

Time to TAKEPART...



AMAZING STUFF!

Leisure in the city for kids
and adults with
special needs



Amaze, Community Base, 113 Queens Road, Brighton, BN1 3XG
Tel: 01273 772289 Mon - Thurs 9.30am — 12 noon. Thurs 6pm — 8pm.
(Answerphone messages can be left at other times.) Email:
info@amazebrighton.org.uk

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Finding out about stuff

'Amazing Stuff!' has been put together by the Brighton charity Amaze. It brings together all sorts of information about what's going on in Brighton and Hove for children and adults with special needs and disabilities. We've included information on sports you can play and other stuff you might like to try like dance and circus skills - and things are listed in alphabetical order. *Amazing Stuff!* also tells you about some of the services that could make it easier for you to do the things you like. We hope it gives you lots of ideas about how you can enjoy life in the city!

SPORTS INFORMATION

If you're interested in sport, the Sports Development Team at Brighton & Hove Council can help you choose a sports club or sports provider. They can put you in touch with organisations so you can find out if an activity will be OK for you. You can also look on their web site for information on local sport - www.activeforlife.org.uk



To find out more, call 01273 292724 or email activeforlife@brighton-hove.gov.uk

ACCESSIBLE CITY GUIDE

If you want to find out about how accessible places in Brighton & Hove are, especially for wheelchair users, have a look at the Accessible City Guide. It's an online guide that has been put together by local charity, Brighton & Hove Federation of Disabled People.



You can find the Accessible City Guide at www.bhfederation.org.uk/accessible-city-guide If you're interested in walk routes with wheelchairs in the great outdoors, you might also be interested in another web site – www.walkswithwheelchairs.com

Amazing multi-activities

GRACE EYRE FOUNDATION

Local charity that provides a wide range of leisure activities for adults with learning disabilities – including holidays, social events, sports and horse riding. The charity also hosts Special Olympics Brighton & Hove (SOBH) (see page 12). Call 01273 201902, email enquiries@grace-eyre.org or visit www.grace-eyre.org

FAB CLUB

Club for 13-24 year olds with special needs. Activities include pool, art activities, football and trips. There's also space to socialise. The club is Mondays 7-9pm at Patcham Youth Centre, Ladies Mile Road, Patcham BN1 8TA. Call Jacky Holt on 01273 293638 for more information.

SPIRAL

Local charity that provides a range of sports and social activities to over 18s with learning disabilities – including swimming (Goldfins – see page 9), basketball (organised with Brighton Cougars – see page 11), music, drama, holidays and outings. Spiral has a weekly youth club for 14-25 year olds at the 67 Centre in Moulsecomb on Wednesday evenings 7-9pm. Call 01273 295180, email joycestanley@spiralsussex.co.uk, or visit www.spiralsussex.co.uk

SUSSEX CENTRAL YMCA

Local charity that runs the MLD Club (Moderate Learning Disabilities Club). The club is for 11 to 20 year olds with a statement of special educational needs. Activities include basketball, football, pool, arts and crafts and computing. The club is on Saturdays from 11am to 1pm and on Wednesdays from 5pm to 7pm at the Y Club, 17 Marmion Road, Hove BN3 5FS. Call Richard Lewendon on 01273 731724 or email richard.lewendon@sussexcentralymca.org.uk

SUSSEX WASPS

A sports club for kids over 8 and adults with mainly physical disabilities. The club organises regular trips to competitions and club members compete in sports including archery, table tennis, shot put, discus and javelin. Call Phil Archer on 01273 701235 or email archerphil@ntlworld.com

Amazing multi-activities

Some organisations provide lots of activities specially for people with special needs and disabilities. We've listed some of them here. For details on after school clubs and stuff for children and young people to do in the school holidays, contact the Family Information Service (FIS) on 01273 293545.

ASPIRE

Local charity that provides mentoring for people with Asperger syndrome, High Functioning Autism or similar social issues. Also provides social meet-ups for adults and a group for young people over 16. Young people's group organises social events including meals out, walks and a games night. Contact Su Orosa on 01273 229009 or email su.rosa@aspire.bh-impetus.org or visit www.aspire.bh-impetus.org

CAROUSEL

Local charity that helps people with learning disabilities reach their potential in the arts. Carousel trains people in dance, film, digital art, performance and music. The charity also runs the Oska Bright Film Festival and the Blue Camel Club (see page 11). Call Carousel on 01273 234734 or email enquiries@carousel.org.uk

CHERISH

Cherish runs term-time groups for young people and young adults with learning disabilities. Young adults group (18-25s) is Mondays 6.30-9pm. Youth club for 13-16s is Tuesdays 6.30-9pm. Youth club for 16-18s is Thursdays 6.30-9pm. Monday and Thursday groups are in Wellington House on Wellington Street. Tuesday group is at Edward Street Youth Centre. Call Cherish on 01273 295192 or email chris.kerridge@brighton-hove.org.uk

CITY SYNERGY

Local group for people with sight loss that organises wide range of activities, including walks, ten pin bowling, tandem cycling, dance, theatre and trips. People attending activities are usually adults – but the group also welcomes children with a vision impairment with parents or carers. Call Paul on 01273 697339, Keith on 01273 624127, or Chris on 01273 730906, email citysynergy@yahoo.co.uk, or visit www.citysynergy.org.uk

Getting out and doing stuff

WHAT'S TO DO?

If you're an adult with mild learning disabilities, Speak Out has a project that helps you make the most of activities and public services in Brighton & Hove. It's called 'What's to Do?'. Speak Out staff help you find out about things to do and help you visit new places.

For more information, contact Sarah Coombes on 01273 421921 or email sarahcoombes@bhspeakout.org.uk

LEISURE DISCOUNTS

The Compass Card provides free and discounted leisure in Brighton & Hove for children and young people up to the age of 19 - including free swimming, free CDs, DVDs and audio books from libraries, free gym for 16-19 year olds and discounts at places like Pizza Express, Brighton Dome and the Duke of York's and Odeon cinemas. The Compass Card is run by Amaze for Brighton & Hove Children and Young People's Trust (CYPT).



To get a Compass Card, the child or young person needs to have a special need or disability that has a significant effect on their lives (often they get Disability Allowance or have a statement of special educational needs). They also need to be living or going to school in the city, or they need to be 'looked after' by the city. Call the Amaze helpline on 01273 772289 or visit www.amazebrighton.org.uk

THE CHILDREN'S SOCIETY BEFRIENDING SERVICE

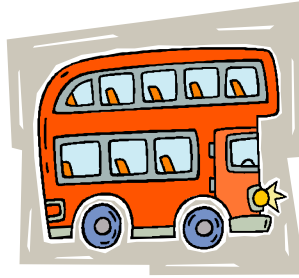
Volunteer Befrienders can help 12 - 18 year olds to do the things they want to do around the city. The Children's Society links a young disabled person to a befriender who has similar interests. They get to know each other and spend time together doing things they enjoy. The young person has to be referred to the Befriending Service by a social worker.

Call The Children's Society on 01273 749085 for more information.

Getting out and doing stuff

TRAVEL BUDDY SCHEME

The Grace Eyre Foundation provides lots of services for adults with learning disabilities. If you want to learn how to travel around Brighton and Hove by yourself and you're over 18 years old, you might find the Travel Buddy Scheme really useful.



You'll be paired up with a volunteer travel buddy who will help you to walk to places and use buses and trains around the city.

To find out more, call Sarah Howse, Toby Watkins or Nicola Payne at the Grace Eyre Foundation on 01273 740371

Amazing stuff for under 18s

CRICKET

Sussex Cricket runs cricket sessions for children and young people with learning disabilities 10am-12 noon on Saturdays (also see cricket for kids and adults with visual impairment on page 7).



Where is it?

Portslade Cricket Club Benfield Valley Park, Old Shoreham Road, Hove BN3 7GD

Finding out more

Call Tim Shutt on 07500 025449 or email tim.shutt@sussexcricket.co.uk

Amazing stuff for adults

Where is it?

Tuesday group - Honeycroft, St. Barnabus Hall, Sackville Road, Hove BN3 3WF .Young adults group - St. Richard's Church, Egmont Road, Hangleton BN3 7FP

Finding out more

Call Helen on 07792 763106 or email h.dakini@hotmail.com

SPECIAL OLYMPICS

Special Olympics Brighton & Hove (SOBH) is a sports club hosted by the Grace Eyre Foundation. SOBH provides training and competitions in lots of Olympic sports for adults with learning disabilities – including powerlifting, athletics, swimming and football.



Where is it?

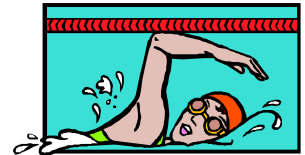
Lots of different places. Call or email for details (see below).

Finding out more

Call 01273 201902 or email ejarvis@grace-eyre.org for more information.

SWIMMING

Dolphins Disabled Swimming Club is usually for over 18s. It is for people with physical disabilities and medical conditions who benefit from water exercise. A qualified physiotherapist is there to supervise. The club meets Tuesdays and Thursdays 9.30-10.30pm



Where is it?

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

Finding out more

Tony Kingston 01273 479366 or Irene Thurston 01273 307647

Amazing stuff for adults

BASKETBALL

Local basketball club Brighton Cougars has regular training and matches. Special needs sessions for adults are provided through Spiral (see page 14).



Where is it?

Training is in the evening at Dorothy Stringer High School, Loder Road, Brighton BN1 6PZ.

Finding out more

Call Anne Baverstock on 01273 551884 or 07809 105300 or email BAV@stringer.brighton-hove.sch.uk

CLUBBING

The Blue Camel Club is a club night every few months for people with learning disabilities run by Carousel. There are singers, bands, DJs and VJs (video jammers). It's a place where you can meet old and new friends and have a dance.



Where is it?

7-10pm at The Corn Exchange, Church Street, Brighton BN1 1UE

Finding out more

Call Carousel on 01273 234734 or email enquiries@carousel.org.uk

DANCE

Delight in Dance runs dance classes for adults with learning disabilities. There is a class on Tuesday evening 7.15-8.30pm and a young adults group starting in the summer holidays 2010 on Monday afternoons from 1.15 to 3pm .

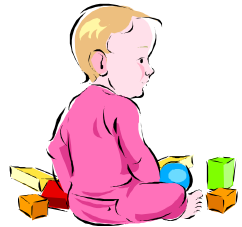


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Amazing stuff for under 18s

SOFT PLAY

Funplex and Westow's provide discounts to Compass Card holders (see page 2) and run special needs sessions. The Funplex special needs session is 9 -10am on Sundays. The Westow's special needs session is Fridays 6.15-8pm.



Where is it?

Funplex Ltd, Hyde Business Park, Auckland Drive, Bevendean, Brighton BN2 4JE

Westow's World of Play, School Road, Hove BN3 5HX

Finding out more

Funplex - Call 01273 690888 or visit www.funplex.co.uk

Westow's World of Play - Call 01273 711944, or visit www.westows.com

STORY TELLING

Story Magic is a free sensory storytelling session. It is for children and young people with profound and multiple learning disabilities (PMLD) or visual impairment. Story Magic is usually the last Saturday of the month and is from 2.30 to 3.10pm. Next dates in 2010 are: 26 June, 31 July, 28 August, 25 September, 30 October, 27 November and 11 December.



Where is it?

Jubilee Children's Library, Jubilee Street, Brighton BN1 1GE

Finding out more

Story Magic is a Compass Card Activity (see page 2), but everyone is welcome . Call 01273 296960 to book.

Amazing stuff for under 18s

SWIMMING

Dapper Snapper is a swimming class 2-2.30pm on Saturdays in Worthing for 0-15s with special needs. It's hoped there will be a class in Brighton soon.



Where is it?

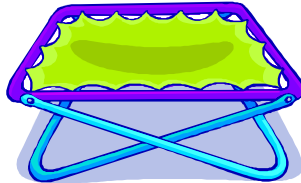
Oak Grove College, The Boulevard, Worthing BN13 1JX

Finding out more

Call 01903 717652 or visit www.dappersnapperclub.com

TRAMPOLINING

Sussex Central YMCA welcomes 7-15 year olds with and without special needs. 'Take a Leap' classes are for children with special needs that include coordination difficulties. Classes are term-time 4.45-5.45pm Mondays and Thursdays. Compass Card holders (see page 2) get a discount.



Where is it?

The Y Centre, 17 Marmion Road, Hove BN3 5FS

Finding out more

Call 01273 731724

YOGA

Tatty Bumpkin provides yoga for 0-7 year olds and welcomes babies and children with and without special needs. The first class is free.



Where is it?

Various places in Brighton, West Hove and Westdene.

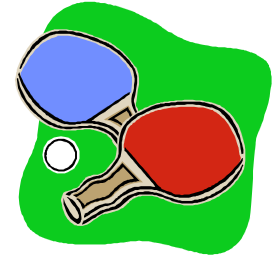
Finding out more

Call 08456 808041, email classes@brighton.tattybumpkin.com, or visit www.brighton.tattybumpkin.com

Amazing stuff for under 18s and adults

TABLE TENNIS

Hollingbury Table Tennis Club organises table tennis coaching and practice sessions. The club welcomes children over 8 years and adults with or without special needs. There's a coaching session for 8-18s in term-time on Mondays 6.30- 8.30pm (excluding Bank Holidays) and an adult practice session 7- 9.30pm on Sundays in term-time.



If you have special needs, the first session at the club is free.

Where is it?

Bevendean Primary School, Heath Hill Avenue, Brighton BN2 4JP

Finding out more

Call Steve Chambers on 07772 994048, or visit www.hollingburyttc.co.uk

WATERSPORTS

Sussex Sailability runs sailing for kids (over 13 years) and adults with physical disabilities, learning disabilities and sensory disabilities. The boats used have been adapted for people with disabilities and the first three sessions are free. Sussex Sailability welcomes people who have little or no sailing experience. There are sessions for groups (mainly people who have physical disabilities) and for individual sailors. Sailing is in single or double handed dinghies, or you could be taken out in a sailing boat or power boat.



Where is it?

Sussex Yacht Club, 85-89 Brighton Rd, Shoreham BN43 6RE

How?

Call the Yacht Club Office (weekdays 9am-1pm) on 01273 464868 or visit www.sussexsailability.org.uk

Amazing stuff for under 18s and adults

MARTIAL ARTS

Sama Organisation is a martial arts club with classes in karate and kick boxing across Brighton and Hove. It welcomes children and adults with and without special needs to its classes. If you have a Compass Card (see page 2), Sama membership is half price and there's £5 off your karate suit when you join.



Where is it?

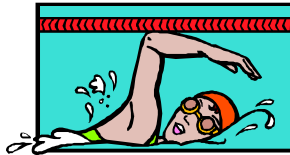
Lots of different places. Call or email for details.

Finding out more

Call 01273 588850, email samaorg@btinternet.com, or visit www.samaorganisation.co.uk

SWIMMING

Goldfins Swimming Club is run by Spiral on Mondays 5-6pm for over 14s with learning disabilities. See page 14 for more information.



Where is it?

Prince Regent Swimming Complex, Church Street, Brighton BN1 1YA

Finding out more

Call 01273 295180, email joycestanley@spiralsussex.co.uk, or visit www.spiralsussex.co.uk

Marlin Disabled Swimming Club is usually for people with physical disabilities. Most members are older people, but children and young people are welcome. Sessions are 6.30-7.20pm on Sundays and are free.

Where is it?

King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

Finding out more - Call Marian 01273 416600

Amazing stuff for under 18s and adults

ADVENTURE ACTIVITIES

Adventure Unlimited is a local charity that runs the 818 Club for children and young people from 8 years to 18 with and without special needs. People with special needs can go to the 818 Club until they're 25 years old. Activities are at weekends and during school holidays and include bushcraft, rock climbing and watersports.



Where is it?

Lots of different places. Call or email for details.

Finding out more

Call 01273 681058, email info@aultd.org, or visit www.aultd.org

BASKETBALL

SWBC Tigers (Sussex Wheelchair Basketball Club) is for kids over 14 and adults who use a wheelchair. People who aren't disabled can play too. The club has a regular training session every Monday 7-9pm.



Where is it?

Moulsecomb Leisure Centre, Moulsecomb Way, Brighton BN2 4PD

Finding out more

Contact Gary at gary@swbctigers.com, or visit www.swbctigers.com

CINEMA

The Duke of Yorks cinema has a regular autism-friendly film every few weeks on a Sunday morning. Lights and sound are low during the film and people can move round or make a noise if they like. All kids and adults with special needs are welcome. There's a discount for Compass Card holders (see page 2).



Amazing stuff for under 18s and adults

CINEMA CONTINUED...

Where is it?

Duke of Yorks Cinema, Preston Circus, Brighton BN1 4NA

Finding out more

Call 01273 818549 or visit www.picturehouses.co.uk

CIRCUS SKILLS

Bandbazi Circus Theatre provides classes in circus skills like poi, juggling, trapeze and tightrope walking. Bandbazi welcomes 11–25 year olds with and without special needs to classes starting 11 September 2010. The first Bandbazi class is free to Compass Card holders (see page 2).



Where is it?

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW
Saturdays - 10.30am-12noon

Finding out more

Call Bandbazi Circus Theatre on 01273 245584, email mail@bandbazi.org.uk, or visit www.bandbazi.org.uk

CRICKET

Sussex Cricket runs cricket sessions for children, young people and adults with visual impairment and a team called the Sussex Sharks.



Where is it?

Summer - Wish Park, Hove Tuesdays 5-6.30pm
Winter - County Cricket Ground, Hove

Finding out more

Call Andy Dalby-Walsh on 07786 238168 or email andydw@cricketforchange.org.uk

Amazing stuff for under 18s and adults

DANCE

Buzz Community Group runs a dance class for children over 10 years and adults with and without special needs on Tuesdays 7pm-8.15pm. You don't need to have any dance experience to join in.



Where is it?

St. Richard's Church, Egmont Road, Hangleton, Hove BN3 7FP

Finding out more

Call Bryony Leach on 07779 977558 or email bry1_@hotmail.com

FOOTBALL

Brighton & Hove Albion runs lots of clubs for kids and adults with special needs, including Seagulls Specials. Coaching depends on age and ability and there are groups for particular impairments including visually impaired football, deaf football and wheelchair football. Coaching is during the week, at weekends and in school holidays. There are other sports apart from football too. You can also get involved in a supporters group if you don't want to play yourself, do a Duke of Edinburgh's Award or volunteer.



Where is it?

Lots of different places. Call or email for details. Or visit the website.

Finding out more

Call Teresa Sanders on 07919 051848 for more information, email teresa.sanders@bhafc.co.uk, or visit www.seagulls-specials.org.uk