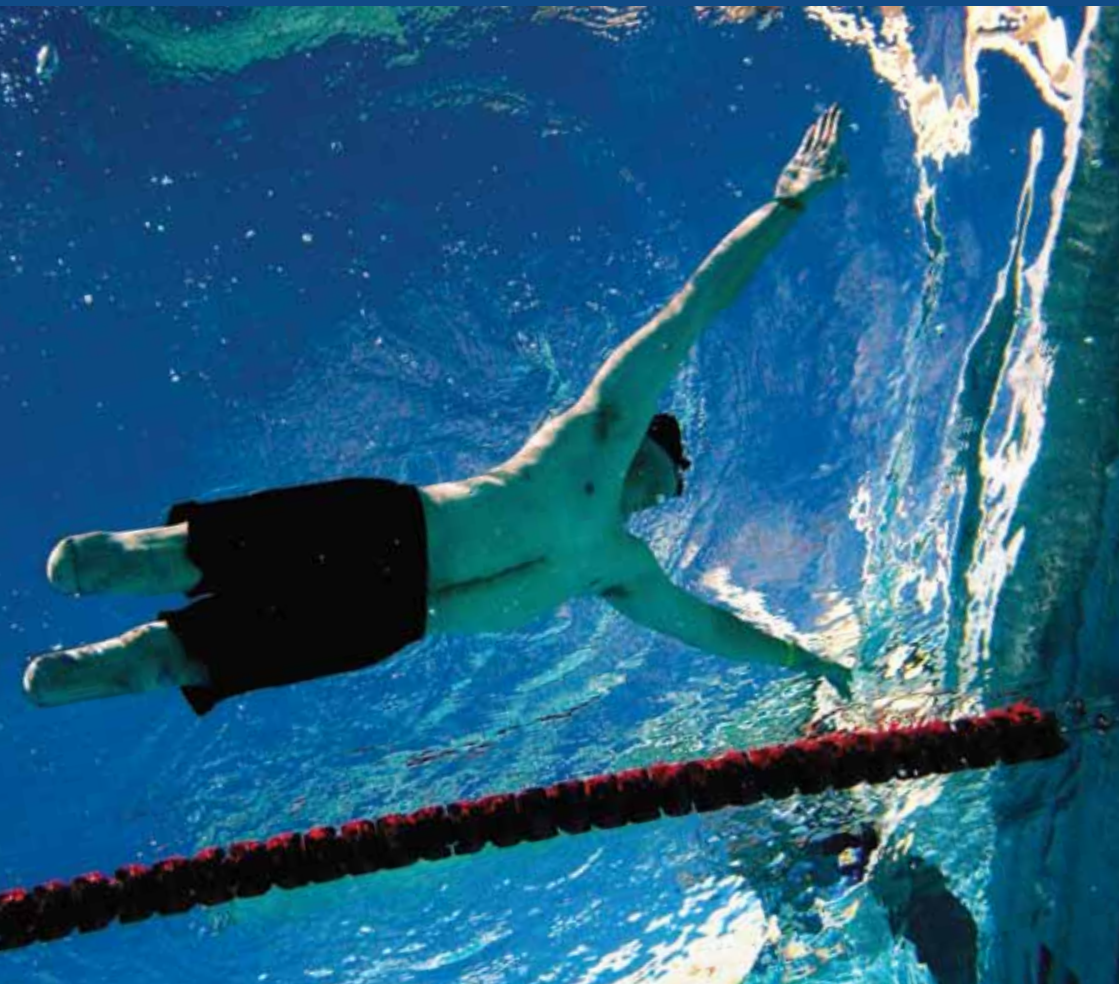


# Disability sport and physical activity directory



# Disability sport and physical activity directory

Barking and Dagenham's Community Sport and Physical Activity Team aims to provide and promote quality opportunities for the community to participate in sport and physical activities to encourage healthy lifestyles.

The team is made up of two Senior Community Sport and Physical Activity Officers and one Community Sport and Physical Activity Officer.

## **Emma Gillan**

Senior Community Sport and Physical Activity Officer  
Telephone: 020 8227 3980  
Email: [emma.gillan@lbbd.gov.uk](mailto:emma.gillan@lbbd.gov.uk)

## **Gemma Jay**

Senior Community Sport and Physical Activity Officer  
Telephone: 020 8227 3981  
Email: [gemma.jay@lbbd.gov.uk](mailto:gemma.jay@lbbd.gov.uk)

## **Danielle Robson**

Community Sport and Physical Activity Officer  
Telephone: 020 8227 3982  
Email: [danielle.robson@lbbd.gov.uk](mailto:danielle.robson@lbbd.gov.uk)

**Audio and Braille copies are available on request.**

<b>Club name:</b>	<b>Ab Phab Youth Club Barking &amp; Dagenham</b>
Venues:	<p><b>Mondays – The Vibe</b> 195 – 211 Becontree Avenue, Dagenham, Essex RM8 2UT</p> <p><b>Wednesdays – Kingsley Hall Community Centre</b> Parsloes Avenue, Dagenham Essex RM9 5NB</p> <p><b>Thursdays – Swimming at Chafford Sports Centre,</b> Lambs Lane, Rainham, Essex RM13 9DX</p>
Days and times of sessions:	<p>Mondays 6.30pm to 8.30pm</p> <p>Wednesdays 6.30pm to 8.30pm</p> <p>Thursdays (swimming) 8pm to 9pm</p>
Price of sessions:	£1.50 per session
Contact name and number:	<p>Josy Hughes and Karen Holt</p> <p>020 8595 3934</p> <p>email: <a href="mailto:communitydevelopment@dabd.org.uk">communitydevelopment@dabd.org.uk</a></p>
How to join club:	Contact the above to become a member
Other information:	Activities at the club include sports, arts and crafts, face painting, cookery and DJ and electronic music making sessions

<b>Club name:</b>	<b>Ab Phab 18+ Barking &amp; Dagenham</b>
Venue	<b>Kingsley Hall Community Centre</b> Parsloes Avenue, Dagenham Essex RM9 5NB
Days and times of sessions:	Wednesdays 7.45pm to 9.45pm.
Price of sessions:	£1.50 per session
Contact name and number:	Neal Crowley 020 8595 3934 or 07787 316550 email: communitydevelopment@dabd.org.uk
How to join club:	Contact the above to become a member
Other information:	Various social and sports activities

<b>Club name:</b>	<b>Hear Us Youth Club</b>
Venue	<b>Green Lane Christian Fellowship Building</b> 947a Green Lane, Dagenham
Days and times of sessions:	Every other Wednesday 6.30pm to 8.30pm
Price of sessions:	£1.50 per session
Contact name and number:	Liza Malcolm 020 8595 3941 or 07952 177163
How to join club:	Contact above for application form
Other information:	A group for deaf and hearing young people from age 8 years. Activities include arts and crafts, sports, pool, social and off-site activities.

## Archery

When:	Fridays 6.00pm to 8.00pm		
Where:	Eastbury School Sports Centre, Hulse Avenue, Barking IG11 9UW		
Cost:	£3.00	Who:	16+

For more information contact the Community Sport and Physical Activity Team on 020 8227 3982



## Boccia

When:	Tuesdays 11.15am to 12.45pm and Thursdays 10.45 am to 11.45am		
Where:	Romford YMCA, Rush Green Rd, Romford, RM7		
Cost:	£23 annual membership, £2.65 per session if member, £4.30 per session if non member		
Who:	14+		

For more information contact Romford YMCA on 01708 766211 or email [info@romfordymca.org](mailto:info@romfordymca.org)



## Flexability and movement for stroke survivors

When:	Fridays 1.30pm to 3.00pm		
Where:	Romford YMCA, Rush Green Rd, Romford, RM7		
Cost:	£23 annual membership, £2.65 per session if member, £4.30 per session if non member		
Who:	16+		

For more information contact Romford YMCA on 01708 766211 or email [info@romfordymca.org](mailto:info@romfordymca.org)





## Football

When:	Thursdays 4.00pm to 5.00pm (7-11 years) Thursdays 5.00pm to 6.00pm (12-19 years)
Where:	Robert Clack Leisure Centre, Gosfield Road, Dagenham
Cost:	FREE

For more information contact Emma Gillan on 020 8227 3980

## Downs Syndrome Community Football Programme

When:	Wednesdays 4.00pm to 5.00pm 5 to 11 years 5.00pm to 6.00pm 11 to 19 years
Where:	Abbey Sports Centre, Axe Street, Barking, IG11 7LX
Cost:	FREE

For more information contact West Ham Community Sports Trust on 020 7473 7720 or email [community@westhamunited.co.uk](mailto:community@westhamunited.co.uk)



## Gym

When:	Tuesdays 10.00am to 2.00pm or 6.00pm to 10.00pm Thursdays 10.00am to 2.00pm Saturdays 4.00pm to 6.00pm
Where:	Romford YMCA, Rush Green Rd, Romford, RM7
Cost:	£23 annual membership, £2.65 per session if member, £4.30 per session if non member
Who:	16+

For more information contact Romford YMCA on 01708 766211 or email [info@romfordymca.org](mailto:info@romfordymca.org)

# Multi sport and activities



<b>Who:</b>	<b>50+</b>
<b>When:</b>	Mondays 8.00pm to 11.30am Wednesdays 1.30pm to 3.30pm Fridays 1.00pm to 3.30pm
<b>Where:</b>	Romford YMCA, Rush Green Rd, Romford, RM7
<b>Cost:</b>	£23 annual membership, £2.65 per session if member, £4.30 per session if non member
For more information contact Romford YMCA on 01708 766211 or email <a href="mailto:info@romfordymca.org">info@romfordymca.org</a>	

<b>Who:</b>	<b>18+</b>
<b>When:</b>	Mondays 7.00pm to 9.00pm
<b>Where:</b>	Mencap Hall, 27-29 Woodward Road, Dagenham
<b>Cost:</b>	TBC
For more information contact Mencap on 020 8262 5330	

<b>Who:</b>	<b>11 to 17 years and 18+</b>
<b>When:</b>	Wednesday Evenings
<b>Where:</b>	Kingsley Hall, Parsloes Avenue, Dagenham
<b>Cost:</b>	£1.50 per session
For more information contact Barking and Dagenham Ab Phab Youth Group on 020 8595 3934 or <a href="mailto:info@phab.org.uk">info@phab.org.uk</a>	

<b>Who:</b>	<b>Under 16</b>
When:	Thursdays 6.00pm to 7.30pm
Where:	Mencap Hall, 27-29 Woodward Road, Dagenham
Cost:	TBC
For more information contact Mencap on 020 8262 5330	

<b>Who:</b>	<b>People aged 16+ with learning disabilities</b>
When:	Tuesdays 10.00am to 12.00pm
Where:	Goresbrook Leisure Centre, Ripple Road, Dagenham, RM9 6XW
Cost:	£1.00
For more information contact Danielle Robson on 020 8227 3982	

<b>Who:</b>	<b>16+</b>
When:	Fridays 11.00am to 12.30pm
Where:	Goresbrook Leisure Centre, Ripple Road, Dagenham, RM9 6XW
Cost:	£1.00
For more information contact Danielle Robson on 020 8227 3982	

<b>Who:</b>	<b>Young disabled people up to 19 years</b>
When:	Mondays 3.30pm to 5.30pm
Where:	Abbey Sports Centre, Axe Street, Barking, IG11 7LX
Cost:	£2.50 (£3.50 if using mini bus)
Activities include: Fun and games, Basketball, Football, Kwik Cricket, Boccia, New Age Kurling, Skittles, Table top games For more information please contact the Community Sports and Physical Activity Team on 020 8227 3982	

# Swimming



<b>Who:</b>	<b>All ages</b>
When:	Saturdays 9.00am to 10.30am and Sundays 4.00pm to 5.00pm
Where:	Abbey Sports Centre, Axe Street, Barking, IG11 7LX
Cost:	Membership £10 to £15 annually and 50p per session
For more information contact Barking Beavers on 020 8478 0842	

<b>Who:</b>	<b>11 to 17 years and 18+</b>
When:	Thursday evenings
Where:	Chafford Leisure Complex, Lambs Lane South, Rainham , RM13 9DX
Cost:	£1.50 per session
For more information contact Barking & Dagenham Ab Phab Youth Group on 020 8595 3934 or <a href="mailto:info@phab.org.uk">info@phab.org.uk</a>	

<b>Who:</b>	<b>Disabled people and their friends and family</b>
When:	Sundays 7.00pm to 8.00pm
Where:	Goresbrook Leisure Centre, Ripple Road, Dagenham, RM9 6XW
Cost:	£2.00 per session
For more information contact Danielle Robson on 020 8227 3982	

## Swimming

When: Friday 8.00pm to 9.00pm

Where: Ilford County High School Leisure Centre,  
Fremantle Road, Ilford

Cost: FREE Who: All Ages

It is open to all residents in Barking and Dagenham and Redbridge. We provide Water Polo, Synchronized Swimming and Rookie Lifesaving activities as well as Swimming Lessons. We are able to cater for all needs.

For more information and to get an application form please contact Yvonne O'keeffe on 07791743158 or Roger Bradley on 020 8708 3095.



## Ten-Pin Bowling

When: Monday Evening's

Where: Dagenham Bowl, Goresbrook  
Leisure Village

Cost: £3 annual membership,  
£6.20 for 2 games of bowling

Who: 8+

For more information contact Pat Jones  
on 020 8592 8365



## Yoga

When: Tuesdays 11.30am to 1.00pm

Where: Romford YMCA, Rush Green Rd,  
Romford, RM7

Cost: £23 annual membership,  
£2.65 per session if member,  
£4.30 per session if non member

Who: All ages

For more information contact Romford YMCA on  
01708 766211 or email [info@romfordymca.org](mailto:info@romfordymca.org)

# Walks



**Location:** **Central Park, Rainham Road North, Dagenham**

Day: Every Tuesday

Time: 12.15pm for 12.30pm start

Extra Info: Meet in the Central Park Peace Garden, next to the Civic Centre in Rainham Road North, Dagenham. This 30 minute walking workout is suitable for beginners and is adaptable for wheelchair users and pushchairs.

**Location:** **Parsloes Park, Gale Street, Dagenham**

Day: Every Wednesday

Time: 10.15am for 10.30am start

Extra Info: Meet at the entrance to the park on the corner of Gale Street and Ivyhouse Road. The walk lasts around 40 minutes, follows permanent footpaths, making it accessible to all and particularly suitable for beginners.

**Location: Mayesbrook Park, Lodge Avenue, Dagenham**

Day: Every Thursday

Time: 9.45am for 10am start

Extra Info: Meet in Mayesbrook Park car park, opposite the Round House Pub. The walk lasts around 50 minutes, follows grass and permanent footpaths making it slightly uneven in places and suitable for regular walkers.

**Location: Eastbrookend Country Park, Dagenham**

Day: Every Friday

Time: 10am for a 10.15am start

Extra Info: Meet at the Millennium Centre at. The walk follows various routes each week, across permanent footpaths as well as grass, making it unsuitable for wheelchair users and pushchairs. The walk lasts up to one hour and is more suitable for experienced walkers.

**Location: Barking Park, Barking**

Day: Every Saturday

Time: 10.45pm for 11am start

Extra Info: Meet at the Lodge Entrance to the Park in Londgbridge Road. The walk lasts up to 50 minutes and follows permanent footpaths, making it suitable for beginners and regular walkers and is accessible to all.

# Local Leisure Centres



## **Abbey Sports Centre**

Axe Street, Barkling, IG11 7LX

Tel: 020 8270 6800

Extra Info: Fully accessible changing and toilet facilities, hoist for pool and adapted gym equipment (Ergometer).



## **Dagenham Swimming Pool**

Althorne Way, Dagenham, RM10 7AY

Tel: 020 8270 6600

Extra Info: Fully accessible changing and toilet facilities, hoist for pool and adapted gym equipment. No lift for use of studio.



## **Goresbrook Leisure Centre**

Ripple Road, Dagenham, RM9 6XW

Tel: 020 8227 3976

Extra Info: Fully accessible changing and toilet facilities, hoist for pool and lift for access to first floor.



## **Woodlane Sports Centre**

Woodlane, Dagenham, RM8 1JX

Tel: 020 8270 6880

Extra Info: Fully accessible toilet and changing area (wet room).

# Free swimming in Barking and Dagenham

If you are :

- 0-16 years – living in or outside of the borough
- 16-18 years – living in the borough
- 60 and over – living in or outside of the borough

you can swim for **FREE** at the centre's listed above, to register pick up a 'Get Wet Swim for Free' form at your local leisure centre.

## Leisure pass

The leisure pass lets you use some of our facilities for 50% less than the normal adult price at off-peak times from Monday to Friday. The leisure pass is available to people who are:

- Over 60
- Unemployed
- Disabled
- Aged 16 and over in full-time education
- Receiving income support
- Receiving housing benefit
- Receiving incapacity benefit; or
- Receiving carer's allowance

# Other sport and leisure centres in the borough

- **Barking Abbey School Leisure Centre**  
Woodbridge Road, Barking, IG11 9ET
- **Castle Green Leisure Centre**  
Gale Street, Dagenham, RM9 4UN
- **Dagenham Park Leisure Centre**  
School Road, Dagenham, RM10 9QH
- **Robert Clack School Leisure Centre**  
Gosfield Road, Dagenham, RM8 1JU
- **Sydney Russell Leisure Centre**  
Parsloes Avenue, Dagenham, RM9 5QT
- **Warren Sports Centre**  
Whalebone Lane South, Chadwell Heath, RM6 6SB

London Borough of Barking and Dagenham  
Phone. 020 8215 3000

Out of hours emergencies only  
Phone 020 8594 8356  
Fax. 020 8227 3470  
E-mail. [3000direct@lbbd.gov.uk](mailto:3000direct@lbbd.gov.uk)  
Website. [www.barking-dagenham.gov.uk](http://www.barking-dagenham.gov.uk)

We have tried to make sure that this information is correct at the time of going to print. However, information may change from time to time.

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