



# Tower Hamlets Inclusion Service

## Accessible Inclusive Activities

### 2018/19



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Inclusion Officer



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## Aims of the Inclusion Service

Supporting Disabled Children and Young People to access mainstream activities within the community

This is achieved by:

- ❖ Finding out the child's interests, dreams for the future and matching suitable activities that increases their independence, life skills and confidence
- ❖ Supporting mainstream services to meet the needs of the child so they are fully able to participate



# Benefits of the Inclusion Service

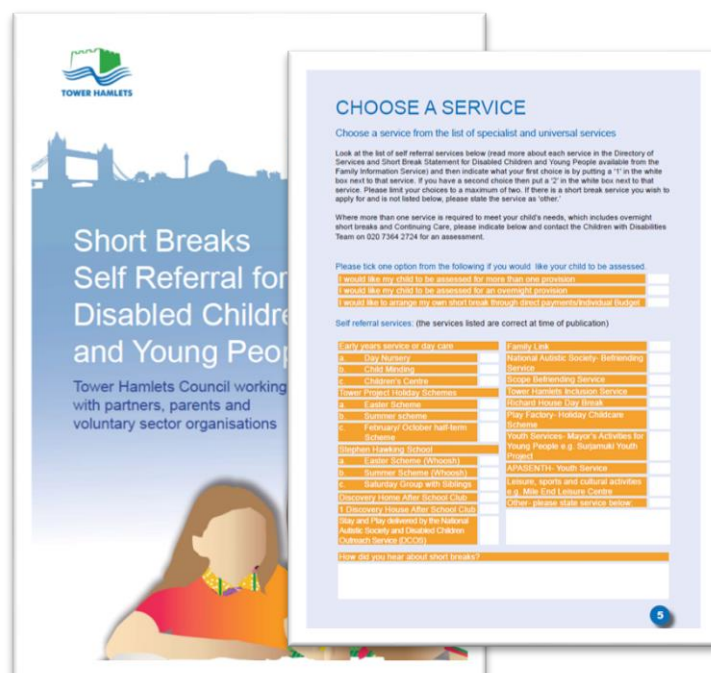
- ❖ Having fun
- ❖ Making friends
- ❖ Raising self esteem
- ❖ Increasing independence
- ❖ Increasing life skills
- ❖ Becoming more healthy



## How to register to the service

To register to the Inclusion Service, please email [shortbreaks@towerhamlets.gov.uk](mailto:shortbreaks@towerhamlets.gov.uk) to request an application form

[www.localoffertowerhamlets.co.uk/pages/local-offer/short-break-services/tower-hamlets-inclusion-service](http://www.localoffertowerhamlets.co.uk/pages/local-offer/short-break-services/tower-hamlets-inclusion-service)





## Holiday Childcare Scheme

The Tower Hamlets Holiday Childcare Scheme provides childcare for children aged 3 to 13 years old. The holiday provision takes place in Tower Hamlets schools and operates during 9 weeks of the school holidays (excluding the Christmas break), from an option between 8am to 6pm (for working parents) or 9am to 5pm.

The scheme provide a wide range of fun activities following the children's interests, including, sports, cooking, creative arts and crafts, street dance, Zumba, games, film making and much more.

The Inclusion service offers a limited number of funded places on the scheme for eligible children between the ages of 5-13 years old.



To apply for a place, please email  
[Inclusion@towerhamlets.gov.uk](mailto:Inclusion@towerhamlets.gov.uk)  
to request an application form

## Family Information Service

- The FIS provides free, impartial information and advice on a wide range of services for children, young people and their families.
- Information is available on advice agencies, childcare, parenting, family support, play, holiday activities; special needs support and much more.
- The FIS also provides a drop in service, outreach and telephone helpline.
- The service is available from Monday to Friday, 9am-5pm and is based at 30 Greatorex Street, London E1 5NP.

You can call on 020 7364 6495. E-mail [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) and also find information at: [www.towerhamlets.gov.uk/localoffer](http://www.towerhamlets.gov.uk/localoffer)

# Athletics



## About

Free inclusive coaching for children and adults from Victoria Park Harriers & Tower Hamlets Athletics Club.



## Activity Details

<b>Date &amp; time</b>	<b>Saturday: 10:00am – 12:00pm</b>
<b>Venue</b>	Mile End Stadium 190 Burdett Road London E3 4HL
<b>Age</b>	Children & Adult
<b>Price</b>	Free
<b>Contact</b>	Shenneth Brereton Tel: 020 7364 2437 Mob: 07956 456725 shenneth.brereton@towerhamlets.gov.uk



“ I am stronger and faster than ever before ”



# Attlee Centre



## About

Attlee Centre run weekly play sessions. An opportunity to meet new people, build new positive relationships and participate in various activities in arts and crafts, performing arts, cooking, workshops, skills building and sports



## Activity Details

<b>Date &amp; time</b>	<b>Monday to Friday: call for timings as session times change</b> <b>Saturday 1:00pm – 4.30pm</b>
<b>Venue</b>	5 Thrawl Street, London E1 6RT
<b>Age</b>	5-16
<b>Price</b>	Free
<b>Contact</b>	Shajeda Akhter 020 7375 3212 Shajeda.Akhter@attleecentre.org



“ I enjoy doing arts & craft ”



# Bikeworks



## About

Bikeworks All Ability Cycling Programme aims to provide a fully inclusive opportunity to anyone who would like to ride a bike. The programme aims to introduce cycling as an activity to members of the community who have felt this was not open to them.

## Activity Details

<b>Date &amp; time</b>	<b>Wednesday: 1:00pm – 3:00pm</b> <b>Alternate Saturdays: 12:00pm-1:00pm</b> <b>10:00am-11:00am (1-2-1 instruction)</b>
<b>Venue</b>	Victoria Park Lock House Gate London E3 2JU
<b>Age</b>	Children & adults
<b>Price</b>	Free
<b>Contact</b>	Maya Kumagai-Jones 020 8980 7998 Maya.kumagai-jones@bikeworks.org



“ Instructors are fantastic! I can cycle now ”

# East London Flyerz Hockey Club



## About

Inclusive hockey sessions catering for people with any disability



## Activity Details

<b>Date &amp; time</b>	<b>Sunday: 10:00am – 11:30am</b>
<b>Venue</b>	Mile End Stadium Astro 150 Burdett Road London E3 4JT
<b>Age</b>	6+
<b>Price</b>	Free
<b>Contact</b>	Roger 020 7993 9883 rlilleystone@aol.co.uk



“ East London Flyerz is fun, friendly and inclusive! ”



# Half Moon Theatre



## About

- Great value! Just £6 per session (£3 concession)
- Run by friendly and experienced theatre tutors
- No auditions
- See shows at Half Moon and visit other London theatres in addition to your sessions
- Perform for friends and family on the Half Moon stage at the end of each term



## Activity Details

<b>Date &amp; time</b>	<b>Wednesday: 6:30pm-8:30pm</b> Call to find out about all timings
<b>Venue</b>	43 White Horse Road, London E1 0ND
<b>Age</b>	5+
<b>Price</b>	Free
<b>Contact</b>	020 7265 8138 admin@halfmoon.org.uk



“ I had so much fun, I am now more confident ”



# Inclusive Swimming



## About

Children who cannot swim or need to gain more confidence in swimming.

## Activity Details

<b>Date &amp; time</b>	<b>Wednesday: 5:30-6:00pm</b> <b>6:00-6:30pm</b> <b>6:30-7:00pm (Autism)</b> <b>7:00-8:00pm (16+)</b>
<b>Venue</b>	Mile End Park 150 Burdett Road London E3 4JT
<b>Age</b>	5-16, 16+
<b>Price</b>	Free
<b>Contact</b>	Shenneth Brereton Tel: 020 7364 2437 Mob: 07956 456725 shenneth.brereton@towerhamlets.gov.uk

“ I love swimming, I come every week ”



# Multi-Sport



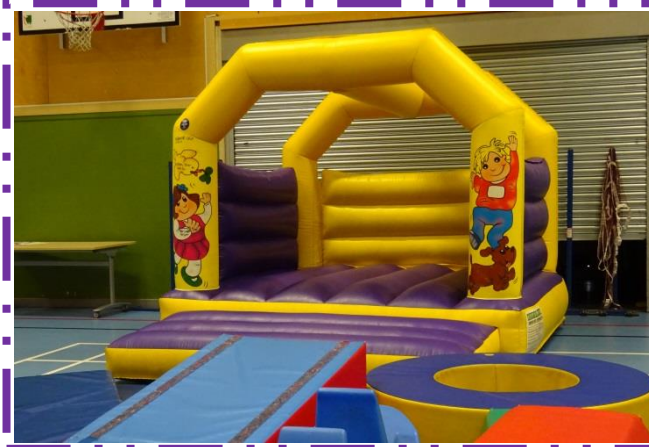
## About

Fun sports sessions at Mile End Park Leisure Centre where participants can try different sports and activities each week.



## Activity Details

<b>Date &amp; time</b>	<b>Wednesday: 6:30-8:00pm</b>
<b>Venue</b>	Mile End Park 150 Burdett Road London E3 4JT
<b>Age</b>	4+, 5-16, 18+
<b>Price</b>	Free
<b>Contact</b>	Shenneth Brereton Tel: 020 7364 2437 Mob: 07956 456725 shenneth.brereton@towerhamlets.gov.uk



“ I made new friends  
and there's so much  
to do here ”



# RSBC-Health & Wellbeing Club



## About

The Royal Society for Blind Children believes in a better life for blind children. We help children and young people build the kinds of friendships that help them grow as a person. Our Health and Wellbeing Programmes not only give young people the opportunity to build these kind of friendships, but also to grow in confidence, develop mobility skills, self-esteem and lead active lifestyles

## Activity Details

<b>Date &amp; time</b>	<b>Saturday: 11:00am – 2:00pm (Monthly)</b> <b>Call/email to enquire next session date</b>
<b>Venue</b>	Whitechapel Sports Centre 55 Durward St London E1 5BA
<b>Age</b>	12+
<b>Price</b>	Free
<b>Contact</b>	Ginisha Vekaria 020 3198 0225 ginisha.vekaria@rsbc.org.uk

“ I have learnt so much coming to this club ”





# Shadwell Basin



## About

Shadwell Basin Outdoor Activity Centre provides water-sports and adventurous activities. We are open to everyone and there are lots of ways to get involved.



## Activity Details

<b>Date &amp; time</b>	Every Holiday period
<b>Venue</b>	3-4 Shadwell Pierhead, Glamis Road, London E1W 3TD
<b>Age</b>	9+
<b>Price</b>	£3/£5 - half/full day
<b>Contact</b>	020 7481 4210 info@Shadwell-Basin.org.uk

“ I look forward to this session every holiday, love it! ”

# Spitalfields City Farm



## About

Spitalfields City Farm is a community space that is open 6 days a week, 10am – 4pm and is free for everyone. Come on down and see the rare breed farm animals, enjoy the gardens and let the children and adults loose in the tree house.



## Activity Details

<b>Date &amp; time</b>	<b>Saturday Family Volunteering session 11am-12:30pm Email before attending</b>
<b>Venue</b>	Buxton Street, London E1 5AR
<b>Age</b>	All ages
<b>Price</b>	Free
<b>Contact</b>	Ilana Estreich 020 7247 8762 volunteering@spitalfieldscityfarm.org

“ We're there every week!  
It's our favourite place! ”



# Splash Play



## About

SPLASH PLAY provides supervised sessions where children aged 8 to 13 can come along and enjoy a range of activities & games every week such as cooking, arts & craft, sports, trips, residential and many other outdoor adventure games



## Activity Details



<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
Birchfield 50 Saltwell Street London E14 0DZ 5pm-7pm	St. Matthias Community Centre London E14 0AE 4:30pm-6:30pm	St. Vincent's Estate Porta Cabin London E14 8AF 5pm-7pm	Play Out Will Crooks Estate London E14 0DA 1pm-3pm

**Age** 8 – 13 years old

**Price** Free

**Contact** Mohima  
020 7093 0673  
mohima@splashplay.org

“ I feel so welcome and have a good time all the time ”



# Spotlight



## About

Spotlight is an inclusive creative youth service designed to inspire the next generation. Shaped by young people, for young people and it's all free! The centre at Lansbury has state of the art music studios, film, design and broadcast facilities with performance, dance, boxing, and fashion spaces. Spotlight also has five other centres across the borough offering sports, support and guidance, career opportunities, one-off arts sessions, and regular youth club activities. As well as this, Spotlight has a range of volunteering and empowerment opportunities for young people, across all of our centres.



## Activity Details

<b>Date &amp; time</b>	Our youth services run at different times at each of our centres. Please call us.
<b>Venue</b>	Langdon Park 30 Hay Currie St, E14 6GN
<b>Age</b>	11-19 (up to 25 for SEN)
<b>Price</b>	Free
<b>Contact</b>	020 30 111 333 <a href="mailto:Hello@wearespotlight.com">Hello@wearespotlight.com</a>

“ Spotlight is the best youth centre to go to! ”

# Stay & Play



## About

A free play area for children with disabilities and their families, with understanding staff and psychology support. No need to book, just come along.  
All children must be accompanied by adults.



## Activity Details

<b>Date &amp; time</b>	<b>Second &amp; last Saturday of every month: 11:00am – 1:00pm</b>
<b>Venue</b>	Eva Armsby Family Centre Glamis Road London E1W 3EG
<b>Age</b>	5-12
<b>Price</b>	Free
<b>Contact</b>	Anna Harris 020 7364 2314/3350 Anna.Harris@towerhamlets.gov.uk

“ My kids love this place and the workers are lovely there ”





# Urban Adventure Base



## About

Open access sessions for young people aged 10-25 with progressive adventurous activities at its core.

Activities include:

- Canoeing and kayaking (Wednesdays)
- Mountain Biking (Thursdays)
- Cookery (Thursdays)
- Indoor rock climbing (Fridays)
- BMX, Skateboarding (Fridays)



## Activity Details

<b>Date &amp; time</b>	<b>Wed-Fri: 4:15pm – 7:45pm</b>
<b>Venue</b>	Mile End Park 150 Burdett Road London E3 4JT
<b>Age</b>	10-19
<b>Price</b>	Free
<b>Contact</b>	020 7364 0925 urban.adventurebase@towerhamlets.gov.uk

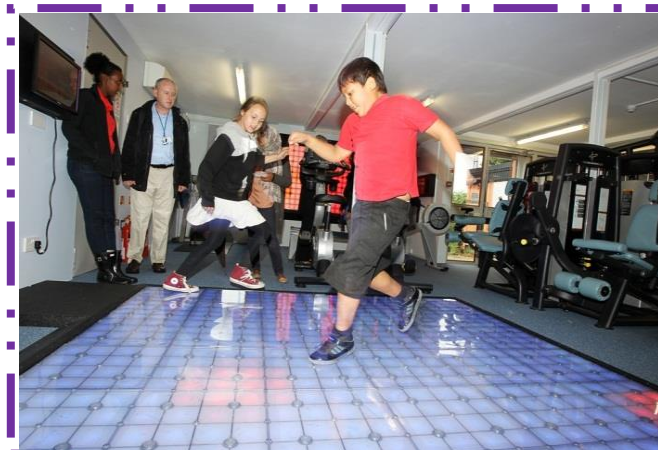
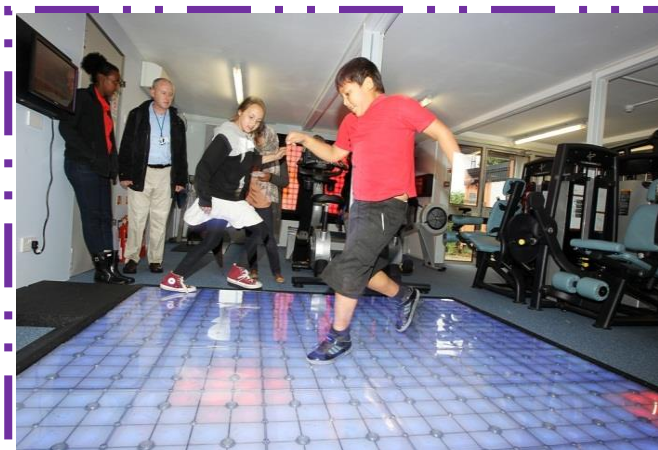
“ I enjoy going to the urban adventure base! Lots of outdoor fun! ”

# Urban Gym



## About

Urban Gym is an inclusive gym with cycling and rowing machines, resistance and cardio vascular equipment with Wii and dance mats including an interactive floor which is a great facility to keep fit and make friends within the community.



## Activity Details

<b>Date &amp; time</b>	<b>Wednesday &amp; Thursday: 5:00pm – 8:00pm</b>
<b>Venue</b>	Mile End Park 150 Burdett Road London E3 4JT
<b>Age</b>	13+
<b>Price</b>	Free
<b>Contact</b>	Daniel Murray 020 7964 0864 Daniel.Murray@towerhamlets.gov.uk

“ Nice place to exercise and get fit ”



# West Ham Football



## About

SEN Junior Football -  
inclusive coaching for young  
people aged 7+ with special  
education needs and friends



## Activity Details

<b>Date &amp; time</b>	<b>Saturday: 2:00pm – 3:00pm</b>
<b>Venue</b>	Mile End Stadium (Pitch 1 & 2) 150 Burdett Road London E3 4JT
<b>Age</b>	7-16
<b>Price</b>	Free
<b>Contact</b>	Yacine Rabia YRabia@westhamunited.co.uk

“ Best football training  
in my area ”

# WINGZ Bmx

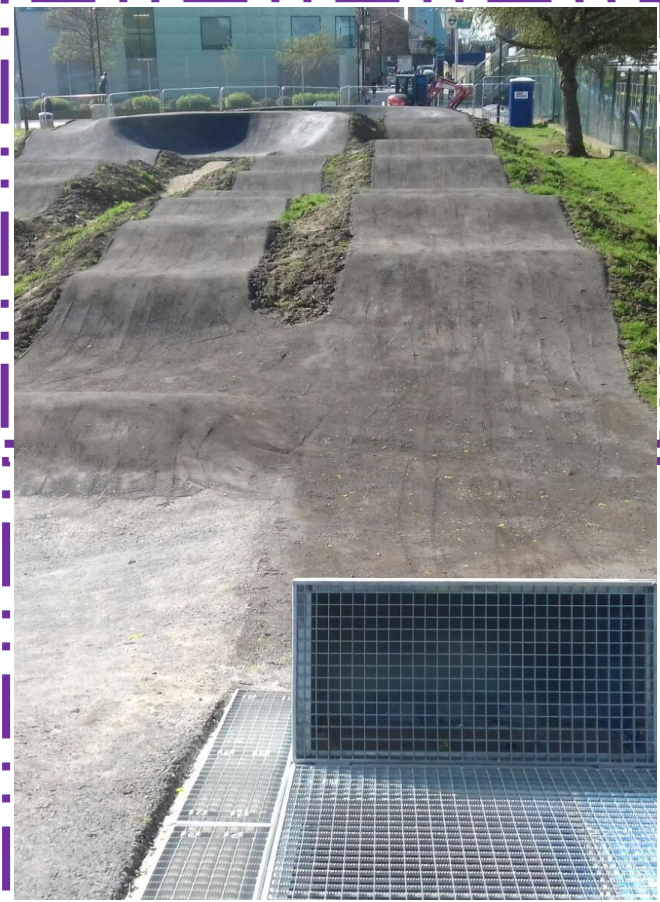


## About

This is a specific session for riders with any disability, impairment and/or additional need. All welcome: ASD/LD/CP/ADHD/SEN...

All equipment is provided including bikes and safety gear, no experience required, beginners and non-riders all welcome! We can even teach you to ride a bike!

Siblings/friends are welcome to attend too and ride alongside and support their sibling/friend with an additional need.

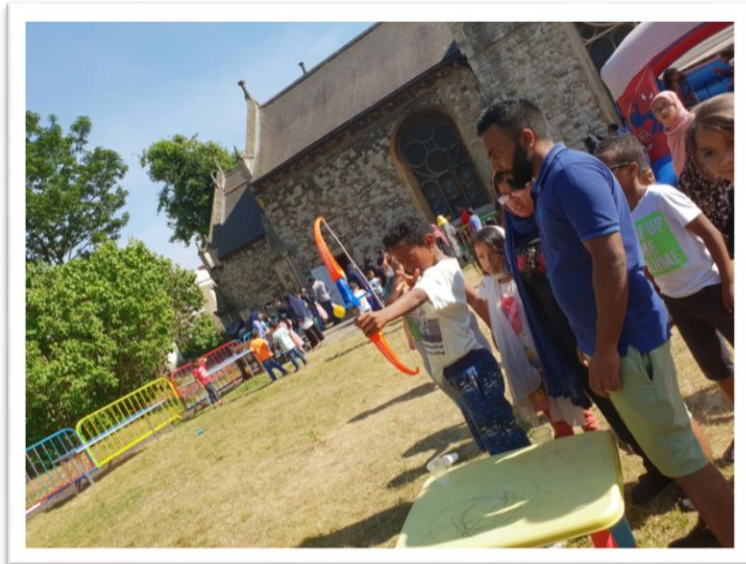


## Activity Details

<b>Date &amp; time</b>	<b>Tuesday: 4:00pm-5:00pm</b>
<b>Venue</b>	Langdon Park London E14 0RZ
<b>Age</b>	6+
<b>Price</b>	£3 per session (first session is FREE)
<b>Contact</b>	020 7993 9883 Wingz@accesssport.co.uk www.accesssport.org.uk

“ Fun & thrilling! I go every week ”





**“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” – Jimmy Dean**



**Tower Hamlets Inclusion Service**  
**Accessible Inclusive Activities**  
**2018/19**

Befriending and Inclusion Service  
Children with Disabilities Team  
London Borough of Tower Hamlets  
5th Floor, Mulberry Place | 5 Clove Crescent | London E14 2BG

Tel: 020 7364 6750 | Email: [Inclusion@towerhamlets.gov.uk](mailto:Inclusion@towerhamlets.gov.uk)  
Web: [www.localoffertowerhamlets.co.uk/pages/local-offer/short-break-services/tower-hamlets-inclusion-service](http://www.localoffertowerhamlets.co.uk/pages/local-offer/short-break-services/tower-hamlets-inclusion-service)