



Active Disabled

February 2019

This is information about **physical activities** for people with disabilities
It includes

- National Organisations
- Regional Organisations
- Local Providers

Contents

1. National Organisations.....page 2
2. North East Organisations.....page 4
3. Newcastle and North Tyneside provisions.....page 8

If you have information to add for NETA members,
please tell us.

Rose and Kerry

Part 1 National Organisations

1. English Federation of Disability Sports

<http://www.efds.co.uk/>

to make active lives possible

disabled people active for life.

Find out more on our [About Us pages](#) too.



2. Jubilee Sailing Trust

For a demo, or a review of these services please let us know <http://jst.org.uk/>



Mixed able bodies
and disabled crews.



3. The Jubilee Sailing Trust are going skiing!



The Jubilee Sailing Trust and
[The Ski Company](#)

experience the freedom of skiing

all ages and all abilities welcome

Special Ski Lessons:

One-to-one instruction for adaptive skiers

Additional Help:

or skiers with a **disability**, a **buddy** on
request

Buddies: Discounted price

4. Wheels for All



N

Nearest to Newcastle

Watchtree Wheelers Great Orton Carlisle
CA5 6NL 01228 712539

We are developing **new centres across the country**

Contact Us

Cycling Projects
11 - 13 Wilson Patten Street
Warrington
WA1 1PG
01925 234 213

info@cycling.org.uk

cycling.org.uk/wheels-for-all/

- Adults with disabilities and differing needs
- specially **adapted cycles**
- Wheels for All **trained leaders,**
- **individuals, groups and families**
- cycling in a **sociable environment**
- over 50 **Wheels for All centres** across England, Wales.

Part 2 North East

1. To **find** your **nearest sport club** for disabled people

<https://www.tynewearsport.org/disability/>

select 'disability sport' under the relevant drop down,

enter postcode and a search radius

click 'find my club or activity'

Further information about disability sport,

<https://www.tynewearsport.org/disability/>

for **National Disability Sport Organisations.**

2. Tyne & Wear Disability Sport Forum

further information David Marrin on 0191 497 2324

email, david.marrin@tynewearsport.org.

3. Swimming



opportunities at both a **local and regional** level

Clubs across the region offer opportunities for **swimmers with a disability**

train and start to **compete**

clubs will **signpost the swimmer** to the **most appropriate** place

<http://asaner.org.uk/welcome-to-disability-swimming-in-the-north-east/>

4. Lucky Star Drop in Sports Session for Disabled People



Lucky Stars drop in sports session for people with disabilities.

A **variety of activities** are available

trampolining, basketball, table tennis, badminton, accessible cycling, curling, boccia.....

all ages.

Saturday 1.30 – 3.00pm.

cost £4.00, carers session free

These sessions are **supervised** by staff and a **hoist is available.**

Contact Telephone 0191 275 9009

E-mail enquiries@benfieldsportscentre.co.uk

Website benfieldsportscentre.co.uk/

Address

Benfield Centre For Sporting Excellence
Benfield Road
Newcastle upon Tyne
NE6 4NU

5. Dance City



Classes **book online** at www.dancecity.co.uk
phone 0191 261 0505.

In Motion at **1:30pm** every **Monday**

Class for adults with **learning and physical disabilities.**

The classes are about, being **active and creative** adapted to all levels of ability.

6. Calvert Trust Kielder

Telephone: +44 (0) 1434 250 232

enquiries@calvert-kielder.com

www.calverttrust.org.uk/kielder



amazing and memorable holidays, days and experiences for disabled people, their friends and families for over 30 years

Self Catering and Fully Catered Kielder Forest Holidays
10 wonderful fully accessible self-catering log chalets
24 hour respite care for adults travelling alone.

Activities

[Archery](#)

[Bushcraft](#)

[Canoeing and Kayaking](#)

[Climbing and Abseiling \(Indoor and Outdoor\)](#)

[Geocaching](#)

Giant Chess, Jenga, Scrabble and Connect 4.

Golf Buggy Tours

[High Ropes](#)

Hydrotherapy Pool

[King Swing](#)

Laser Clay Shooting

Low Ropes

[Orienteering](#)

[Pool Table](#)

[Sauna](#)

[Snoozelum \(Sensory Room\)](#)

[Sailing](#)

[Stargazing Trips](#)

[Table Football and Table Tennis](#)

[Velcro Olympics](#)

[Wildlife and Osprey Reservoir](#)
[Motorboat Cruises](#)

[Zip Wire](#)

7. Kielder Observatory



Close to Scottish border

Some of the darkest skies in Europe

Only open for booked visits

T: 0191 265 5510

E: info@kielderobservatory.org

Part 3 Newcastle and North Tyneside

Useful websites and telephone numbers



Age UK run a number of exercise and dance classes across Newcastle upon Tyne

Telephone: **0191 232 6488**

Email address: enquiries@ageuknewcastle.org.uk

Webpage: <http://www.ageuk.org.uk/newcastle/activities-new/>



Information NOW is a really useful information source for older people in Newcastle which directs you to all the fitness and leisure facilities available in Newcastle

Email: informationnow@qualityoflife.org.uk

Tel: 0191 208 2703

Webpage: <http://informationnow.org.uk/>

Active Newcastle is run by Newcastle City Council and provides information on leisure activities around the city.

Tel: 0191 278 3129

Webpage: <http://activenewcastle.co.uk/>



CENTRAL

Age UK

Fitness at Sport Central Northumbria University

Yoga, Monday, 14.30-15.45pm, £4

Keep fit, Tuesday, 10.30-11.30am, £4

Tai Chi, Wednesday, 10.30-11.30am, £4

Even fitter Thursday, 10.30-11.30am, £4

Contact: (0191) 2326488, Age UK

Website: <http://www.ageuk.org.uk/newcastle/activities-new/>

Leisure Plus Young at Heart

60+ yrs, Fridays 11-12pm 1 hour gym then light mobility exercise class, Eldon Leisure, (£4 without discount)

Contact: 0191 2699200

Website <http://www.northcountryleisure.org.uk/newcastle/eldon-leisure-centre/activities/exercise-classes>

Exercise for men Age UK

50+ yrs, Jesmond Pool Thursday 14.00-2.45pm £4

Contact: (0191) 2812482 Kay Steven, Jesmond Pool

EAST END

Different Strokes

Chair aerobics, physio, complimentary therapist, East End Pool Byker, Friday 6-8pm, FREE

Contact: (0191) 2121455 Lisa Charlton Or Volunteer Co-ordinator: Anthony McGee Tel: 07773 090647 Email: newcastle@differentstrokes.co.uk

Keep fit

50+ keep fit East End Pool, Byker

Active older adults

50+, Walker Activity Dome, Tuesday 10.30-11.30

Contact: Walker Activity Dome, (0191) 2782800

Contact (0191 2788444) Dave Johnson

WEST END

Lemington Centre

Next steps: Gentle group exercise class for referral clients, Monday and Tuesdays 1.30-2.30

Exercise 2 Music: A gentle aerobics class suitable for all fitness levels. Improve your health and have fun at the same time, Monday 12.15-1.15pm and Thursday 10-11AM

Lemington Centre, Tyne View, Lemington Newcastle upon Tyne, NE15 8RZ Tel (0191) 2641959

Website: <http://www.lemingtoncentre.co.uk/activities/>

Next steps

Centre for sport

Older Women's Leisure Session (OWLS) Mondays 10-11.30am, 1 hour session of gentle exercise followed by tea and biscuit @£2

Over 50's fitness Wednesday 10-11am @ £3.40

Golden oldies table tennis Tuesday 2-4pm and Thursdays 10-12pm @£3.40

Centre for Sport, West Road, Newcastle upon Tyne NE4 9LG

Email Centre4sports@newcastle.gov.uk

Website activenewcastle.co.uk/venue/centre-for-sport/

Telephone [0191 241 7700](tel:01912417700)

The Search Project

Activities for older people in the West End

Website: <http://www.searchproject.co.uk/index.html>

Contact: Telephone: **0191 273 7443**, e-mail: searchprojectuk@yahoo.co.uk.

Mature Movers (age 50+) Thursday 1.30-2.30pm St John's Church, Ferguson Lane, Benwell Village.

Monthly tea dances: Informal get together and dancing to music from 1940s to 1960s. Last Tuesday of the month 1.30 to 3.30pm at Robert Stewart Memorial church hall on Wingrove Road.

Staying Steady

Healthworks Newcastle, 9 weeks group exercise mainly seated exercise, followed by 9 weeks home exercise then 9 weeks group exercise, classes are

free and participants are given £5 towards cost of travel. Classes are run in Benwell and at the Lemington Centre.

Contact: 07507649659 email staying.steady@hwn.org.uk or Healthworks Newcastle (1019) 2724244

Website <http://www.healthworksnewcastle.org.uk/our-projects/staying-steady/>



CENTRAL

Exhibition Park Health walks

Tuesdays 10.30-11.30am

50 plus city health walks Thursday 1pm meet at Greys monument £1

Contact: (0191) 4281144 Janine Dormand

City Heritage walks-

Walks around Newcastle and Gateshead with information on local history; art; architecture; nature and story telling

<http://www.activenewcastle.co.uk/clubs/view/50-plus-heritage-walks/>

Contact Margaret Darby (0191) 2778003

Walking U3A

Walking group run by the University of the Third Age. Meets most months, walks vary in distance 5-6 miles steady pace.

Contact: (0191) 2304430 (between 10.30-3.30pm) or website
<http://u3asitec.org.uk/live/code/u3asite.php?site=357&page=0>

Wonderwalks

Monday afternoons walks around different locations in Newcastle

Contact: (0191) 2788552 or 07817 765 575, Debbie Smith or Maggie Crane
(0191) 2737443

EAST END

Ouseburn walks

Tuesday 7pm FREE meet outside Ship Inn under Byker Bridge

Contact: eric.larkham@blueyonder.co.uk

Nordic Walking

Ouseburn Community Farm Mondays 10am, FREE

Contact: (0191) 4281144 Janine Dormond or email
janine.dormand@groundwork.org.uk

WEST END

The Search Project

Walking group: Wednesday mornings 1-2 hours

Website: <http://www.searchproject.co.uk/index.html>

Contact: Telephone: **0191 273 7443**, e-mail: searchprojectuk@yahoo.co.uk.



Impulse Fitness

Newcastle City Council annual membership over 60 years £16 joining then £16 monthly.

Membership allows you to access Centre for Sport; East End Pool; Elswick Pool; Newburn Activity Centre and the Walker Activity Dome.

Contact: Impulse Fitness: <http://www.impulsefitness.co.uk/contact-us/>

North Country Leisure

Eldon Leisure, West Denton Pool and Gosforth Pool

Contact North Country Leisure:

<http://www.northcountryleisure.org.uk/home/join-and-save/newcastle-memberships-and-leisure-cards/newcastle-membership-options>

The Blue Gym

South Tyneside and Newcastle.

Aim of blue gym to encourage people to enjoy local **water** environment taking part in physical activity **in or around water**

e.g. **volunteering** with activities like pond clearance,

health walks, Nordic walking, family activity. FREE

Contact: (0191) 4281144 Alene Lee, alene.lee@groundwork.org.uk

The Green Living Project

South Tyneside and Newcastle.

Project aims to improve physical activity and mental health for people in sheltered accommodation by improving green spaces

Contact: (0191) 4281144, The Eco Centre, email: enquiries@groundstan.org.uk



CENTRAL

Aqua fit @ City Pool, Northumberland Road

50+yrs, open swim Mondays 10.30-11.15am, Thursday 12-12.45pm, Fridays 11.00-11.45am

Contact: (0191) 2771844, City Pool

EAST END

Aquafit East End Pool

50+yrs, Monday 2.45-3.45pm, Tuesday 12-1pm, Thursday and Fridays 10-12pm, (Free for 60+yrs)

Contact: 0191 278 8444, East End Pool, Byker

Different Strokes

Tuesday 11-12pm

East End Pool Shields Road, Byker, FREE

Contact: (0191) 2121455 Lisa Charlton

WEST END

Aquafit

50+ Elswick Pool, Monday 10-10.45am (don't need to be able to swim). £1.50

Contact: Search Project (0191) 2737443



CENTRAL

Age UK Dance at Blackfriars Centre New Bridge St

Classes 50-100+yrs

Tap dance, Monday, 9.45-10.15am, £2

Line Dancing, Monday, 10.30-11.30am, £4

Sequence dancing, Tuesday, 12.30-14.30pm, £4

Line dancing, Wednesday, 10.15-11.15am £4

Line dancing, Wednesday, 11.20-12.20am, £4

Contact: (0191) 2326488, Age UK

Website <http://www.ageuk.org.uk/newcastle/activities-new/>



TAI CHI

All the Tai Chi classes below are run by Age UK contact (0191) 232 6488

CENTRAL

Wednesday 1.20-2.20 Gosforth Garden Village Association, Rosewood Avenue, Gosforth, NE3 5DD £4

EAST END

Wednesday 11-12 Byker Community Centre, NE6 2DX, £3

WEST END

Wednesday 2-3pm Denton Burn Community Association, NE5 2UQ, £3 Tel: (0191) 2741232

CYCLING



On Yer Bike

Newburn Activity Centre

www.newburnactivity.co.uk



Adapted bikes e.g. tricycles, wheelchair bikes

Hire £10 for 2 hours; carer free. Cycle on paths from centre

Book beforehand to secure correct bike

Drop-in sessions all activities for people with disabilities Tuesday and Fridays
10.00-12.30pm

Contact: (0191) 264 0014