



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



Updated Feb 2019



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

GENERAL SOCIAL or SPORTS CLUBS

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Astro Gymnastics – ASN Session

Astro Gymnastics offers a safe environment for children and young people to exercise and have fun. Children can climb, jump, balance and roll all in a safe environment with qualified coaches to advise and support. The classes use specialised gymnastics equipment including inflatable tumble track and sprung floor. Staff and carers accompany the participants for the best outcome. The session currently runs mainly as a freeplay session with a few structured activities depending on the children's interest and ability.

The current age range is around 3-7 years.

WHAT TO WEAR: Children should wear comfortable clothing, shorts or leggings and t-shirt are best, with bare feet preferably.

SESSION COSTS: The fee is £6.00 per session. After an initial 2 weeks pay as you go you can sign up to a block or monthly standing order. All Astro members pay £10 per year membership and must register with Scottish Gymnastics by their third week, at a cost of £11 (pre-school) and £17 P1+.

SESSION TIME: Saturday 10.15 – 11.00

Contact: 01506 410945

Where: Bellsquarry: 5 Hutton Square, Livingston EH54 9DJ

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 and over with Autism

When: Friday evening, 6-8pm

Where: Livingston Resource Base, Almond House, 12 Quarrywood Court, Livingston EH54 6AX

Contact: Joyce Ferguson, Senior Support Worker, Autism Initiatives on 01506 431695

Badminton

Who: All ages

When: Wednesdays from 6-8pm

Where: Bathgate Academy, Edinburgh Road, Bathgate, EH48 1LF

Contact: More information-www.lothiandisabilitybadmintonclub.org.uk

Boccia

Boccia (pronounced 'bot-cha') is similar to bowls where the aim is to score as many points as possible by getting the balls close to the jack. Boccia can be played at every level from beginner up to Paralympic level, and is played from a seated position. For **ALL** ages

When: Saturdays, 1pm-2pm at Linlithgow or Fridays 6-8pm at Bathgate Academy

Where: Linlithgow Leisure Centre, Linlithgow Leisure Centre, Kettilstoun Mains, EH49 6SQ.

For further information contact Elaine McCallum-boccia@nolimitssportsclub.org.uk

Cozmic Club and Motiv8 Club

Social clubs, for teens with High functioning Autism who attend **mainstream** 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 these clubs.

Who: Children with Asperger's who attend mainstream school, age 12 upwards

When: Tuesday evenings, 7-9pm – Cozmic Club

Monday evenings, 6.30-8.30pm – Motiv8

Where: Cozmic Club – The Chill Out Zone, Bathgate, OR

Motiv8, Mosswood Community Centre, Livingston

Contact: To be added to the waiting list, or to find out more please contact Signpost on 01506 431123 or email enquiries@signpost-online.co.uk

Curling – Disabled Curlers Scotland

Disabled Curlers Scotland is a new group offering access to curling tuition and play, to anyone of any age, with a disability including carers. Toward the end of the season, they plan a multi-day curling event for members and coaches. Even if you have never played before, why not go along and give it a try?

Who: Any Age

When: Depends on which venue attending – contact them for more information

Where: Murrayfield ice Rink or Braehead Ice Rink or Kinross Ice Rink

Contact: <http://www.d-ice.org.uk/Index.asp?MainID=20979>

Cycling

The sessions are open to all ages and bikes are suitable for people with a wide range of disabilities. Pre-booking is essential via emailing the contact below

Who: All ages

When: Mondays 4.30-5.30pm and 5.30-6.30pm,

Where: Stewartfield Park in Broxburn

Contact: admin@lothiandisabilitysport.co.uk

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: Tracy to book 07857467321

Edinburgh Acers

Inclusive sports and activity club for 5-18 years. Activities include basketball, football, boccia, dance and multi-sport.

Who: 5-18 years

When: Mondays 4 - 5.30 pm

Where: Meadowbank Sports Centre, London Road, Edinburgh
EH7 6AE

Contact: Stewart Houston 07802 500150, ys-kids@hotmail.com

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: Children age

When: The children meet on Tuesday 7.00pm - 9.00pm, Saturday 10.00am - 12noon.

Where: Newyearfield Farm, Hawk Brae, Ladywell, Livingston

Contact: Mrs Liz Wade at Newyearfield Farm on 01506 419578 for more information before attending. Website: www.enable.org.uk

Athletics

Falkirk Valley Flyers

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

Who: Age 12 +

When: Fridays 6.15 – 7.30 pm,

Where: Grangemouth Stadium, Kersiebank Avenue, Grangemouth,
FK3 0EE

Contact: ann.finlayson@btinternet.com or 01324 590720 (Forth Valley Disability Sport)

Run, Jump & Throw Athletics club

Who: School age with physical, learning and sensory disability

When: Call for details

Where: Dalkeith Community School Campus, 2 Cousland Rd Dalkeith,
Midlothian EH22 2PS

Contact: Gary Fraser tel: 01875 619 070, email: gfraser1@eastlothian.gov.uk

FABB club

FABB provides a safe space where young people both disabled and non-disabled can meet socially. At the club young people are 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.freewebs.com/bathgate-fabb-club/

Contact: For more information and to add your child's name to the waiting list,

John Lockhart, FABB Club Chairman, Tel: 01506 630222

or Email: bathgatefabbclub@outlook.com

Football

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:-

Thursday, 5.00-6.00pm at Inveralmond High School

Contact: Ann Brown

Email: team.united@btinternet.com

Broxburn Utd Sports Club

New autism football team.

Day: Thursday

Time: 4:45pm – 6:00pm (15 minutes team talk, 1hr training)

Where: Broxburn United Sports Club, 1 Albyn Place, Broxburn EH52 5EW

Age: 8 – 16 years

Cost: £5 per session (first session free)

Free bottle of water at each session.

Contact Email: a.white@busc.org.uk

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- Contact Mrs G Morrison (01620 842154)

Thornton Rose Riding for the Disabled-Email - jeff@thornton-rose-rda.org.uk

Judo

East of Scotland Special Needs Judo Group, Sighthill Community Centre, 55 Sighthill Road, Edinburgh, EH11 4PB

Contact Janice Graham on 0131 453 1269 or jgraham@stevenson.ac.uk

Jidel Judo

Jidel Judo 93 have a class on a Monday at Craigswood Sports Centre, Livingston especially designed for our disability players, this class is designed to take into account all the needs of the player and break the session down into small chunks to help our players with their learning.

Contact Jo Tel -07411722240 jo@jideljudo93.com

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!

The Saturday club meets in Linlithgow Leisure Centre, and 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. Find out more by emailing the club, or just turn up on Saturday and speak to the organisers.

Who: 5 years upwards **When:** 11am to 1pm

Where: Linlithgow Leisure Centre, Kettilstoun Mains, EH49 6SQ

Contact: info@nolimitssportsclub.org.uk **Website:** www.nolimitssportsclub.org.uk/

No Limits – Gym Session

The club recently started to offer one hour gym sessions at the 'Synergy' Gym in Bellsquarry near Livingston. These sessions take place on Sunday afternoons between 1 and 2pm.

The 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 a ski-ing simulator. If you would like your child/young person to take part please come along and give it a try.

The sessions cost £3 per person with a £10 annual membership fee.

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

For further information **contact Paul on 01506 855914**

No Limits - Boccia

The club also run a Boccia club which meets at Bathgate academy Sports unit.

When: Friday's **Time:** 6pm – 7:30pm **Cost:** £3

For further information **contact Paul on 01506 855914**

RaceRunning – Recreation & Disability Sport

A running bike is a very effective way of improving overall fitness, strength and well-being. The running bike is a three wheeled bike with no pedals which supports you as you walk or run. They can be used by all ages at a variety of levels. It is predominantly suitable for those with cerebal Palsy, although it is also suitable for those with Muscular Dystrophy, Parkinsons Disease and other disabilities that affect mobility and balance. This sport is available via Forth Valley Disability Sports Club. Age 3-4 upwards

When: Tuesdays **Where:** Forth Valley Flyers, Grangemouth

Contact: Ann Finlayson by email: forthvalleyflyers@btinternet.com

Website: www.fvds.org.uk

Rugby – Livingston Rugby Club

Livingston Rugby Club welcomes new members, including young people with ASD or additional support needs. Signpost provide coaches with ASD awareness, and training, making this a positive partnership for both organisations.

Who: school age with and without additional support needs

When: call for details

Where: Livingston Rugby Club, Almond Park, Craigshill, Livingston, EH54 5NP

Contact: Lee Anne Steel, Membership Secretary Tel: 01506 434695



Sailing

Cramond Boat Club has a Sailability section for people with a disability that want to take up sailing.

Contact: 0131 336 1356 or sailability@cramondboatclub.org.uk

Website: <http://www.cramondboatclub.org.uk>

Port Edgar Marina, Edinburgh Leisure, can provide sailing sessions to people with disabilities by arrangement. Email: admin.pe@edinburghleisure.co.uk or

call 0131 331 3330

Skiing

Alternative Ski Club

Sit, bi and two skis available. Midlothian Snowsport Centre, Hillend, Edinburgh - Mondays 6.30pm – 9pm. Contact centre prior to attending, 0131 445 4433

Disability Snowsport UK

Has a group that meets at Hillend, Edinburgh, contact group organiser Kate Biggin, email disabilitysnowsportscotland@talktalk.net.

Or contact lead instructor Keira Young on 0141 024 091 or 07595 024 09, keira@disabilitysnowsport.org.uk for more information.

Website: www.disabilitysnowsport.org.uk

Swimming

Livingston and District Dolphins www.livingstondolphins.co.uk

Swimmers with disabilities are welcome. Your child's needs & ability will be assessed, then they will either join the main swimming squads, or be taught in a smaller group more suited to their ability.

Children can swim for fun, or progress to competitive galas.

Who: All abilities, age 4 upwards When: Sunday 3.20pm – 4.20pm

Where: Deans Community High School, Livingston

Contact: email: Amyatkinson95@hotmail.co.uk

Swimming - Xcite – Whitburn

They provide lessons for young people with additional support needs and have been able to support young people with Autism/Asperger's.

Who: For children's with additional support needs/Autism/Asperger's

When: Various

Where: Xcite Whitburn – West Lothian Leisure

Contact: Lorraine Pollock on 01501 229210

quote SIGNPOST or email lpollock@westlothianleisure.com for more information.

Swim121

Swimming lessons aimed around the individual. We support all ages, stages and additional needs.

John is a fully qualified ASA Swimming Teacher and ASA Parent & Child Water Activities practitioner with many years of working with children of all ages which includes teaching people with additional needs.

Contact : email – john@swim121.me Tel: 07398 064733

Tae Kwon Do

Classes run on Friday afternoon at Craigwillow Centre

Craigshill Road

Livingston

EH54 5LU

Children 3.30 - 4.15pm

Teens & Adults 4.30 - 5.15pm

They also offer a 1 month free trial for those who'd like to come along and try.

Contact -www.gmacmartialarts.org.uk

Trampolining

Jump Station – Trampoline Centre – ASN session

Who: 5+ plus siblings

When: Tuesday 4pm-5.30 You can turn up any time during this time to get 1 hour session and Saturday 9am – 10am.

ASN trampoline classes on a Tuesday night along with the ASN session. The class runs from 4-5 and and cost £5 for trial class or £40 for a 8 week block of lessons. The classes are taught by a fully qualified trampoline coach who has previously ran additional support needs trampoline classes.

Where: Jump Station - 3 Kingsthorne Park, Houstoun Ind Est, Livingston, West Lothian EH54 5DB.

Cost: £5 per child, £2 for non-slip socks (first time only)

Contact: 01506 537966

Trampolining Classes

Who: around 5-16 years but flexible

When: Saturdays at 3pm,

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

Contact: Andy at the centre before attending on 0131 443 0101

West Lothian Drama & Mime Group

Drama Group for young people with and without disabilities who aim towards an annual Christmas Production. Fees £15 x 2 yearly sessions

Who: aged 14+

When: Mondays 7-9pm weekly during set rehearsal times

Where: Whitburn Community Centre

Contact: mime_group@outlook.com

or call Elaine Haggarty on 01506 873976 for waiting list referrals

Wheelchair Basketball

Phoenix Wheelchair Basketball Club

To generate interest of wheelchair basketball throughout the Lothians, the coaching staff at the club can do awareness sessions, coaching and supplying basketball wheelchairs for people, generally school children, teachers, college students, lecturers to have a "come and try" session and at the same time raise awareness of disability issues.

They are always looking for new members of any age

Where: Armadale Community Sports Hub

For membership costs and other enquires please contact Niall Ritchie at niallritchie@lothianphoenix.org.uk



Wheelchair Tennis

Craiglockhart Tennis Centre, Edinburgh

For all ages and abilities. There are some sport wheelchairs and tennis racquets available for loan.

Who: All Children

When: Sundays 6-7pm

Where: 177 Colinton Rd, Edinburgh EH14 1BZ,
call 0131 444 1969

Contact: Ian Hards 0780 21 68 274

Yellow Teapot Club

The Yellow Teapot Club is a club for children with additional support needs or disability living in West Lothian aged between 6 – 25 years olds (1x junior group, 1x teen group, 1x16-25yr group).

They meet every fortnight (based at Quigley House, Craighill, Livingston) and take part in a range of fun activities both in house and externally: e.g. music and movie nights, arts & crafts, swimming, horse riding, ten pin bowling, baking.

Participants meet at the venues laid out in the programme (unfortunately transport cannot be provided). The Club has its own charitable status and fundraising is done by the children and families who are members of the Club.

Who: 6-25 year olds (2x junior groups, 1x teen group, 1x 16-25yr group)

When: every fortnight

Where: Quigley House (Pathways), Craighill Road East, Craighill, Livingston
EH54 5DT

There is a waiting list. To have your child's name added to the list, or for more information

Contact: email - yellowteapotclub@yahoo.co.uk

call - 07938 814188 (answering service, please leave voicemail)

www.yellowteapotclub.org.uk



Your Notes:



Signpost

Beatlie School Campus
Craigshill
Livingston
EH54 5EJ



Scottish Charitable Incorporated Organisation SC032398

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

Website:

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.