Clubs, sport and leisure

Taking part in leisure activities provides young people with the opportunity to make new friends and also promotes a healthy body and mind.

This guide provides information on a range of activities available to young people with a disability in and around Merton. It does not cover non-specialist activities that are available for all young people, although we have included some general websites at the end of this guide for your information.

Social clubs and groups

Merton Mencap – The ‘TC’ (Transition Club) – A weekly club for young people aged 14 – 25 years old with a learning disability. It offers a gym programme, sports and age appropriate leisure opportunities. The club runs throughout the year at the YMCA in Wimbledon on Saturday afternoons from 2pm – 5pm.

Contact: Merton Mencap, Wilson Hospital, Crammer Road, Mitcham R4 4TP
Phone: 020 8646 0965
Email: info.merton@swlondonmencap.nhs.uk

Merton Mencap – Buddies – A project for young people with a learning disability aged 14 – 25 years to enjoy mainstream outings in the community. Runs in the Easter, summer and Christmas holidays. (Accessed via referral from the Adult Learning Disability Team/Children’s Disability Team).

Contact: Dee da Costa, Adult Projects Co-ordinator, Merton Mencap
Phone: 020 8646 0965
Email: apc@swlondonmencap.nhs.uk

The M.A.G.I.C Club – run by Merton Youth Services operates on Saturday 10am – 2pm (term time only) at Phipps Bridge Youth Centre. It caters for young people aged 13 to 25 years old with a range of disabilities. Siblings are welcome. Activities include table tennis, pool, cooking, trips to the cinema, bowling etc and are priced accordingly. Transport can be provided if necessary.

Contact: Youth Office, The Pavilion, Farm Road, Morden SM4 6RA
Phone: 020 8648 1786

The Squad Youth Club – A London based charity working in Merton. They help young people with a learning disability to challenge social barriers. They meet in a safe environment for two hours on a weekly basis during term time where members can have fun, socialise with other young people from different backgrounds and work towards realising their true potential.

Contact: The Squad Office, 93 Graham Road, Wimbledon SW19 3SP
Phone: 020 8286 7319
Web: www.thesquad.org.uk
Transition Group for Young People with Physical Disabilities, Sensory Impairment or HIV/Aids – This is a new initiative for young people (aged 18 – 25 years old). The long-term goal is to establish a self-help group to meet and to arrange outings/events regularly.

Contact: The Physical Disability & Sensory Impairment Team
Phone: 020 8545 4507/4545
Email: georgina.clark@merton.gov.uk
sandra.mak@merton.gov.uk

College Leavers Group – this service is currently under review. From 2008 this service will be offered to between eight to ten young people leaving college, to meet weekly for a period of 18 months. It will offer the opportunity to explore training, employment, volunteering and leisure opportunities in and around Merton. (Accessed via referral from the Adult Learning Disability Team).

Contact: High Path Community Resource Centre, 63 High Path Wimbledon, SW19 2JY
Phone: 020 8241 2233

Merton Sports and Social Club for the Blind – Meets at the Guardian Centre every Tuesday evening 7.30pm, providing a range of activities (such as circuit training, biking, bowls, darts, rambling) for people of all ages with a visual impairment.

Contact: Eileen Attenborough
Guardian Centre, 67 Clarendon Road, Colliers Wood SW19 2DX
Phone: 020 8296 6716

Merton Vision – Offers a large selection of educational (such as IT classes, flower arranging, arts and crafts) and leisure activities (such as line dancing, bowls, exercise classes, day trips) for people of all ages with a visual impairment.

Contact: Merton Vision, The Guardian Centre, 67 Clarendon Road, Colliers Wood SW19 2DX
Phone: 020 8296 6716

Physically Handicapped & Able Bodied PHAB (Merton) – A social club for all (aged 18 – 70 years) meets once a week on a Tuesday evening.

Contact: Moira
Phone: 0788 657 3820

Play, sports and leisure

Art

Merton Mencap – Give Arts a Go project – A day opportunity for a group of nine adults with a learning disability who attend a day centre, taking at least one person with complex needs. Working with artists in a variety of settings and using a wide range of media with monthly workshops at the National Portrait Gallery. Referral via the Adult Learning Disability Team at Russell Road.

Contact: Dee da Costa, Adult Projects Co-ordinator, Merton Mencap
Phone: 020 8687 4825
Email: apc@swlondonmencap.nhs.uk
**Athletics**

**Adidas Mini Marathon & Wheelchair Mini Marathon** – An annual event that takes place on the day of the Flora London Marathon. They offer young athletes the chance to run or push the last three miles of the main marathon course.

**Contact:** Merton’s Leisure Development Officer  
**Phone:** 020 8545 3663

**London Disability Athletics**

**Contact:** Sutton Arena Leisure Centre, Middleton Road, Carshalton SM5 1SL  
**Phone:** 020 8404 1954

**Basketball**

**Wheelchair Basketball** – Fantastic opportunity for young people to develop not only their wheelchair skills but to be involved in something active and social. Sessions take place on Saturdays, 2pm – 4pm.

**Contact:** Brixton Recreation Centre, 27 Brixton Station Road, London SW9 8QQ  
**Phone:** 020 7737 4621

**Bowling**

**BOCCIA (pronounced BOTCHA)** – Seated bowling for all abilities. A paralympic sport offered as a six-week course, held throughout the year.

**Contact:** Reception at Kingston & Wimbledon YMCA, 200 The Broadway, Wimbledon SW19 1RY  
**Phone:** 020 8542 9055  
**Web:** www.kwymca.org.uk

**Cycling**

**London Recumbents** – Special needs and family cycling specialist who sell and hire out a range of special needs bikes. They also teach people of all ages and abilities to cycle. They are based in Dulwich Park and Battersea Park.

**Contact:** Contact London Recumbents  
**Phone:** 020 8299 6636  
**Web:** www.londonrecumbents.com

**Cricket**

**London County Cricket Association (LCCA)** – Offers a variety of cricketing opportunities at both club and county levels for young people with disabilities, including learning disabilities and visual impairment.

**Contact:** Cricket Centre, Plough Lane, Wallington, Surrey SM6 8QJ  
**Phone:** 020 8669 2177
Companion Cycling – A scheme that enables people who are unable to ride a bike solo, for whatever reason, the chance to enjoy the pleasure of cycling with a companion in the delightful surroundings of Bushey Park. They have a wide range of cycles to suit all ages and abilities. Volunteers help riders choose a suitable route, and will assist new riders. Membership is open to individuals, families and organisations and they are open throughout the year.

**Contact:** c/o 9 Harvey Drive, Hampton, Middlesex TW12 2FB  
**Phone:** 07961 344545  
**Web:** [www.companioncycling.org.uk](http://www.companioncycling.org.uk)

**Football**

**Sutton Eagles Special Needs Football Club** – Fun football coaching in collaboration with Crystal Palace FC for young people with special needs. The club also gives members a chance to meet new friends, improve coordination and develop new skills.

No need to make a booking, sessions take place fortnightly on Saturdays (3pm – 4pm under 16 year olds and 4pm – 5pm youth squad). Sessions cost £2.50.

**Contact:** Westcroft Leisure Centre, Carshalton, Surrey SM5 2TF  
**Phone:** 020 8401 2037  
**Web:** [www.suttoneagles.com](http://www.suttoneagles.com)

**Deen City Farm** – Community farm offering free family day out in Morden Hall Park.

**Phone:** 020 8543 5300  
**Web:** [www.deencityfarm.co.uk](http://www.deencityfarm.co.uk)

**Funky Feet Nightclub** – Meets every three months on a Friday from 7pm – 11.30pm at the Function Room in Morden Hall.

**Contact:** The Community Development Officer, Zoey O’Brien, Merton Council  
**Phone:** 020 8241 2236  
**Email:** zoey.obrien@merton.gov.uk

**Funzone** – A holiday play scheme funded and organised by Children’s Schools & Families Department of Merton Council. It is suitable for young people with complex and special needs from the ages of 5 to 18. The scheme runs for four weeks during the summer holidays from 10am – 3.30pm Monday – Friday, two alternate weeks for 5 – 11 year olds and two weeks for 12 – 18 year olds, with flexibility offered according to individual need. Transport can be arranged at a further cost.

**Contact:** Children With Disabilities Team  
**Phone:** 020 8545 4226  
**Contact:** The Children’s Information Service  
**Phone:** 020 8545 3800  
**Email:** cis@merton.gov.uk

**Gyms**

These gyms are inclusive to all disabilities, fully accessible and are IFI (inclusive fitness initiative) accredited. They also offer classes and have specialist trained staff.
Wimbledon YMCA – Opening times
Monday – Friday 6.30am – 10 pm,
Saturday and Sunday 8.00am – 8 pm.
Contact: Reception, 200 The Broadway,
Wimbledon SW19 1RY
Phone: 020 8542 9055
Web: www.kwymca.org.uk

The Hub – Opening times
Monday – Thursday 6.30am – 10pm,
Friday 7am – 9pm,
Saturday and Sunday 8am – 8pm.
Contact: Tooting & Mitcham Imperial Fields,
Bishopsford Road, Morden SM4 6BF
Phone: 020 8685 6193

Health & Fitness

Merton Mencap Health & Fitness Club –
A project for adults with a learning disability
which meets every Wednesday evening
between 7pm – 9pm at the HUB in Morden,
offering fun exercise sessions to music with
a qualified instructor. Transport is provided
for people living at home.
Contact: Dee da Costa, Adult Projects
Co-ordinator, Merton Mencap
Phone: 020 8687 4825
Email: apc@swlondonmencap.nhs.uk

Sutton Get Active – The Active London
Project aims to improve the health, well-being
and social inclusion of people with a learning
disability (primarily over 16 years old) by
increasing regular sustainable participation in
sport and physical activity in the community.
The project currently runs activities including
dance, football, walking, bowling and multi-
sports and can provide support to those
people wishing to access mainstream clubs.
Costs vary but generally cost £2 a session.
Contact: Inclusion Development Worker,
Active London Project, Sutton Mencap,
8 Stanley Park Road, Wallington, Surrey
SM6 0EU
Phone: 020 8647 8600

Horse Riding

Deen City Farm Riding Centre
Contact: Morden Hall Park
Phone: 020 8543 5300
Web: www.deencityfarm.co.uk

The Diamond Centre – Providing a unique
facility to horse ride or carriage drive, for
disabled children and adults.
Contact: Woodmansterne Road, Carshalton,
Surrey SM5 4DT
Phone: 020 8643 7764

Ice Hockey

The Werewolves of London Special Ice
Hockey Team – Ice hockey sessions are run
for children and adults with special needs at
Streatham Ice Arena. New players of all ages
and abilities, including people who cannot
skate, are welcome.
Contact: Mike
Phone: 020 8644 1998
Email: mike@StreathamIceHockey.com

Leisure Centres

Canons Leisure Centre
Contact: Madeira Road, Mitcham CR4 4HD
Phone: 020 8640 8543
Web: www.gll.org

Malden Centre
Contact: Blagdon Road, New Malden,
Surrey KT3 4TA
Phone: 020 8336 7770

Kingfisher Leisure Centre
Contact: Fairfield Road, Kingston
Upon-Thames, Surrey KT1 2PY
Phone: 020 8546 1042
**Westcroft Leisure Centre**

**Contact:** Westcroft Road, Carshalton  
**Phone:** 020 8770 4800  
**Web:** www.scl98.com

**Music**

**Merton Music Foundation** – Provides a wide range of musical activities for children of varying abilities across Merton. Children aged 6 and over can become involved in choirs, bands and orchestras.

**Contact:** MMF Administration, Merton Music Foundation, Chaucer Centre, Canterbury Road, Morden SM4 6PX  
**Phone:** 020 8640 5446  
**Web:** www.mmf.org.uk

**Swimming**

**Barracuda Swimming Club** – Meets at Morden Park Pool and offers inclusive and accessible swimming sessions to most children, however there are limitations with children who have visual impairment.

**Contact:** Morden Park Pool, London Road, Morden SM4 5HE  
**Phone:** 020 8337 6912

**Cannons Leisure Centre** – Open swim for adults and children with a disability on a Thursday 7pm – 7.45pm.

**Contact:** Cannons Madeira Road, Mitcham CR4 4HD  
**Phone:** 020 8640 8543  
**Web:** www.gll.org

**Dolphins Swimming Club for the Disabled** – This swimming club meets every Tuesday evening, 6.30pm – 7.30pm, at the training pool at Morden Park Pool, London Road. The club caters for all physically disabled people. Members are requested to come with carers who will join them in the pool. The charge is £2 per person.

**Contact:** Mary White, 45 Bordesley Road, Morden SM4 5LW  
**Phone:** 020 8648 2018

**Waves** – A swimming session for adults and children with special needs, those recovering from major surgery and their families. Both pools are exclusively available on Wednesdays at the following times: 6.30pm – 7pm children only, 7pm – 7.30pm children and adults.

**Contact:** Westcroft Leisure Centre, Westcroft Road, Carshalton  
**Phone:** 020 8770 4800  
**Web:** www.scl98.com

**Tai Chi Classes** – Wednesday mornings 10.30am – 11.30am at the Function Room Morden Hall.

For more information:

**Contact:** The Community Development Officer, Zoey O’Brien, Merton Council  
**Phone:** 020 8241 2236  
**Email:** zoey.obrien@merton.gov.uk
Theatre

**Merton Beans** – Part of Act Too Theatre Company, which provides 12 people, one day per week with a theatre workshop experience, with some performances arranged as part of the activities.

**Contact:** The Community Development Officer, Zoey O’Brien, Merton Council  
**Phone:** 020 8241 2236  
**Email:** zoey.obrien@merton.gov.uk

**Polka Theatre** – Polka is a unique theatre for young people. It holds term-time after school theatre workshops for children aged between 12 – 16 years old on Thursdays. Classes can accommodate young people with disabilities or additional needs. They also run summer schools for disabled children and young people.

**Contact:** The Education Department at the Polka Theatre, 240 The Broadway, Wimbledon SW19 1SB  
**Phone:** 020 8543 4888  
**Web:** www.polkatheatre.com

**Turtle Key Arts** – A theatre company whose main objective is the participation in the arts for all, with an emphasis on disabled, disadvantaged or socially excluded people.

**Contact:** Ladbroke Hall, 79 Barlby Road W10 6AZ  
**Phone:** 020 8964 5060  
**Web:** www.turtlekeyarts.org.uk

**The Zone** – An activity session for adults with a learning disability. Every Tuesday during term time, activities including trampolining, badminton, short tennis and swimming are available for adults aged between 18 and 40 years old who may attend individually or with their carers.

**Contact:** Westcroft Road, Carshalton  
**Phone:** 020 8770 4800  
**Web:** www.scl98.com

Trampolining

**Saturn V Rebound Centre/Special needs Trampolining** – This is a specialist club for children and adults with any disability or special need. Sessions run on a Monday, Wednesday and Saturday. Parents or carers are expected to accompany their young person and siblings are welcome.

**Contact:** 1 William Road, Caterham on the Hill, Surrey CR3 5NN  
**Phone:** 01883 623 452

Water Sports

**Wimbledon Park Water Sports Centre** – The centre offers various water sports including sailing, canoeing and boating. They have clubs and groups that use their facilities that specially cater for people (over 8 years old) with disabilities. Children can only take part in activities by booking on to advertised courses or sessions, or by joining any of the clubs or groups that use the facilities.

**Contact:** Wimbledon Park Water Sports Centre, Home Park Road SW19 7HX  
**Phone:** 020 894 4894
Find out more about sports and leisure opportunities in Merton by contacting the Merton Leisure Development Officer on 020 8545 3716 or email leisure@merton.gov.uk

If your club or group are offering specific activities to young disabled people in Merton and you have not been included in this guide, please contact the Merton Leisure Department on 020 8545 3716.

**Voluntary Work**

This can be a very rewarding and skill developing experience for many young people. Voluntary work can be very varied and wide-ranging.

**Community Service Volunteers**

Phone: 020 7278 6601  
Web: www.csv.org.uk

**Volunteer Centre Merton**

Contact: The Vestry Hall, 336 London Road, Mitcham CR4 3UD  
Phone: 020 8640 7355  
Fax: 020 8646 7549  
Web: www.volunteercentremerton.org.uk

**UK Youth Parliament/Merton Youth Forum**

Contact: Jo Young, Merton Youth Participation Officer  
Phone: 020 8640 7050

---

**Publications and websites**

**Merton Sports Club Directory**

Phone: 020 8545 3716  
Web: www.merton.gov.uk/sport/sportsclubs.htm

**Children & Young People’s Holiday Activities** – Merton Leisure Department print a bi-annual guide to holiday courses and activities for young people in Merton.

Phone: 020 8545 3716  
Web: www.merton.gov.uk/leisure/sport/young-people-sport.htm

www.DisabledGo.info – Free disabled access information on 1000’s of goods & services across the UK.

www.whizz-kidz.org.uk – guide to activities that might interest young wheelchair users.

www.sportability.org – charity providing physical activities for people with paralysis.

Phone: 020 8959 0089

The information in this guide is accurate at time of writing (September 2007).

The organisations and reading material are included for your reference and not endorsed by Merton Council.
If you would like more information in your own language, please contact us on the phone number in the box below.

Phone: 020 8545 4128