

Leisure

Under 5s

Bubbles Swimming Club (4 - 16 year olds)

01622 75374

Maidstone Leisure Centre every Thursday 5.30 - 7pm
Contact Emma Clough as above.

Jumpers Rebound Centre

Mill Road, Gillingham, Kent ME7 1HN

01634 855507

Purpose built centre-offering facilities for trampoline, tumbling, and gymnastics. They have 15 trampolines of which 3 are at ground level specifically for disabled and younger users. Hold regular parent/toddler groups throughout the week and special disability/SEN classes on Friday evening 6.30pm and Saturday mornings 10.30am. There is a waiting list for the special classes.

Larkfield Leisure Centre Family Club

New Hythe Lane

01622 719345

www.larkfieldleisure.co.uk/

Special Needs Club twice a month: 6pm to 8pm, first and third Saturday of each month, offering a variety of activities using the pool and the Sports Hall. (The club is available to the whole family). Children need to be accompanied and each session costs £2:10.

Larkfield Leisure Centre Under 5's

01622 719345

www.larkfieldleisure.co.uk/

Larkfield Leisure Centre provides several under 5s parent based activities which are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year.

LEISURE

Maidstone Children's Development and Therapy Centre

01622 225870

Run a support group on Tuesday mornings 10am - 12noon for parents of children 0-5 who have been referred to the centre. Their children play in the nursery while the parents can meet for a chat and coffee. Speakers are invited on a regular basis. Contact Mary Board.

Maidstone Leisure Centre

08451 552277

www.maidstoneleisure.com/

Parent based activities are open to children with disabilities/SEN. Telephone for full details of programmes running throughout the year.

Toddler Activities Maidstone Leisure Centre:

Parent & Toddler - Term Time:

Morning pre-school play sessions for parents/carers and children. Play with the toys and sandpit, sing and then finish the session with a visit to the soft play area.

Monday - Friday 10.15am - 11.45am

Maidstone Mencap, Cobtree Hall, Maidstone

01622 670464

Mencap hold a pre-school playgroup on Tuesday and Thursday mornings, Contact Margaret Leeds.

Pegasus Gymnastics Club

Crismill Lane, Bearsted, Maidstone , Kent ME14 4NT

01622 737170

Email: pegasusgymclub@aol.com

Provides pre-school movement and education classes. Children with disabilities are welcomed within the main stream classes. Coaches with experience and specialist awards in this field work within the club and are able to support or differentiate work as required. All activities are run with a parent or guardian to assist. Babies: A relaxing start to gymnastics with

gentle gym movements, and baby massage, music and special apparatus.

- Weenies - walking to age 2years 6months - Classes have a musical introduction followed by apparatus activity.
- Minis - age 2years 6months to 4years 6months - More structured sessions with musical beginnings leading to work with small and large apparatus.

Polar Adventure Maidstone Leisure Centre

08451 552277

www.maidstoneleisure.com/

Polar Adventure is a 3 level - soft play area with ice hill slides. It offers great indoor fun to children with a special under 5's area. Open to children with disabilities/SEN if accompanied by a parent/carer. Out of hours group bookings can be taken, contact the children's activity team for more information. For under 12's see school age section on [page.....](#)

Opening times:

Term time: Monday-Friday 12noon - 6.00pm

Holiday time: Monday-Friday 10am - 6pm

Weekends: Saturday 10am - 5pm,
Sunday- 10am - 5pm

Opening times may vary during winter months.

Wear 'M' Out Activity, Parkwood, Maidstone

01622 688855

Play centre consisting of huge area with ball pools, slides and climbing platforms at different heights as well as spaces with football and netball goals. Open to disabled/SEN children if accompanied with a parent/carer. Also hold a special evening once a month for disabled/SEN children.

Special Educational Needs (SEN) Drop-In

Parent/Carer Special Educational Needs (SEN) 'Drop-In'

Open to parents of children aged 0-5. Parents are welcome to come on their own, with a friend/family member or their child's Key Worker at Nursery. Meetings are held on selected days every other month at local Children Centres. For information about SEN Drop-ins, please telephone the Early Years Team as follows:

Early Years SENCOs:

Denise Doms	07786 191413
Alison Goodsell	07798 675348
Zenia Ford (SEN Teacher)	07740 183853
Jane Crisp (SEN Teacher)	07826 868006

SEN Drop-In Children Centre Venues:

The Meadows Children Centre

Parkwood, Maidstone

SEN Drop-In: Time 9am-10am (Every other month)

Pennies Day Nursery

Newham Court Shopping Village

SEN Drop-In: Time: 11.30-14.00 (Every other month)

Sunshine Children's Centre

South Borough Primary School

SEN Drop-In: 10.30-11.30am (Every other month)

SureStart Children Centres in Maidstone

Greenfield Children's Centre

Greenfield CEP School, Shepway, Maidstone
(Opening soon)

Kent Children and Families Information Service.

08000 32 32 30

www.kent.gov.uk/cis

Kent Children & Families Information Service has a free phone helpline offering impartial information and advice about childcare, early education, parenting and family life.

The Meadow Children's Centre

Furfield Close, Parkwood, Maidstone
01622 699900

The Meadow Children's Centre organise day opportunities for families in Parkwood. Open to children with disabilities/SEN.

Several are listed below:

- Toddler Group 1 to 2.5 years - once a week, 50p to include a drink and snack.
- Under Ones - with a well baby clinic.
- Activities like baby massage are integrated into parent and baby groups.
- Sing-a-long is included for speech and language skills development.
- Dads and Granddads Group - once a month on a Saturday 9.30-12.00, bring your young child.
- Home Start Group - by invitation.

LEISURE

Sunshine Children's Centre

South Borough Primary School
01622 752285

Provide services and activities for all under 5s and their families. The Centre is affiliated with Smarties Day Nursery, Open to children with disabilities/SEN. The Sunshine Centre services are as follows:

- Parent craft
- Baby Massage and Mummy and Me classes
- Breast feeding support
- Childminding networking
- Sing and Sign
- Health Drop-In

Home-Start, Maidstone

Marsham Street
01622 675879

www.home-startmaidstone.org/

Trained volunteers offer support, friendship and practical help to families experiencing stress or difficulties with at least one child under 5 years of age. In addition to the home visiting service Home-Start also provides group support to families. For more information about Home-Start in Maidstone phone directly.

School Age

Kent Youth Service

Is one of the largest youth services in the country, offering a wide range of programmes and activities for young people aged 11-25, but primarily for 13-19 year olds.

Visit the **Togogo** website: www.togogo.info/ for information about activities, clubs and sporting opportunities.

Sports, Play and Youth Development Team

01622 602222

www.digitalmaidstone.co.uk

Sports, Play and Youth Development Team, Maidstone Borough Council, aims to provide both sporting and play opportunities to the community, disabled young people and schools. Visit the website above or phone for information about sport and play in your area.

Holiday Play schemes

Hotfoot Summer and Easter Play Schemes

01622 602222

The Hotfoot Summer and Easter Play schemes for 5-11 years offer fun activities including performing arts, sports and games, arts and crafts, visits from Kent Circus School, Maidstone Library, Community Fire Safety Team, Kent Police, Local Sports Clubs and many more.

Hotfoot runs for 4 weeks over the summer holidays at various sites across the borough and for 2 weeks of the Easter holidays at 3 sites.

See Hotfoot Plus Trust below for inclusive holiday play scheme provision.

Hotfoot Plus Trust

01622 746539

Organise an inclusive holiday play scheme provision - "Hotfoot".

Hotfoot Plus Trust (registered charity) raise funding for 'one to one' carers to enable disabled children to attend the schemes. You need to register a place for your child first with the Hotfoot Play and Sport Team.

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Other Holiday Schemes

Beacon Club Play Scheme

Beacon Church, Shepway, Maidstone
01622 759259

The holiday club is for children aged 13 - 18 with low dependency needs. This runs between the end of July and mid August. Contact: Sheena Nolan.

Maidstone MENCAP

Cobtree Hall, Maidstone
01622 670464

Mencap run a holiday play scheme for disabled children aged 5 - 18. It runs from 30th July to 17th August, daily, between 10am - 4pm. Contact: Margaret Leeds.

Malling Holiday Play scheme

0776 476 8617

Activities for disabled children including hyperactive children aged 4 - 18. Contact Emma Cousins

Forums

Maidstone Youth Forum

01622 602795

Email: martincaville@maidstone.gov.uk

The Youth Forum meet once a week to discuss current issues, projects and to liaise with Maidstone Borough Council with their ideas. Young people aged 11 - 21 are welcome. If you would like any details about the meetings or if you would like a buddy for your first meeting then please contact Martin Caville as above.

Youth Work out in the Community

07920 585473 Free contact

A number of trained youth workers work alongside young people who choose not to go to youth clubs. They offer sports, training, education, job seeking and trips. Meetings are held at several locations in Maidstone. Contact: Sharon Whiffin.

Social Clubs

Bower Grove Oast Youth Club

Bower Grove School, Fant Lane, Maidstone

01622 726773

Monday evenings 7.45pm - 9pm. For further information contact the Head Teacher as above.

Crossroads

01634 249090

Hold a youth club for young carers, arrange trips and holidays to enable young carers to have a break and befriend other young carers. Contact Jan Hall.

Five Acre Wood Special School - After-school activities

01622 743925

Five Acre Wood School hold several activities and after-school clubs for pupils which are open to children and young people if they meet their interests / needs appropriately. Sessions change throughout the year to reflect different interests, needs, facilities that become available, and the weather. All sessions cost £2 - parents must arrange to pick up their child at the end of the session. Contact: Michael Garcia, Assistant Head Teacher at Five Acre Wood School.

LEISURE

Infozone

3 Palace Avenue , Maidstone .
01622 755044

This club runs on several days during the week. The group caters for young people aged between 11 and 25 with a range of disabilities. Provide help, advice and activities for young people.

Larkfield Leisure Centre Family Club

New Hythe Lane
01622 719345

Special Needs Club twice a month: 6pm to 8pm, first and third Saturday of each month, offering a variety of activities using the pool and the Sports Hall. (The club is available to the whole family). Children need to be accompanied and each session costs £2:10.

Lenham Youth Centre

Ham Lane, Lenham
01622 859171

A full programme of events - pool, table tennis, Sky TV, basketball, arts & crafts, drama, trips out and life skills. Date and time: Tues 7pm - 9.30pm Wednesdays & Fridays 7.30pm to 10pm. Age: 13 -19.

Maidstone Mencap

Cobtree Hall, Maidstone
01622 670464

Mencap hold a pre-school playgroup, Junior Gateway club for under 16s and a senior Gateway club for over 16s. Contact Margaret Leeds.

Maidstone Weekend Fun Club

Voluntary West Kent/VSU are delivering six residential weekends and six centre-based days at the Howerd De Walden Centre. The Maidstone Weekend Fun Club is a short break/ respite club for young people with learning disabilities. There are two age groups 10-14 yr olds and 15-18 yr olds. Each group meets once a month and alternate their activities; one month they will be doing a day trip (usually 9am to 3pm on a Sunday), the following month is a residential (Saturday and Sunday from 9am Sat to 3pm Sun), There is a cost involved (£15 for a day trip and £20 for a residential) They are unable to take severely physically disabled young people or those with extreme challenging behaviour - there is a 3 month trial period, where they invite the young people to attend for 3 sessions before they are allowed on a residential -they like to make sure they can give them the support they need. To access the Maidstone Weekend Fun Club parents need to ask for a referral via social services.

Manna Christian Centre, Brewer Street, Maidstone

01622 757095

www.manna.org.uk/

The Manna Christian Church organise two social clubs. The clubs are open to children and young people with disabilities/SEN.

- Tovil Lighthouse Children's Club, Coombe Farm estate.
- Essence Youth Group, Penenden Heath Social Hall.

Shepway Manor Youth Club

01622 754095

Provides plenty of activities and trips. Weekly activities for young carers, dancing classes, judo and karate as well as the regular youth club using the ball court, fitness studio, indoor sport hall, computer suite, pool and table tennis areas. Cost £1 or £10 annual subscription. Age: 11-25.

LEISURE

SNAP Club Night

08451 552277

SNAP stands for Say No and Phone. SNAP club nights are a safe environment for young people aged between 11 and 17 to enjoy live music acts and meet with friends. Held at Maidstone Leisure Centre they are always hugely popular. SNAP club nights are alternated between the Larkfield and Maidstone Leisure Centres to give young people from all over the Maidstone and Malling area a better opportunity to go to the events. Tickets for SNAP club nights in Maidstone cost £5 and can be purchased from schools or direct from Maidstone Leisure Centre.

Square Pegs Drama Group

07920 100468

nicky@squarepegsdramaclub.com

Square Pegs is a Maidstone based drama club for children and young people who may find it difficult to fit in other groups, for some reason, or who are simply interested in being part of an inclusive group where being accepted is automatic. Anyone can join provided they are reasonably mobile and can communicate and work with others co-operatively. Our group currently includes home-schoolers, mainstream kids and some members with social communication difficulties. It is run by parents with the drama leaders who manage the groups' activities and young volunteers. The older groups (12-18) meet on Tuesdays (7.30 - 8.45) and Thursdays (7.45- 9.00) at Bower Grove School currently. The younger group (7-11) meets on Thursdays at 6.30pm. If you are interested in either group please contact as above for further details. Places are limited and there is a waiting list.

Befriending/mentoring

Me2

01634 281841

www.kentyouth.org

A social inclusion project within mainstream leisure, for young people aged 13-19 with any disability or additional need. They recruit, train & support young people to be Inclusion Mentors who then help a young disabled person set & achieve inclusion based goals.

Fun/Activity Clubs

Dance Club

Flare School of Dance, Loose, Maidstone

07731 900077

Takes place on Thursday pm. Contact Lucy Barry.

Free Cinema Tickets for Carers

0845 123 1292

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

A national card scheme which is aimed at people with a disability who are in receipt of Disability Living Allowance, or who are blind or hold a disabled person's rail card. People can apply for the card which entitles the holder to one free ticket for the person accompanying them to the cinema. The card is valid for 1 year and costs £5.50.

Jumpers Rebound Centre

Mill Road, Gillingham, Kent ME7 1HN 01634 855507

Purpose built centre-offering facilities for trampoline, tumbling, and gymnastics. 15 trampolines of which 3 are at ground level specifically for disabled and younger users.

Larkfield Leisure Centre

01622 719345

www.larkfieldleisure.co.uk/

Offers a range of activities suited to children of all ages.
Ask about concessions

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Ask about concessions .

Martial Arts

ShoShin Budo

07851 760390 Contact Keith Mewes

Martial Arts / Self Defence

Weaving, Maidstone, Kent

01622 736990

Email: sensei@shingitaikarate.com

Polar Adventure Maidstone Leisure Centre

01622 220228

www.maidstoneleisure.com/

Polar Adventure is a 3 level - soft play area with ice hill slides* It offers great indoor fun to children with a special under 5's area. The under 12's get unlimited use of the Polar Adventure with a Junior Isospa membership (excludes X-Blaster sessions). Open to children with disabilities/SEN if accompanied by a parent/carer. Out of hours group bookings can be taken, contact the children's activity team for more information.

Wear 'M' Out Activity, Parkwood, Maidstone

01622 688855

Play centre consisting of huge area with ball pools, slides and climbing platforms at different heights as well as spaces with football and netball goals. Open to disabled /SEN children).

Sport

Kent Sports Leisure & Olympics

01732 525389

www.kentsport.org/disability

Email: mike.bishop@kent.gov.uk

Follow the link to the website for a comprehensive programme of Kent sporting opportunities.

Contact: Mike Bishop, Kent Sports Development Manager

Gymnastics

Gym and Dance Club

Bower Grove School, Fant Lane, Maidstone

01622 726773

Email: headteacher@bower-grove.kent.sch.uk

Takes place on Monday's 3.15pm - 4.15pm

Contact: Donna Shalders

Pegasus Gymnastics Club

Crismill Lane , Bearsted, Maidstone , Kent ME14 4NT

01622 737170

Email: pegasusgymclub@aol.com

Coaches with experience of disabilities work within the club.

For information about the full programme contact the gym directly as above.

Fitness

Maidstone Zeroth Active Zone

01622 749564

The Zeroth Active Zone has been accredited under the English Federation of Disability Sport. Inclusive Fitness initiative and a range of disability user-friendly equipment.

Sports Facilities for the district

The following centres have been accredited under the English Federation of Disability Sport. Inclusive Fitness initiative and a range of disability user-friendly equipment:

- Julie Rose Stadium - Ashford
- Strood Sports Centre - Medway
- Zeroth Active Zone - Maidstone
- Larkfield Leisure Centre
- The Stour Centre

DMAX Disability Sports Club Astor Sports @ Leisure Complex, Maidstone & Maidstone Leisure Centre

01622 602222

Email: sportsandplay@maidstone.gov.uk

Various sporting activities are available at this sports club which is open to children and young people age 8 - 19 years who have a variety of disabilities. Siblings are also very welcome to join.

Price £15 for 6 weeks or £3 per session. The club runs on Monday evenings at Maidstone Leisure Centre from 5.15pm - 6.45pm and on Thursday evenings from 5.30pm - 7pm at Astor Sports and Leisure Complex, Maidstone. For more information contact the Sports, Play and Youth Development Team.

Football/Netball Club

Bower Grove School, Fant Lane, Maidstone

01622 726773

Email: headteacher@bower-grove.kent.sch.uk

Takes place on Thursday evenings 4pm - 6pm. Contact Donna Shalders.

Larkfield Disability Football Club

07711 024202

Email: cabshimran@aol.com

Contact Colin Barden

Maidstone Rebels Wheelchair Basketball Club

Aylesford School

01732 525389

Email: mike.bishop@kent.gov.uk

Contact Mike Bishop

Maidstone Raiders Disability Football Club - Oakwood Park, soon to be re-located back to Bower Grove School.

07836 201230

Email: johnharvey@blueyonder.co.uk

Saturdays 10am – 12pm. Contact - John Harvey

Kent Youth Projects

Kent Youth Voluntary and Statutory Projects - Maidstone

Mid Kent Area Office

01622 605159

Aim to support and encourage young people from a wide variety of backgrounds, creating a safe place for them to get the opportunity to gain confidence and face the challenges of life. Open to children with disabilities/SEN. If there are any support needs/facilities needed then they attempt to meet these after discussion with individuals and or parents.

For information about current activities and to find out which activity would best meet your child's needs; phone directly, please see list:

Community Youth Tutor's Project, Valley Park School

Huntsman Lane, Maidstone ME14 5DT

07795 036685

LEISURE

Community Youth Tutor's Project, NLL Senacre School
Sutton Road, Maidstone ME15 9DT
Mobile: **07920 585473**

Community Youth Tutor's Project, Swadelands School
Ham Lane, Lenham, Maidstone ME17 2QL
Mobile: **07760 226569**

InFo-ZoNe
3 Palace Avenue, Maidstone ME15 6NF
01622 755044

Lenham Youth Centre
Ham Lane, Lenham, Maidstone ME17 2QL
01622 859171 Mobile: 07760 226569

Maidstone Rural Detached Project
c/o Lenham Youth Centre,
Ham Lane, Lenham, Maidstone ME17 2QL
01622 858171

Maidstone YMCA
Detached & Outreach Project
Barfreston Close, Tovil ME16 6FG
01622 669455

Malling Det Youth Project
C/o SAMAYS, Malling Road, Snodland ME6 5HS
01634 240638

Opportunities Through Leisure
77 Priory Road, Ditton ME20 6BB
01622 718514

SAMAYS

Malling Road, Snodland ME6 5HS
01634 240638

Shepway Youth Centre

Cumberland Avenue, Maidstone ME15 7JN
01622 754095

Voluntary Service Unit -

Maidstone

c/o Howard de Walden Youth Centre,
Bluett Street, Maidstone ME14

Swimming

Bubbles Swimming Club (4 - 16 year olds)

01622 75374

Maidstone Leisure Centre every Thursday 5.30 - 7pm
Contact Emma Clough as above.

Larkfield Leisure Centre

01622 719345

www.larkfieldleisure.co.uk/

Offers a range of activities suited to children of all ages.
Open to children with Disabilities/SEN for parent based
activities. Ask about concessions

Maidstone Leisure Centre

0845 1552277

www.maidstoneleisure.com/

Offers a range of activities suited to children of all ages.
Swimming free for disabled child and carer, concessions
for other facilities. Open to children with disabilities/SEN
for parent based activities.

LEISURE

The Kent Outdoor Pursuits Disability Project

01732 525433

Email: paul.panton@kent.gov.uk

www.kentsport.org/disability_sportslink.cfm

The Kent Outdoor Pursuits Disability Project seeks to increase access to the outdoor, rural environment through the development of facilities and activities which open up opportunities for disabled people to enjoy the countryside and take part in less formal sports. For further information contact: Paul Panton, Project Co-ordinator,

Athletics

Mark.dayson@kent.gov.uk

Mark Dayson, Kent Disability Athletics Officer, is pulling together a County Squad, which will feed into the South East Regional Squad, based in Brighton. Contact Mark as above.

Cycling

Hythe Ability Cycling Club

01732 525433 or 07717 507157

Club is open to all abilities which offers a variety of adapted and non adapted cycles for use alongside the canal or Hythe's seafront. They encourage individual, their family and friends and day care and residential homes to come and be part of the social and health benefits that other members are currently enjoying. Contact: Paul Panton.

Riding

Leybourne Grange Riding Centre for the Disabled

01732 872844

Lessons available for any one 4+ yrs with a disability, open 7 days a week.

Bradbourne Riding and Training Centre, Sevenoaks

0845 241 1386

www.bradbourne-rda.org.uk

Riding for the Disabled Staplehurst Chalk Down Group
01622 850310

Arrow Riding Centre for the Disabled Dartford
01322 294390
Open to all ages and abilities.

Sailing

Westbere Sailing Opportunities www.wsosail.org.uk
Richard Gaskell 01227 710410

A sailing club on Westbere lakes, near Sturry, for people with disabilities: they have experience of working with a range of conditions and welcome families with children during the holidays. Hold one seminar a year for feedback to help improve activities. Prior appointment is helpful to avoid disappointment.

Skiing

Folkestone Ski Centre Radnor Park Avenue, Folkestone
01303 850333 www.folkestonesportscentre.co.uk

All year round dry ski slope suitable for all abilities including physically disabled. Open ski sessions or private lesson their aim is to get anyone and everyone skiing regardless of their disability!

Walking

Kent Rural Disability Sportslink Project
01732 525433 E-mail: paul.panton@kent.gov.uk

Have produced a pack of leaflets about walks between 0.5 and 5 miles in length: 'Walks for All in Kent and Medway'. These are intended for wheelchair users; they vary in gradient and quality of surface and there is a detailed description on each leaflet.

LEISURE

Your child's rights

You may find it helpful to know the rights of disabled children and young people to play and leisure are enshrined in law.

The Children Act (1989)

Recognises that "children's need for good quality play opportunities change as they grow up but they need such opportunities throughout childhood to reach and maintain their optimum development and well being." The Act says that Local Authorities shall provide services to minimise the effect of disabilities on the lives of disabled children and give them opportunities to lead as normal a life as possible. Local authorities must treat disabled children as children first and promote access for all children to the same range of services.

The Disability Discrimination Act (1995)

Makes it unlawful for service providers to discriminate against disabled people by treating them less favourably than others. It also requires service providers to 'make reasonable adjustments' to policies, practices and procedures which might remove or alleviate any disadvantage a disabled person might experience when using their services. Part III of the Act has recently come into force and means many service providers should have made permanent physical changes to their premises if these put disabled people at a disadvantage - this covers indoor and outdoor adventure playgrounds, leisure centres, play areas in public parts and playgrounds.

