

Inclusive Sport in Bristol

Session Directory
May 2026



Ignite
BRISTOL
Active. Inclusive. Together.

About this Directory:

In here there's lots of wonderful activities and clubs for you to get involved in – hopefully, something for everyone! You don't have to have a diagnosis to attend, and it doesn't matter what your postcode is.

Sessions listed are at the request of the club. Whilst everyone in here has a passion for inclusion, checks and assurances haven't been made by Ignite Bristol; you should always enquire to ensure the suitability of opportunities.

Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

Keep up to date:



www.ignitebristol.co.uk



Sign up to the mailing list



info@ignitebristol.co.uk



[@ignitebristol](https://www.facebook.com/ignitebristol)



0117 450 9805



Or scan here

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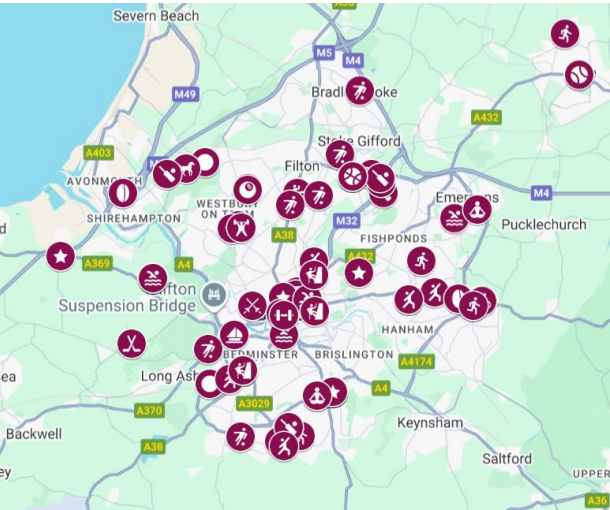
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Map View



Or scan here

To open the interactive version of this map, go to:
https://bit.ly/AccessSport_Bristol

Calendar View

Monday

Time	Club	Page No.
11.00am-1.00pm	Kings Tennis Club	52
11.45am-12.30pm	Bristol Cycling Centre	28
12.00pm – 1.30pm	Yate Athletics Club	16
1.00pm-2.00pm	Peter Caseley Tennis Coaching (adult)	54
2.00pm-2.45pm	Blue Sky Tennis Foundation	53
2.30pm-3.30pm	Peter Caseley Coaching (Walking Tennis)	54
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5.00pm-6.00pm	Peter Caseley Coaching (junior)	54
5.30pm-6.15pm	Wrestle for Humanity (8-16yrs)	59
5:30pm-6:30pm	Frenchay Falcons Cricket	25
6.00pm-7.00pm	Waves Swim School	49
6:00pm-7:00pm	Frenchay Falcons Cricket	25
6.15pm-7.00pm	Wrestle for Humanity (16+yrs)	59
7.00pm-7.30pm	City of Bristol Gymnastics	40
7.00pm-8.00pm	Irwin Mitchell Bristol Boccia Club	19
7.00pm-9.00pm	Broadplain & Riverside Youth Projects (Boxing)	22

Tuesday

Time	Club	Page No.
9:30am-10:30am	UK Active Outdoors	17
10:30am-11:30am	Sensory Storytime	47
11.00am-1.00pm	Paul's Place Boccia	20
11.45am-12.30pm	Bristol Cycling Centre	28
12.00pm-2.00pm	SENDSenses	66
12:30pm-1:30pm	UK Active Outdoors	17
4.00pm-5.30pm	Yate Athletics Club	16
4.00pm-6.00pm	GEM Boccia Club	21
4.00pm-6.00pm	Bristol Indoor Bowls Club	21
4.00pm-8.00pm	Waves Swim School	49
4.30pm-5.30pm	SENDSenses	66
5.00pm-6.00pm	Bristol Rovers Community Trust	35
5:00pm-6:00pm	Inclusive Skittles	47
5:00pm-7:00pm	Waves Swim School	49
5.45pm-6.30pm	Inclusive Dance	30
6:00pm-7:00pm (fortnightly)	Bristol Flyerz Hockey	41
6.00pm-7.00pm	Peter Caseley Tennis	54
6.00pm-7.00pm	BCRF- Youth Football	36
6.00pm-10.00pm	Bristol Blades Fencing	32
7.00pm-8.00pm	BCRF- Adult Football	36
7.00pm-9:00pm	Broadplain & Riverside Youth Projects (Boxing)	22

Wednesday

Time	Club	Page No.
10.00am-3.00pm	Warmley Wheelers	29
10:00am-4:00pm	Strawberry Line Cycles	27
11:00am-12pm	Heart Within Yoga	60
11.45am-12.30pm	Bristol Cycling Centre	28
2.00pm-2.45pm	Blue Sky Tennis Foundation	53
4.00pm-6.00pm	Bristol Indoor Bowls Club	21
4:30pm	Strawberry Line Cycles	27
5:00pm-6:00pm	Bristol Academy of Live Performing Arts	31
5.00pm-6.00pm	BLOC Inclusive Climbing (Clip'n Climb)	23
5:00pm-6:30pm	BCRF- Youth Football	36
5.00pm-7.00pm	Waves Swim School	49
6.30pm-7.30pm	Kingswood Air	46
7.00pm-8.00pm	Wheely Good Tennis Club	53
7:00pm-8:00pm	Rockleaze Rangers FC	35
7.00-9.00pm	Broadplain & Riverside Youth Projects (Boxing)	22
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Time	Club	Page No.
9:30am-10:30am	UK Active Outdoors	17
10.00am-3.00pm	Warmley Wheelers	29
10.00am-11.00am	Peter Caseley Walking Tennis	54
10:00am-12:00pm	SENDSenses	66
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	22
11.00am-1.00pm	Paul's Place Boccia	20
11.00am-12.00pm	Peter Caseley Tennis (Adults)	54
11.45am-12.30pm	Bristol Cycling Centre	28
12:30pm-1:30pm	UK Active Outdoors	17
2.30pm-3.25pm	Axis Trampoline & Gymnastics	40
4.00pm-6.00pm	Absolutely Karting	43
4:15pm-5:00pm 5.15pm-6.00pm	David Lloyd Tennis Club	55
5.00pm-6.00pm	Somerset Cricket Foundation	25
5:00pm-5:45pm	Winterbourne Tennis Club	56
5:00pm-5:45pm	Sense Yoga and Sensory Sport	60/64
6.00pm-7.00pm	Avonmouth OBRFC Rugby	45
6:00pm-7:00pm	Red Falcons Comets	34
6.30pm-7.30pm	Bristol Inclusive Climbing	23
7.00pm-10.00pm	Bristol Blades Fencing	32
7:30pm-8:30pm	UWE Pirates Wheelchair Basketball Club	18
7.00pm-9.00pm	Broadplain & Riverside Youth Projects (Boxing)	22

Friday

Time	Club	Page No.
10.00am–3.00pm	Warmley Wheelers	29
11:15am–12:00pm	Winterbourne Tennis Club	55
5.00pm–6.00pm	BCRF– Youth Football	36
5.00pm–7.30pm	Yate Athletics Club	16
6.00pm	Paraclimbing Socials	24
7.00pm–7:30pm	City of Bristol Gymnastics	40
7.00pm–8.15pm	Bristol and South Glos Swimming	48
7.00pm–8.30pm	Broadplain & Riverside Youth Projects (Boxing)	22

Saturday

Time	Club	Page No.
08:30am–12.00am	Waves Swim School	49
9:30am–10:30am	Heart Within Yoga	60
9.30am–10.30am	Brislington Frame Football Club	38
10.00am–11.00am	Golden Hill Cricket	24
10.00am–12.00pm	Bristol Indoor Bowls Club	21
10.00am–1.00pm	Warmley Wheelers	29
11.45am–12.30pm	Bristol Cycling Centre	28
12.00pm–2.00pm	Bristol City Cerebral Palsy Football Club	37
12:30pm–1:30pm	Recatch Park Tennis	56
1.00pm–1.45pm	Saltford Tennis Club	55
1:00pm–2:00pm	Wheely Good Tennis	54
1.00pm – 2.15pm	Body Focus BoxFit Class	22
2.00pm–4.00pm	Blue Sky Tennis Foundation	53

Sunday

Time	Club	Page No.
09.00am-10.00am	Cheddar Valley Dragons	45
09:00am-11:00am	Absolutely Karting	43
9.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	22
10.00am-12.00pm	Bristol Rovers Ability FC	34
10.30am-11.30am	Bristol Downs Syndrome Football Club	37
11.30am – 1.00pm (April-October)	Frame Running	39
12.00pm-1.00pm 1.00pm-2.00pm	Adaptive CrossFit Henleaze	26
12.00pm-2.00pm (fortnightly)	Bristol Dragons Powerchair Football	43
2.00pm-3.00pm	Next Gen Fun Football	38
3.30pm-5.00pm	UWE Pirates Wheelchair Basketball Club	18
6.00pm-6.30pm	Bristol and South Glos Swimming	48
6.10pm-7.00pm	Bristol Henleaze Swimming Club	51

Session details can change!

Always get in touch with the club before attending and discuss your needs to ensure the club is a good fit for you.

Ignite Bristol Supporters

In addition to the Ignite Bristol Steering Group, the events and directory wouldn't be possible without the following:

Access Sport

Access Sport is a national charity but works intensively in Bristol to support community sports clubs to offer disability inclusive sport and activity for children and young people.

They coordinate the Ignite Bristol Network and are always looking for more clubs and partners to collaborate with.

Contact:

- Email: info@accesssport.org.uk
- Phone: 0117 450 9805

Get in touch here



Cerebral Palsy Plus

Cerebral Palsy Plus is a Bristol area charity working with children and adults with Cerebral Palsy, their families and their carers. Our services are free of charge and we aim is to support our members so that no matter what their circumstances or needs, they can live as independently as they wish, living life to the full!

Contact:

- Email: office@cerebralpalsyplus.org.uk
- Phone: 01179 655 028

Out & About – WECIL

The Out and About Team offer a variety of different services to support Disabled/SEND Children and Young people.

These include:

- Specific provision for Sensory Impairments
- Specific provision for Neurodivergent Children & Young People
- Specific provision for BAME Families
- Befriending Service
- Family Activities and Trips
- Activities for Children and Young People with additional needs

We have been delivering our services for over 10 years, and as a Disabled People's Organisation, lived experience is at the heart of everything we do. Combined with the specialist experience of our partners, the services we offer are specifically tailored to meet the needs of the individuals in the sessions.

If you would like any more information about any of the sessions offered, please contact the Out and About referrals team.

Contact:

Email: outandabout@wecil.org.uk

Phone: 07835 611 651/0117 947 9911

Alternatively complete a registration form and we will contact you: <https://form.jotform.com/251393804377362>



Scan the QR codes to:



Complete a
registration
form



Find out more



Bristol Parent Carer Forum

The local parent carer forum provides information and support to families who have children with special educational needs and disabilities. No diagnosis is needed to access this support

www.bristolparentcarers.org.uk



Warmley Park School

As the Youth Sport Trust Lead Inclusion School in the West of England, Warmley Park actively promotes inclusivity and youth leadership through intentional collaboration and co-production.



YST **INCLUSION SCHOOLS**

University of Bristol

The University of Bristol supports with the planning of the events in addition to recruiting student volunteers to assist and make it all possible!



Sport

Yate Athletic Club

10-50 yrs



£0

What: Adaptive and para-athletics with opportunity to compete if desired. Sports therapy available as part of the sessions.

Who: Ages from 10 years to 50 years

Where: Yate Outdoor Sports Complex, BS37 7LB

- Outdoor Track and Indoor Gym
- Free on-site parking spaces
- Bus routes X27, 329, 88. 0.5 miles from bus stop.
- Yate railway station- 20-minute walk
- Yate Centre- 15-minute walk

When:

- Mondays 12-1:30pm (Frame Running)
- Tuesdays 4-5:30pm (Wheelchair Racing)
- Fridays 5-6:30pm (Adaptive Academy, secondary age)
- Fridays 6-7:30pm (Para Athletics, Field Throws and Track)

Contact:

- Email Jim: adaptive4athletics@gmail.com

Go to
Website



8+ yrs



£20

UK Active Outdoors Ltd

What: join us for an exciting archery experience with our certified ArcheryGB instructors. Learn essential skills for shooting a bow and arrow and play some fun games!

Who: Ages 8+ years, suitable for all experiences and inclusive to all needs. Please get in touch before attending so we're able to best support you.

Where: Avon Valley Farm, BS31 1TS

- Outdoors under a large sheltered building
- Free on-site parking spaces in a gravel car park
- Bus stop 0.7 miles away, bus routes 39, A4 and X39 stop here.

When:

Weekly Tuesdays and Thursdays

- 9:30am-10:30am and 12:30pm-1:30pm

Contact:

- Email Simon and Tristan: enquiries@ukactiveoutdoors.co.uk
- Phone: 07472122471 or 07865202600

Go to the
Website



Nova Junior Wheelchair Basketball

What: Junior Wheelchair basketball session for participants with or without a physical disability, where they can get involved and learn new skills within a team.

Who: Open to all children and young people aged 7-16 years old. Sports wheelchairs provided.

Where:

- Kingswood Leisure Centre, BS16 4RH
- Indoor Sports Hall

When:

- Mondays, 4:30-5:30pm.

Contact Details

- Email: jenny@novasports.org.uk
- Facebook: www.facebook.com/UWEPirates

UWE Pirates Wheelchair Basketball Club

What: Adult Wheelchair basketball session for participants with or without a physical disability, where they can get involved and learn new skills within a team.

Who: Open to all **adults** with or without a physical disability. Must be able to transfer into a sports wheelchair (no hoist available). Sports wheelchairs provided. Suitable for those who can follow instructions independently and take part in group activities.

Where: Centre For Sport

- University of the West of England, BS16 1QY

When:

- Thursdays 7:30-8:30pm
- Sundays 3:30-5pm

Contact Details

- Email: alex@novasports.co.uk
- Facebook: www.facebook.com/UWEPirates



Irwin Mitchell Bristol Boccia Club

15+ yrs  • £0

What: A fully inclusive sport that's great fun and the chance to be competitive too!

Who: 15+ years, all genders, inclusive to all needs. 12-15 years to be accompanied by an adult.

Where: In the hall at The Greenway Centre, Southmead, BS10 5PY

- Free on-site parking, including accessible parking
- Bus stop <0.1 miles, bus routes 2, 13 and 76
- Bus stop 0.5 miles, bus route 1

When: 7-8pm, Every 2nd and 4th Monday of the month

Contact Details:

- Email: bocciabristol@irwinmitchell.com
- Phone: 07435753954





Paul's Place Boccia

18+yrs  £0

What: Boccia is a fully accessible sport, and at Paul's Place our Boccia teams are run by disabled people, with the support of Paul's Place staff.

Who: Physically disabled adults aged 18+

Where: Yate Active leisure centre & Paul's Place day facility in Coalpit Heath, BS37 4EQ

- Sports Hall/ Indoor Court
- Free on-site parking

When:

- Tuesday: 11am – 1pm Paul's Place day facility, Coalpit Heath (please contact us for details of this session)
- Thursday: 11am–1pm – Yate sports centre

Contact:

- Email: info@paulsplace.org.uk
- Phone: 01454 777 236
- Website: [Paul's Place Boccia | An Inclusive Sport Played By Many At Paul's Place](#)

Go to
Website



GEM Boccia Club

All Ages



What: A fully inclusive sport that's great fun and the chance to be competitive too! First session is free!

Who: All ages, all needs, everyone plays seated

Where: Inside at Yate Leisure Centre, BS37 4DQ

- Free onsite parking, including accessible parking
- Bus stop < 0.2 miles, bus routes: 84, 85, 86, 202, 622, Y1, Y2, Y3, Y5, Y6

When: Tuesdays, 4-6pm

Contact:

- Email: gembocciaclub@gmail.com
- Phone: 07921337350



Bristol Indoor Bowls Club

6+yrs



£3

What: Practice your skills at these pan-disability indoor bowls open sessions, suitable for the whole family!

Who: 6+, all needs, family and friends welcome

Where: Bristol Indoor Bowls Club, Ashton Vale, BS3 2TY

- Free onsite parking
- Bus stop 0.4 miles, bus route U2

When:

Tuesdays, 4-6pm, April - September

Wednesdays, 4-6pm, September - April

Saturdays, 10am-12pm, April - September

Contact:

- Email: info@bristolindoorbowls.org.uk
- Phone: 0117 963 3460

Broadplain & Riverside Youth Projects

All Ages



£7.50

What:

- Non-contact boxing for people with Parkinsons
- Boxing Sessions for All

Who: All ages, all abilities/experiences

Where: Clement Street, Easton BS2 9ES

- Indoor fully equipped gym
- Free onsite parking, including accessible parking
- Bus stop 0.8 miles, bus routes: 72a, 463, T1, Y1, Y3, Y4, Y5, m1, m3, m3x.

When:

- Thursdays, 10:00-12:00am (non-contact boxing)
- Monday to Friday, 7-9pm/Sunday 9.30-11.30am (boxing)

Contact:

- Email: Dennismbe@riversideyp.org
- Phone: 07973574091

Body Focus BoxFit Class

14 years+



£10

What:

- BoxFit and exercise class which is lots of fun and a great way to keep fit. All equipment provided.

Who:

- All abilities and experiences, aimed and disabled and neurodivergent young people aged 14 years and older.

Where:

- Unit 12, East Park Trading Estate, BS5 7DR
- Indoor fully equipped gym
- Free onsite parking
- Bus stop 0.4 miles, bus routes: 6 and 7.

When:

- Weekly Saturdays, 1:00-2:15pm

Contact:

- Email: patsy@body-focus.net

First session free!



Bristol Inclusive Climbing

All ages



£7

What: 1:1 rock climbing sessions

Who: all ages, all needs

Where: Redpoint Bristol, BS3 2NW, Indoors

- Bus routes 52, 75, 76, 672. 0.1 miles from bus stop. 0.2 miles from Parson Street Train Station.

When: Thursdays, 6.30pm – 7.30pm

Contact:

- Email: hello@bristolinclusiveclimbing.org

BLOC Inclusive Climbing

4-18yrs



£7.50

What: Inclusive climbing session using the exciting Clip 'n Climb walls

Who: Children & young people aged 4-18, any experience. For children & young people who can climb independently. Please get in touch to discuss how we can best support you.

Where: BLOC Climbing Centre, Bristol, BS2 9SH

- Free onsite and road parking

When: Wednesday 5-6pm

Contact:

- Email: info@blocclimbing.co.uk
- Phone: 0117 955 8508

ParaClimbing Socials

All Ages



£8.50-13

What: inclusive social for everyone to climb independently in

Who: 18+ years, or U18 with supervision. Whether you have a physical impairment, learning disability or are neurodivergent, or just looking for a welcoming and adaptive community to climb with.

Where & When:

- TCA Mothership, BS5 0FD, 1st Friday of each month, 6pm
- Redpoint, BS3 2NW, 2nd Friday of each month, 6pm
- Frome Boulder Rooms, BA11 3EN, 3rd Friday of each month, 6pm

Contact:

- James on Instagram @rudge_paraclimbing
- www.ukparaclimbingcollective.com/socials

Golden Hill Cricket

6-18 years



£0

What: fun, free inclusive cricket sessions

Who: children and young people aged 6-18 years, inclusive to all needs – no experience necessary!

Where:

September – April

- Shine Sports Hall, Brecon Road, BS9 4DT
- Indoor sports hall – September to April

April – September

- Golden Hill Cricket Club, Wimbledon Road, Bristol BS6 7YA – April – September
- Free on-street parking
- Bus routes 48, 48x. Bus stop 0.3 miles walk.

When: Saturday, 10-11am

Contact Details

- Email: russ.fry@goldenhillsports.com
- Phone: 07469071577
- Website: www.goldenhillsports.com

Frenchay Falcons Cricket

10-25yrs  £0

What: Play cricket and challenge yourself to be more active, improve your skills and make new friends.

Who: ideally 10-25yrs, all genders

Where: Downend Sports Centre, BS16 6QY – Indoor Sports Hall (September – March)

Frenchay Cricket Club, BS16 1QD – Outdoor session (April – August)

- On-site parking

When: Mondays 5:30-6:30pm (September – March)

Mondays 6-7pm (April – August)

Contact:

- Email: jeanette.tate@gloucestershirecricketfoundation.org
- Phone: 07432728926
- Please call or text to book or to discuss how we can help you access these sessions.

Somerset Cricket Foundation 12-25 yrs £0

What: Super 1's

Play cricket and challenge yourself to be more active, improve your skills and make new friends. Option to 'compete' against other Super 1's teams.

Who: 12-25 years, all genders, inclusive to all needs. Please provide your own 1-to-1 support if needed.

Where: Knowle Cricket Club

When: Thursdays, 6pm – 7pm (term time)

Contact:

- Email: steve.gass@somersetcricketfoundation.org or damian.price@somersetcricketfoundation.org



16+yrs  £10

Adaptive CrossFit Henleaze

What: A fully inclusive sport that introduces participants to basic endurance, weightlifting and gymnastic movements. Free taster sessions offered.

Who: 16+years, parents/support workers encouraged to join in when appropriate

Where: CrossFit Henleaze, 73 Henleaze Road, BS9 3JS

- On-street parking in surrounding residential area
- Bus routes 2, 2a, 1, B2 with bus stop nearby

When: Sundays

12pm – 1pm: for people who are neurodivergent or have a learning disability

1pm – 2pm: for people with a physical impairment

Contact:

- Email: adaptivecrossfithenleaze@gmail.com
- Phone: 07512354248





Strawberry Line Cycles

All ages  £0

What: Ride one of their adaptive or regular bikes at no charge. Get advice and support from our Ride leaders and enjoy the Strawberry Line Cycle Path.

Who: All ages, all genders, ideal for those who can't ride a traditional bike or are looking to develop their cycling skills.

Where:

- Strawberry Line Cycle Project, Yatton Railway Station, BS49 4AJ
- Opposite Yatton railway station with easy links to Bristol

When:

- Drop in sessions- Wednesday 10am-4pm
- Bike Hire- Everyday 10am-4pm
- Group rides available – email for more details
- 1-1 Cycle Confidence Sessions available upon request
- After school inclusive cycling sessions – Wednesday 4:30pm
- 1-1 learn to ride, inclusive cycling sessions – Saturday slots available

Contact:

- Email: strawberrylineprojects@gmail.com
- Number: 07983816426

Bristol Cycling Centre

All Ages



£5-7

What: Ride around the track with cycles or inclusive cycles, supported by a trained cycling instructor.

Who: All ages, all needs, all genders

Where: Bristol Cycling Centre, Bamfield, BS14 0XD

- Free onsite parking, 250m from entrance
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516 are a 10 min walk/wheel from bus stop. M1 3-5 min walk/wheel from bus stop

When: Open 7 days a week, see website for a full timetable of sessions.

Contact:

- Email: cyclingcentre@bristol.gov.uk
- Phone: 01275 832800
- Website: Betterbybike.info/bristolcyclingcentre



Life Cycle

14+yrs



£0

What: Get involved and have fun with the Two's Company Tandem rides for adults and young people who are unable to ride a traditional bike

Who: All genders. Our adult group is for people with visual impairment. Our young person group is open to children with physical, visual, learning and hidden disabilities. Minimum height is 5ft.

Where: Rides take place in and around different cycle routes in Bristol

When: Every weekend from March-October

Contact:

- Email: twos-company@lifecycle.org.uk
- Phone: 0117 3534580

All ages



£5-10

Warmley Wheelers

What:

Giving people with health conditions and SEND a chance to get into cycling

Who:

All ages, all genders, inclusive to all needs

Where:

Next to Warmley Waiting Room Café, BS30 5JB

- Free on-site parking , 2 accessible spaces
- Bus routes 19, 35, 43 citylines east, bus stop 0.1 miles away
- Bristol to Bath cycle path

When:

Summer Opening Times (March to November)

- Wednesday 10am-3pm
- Thursday 10am-3pm
- Friday 10am-3pm
- First and third Saturday of the month 10am-1pm

Cost:

most bikes £5 per hour, some up to £10 per hour (carers go free)

Contact:

- Email: warmleywheelers@milestonetrust.org.uk
- Phone: 07587 034 366





Inclusive Dance & Flamingo Chicks

5-18yrs



£0

Who:

All disabled children aged 5-18 with complex needs.
All genders, any ability/experience

Where:

The Vassall Centre, Gill Avenue, BS16 2QQ

To book:

www.sense.org.uk/shop/online-shop/flamingo-chicks-dance-5-18yrs-bristol/

Contact:

- Email: alice.turner@sense.org.uk
- Phone: 07599 104405
- To book: www.sense.org.uk/shop/online-shop/childrens-inclusive-dance/

Bristol Academy of Live Performing Arts

7-12 yrs  £7.50
(per month)

What:

Quiet Street Dance Class, learn new moves in a supportive and inclusive environment! Small class size with a low level of music, children are welcome to wear headphones/ear defenders too.

Who:

7-12 years, all genders, any ability/experience.

Where:

Caedmon Complex, Thornbury, BS35 3JA

- Indoor, Dance Studio
- Free on-site parking with accessible spaces.
- Bus routes 62 and 207. Bus stop <0.1 miles away.

When:

- Wednesdays, 5-6pm

Contact:

- Email: info@balpauk.com
- Phone: 01454 414880

Sign Up Here





Bristol Blades Fencing

7+yrs



£9

What: Take a beginner's course to learn a new sport in fun, inclusive sessions. No experience necessary and equipment provided!

When and Where:

Juniors (7-14yrs)

Tuesdays - 18:00-19:30 (Bristol Grammar School, all weapons welcome)

Thursdays - 19:00-20:15 (Chipping Sodbury Sports Hall, foil only), 19:00-

20:30 (Bristol Grammar School, sabre only)

Seniors (15+)

Tuesdays - 20:00-22:00 (Bristol Grammar School, all weapons welcome)

Thursdays - 20:15-22:00 (Chipping Sodbury Sports Hall, all weapons welcome)

Wheelchair fencing available during Tuesday sessions, with 1-1 tuition available on request.

Junior and senior beginner's sessions run regularly, email for more details.

Contact:

Email: bristolbladesfencing@gmail.com

Website: <https://bristolbladesfencing.com/>



All ages  £50

RMR Rehabilitation LTD

RMR Rehabilitation offer adaptive personal training sessions from the comfort of your own home or place of choice.

Who: all ages, neurological conditions, spinal injury, amputee and other complex needs. Specialising working with Cerebral Palsy, including post Selective Dorsal Rhizotomy (SDR)

Where:

- Mobile
- Home or place of choice

When: Monday-Sunday, 8am-8pm
RMR also offer online personal training.

Contact Details:

- Email: Rowanmorganruffley@rmr-rehabilitation.co.uk
- Phone: 07518964332
- www.rmr-rehabilitation.co.uk

Bristol Rovers Ability FC

8+yrs



What:

A friendly football club looking for new players.

Who:

8 plus years, all genders, all levels of experience and ability are welcome. Split into multiple age groups (all train at the same time)

Where:

North Bristol Goals, SGS Wise Campus, BS34 8LP

- Outdoors 4G pitch
- Nearest train station: Bristol Parkway (10 minute walk)
- Bus: frequent services from Bristol City Centre and Bus Station to stops near SGS Wise Campus
- Bus numbers: 10, 12, 73, Y6, 70, 74, 680, M4

When:

- Sunday at 10am-12pm

Contact:

- Team Manager: Jane Pfister
- Email: bristolroversability@gmail.com
- Phone: 07562 374000
- Facebook: Bristol Rovers Ability FC Official
- For information on coming along to a trial training session please contact Jane (team manager)

Red Falcons FC (Comets)

4-11 years



£0-4

What: An all inclusive, safe and supportive environment for children with any additional needs & disabilities to get involved in fun and inclusive football sessions.

Who: Pan-Disability, 4-11 years old

Where:

Winter Months – Indoors, Broadlands School, BS31 2DY

Summer Months – Goals Bristol South, Broomhill Road, Brislington, Bristol BS4 5RG.

When: Thursday 6-7pm

Cost: FREE for first 4 sessions, then £3 per session.

Contact:

- Email: anitageracitano@hotmail.co.uk
- Phone: 07713665176



8-18yrs  £0

Bristol Rovers Community Trust

What Have a go at free, fun and inclusive football sessions. Sessions consist of small football matches and a general kick about to get participants moving!

Who: 8-18 years

Where: Lockleaze Sports Centre, Lockleaze, BS7 9XF

- Outdoors, 4G Pitch
- Large free on-site car park with 3 x accessible spaces.
- Bus routes 24, 70, 73. 0.3 miles from bus stop.

When:

- Tuesdays, 5-6pm (term time)
- 1-1 available, call for availability

Contact:

- Email: louishoward@bristolroverscommunity.org.uk
- Phone: 077585080716

Rockleaze Rangers FC

8-18yrs  £0

What: These fully inclusive sessions offer children the opportunity to increase their confidence, be active and to socialise.

Who: 8-18 years, all genders, those with a physical, sensory or learning disability.

Where: UWE Hillside Gardens Sports Ground, BS16 1QQ

- Outdoors, 4G Pitch
- Free on-site car park with accessible spaces.
- Bus routes 19, 427, 626. 0.5 miles from bus stop.

When: Wednesday 7-8pm

Enquire for more details.

Contact:

- Email: inclusive@rockleazerangers.com

Bristol City Robins Foundation

Bristol City Robins Foundation is a pan-disability football programme which provides opportunities for both young people and adults to get active, make friends and have fun. Everyone is welcome, regardless of ability and experience.

If there are any adjustments we need to make to accommodate you at our sessions, please let us know.

Contact Details for all Session Enquiries:

- Email: gary.bell@bcfc.co.uk
- Phone: 07899991983

Youth Football

5-16yrs



£0

Who: Youth (5-16 years), all genders, any impairment, any ability/experience

When and where:

- Tuesday, 6-7pm
- Imperial Sports Ground, BS14 9EA, outside court 5 (outdoor)
- Wednesday, 5-6:30pm
- Bridge Learning Campus (next to gymnastics centre), BS13 0RF (indoor)
- Friday, 5-6pm
- Bradley Stoke School, Fiddlers Wood Lane, BS32 9BS (outdoor)

Adult Football

16yrs +



£0

Who: 16 years+, all genders, any impairment, any ability and experience

Where:

- Imperial Sports Ground, BS14 9EA
- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.

When: Tuesdays, 7-8pm

Bristol Downs Syndrome Football Club

5+yrs  £5

What: A fun and welcoming environment for children and adults with Down Syndrome to learn football and make friends.

Who: 5+ years, all genders, children and adults with Down Syndrome and any ability/experience

Where: St Pauls Community Sports Academy, BS2 9NH

- Outside, 2 x 7 a side pitches
- Bus routes, lots! 0.4 miles from bus stop
- Free on-site parking with 2 x accessible spaces

When: Sundays, 10.30am – 11.30am

Contact Details:

- Email: samsmith5026@hotmail.co.uk Phone: 07510360248

Bristol City Cerebral Palsy Football Club

7-25yrs  £13 (2 free trials)

What: We offer a safe and inclusive environment where children can feel at ease about their disabilities, allowing them to build confidence and make friends.

Who: 7-25 years, all genders, children with ambulant cerebral palsy or a brain injury, any ability/experience

Where: Imperial Sports Ground, BS14 9EA

- Outside, 4G Pitch
- Free on-site parking with 4 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When: Saturdays, 12-2PM (September-end of May)

Cost: Monthly subs (two free taster sessions)

Contact Details:

- Email: info@bccpfootball.co.uk Phone: 07796517068



Brislington Frame Football Club

3-18yrs



£4 (£16 monthly)

Who: 3-18 years, all genders, children who need a frame to walk or exercise.

Where: Merchants Academy Sports Centre, BS13 9BJ

- Inside
- Bus routes 52, 76. 0.5 miles from bus stop

When: Saturdays, 9.30am – 10.30am

Contact Details

- Email: info@brislingtonjuniors.co.uk
- Phone: 07951257113

5-11 years



£0

Next Gen Circle Fun Football

What: Enjoy the thrill of running as the tricycle-like frame supports your weight!

Who: children aged 5-11 years, inclusive to all needs – no experience necessary!

Where: Trinity Academy School, Romney Avenue, BS7 9BY

- Indoors, Sports Hall
- Free on-site parking
- Bus routes, 24. Bus stop <0.1 miles away.

When: Sundays 2-3pm

- Sessions run in blocks, please get in contact to find out more.
- Please register in advance.

Contact Details

- Email: info@nextgencircle.co.uk



Bristol Frame Running

What: Enjoy the thrill of running as the tricycle-like frame supports your weight!

Who: children aged 2+ and adults with a disability which affects your mobility and ability to walk or run independently.

Where: Bristol Cycling Centre, Bamfield BS14 0XD

- Outdoors, Sports Track
- Free onsite parking, 250m from entrance
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516 are a 10 min walk/wheel from bus stop. M1 3-5 min walk/wheel from bus stop

When: Monthly Sessions, Sundays 11:30am-1pm (between April – October)

- Sessions run in blocks, please get in contact to find out more.
- Please sign-up in advance by contacting Karon Edwards

Contact Details

- Email: karonedwards@btinternet.com
- Phone: 07784770122



City of Bristol Gymnastics

5-16 yrs  £5

What: Gymnastics has emerged as a highly popular exercise for children with special needs. It offers unique, engaging methods of exercise while also presenting mental strength, and coordination challenges that positively affect their overall health.

Who: any children with special educational or physical needs

Where: City of Bristol Gymnastics Centre, Teyfant Road, BS13 0R

- Inside, Specially designed gymnastics hall
- Free on-site parking

When: Mondays 7-7:30pm and Fridays 7-7:30pm

Contact Details

- Email: gymnastics@almsport.co.uk
- Phone: 0117 3773420



Axis Trampoline and Gymnastics

All ages  £7.40-8.25

What:

An open, unstructured Gymnastics and Trampolining session where we turn "disability" into "ABILITY"!

Who:

For all ages and abilities

Where:

Axis Trampoline and Gymnastics Club, BS3 2SU

- Indoor gymnastics centre
- Free on-site parking available

When:

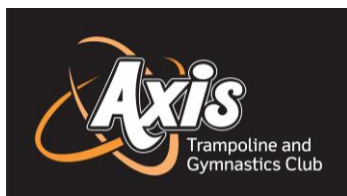
Thursdays 2:30-3.25pm (term-time only)

Cost:

£8.25 per session (reduced to £7.40 if booked for full half-term block)

Contact Details

- Email: info@axistrampolineclub.co.uk
- Phone: 01179661878
- Booking form: <https://bookwhen.com/axistc>



Bristol Flyerz Hockey

All ages



What: Fun, inclusive hockey sessions with a relaxed and friendly feel. No experience necessary and equipment provided!

Who: All ages (current participants are 5–28 years), all genders, inclusive to all needs. Whilst we can't guarantee 1:1 support, we have lots of volunteers to help. Friends and family welcome to join in!

Where:

- Outdoor Astroturf at Old Bristolians Hockey Pitch, Beggar Bush Lane, BS8 3TH

When: Fortnightly Tuesday, 6–7pm

Contact Details

- Email: OBsFlyerzHockey@gmail.com
- Phone: Lizzie – 07511700220



4+yrs  From £25

The Avon Centre

What: Providing both Disabled people and non-disabled people with the opportunity to learn to ride and interact with horses in a safe, friendly and accepting environment.

Who: 4+, all genders, inclusive to all needs.

Where:

The Avon Centre, Henbury, BS10 7QT

- Lessons take place in a riding arena.
- EAL (Equine Assisted Learning) takes place either in the riding school or outdoors
- Free on-site parking
- Bus routes CityLines 3 & 4. 0.5 miles from bus stop

When:

Slots are available throughout the week (Tuesdays to Saturday)

– please call to check availability

Cost:

Varies depending on sessions – call for more information

Group riding session – £25

Contact Details

- Email: info@theavoncentre.org.uk
- Phone: 01179 590 266

The Avon Centre are now offering a bespoke **'Pony Interactions'** session. This provides participants the opportunity to learn horse care, work towards qualifications and spend time outdoors with horses and nature.



Absolutely Karting

6+ years



£0

What: fun, free inclusive karting sessions.

Who: children 6+, all genders– no experience necessary!

Where: Absolutely Karting, Fishponds, BS5 7EY

- Go Karting track
- Free on-site parking
- Bus routes 6,7. 0.5 miles from bus stop.

When:

- Thursdays 4-6pm
- Sundays 9-11am

Contact Details:

- Email: smiles@absolutely-together.org.uk
- Phone: 0300 303 3548

6+ yrs

Bristol Dragons Powerchair Football

What: Powerchair football sessions with a combination of drills and games

Who: 6+ years and adults

Where: Shine Community Sports Hall, Henleaze, BS9 4DT

When: 12 – 2pm, Fortnightly Sundays, get in touch for dates

Contact details

Email: info@goalsbeyondgrass.co.uk

Phone: 01452 245771



VI Runners Bristol

16+yrs



£0

What: A group for both VI runners and running guides in and around Bristol to connect up for training runs and races

Who: 16+ years or Under 16 with a parent/guardian, for blind or partially sighted people, or who would like to be a sighted guide

Where: Runs are planned across Bristol

When: Wednesday evenings

Join the VI Runners Bristol Group on Facebook





What: Inclusive rugby with experienced coaches at each session

Who: children with any additional needs

Where: Barrack's Lane, Shirehampton, BS11 9NG

- Outside pitches
- Bus routes 10, 11 and 3 citylines, 0.5 miles from bus stop
- Parking onsite

When:

- Thursdays 6-7pm

Contact Details:

- Phone (Lucy): 07789017025
- Phone (Laura): 07803561655
- Phone (Neta): 07980175565

Cheddar Valley Dragons

What: all-inclusive rugby sessions with experienced coaches

Who: children with any additional needs

Where: Cheddar Valley RFC, Sharpham Road, BS27 3DR

- Outside pitches
- Bus routes 48, 66, 126, 668. Bus stop 0.6 miles away.
- Parking onsite

When:

- Sundays, 9-10am

Contact Details:

- Phone Pete: 07521279350
- Phone Hayley: 07771797995



Kingswood AIR

8+yrs 

What: all-inclusive rugby sessions to build confidence and self-esteem and to teach non-contact rugby.

Who: all abilities and disabilities welcome aged 8+

Where: Mangotsfield School, Mangotsfield, BS16 9LH

- Indoor Sports Hall
- Bus routes 86, SB4. Bus stop 0.1 miles away.
- Parking onsite

When: Wednesdays 6:30–7:30pm

Contact details:

- Please message us on Facebook. Our page is Kingswood AIR.

Bristol Tryz Rugby

5–25yrs  £0

What: Fun, inclusive non-contact rugby sessions.

Who: 5 – 25 years, all genders, inclusive to all needs.

Friends and family welcome to join in!

Where & When: Details TBC

Contact Details

- Email: Disability.Inclusion@AccessSport.org.uk
- Phone: 0117 450 9805



16+ years  £5

SENDaWelcome Inclusive Skittles

What:

Skittles is a target practice game that's fun, easy to learn and extremely sociable. Played indoors on an accessible Skittles alley, groups of mixed ages and abilities can play together.

Who:

Inclusive to all needs, for young people and adults aged 16+.

Where:

Nevil Road Community Club, Bishopston, BS7 9EQ

When:

Tuesdays, 5-6pm
- not running from January to March

Contact Details:

- Email: laura.sendawelcome@gmail.com
- Phone: 07386493801

Sign-up Here





Bristol and South Gloucestershire Swimming Club

5+yrs  TBC

What: Get involved with either Para swimming or learn to swim sessions! These are fun, safe and inclusive swimming sessions where you can also improve technique, work towards competitions.

Who: 5+, all genders, physical, sensory or learning Disability. Para swimmers must be confident in water.

Where and Where:

- **Learn to Swim:**
 - Fridays, 7-7:30pm- Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
 - Sundays 6-6:30pm-Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
- **Para Swimming:**
 - Fridays, 7:30-8:15pm- Easton Leisure Centre, Thrissell Street, Easton BS5 0SW

Cost: dependent on frequency of sessions but trials are free

Contact Details

- Email: jess.clements@bsgsc.org

Waves Swim School

5-25yrs



£8.75

What: Waves Swim School are offering disability inclusive provision in a fun and supportive way. Opportunity to learn to swim or develop swimming ability.

Who: children and young people who struggle to access mainstream swimming provision, inclusive to all needs. Currently have a waiting list.

Where:

Freeways Hydrotherapy Pool, Leigh Court Centre, BS8 3RA:

- Free on-site parking with 4 x accessible spaces
- Bus Routes B2, X4 stop at Sandy Lane Bus Stop which is 0.5 miles from venue.

When: Sessions run in a 6-week block (term time) 20-minute sessions

- Tuesday 5 – 7pm
- Wednesday 5-7pm

Where:

St Mary Redcliffe Pool, BS1 6RT:

- Free on-site parking
- Bus routes 512 stop at Somerset Bus Stop, 0.2 miles from the venue

When: Sessions run in a 6 week (term time) 20-minute sessions.

- Monday to Thursday 4pm and Sunday from 12pm

Where:

The Downs School Wraxall, BS49 1PF

- On-site parking
- Bus routes x6. Bus stop 1.6 miles away.

When: Sessions run in a 6 week (term time) 20-minute sessions

- Saturday mornings 8:30-12pm

Contact Details

- Email: caroline@wavesswim.co.uk
- Phone: 07837474915

Swim 4 Sure

All ages



What:

Teaching swimming in a way that enables learners to build trust with the water and develop their skills whilst accommodating any sensory or additional needs they may have.

Who:

All ages, all genders, SPD, LDD, other additional needs and disabilities.

Where: Lessons operate at:

- The Holiday Inn Spirit Health Club, Filton, BS16 1QX
- New Siblands Primary, Thornbury, BS35 2EG
- Barley Close Community School, Mangotsfield BS16 9DL

All with free on-site parking with accessible spaces.

When:

Lessons all are all 25 minutes. They run weekly, at various times throughout the week.

Cost:

Based on participant to teacher ratio:

3:1 Child - £70. 2:1 Child - £90. 1:1 Child - £125. 1:1 Adult - £130.

Lessons are paid monthly in advance with a one-month notice period to cancel.

Contact Details:

- Email: enquiries@swim4sureuk.com
- Phone: 07342190708



Bristol Henleaze Swimming Club

What: Bristol Henleaze Swimming Club are happy to offer FREE para-swimming training to para-classifiable swimmers.

Free training for people looking to pursue competitive swimming in the para development pathway.

Sessions are lead by regional para skills coach John Feruson (Level 2 coach, Open Water Coach and Swimming Teacher at Everyone Active).

Who: Classifiable swimmers able to swim 25m freestyle and backstroke. We are happy to support swimmers through their classification process.

Where: Everyone Active- Horfield Leisure Centre, Dorian Road, Horfield, Bristol, BS7 0XW.

- Wheelchair friendly access to changing rooms and pool.
- Free on-site parking with accessible spaces.
for 3 hours.

When: Sunday: 6:10-7:00pm. (46 weeks of the year – closed for Easter, summer and Christmas holidays).

Cost: FREE (additional session prices start at £44 p/m)

Contact Details:

- Email: John.ferguson@dipandexplore.uk
- Phone: 07543 642156

Please email John to book a trial.



Kings Tennis Club

18+  Free

What: Multiple sessions occurring including Neurodiverse Tennis Fun for all abilities

Who: Age 18+, all genders, neurodiverse, any ability.

Where: Kings Tennis Club Maple Meads

- Bishopston Bristol BS7 8JG
- Outdoor court
- On street parking
- Buse routes 13

When: Monthly Mondays 11-1pm

Cost: Free

Contact Details: Alistair Pickering – 07702677783

Blue Sky Tennis Foundation

What: Tennis and Sign is an activity/story-based tennis session with some basic sign language. Pan disability tennis during school holidays.

Who: There are two sessions for the 'Signing 4 Tennis sessions' one is for 3- to 4-year-olds and the other is a family session. All genders and all tennis abilities.

Also hold awareness tennis tournaments (including sign and deaf events) – dates updated on their website.

Where:

- Lansdown Club, Bath, BA1 5TN
- Free on-site parking with accessible spaces
- Bus stop 0.1 miles away, bus routes 31 P&R and 620 stop here.

When:

- Mondays and Wednesdays 2 – 2:45pm
- Family Tennis and Sign sessions take place in half term – call for availability.
- Monthly Saturday Pan-disability (2-3pm) and Deaf Tennis sessions (3-4pm)

Cost:

- Tennis and Sign: £5
- Monthly Pan-disability and Deaf Tennis: £5

Contact Details:

- Email: foundation@blueskytennis.co.uk
- Website: www.blueskytennis.foundation
- Phone: 07736931066



Peter Caseley Tennis

8+yrs



Varies

What: Sessions for ALL abilities, delivered by an LTA accredited coach with specific disability tennis training.

Who: children and adults 8yrs+ with any form of disability

Where: Sodbury Tennis Club, Bristol, BS37 6PQ

- Outdoor tennis courts
- On-site parking and disability spaces

When:

- Mondays 2.30–3.30pm (Walking Tennis)
- Mondays 5–6pm (Junior pan-disability)
- Mondays 1–2pm (Adult pan-disability)
- Tuesdays 6–7pm (Visually Impaired)
- Thursday 10–11am (Walking Tennis)
- Thursdays 11am–12pm (Adult pan-disability)

Contact details:

- Email: coachcaseley@hotmail.co.uk
- Phone: 07790937524



Wheely Good Tennis Club

6+yrs



£5

What: Great coaching and sports wheelchairs provided

Who: 6+ years, all genders, for anyone who wouldn't be able to play tennis standing

Where: Coombe Dingle Sports Complex, BS9 2BJ

- Outside over Summer
- Bus route 3. 120m from bus stop.

When: Weekly Saturdays, 1–2pm

Contact Details

- Phone: 07979657969
- Email: bristoluni-tennis@bristol.ac.uk

David Lloyd Tennis Club

Juniors



£3

What: A pan-disability Tennis session, no experience necessary

Who: Pan-disability Tennis session is for juniors, all genders, no experience necessary

Where: David Lloyd Tennis club, Long Ashton, Ashton Road, Bristol, BS3 2HB.

- Indoor Court
- Free on-site accessible parking
- Buse Routes 505, U2, X1, X4, X6, X7, X8, X9
- **When:** Thursdays 4:15–5pm (Ages 5–8 years) 5:15–6pm (Ages 9–18 years)
- **Cost:** Approximately £5

Contact Details: Jonny.fenner@accesssport.org.uk

Saltford Tennis Club

Juniors



£5

What: A Junior Inclusive Tennis session.

Who: Junior Inclusive session is for juniors of all abilities.

Where: Saltford Tennis Club

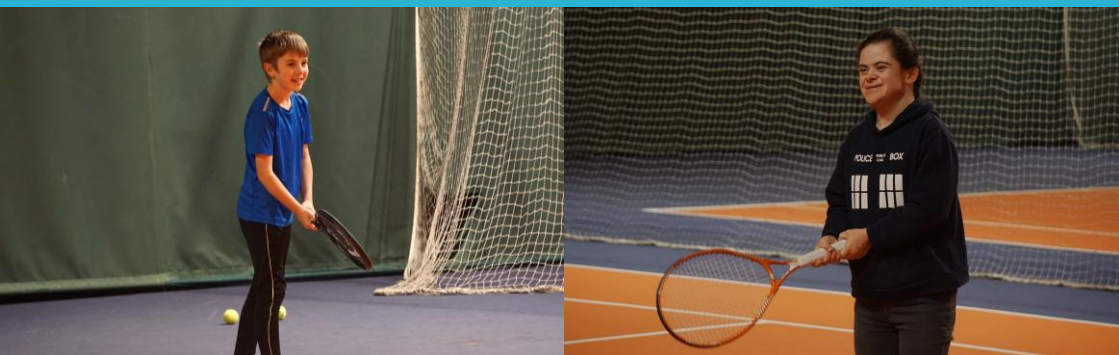
Wedmore Road, Saltford, Bristol, BS31 3BY

- Outdoor Court
- Free road parking next to the club
- Bus routes A4

When: Saturday 1–1:45pm

Cost: £5

Contact Details: Agraytenniscoaching@gmail.com



Winterbourne Tennis

8-18 years  £5

What: A pan-disability Tennis sessions, no experience necessary

Who: Pan-disability Tennis sessions are for children and young people aged 8 to 18 years, all genders, no experience necessary

Where: Winterbourne Tennis Club

Winterbourne, BS36 1LU

- Outdoor Court
- Free on-site accessible parking
- Bus Routes SB5. Y1, Y2, Y6 South Glos Lynx
- **When:** Thursdays 5-5:45pm
- **Contact Details:**
- Email: Rachelcockcroft@outlook.com
- Phone: 0798901967

Redcatch Park Tennis

8+yrs  £0

What: A pan-disability, family inclusive Tennis session, no experience necessary

Who: children and adults 8yrs+

Where: Redcatch Park, Redcatch Road, BS42EP

- Outdoor tennis courts
- On-site car park with accessible spaces

When:

- Saturdays, 12:30-1:30pm

Contact details:

- Email: tennis@wesport.org.uk
- Phone: 01173286250



All- Aboard Watersports

What: Get involved with fun, fully inclusive sessions. These include accessible sailing, powerboat trips and paddling! We run Sailability on Saturday and Tuesday morning and a Home Education Program on Monday, Wednesdays and Fridays as well as Taster Days throughout the year

Who: any age, all genders, inclusive to all needs (siblings welcome too)

Where: All-Aboard Watersports Centre, BS1 6XG

- Outdoors, Bristol Harbour
- Free on-site parking for 4 hours, 4x accessible parking spaces.
- Bus routes, m2. 0.2 miles from bus stop.

When: April to October

- Various sessions
- More information:
 - www.allaboardwatersports.co.uk

Cost: Varies

Contact Details:

- Email: sailability@allaboardwatersports.co.uk
- Phone: 0117 929 0801





What: If you have never tried sailing before, welcome! You will find sailing a breath of fresh air, meet fantastic people and learn loads. Sailing is great for the mind, body and soul. Come and enjoy sailing in this beautiful setting.

Who: any age, all genders, inclusive to all needs (siblings welcome too)

Where: All-Chew Valley Sailing Club, Chew Valley Lake.

- Outdoors, Chew Valley Lake
- Free on-site parking.

When: April to October

- Various sessions

Cost: Varies

Contact Details:

- Email: info@clads.co.uk



Bristol Deaf Watersports

16+



£tbc

What: Inclusive sessions for D/deaf, hard of hearing, CODA and professionals working with the deaf community to provide access to water sports.

Who: 16+ years old

Where: All Aboard Watersports, Cumberland Basin, Bristol.

- On the harbour, using a range of water sports craft.
- Free on-site car parking

When: Monthly from April to October. 2026 dates tbc.

Cost: 2026 prices tbc (first session free)

Contact Details:

- Email: coach_ollie@outlook.com
- Facebook/Instagram: Bristol Deaf Watersports

Wrestle for Humanity

8+yrs



£0

What: Get involved with 'Wrestling for any-BODY' classes! Sessions aim to improve health and wellbeing through a combination of wrestling movement, mindfulness, music and dance.

Who: any ages, any gender, inclusive to all needs

Where: St Gregory The Great Church, Horfield, BS70PD

- Indoors
- Car parking available with accessible spaces
- Bus routes 3X, 71, 74, 75. 100m from bus stop.

When: Seasonal blocks

- Monday Ages 8-16 years- 5:30pm-6:15pm
- Monday Ages 16+ years- 6:15pm-7:00pm

Contact Details:

- Email: wrestleforhumanity@gmail.com
- Phone: 07854 458 692

Sessions run in blocks, so please get in touch with info@ignitebristol.co.uk to find out more.



5-18yrs



Free

Inclusive Yoga

What: An engaging mindful movement session which is accessible to all bodies and abilities, incorporating a mix of movement, breathing, sound, massage and relaxation

Who: All disabled children aged 5-18 with complex needs. All genders, any ability/experience.

Where: Vassall Centre, Gill Avenue, BS16 2QQ

- Indoor Space
- Free on-site Parking

When: Thursdays 5-5:45pm

Contact Details

- To book: www.sense.org.uk/shop/online-shop/inclusive-yoga-5-18yrs-bristol/

Heart Within Yoga

5-16yrs



£2

What: Get involved in Therapeutic Yoga and Chair Yoga sessions for children and adults with SEND, and their families.

Who: for children and adults, inclusive to all needs, no experience necessary

Where: Easton Community Centre, BS5 6AW

- Indoors

When:

- Therapeutic Yoga
 - Monthly, every 4th Saturday of the month
 - 9:30-10:30am
- Therapeutic Chair Yoga
 - Wednesday
 - 11am-12pm

Contact Details

- Email: heartwithinyoga1@gmail.com
- Phone: 07933603396

Now also offering 1-to-1 home yoga sessions
(contact via phone/email to find out more)

Nova Sports

Nova Sports are a not-for-profit organisation who deliver high-quality, inclusive sport to people with disabilities in Bristol, Bath, and Somerset.

They achieve this by running sports sessions in mainstream and special schools, offer holiday activities, and create disability-specific sports clubs in the community.

Sports they offer include wheelchair basketball, boccia, hydrotherapy, frame running and powerchair football. Staff are also qualified in rugby, football, athletics, basketball, tennis, cricket and more.

Some of the Sports Clubs they help run include:

- **Bath Romans Wheelchair Basketball Club** – for young people and adults
- **UWE Pirates Wheelchair Basketball Club** – for young people and adults
- **Frome Falcons Powerchair Football Club** – for young people and adults
- **SuperNova Multisports Club** – for young people
- **Bath, Frome and Radstock Otters Hydro Clubs** – for young people
- **Bath Inclusive Football Club** – for young people
- **Bath Pythons Super 1s Cricket Club** – for young people

For a full list of their regular sports clubs please see their website: <https://www.novasportsandcoaching.co.uk/>

All coaches are SEN specialists with a huge amount of experience. Specialist equipment like wheelchairs and frames are provided to participants and no experience of any sport is necessary to attend. No 1-to-1 care or assistance can be provided. Many clubs are also open to neurotypical and non-disabled siblings.

Contact Details:

jenny@novasports.co.uk
07880 743453



Recreate Sport

Recreate Sport works with people of all ages and all backgrounds to support lifelong engagement in physical activity and sport.

It's inclusive and creative approach to delivering sessions ensures they focus on what matters most.

Working in partnership with a range of charities to deliver various sports sessions including Kin-Ball, Rugby, Flag Football, Tri-Golf and Tennis. Recreate Sport also offers a wide range of CPD workshops to schools and resources for people to access session ideas from home including their recently launched Recreate Rugby pack.

Some of the regular clubs you can find Recreate Sport at include:

- Mondays @ Keynsham Mencap Fitness For All – For Adults
- Thursdays @ Sensory Sport – For young people

They also run sensory sport sessions as part of the HAF programme.

Contact Details:

Email: recreatesport@gmail.com

Website: www.recreatesport.co.uk



Future Pages Sports



Future Pages Sports provides inclusive and engaging sports sessions for children aged 6 to 11. Our sessions focus on football, basketball, tennis, and non-contact martial arts, ensuring every child has the opportunity to enjoy and develop their skills in a safe build confidence, and friendships in a supportive environment.

We are dedicated to making sports accessible to all children, including those who are neurodivergent, disabled, from low socioeconomic backgrounds or ethnically diverse backgrounds with English as an additional language. Our trained coaches and staff specialise in creating fun, inclusive, and engaging sessions where every child can participate, grow, and thrive.

Due to high demand, our spaces get filled up very quickly.

Contact Details:

Email: support@futurepages.co.uk

Website: www.futurepages.co.uk

Tel: 07511839380

To ensure you stay up to date with all our projects, please sign up to our mailing list: <https://futurepages.fillout.com/maillinglist>

Join our WhatsApp
broadcast list



JIGSAW are a charity that works with all children and young people aged 0-25 years with additional needs or disabilities, and their families. Their work changes lives and enhances community inclusion.

It's free to join JIGSAW Thornbury and they currently support families with or without a diagnosis within the post codes beginning BS, BA and GL. If you'd like to join, please fill out this form here: www.jigsawthornbury.org.uk/join-online/

JIGSAW Thornbury offer inclusive holiday events and term time activities in the Thornbury area to encourage fun, help reduce isolation and aid friendships for the whole family. See our website for latest information and bookings or get in touch by emailing: events@jigsawthornbury.org.uk.

Sensory Sport with Sense

5-18 yrs



£0

What:

Come and try all your favourite sports such as football, tennis and badminton – delivered in an accessible and person-centred way. Activities have been specifically designed for people with complex disabilities and will be tailored to suit each participant's individual needs.

Who:

All disabled children aged 5-18 with complex needs. All genders, any ability/experience.

Where:

The Centre Longwell Green,
16 Shellards Rd, Bristol, BS30 9DU.

Find out more here



When: Fortnightly Thursdays 5-5:45pm

To book: hwww.sense.org.uk/shop/online-shop/sensory-sport-5-18yrs-bristol/

Active Reality

9+yrs From £10

What: In-person Immersive Virtual Reality Party for groups. Fight off zombies or battle each-other in space!

Who: No experience required, must be able to walk independently

Where: Parish Wharf Leisure Centre, Portishead, BS20 7DB

- Indoor Studio in Leisure Centre
- On-site parking
- Bus stop 0.3 miles away, routes 57 and X4 excel stop here

When:

- Open every day, closes at 7pm (closed for lunch) – check the website for varying opening times depending on location

Contact Details

- Email: bookings@active-reality.com
- Phone: 0333 339 1881



Gympanzees

0-25yrs

What: Pop Up activity centre for children and young people with disabilities. Various events throughout the year (check website for more information).

Who: 0 – 25 years, all genders with sensory, physical, learning difficulties, SEN and any mild to profound disability

Contact Details

- Email: info@gympanzees.org
- Phone: 07958118684
- Website: <https://www.gympanzees.org/about-us/other-send-events>

Limb Power

£0

What: Hosting workshops and events to help children to learn the fundamental skills required to take part in school PE and community games and sports. Including throwing, catching, kicking, running, jumping, skipping and hopping.

Who: all genders, for those with a physical limb impairment who wear an activity limb/prosthetic or who would like to be more active. Age range varies based on event.

Where:

- Most events held at Badminton School Sports Hall, BS9 3BA
- Inside sports hall
- Bus routes 1, B2. 0.1 miles from bus stop

When: Check website for more details of upcoming events

Contact Details

- Email: carly@limbpower.com
- Phone: 07789075709
- Website :<https://www.limbpower.com/index.php/events>

Super Sense

All ages

From £3.80

What: Get involved in 60-minute sensory sessions for children and adults with SEND.

Who: babies, children and adults with SEND

Where: Imperial Sports Ground, BS14 9EA

- Fully equipped sensory room
- Free on-site parking with 3 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop

When:

- Various sessions and times. Check website for more details.

Contact Details:

- Email: keeley@imperialsportsground.co.uk
- Phone: 01179038681
- Website: <https://imperialsportsground.co.uk/sensory-room/#send>



SENDSenses

All ages



£2-5

What SENDSenses provide multi-sensory experiences which encourage nature connection, enable body awareness and support regulation. SENDSenses currently offer weekday and holiday group outdoor activities and 1:1 private sessions on request.

Who: all ages and abilities. Site is hoping to become wheelchair accessible soon!

Where: The Orchard, Church Lane, Portbury, BS20 7TR

- Outdoor Orchard/ Forest
- On-street parking nearby

When:

- Orchard Club for home-educated children – Thursday 10-12pm
- School holiday sessions

Contact Details

- Email: sendsenses@gmail.com
- Facebook: [@sendsenses](https://www.facebook.com/sendsenses)

This Guide was collated by:



Supporters:



YST INCLUSION SCHOOLS