

Leisure Activities

This factsheet provides details of some leisure activities for disabled people across Scotland, including sports and social clubs.

The list only includes groups or organisations that are specifically run for disabled children or adults and have a national remit or which operate in several parts of the country. For information on local clubs running in your area, please contact us.

Sports

Scottish Disability Sport (SDS) is the coordinating body for sports for disabled people in Scotland. They have a role in promoting and developing sports, and to help with this they have coordinators based in different areas of the country.

If you are interested in getting involved in a sport – football, athletics, swimming etc - then it is probably worthwhile speaking to the SDS coordinator in your area first. They will have a good idea about the kinds of sports activities that are available near you. To find the coordinator in your area contact:

Scottish Disability Sport
Caledonia House
South Gyle
Edinburgh
EH12 9DQ
Tel: 0131 317 1130
E-mail: admin@scottishdisabilitysport.com
Website: www.scottishdisabilitysport.com

- **Skiing**

Disability Snowsport UK

There are groups which meet at Midlothian Ski Centre, Bellahouston Dry Ski Slope, Braehead SNO! zone and Bearsden Dry Ski slope. Adapted skiing equipment is

available. They also have an adaptative ski school in Cairngorm and organise skiing holidays to the USA, Canada, France, Italy and Austria. Skiing equipment and tuition is available.

Contact:

Disability Snowsport UK

Cairngorm Mountain

Aviemore

PH22 1RB

Tel: 01479 861272

Website: www.disabilitysnowsport.org.uk

- **Horse Riding**

Riding for Disabled is an association of groups across the UK that offer horse riding for disabled children and adults. There can be a long waiting list. Contact the national office for details of the group nearest you:

Norfolk House

1a Tournament Court

Edgehill Drive,

Warwick

CV34 6LG

Tel: 0845 658 1082

E-mail: info@rda.org.uk

Website: www.rda.org.uk

The website has links to a number of Riding for Disabled groups in Scotland.

- **Rambling**

There are several disabled ramblers groups active in Scotland. They organise rambles into the countryside on accessible pathways.

Forth & Tay Disabled Ramblers

16 Woodlands Road,

Lundin Links, Fife

KY8 6HG

Tel: 01333 320 864

E-mail: heather@ftdr.com

Website: www.ftdr.com

Highland Disabled Ramblers

Suite 452, 24 Station Square,

Inverness

IV1 1LD

Tel: 07895 066 965

E-mail: admin@highland-disabled-ramblers.org

Website: www.highland-disabled-ramblers.org

West Lothian Disabled Ramblers

c/o Victim Support West Lothian

15-16 Waverley Street

Bathgate

EH48 4HY

Tel: 01506 431 4142

Walks with Wheelchairs is a free online database of routes that are accessible for wheelchair users. It has directions, ordinance survey maps and reviews from users.
Website: www.walkswithwheelchairs.com

Phototrails is a website which provides accessibility information about a range of countryside trails throughout the UK. Each trail is mapped and combines photos of potential hazards along with details about terrain, gradient and facilities.
Website: www.phototrails.org

- **Water Sports**

Sailability Scotland works with sailing clubs across Scotland to develop opportunities for disabled people to take part in sailing. Details of sailing clubs offering facilities and training for disabled people can be found on Sailability's website.

Contact:
RYA Sailability Scotland
Caledonia House
1 Redheughs Rigg
Edinburgh
EH12 9DQ
Tel: 0131 317 7388
E-mail: admin@ryascotland.org.uk
Website: www.ryascotland.org.uk

Seagull Trust Cruises offers free canal cruising for disabled people on the Union, Forth and Clyde, and Caledonian Canals. There are four branches based at Falkirk, Inverness, Kirkintilloch and Ratho. Daily cruising and holiday cruising is available.

Contact:
Seagull Trust Cruises,
Bantasksine Park
Falkirk
FK1 5PT
Tel: 01324 627 600
E-mail: seagulltrust@btinternet.com
Website: www.seagulltrust.org.uk

Fish Scotland is an organisation which provides detailed information on all aspects of fishing in Scotland. They have information for disabled people on accessible fisheries, adapted equipment and other fishing organisations.

Contact:
FishPal Ltd

Stichill House
Kelso
TD5 7TB
Telephone: 01573 470612
E-mail: info@fishpal.com
Website: www.fishpal.com

The Wheelyboat Trust provides wheelyboats to fisheries across the UK to enable wheelchair users to get out on the water and fish. There are 13 wheelyboats at different locations around Scotland, including Highland, Perthshire and Fife.

Contact:
The Wheelyboat Trust
North Lodge
Burton Park
Petworth
West Sussex
GU28 OJT
Tel: 01798 342222
E-mail: info@wheelyboats.org
Website: www.wheelyboats.org

WaterskiScotland is the governing body for the sport and can put people in touch with clubs.

Contact:
The Scottish National Water Ski Centre
Townhill Country Park
Dunfermline
KY12 0HT
Tel: 01383 620 123
E-mail: bookings@waterskiscotland.co.uk
Website: www.waterskiscotland.co.uk

- **Curling**

Wheelchair curling

There are a number of wheelchair curling clubs across Scotland.

Contact:
The Royal Caledonian Curling Club
Cairnie House
Ingliston Showground
Midlothian
EH28 8NB
Tel: 0131 333 3003

E-mail: office@royalcaledoniancurlingclub.org
Website: www.royalcaledoniancurlingclub.org

- **Dancing**

Wheelchair Dancing

There are around four wheelchair dance clubs in Scotland who participate in competitions and festivals. For more information about wheelchair dancing and to find out whether there is a club near you look at the website: www.wheelchairdanceassociation.org or contact Advice Service Capability Scotland.

- **Activities for young people**

Fabb Scotland is a national organisation that promotes inclusion by bringing disabled and non-disabled young people together. They run activity programmes in Edinburgh for school-aged children, as well as summer activities and residential holidays. There are also Fabb clubs for children and young adults across Scotland.

Contact:
Fabb Scotland
Norton Park
57 Albion Road
Edinburgh
EH7 5QY
Tel: 0131 475 2313
E-mail: info@fabb.org.uk
Website: www.fabb.org.uk

Toy and Leisure Libraries

There are dozens of toy libraries across Scotland offering toys on loan for a small fee, or sometimes for free. A wide range of toys are available to borrow, including toys to suit children with special needs.

Contact:
The Smart Play Network
First Floor
Gilmerton Community Centre
4 Drum Street
Edinburgh
EH17 8QG
Tel: 0131 664 2746
Website: www.smartplaynetwork.org

Cerebra, an organisation which supports children with brain related conditions, have a lending library of sensory toys. This is a free service but you must join the library to be able to use the service.

Contact:
Cerebra
Second Floor Offices
The Lyric Building
King Street
Carmarthen
SA31 1BD
Tel: 01267 244200
Fax: 01267 244201
E-mail: enquires@cerebra.org.uk
Website: www.cerebra.org.uk

- **Specialist Playgrounds**

Scotland Yard Adventure Centre, Edinburgh

An indoor and outdoor play facility for children with additional needs staffed by play workers. It can be used by individuals or groups. Family and friends welcome. There is a small charge for groups but no charge for parents, carers or families. It is fully accessible and changing trolleys and mats are available.

Contact:
The Yard
22 Eyre Place Lane
Edinburgh
EH3 5EH
Tel: 0131 476 4506
E-mail: info@theyardscotland.org.uk
Website: www.theyardscotland.org.uk

Linn Park, Glasgow

An enclosed staffed adventure playground for children with or without disabilities Their target age is 5 to 12 years old. The park includes a multi-sensory room, climbing frames, sandpit, bouncy castle, aerial runway, tractor tyre swing, picnic area, arts and crafts, a variety of sports equipment, games and musical instruments.

Contact:
145 Netherlee Road
Glasgow
G44 3ST
Tel: 0141 633 1493

Reidvale, Glasgow

A supervised indoor and outdoor playground for children with disabilities. It includes sensory room, soft play area, outside fixed play equipment for children with special

needs. It also has a bouncy castle, picnic areas, aromatherapy, reading, pool table, computer games, videos, toys and arts and crafts.

Contact:
62 Garfield Street
Glasgow
G31 1DW
Tel: 0141 550 2320

- **Other leisure activities**

Listening Books

Listening Books provides a postal audio book library service for children and adults with a disability which makes it difficult to read in the usual way. Latest best sellers and favourite classics are all available to borrow by post. There is a fee for membership but this covers postage both ways and catalogues.

Contact:
Listening Books
12 Lant Street
London
SE1 1QH
Tel: 020 7407 9417
E-mail: info@listening-books.org.uk.
Website: www.listening-books.org.uk

- **Other sources of information**

Enquire has an interactive map on their website showing after-school/holiday clubs for children in different parts of Scotland. You can search the map to find what is available in particular areas.

Enquire
Princes house
5 Shandwick Place
Edinburgh
EH2 4RG
Tel: 0845 123 2303
Text phone: 0131 222 2439
E-mail: info@enquire.org.uk
Website: www.enquire.org.uk

Enable Scotland have local branches across Scotland, some of which provide leisure activities for adults and children with learning disabilities. Their head office and website have information about their local branches.

Contact:
Enable
2nd Floor
146 Argyle Street
Glasgow
G2 8BL
Tel: 0141 226 4541
Fax: 0141 204 4398
E-mail: enabledirect@enable.org.uk
Website: www.enable.org.uk

Down's Syndrome Scotland also have local branches, which provide leisure activities for adults and children with Down's syndrome. Their branches and website have information about their local branches.

Contact:
Down's Syndrome Scotland
158-160 Balgreen Road
Edinburgh
EH11 3AU
Tel: 0131 313 4225
Fax: 0131 313 4285
E-mail: info@dsscotland.org.uk
Website: www.dsscotland.org.uk

Yoga Scotland is the governing body for yoga in Scotland. They can give details of local yoga teachers and possibly teachers who have had experience working with disabled people. Contact:

Kirsty Davidson
Yoga Scotland
Tel: 07954 283 966
Website: www.yogascotland.org.uk

The Outsiders Club is a national support group for people with disabilities. It offers the opportunity to contact other members for friendship and possibly forming romantic relationships. There is a membership fee to join the club.

Contact:
The Outsiders
4S Leroy House
435 Essex Road
London N1 3QP
Tel: 020 7354 8291
E-mail: info@outsiders.org.uk
Website: www.outsiders.org.uk

The Aromatherapy and Allied Practitioners Association has an online directory of aromatherapy practitioners in the UK. This includes practitioners in Scotland.
Website: www.aapa.org.uk

Experience Our Forests In Your Own Home is a section on the website for The Forestry Commission. It has videos and audio for the people who are not able to go to forests. The videos include wildlife, leisure activities and experiencing forests for the first time.
Website: www.forestry.gov.uk/forestry/INFD-8ANC9B

Access Scottish Theatre is a guide produced by the Federation of Scottish Theatre, which gives details of accessible theatre performances. A print edition of the guide is released twice yearly. There is also a monthly e-bulletin and up-to-date online listings on the Federation of Scottish Theatre's website.

Contact:
c/o Royal Lyceum Theatre
30b Grindlay Street
Edinburgh
EH3 9AX
Tel: 0131 248 4842
E-mail: fst@scottishtheatre.org
Website: www.scottishtheatres.com/accessguide

Advice Service Capability Scotland has information from a wide variety of sources on social and leisure clubs running in local areas. If you're looking for what's on in your local area, contact us and we'll help you to find out.

Our Advice Service

Advice Service Capability Scotland is a national disability advice and information service. We specialise in information on cerebral palsy.

We offer:

- information on Capability Scotland services
- advice on cerebral palsy
- general advice on disability issues

We also have a small lending library with resources about cerebral palsy and children's books about disability.

You can get in touch with us by calling us, e-mailing, dropping in or writing a letter.

Advice Service Capability Scotland
11 Ellersly Road
Edinburgh
EH12 6HY
Tel: 0131 313 5510
Textphone: 0131 346 2529
Fax: 0131 346 7864
Email: advice@capability-scotland.org.uk
Web: www.capability-scotland.org.uk

This factsheet can be made available on tape, in large print and in several minority languages on request.

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