thepointeastleigh.co.uk](http://thepointeastleigh.co.uk)  
(search bar: We Create Dance and Drama Club)



### 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.

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[thepointeastleigh.co.uk](http://thepointeastleigh.co.uk)  
(search bar: Next Step Dance)

