

Inclusive Sport in Bristol

Session Directory
November 2023



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!

Sessions listed are at the request of the club. 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: bit.ly/IB-signup



info@ignitebristol.co.uk



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



0117 450 9805



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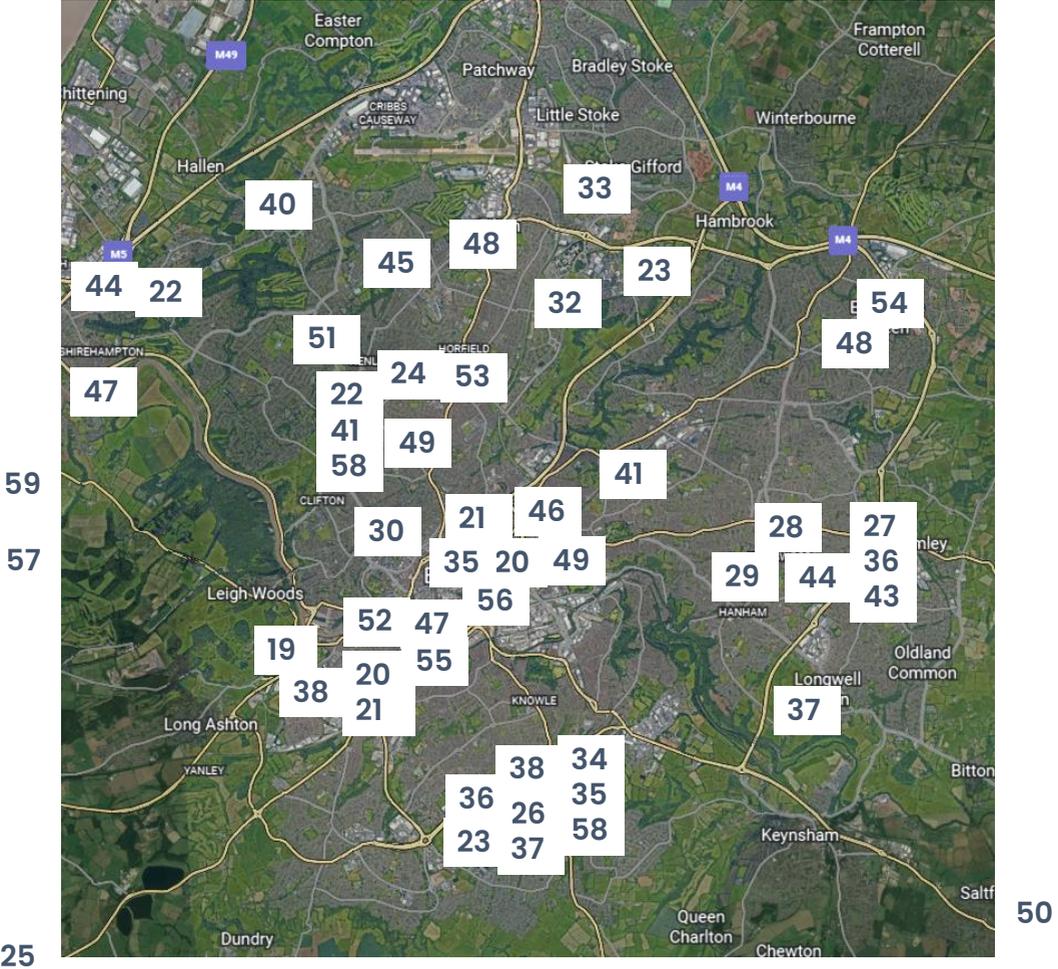


Map View

Each number represents the page number in this guide!

28 48

16 18
19 51



To open the interactive version of this map, go to: <https://bit.ly/Inclusive-Clubs-Bristol>

Or scan here



Calendar View

Monday

Time	Club	Page No.
9.00am-7.00pm	Super Sense	58
10.00am – 12.00pm	Broadplain & Riverside Youth Projects (Walking Football)	20
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	20
11.00am – 12.30pm	Yate Athletics Club	16
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-1.00pm	Recharge Up Fitness Class	29
12.00pm – 1.30pm	Yate Athletics Club	16
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1.00pm-2.00pm	Peter Caseley Coaching (adult)	51
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Calendar View

Tuesday

Time	Club	Page No.
9.00am-7.00pm	Super Sense	58
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-7.00pm	Active Reality	57
3.00pm-6.00pm	All-Aboard Watersports	52
4.00pm-5.30pm	Yate Athletics Club	16
4.00pm-6.00pm	GEM Boccia Club	19
4.15pm-5.00pm	Soleil Salutations (Adults)	55
4.30pm-5.30pm	Soleil Salutations (Children)	55
5.00pm-6.00pm	Bristol Rovers Community Trust	32
5.45pm-6.30pm	Inclusive Dance	28
5.00pm-6.00pm	BCRF- Visual Impairment Football	34
6.30pm-7.30pm	Bristol Blades Fencing (junior)	30
7.00pm-8.00pm	BCRF- Adult Football	34
7.00pm-8.00pm	Waves Swim School	47
8.00pm-9.45pm	Bristol Blades Fencing (senior)	30

Calendar View

Wednesday

Time	Club	Page No.
9.00am-7.00pm	Super Sense	58
10.00am-2.00pm	Strawberry Line Cycles (drop in)	25
10.00am-3.00pm	Warmley Wheelers	27
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-7.00pm	Active Reality	57
12.45pm-5pm	The Avon Centre	40
2.00pm	Strawberry Line Cycles (Guided Group Ride)	25
4.00pm-4.45pm	Blue Sky Tennis Foundation (Tennis & Sign)	50
4.00pm-6.00pm	Bristol Indoor Bowls Club	19
4.30pm-5.15pm	Flamingo Chicks	29
5.00pm-6.00pm	Inclusive Climbing	21
5.00pm-7.00pm	Waves Swim School	47
6.30pm-7.30pm	Kingswood Knights & Athenas	44
7.00pm-8.00pm	Rockleaze Rangers FC	32
7.00pm-8.00pm	Wheely Good Tennis Club	51

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Thursday

Time	Club	Page No.
9.00am-7.00pm	Super Sense	58
10.00am-3.00pm	Warmley Wheelers	27
10.00am-7.00pm	The Avon Centre	40
10.00am-11.00am	Broadplain & Riverside Youth Projects (Walking)	50
10.30am-11.30am	Broadplain & Riverside Youth Projects (Boxing)	50
11.00am-12.00pm	Paul's Place Boccia	18
1.15pm-3.00pm	Yate Athletics Club	16
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-7.00pm	Active Reality	57
1.00pm-2.00pm	Axis Trampoline & Gymnastics	38
4.00pm	Absolutely Together	41
5.00pm-6.00pm	Somerset Cricket Foundation	23
5.00pm-6.00pm	JIGSAW Thornbury	28
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6.00pm-7.00pm	Shine Inclusivity Cricket	23
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6.30pm-7.30pm	Bristol Inclusive Thrill Seekers	20
7.30-9.30pm	University of Bristol PHAB	56

Friday

Time	Club	Page No.
9.30am-4.00pm	The Avon Centre	40
9.00am-5.30pm	Super Sense	58
10.00am-3.00pm	Warmley Wheelers	27
10.30am	Strawberry Line Cycles (Guided Group Ride)	25
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-7.00pm	Active Reality	57
5.00pm-6.15pm	Yate Athletics Club	16
6.00pm- 7.30pm	Yate Athletics Club	16
7.30pm-8.10pm	Bristol Penguins Swimming Club	46

Calendar View

Saturday

Time	Club	Page No.
9.00am-2.00pm	Super Sense	58
10.00am-11.00am	Bristol City Frame Football Club	36
10.00am-12.00pm	Bristol Indoor Bowls Club	19
10.00am-3.00pm	Warmley Wheelers	27
10.15am-11.00am	Elly Shearman Tennis Coaching	49
10.30am-12.30pm	All-Aboard Watersports	52
11.45am-12.30pm	Bristol Cycling Centre	26
12.00pm-2.00pm	Bristol City Cerebral Palsy Football Club	35
12.00pm-7.00pm	Active Reality	57
4.00pm-5.00pm	St George's Park Tennis	49

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Sunday

Time	Club	Page No.
9.00am	Absolutely Together	41
9.00am-2.00pm	Super Sense	58
10.00am-12.00pm	Bristol Rovers Ability FC	33
10.30am-11.30am	Bristol Downs Syndrome Football Club	35
11.00am-12.00pm 12.00pm – 1.00pm	Adaptive CrossFit Henleaze	24
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12.00pm-7.00pm	Active Reality	57
2.00pm-5.00pm	Adaptive Martial Arts	41
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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



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

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
- Independent Living Skills for Young People aged 19-25
- 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



Out & About

Short breaks for disabled children (5-19)





What: Adaptive and para-athletics

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 967, 47, Y3 South Glos, Y4 South Glos. 0.5 miles from bus stop.
- Yate railway station- 20-minute walk
- Yate Centre- 15-minute walk

When:

Mondays and Fridays

- Mondays 11am-12:30pm (Adults with Physical Disability)
- Mondays 12-1:30pm (Frame Running)
- Tuesdays 4-5:30pm (Wheelchair Racing)
- Thursdays 1:15-3pm (Young Adults, 16-21 years)
- Fridays 5-6:15pm (Adaptive Academy, secondary age)
- Fridays 6-7:30pm (Para Athletics, Field Throws and Track)

Contact:

- Email Jim: adaptive4athletics@gmail.com



[Go to the Website](#)





Irwin Mitchell Bristol Boccia Club

All ages  £0

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

Who: all ages, all genders, inclusive to all needs.

Anyone u15 is asked to be accompanied by a responsible adult.

Where & When: Sessions are currently on pause while we find a new venue.

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 - Paul's Place day facility, Coalpit Heath (please contact us for details of this session)
- Thursday: 11am-12pm - Yate sports centre

Contact:

- Email: info@paulsplace.org.uk
- Phone: 01454 777 236
- Website: Paul's Place



billy

GEM Boccia Club

All Ages  • £2

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

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: Weekly 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:

Wednesdays, 4-6pm Oct-Apr

Saturday 10am-12pm May- Sept

Contact:

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

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Broadplain & Riverside Youth Projects

All Ages



£7.50
/£5

What:

- Non-contact boxing for people with Parkinsons
- Walking football

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: Weekly Mondays and Thursdays, 10:30-11:30am (boxing)
Weekly Mondays 10am- 12pm (football)

Contact:

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

Bristol Inclusive Thrill Seekers

All ages



£7

What: 1:1 rope and bouldering 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: Weekly Thursdays, 6.30pm – 7.30pm

Contact:

- Email: hello@club-bits.com

Sign Up
here



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GRIT Collective

5-20yrs



Varies

What: Development of young people through inclusive climbing coaching sessions.

Who: 5-20 years, 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.
- Limited on-site free parking

When: Every Sunday and other weekday evenings subject to availability

Contact:

- Email: info@gritcollective.co.uk

Sense Inclusive Climbing

5-18yrs



£0

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

Who: Children & young people aged 5-18, any ability. Please contact us to discuss your child's needs.

Where: BLOC Climbing Centre, Bristol, BS2 9SH

- Free onsite and road parking

When: Wednesdays 5-6pm

Contact:

- Email: alice.miller@sense.org.uk
- Phone: 07599104405

[Sign up here!](#)



Shine Inclusivity Cricket 7-15yrs £0

What: free inclusive cricket sessions! Learn new skills and have fun

Who: 7-15 years, all genders, inclusive to all needs

Where: Shine Sports Hall, BS9 4DT, Indoor sports hall

- Free on-street parking
- Bus routes 1, B2 (0.1 miles from bus stop). Bus routes 2, 2a (0.2 miles from bus stop)

When: Weekly Thursdays, 6-7pm (term time)

Contact:

- Email: SCP@myshine.co.uk
- Phone: 0117 94033033

Super 1's – VI Cricket 12-25yrs £0

What: free VI cricket sessions

Who: for those who are visually impaired

Where: St Bede's Catholic College, Bristol, BS11 0SU

- Indoor sports hall
- Bus routes 3 citylines and 4 citylines, bus stop outside the college
- Parking onsite

When: one Sunday per month:

- November 12th
- December 10th
- January 28th
- February 25th
- March 24th
- April 21st

Contact Details

- Jeanette Tate
- Email: jeanette.tate@gloucestershirecricketfoundation.org
- Phone: 07432728926

Frenchay Falcons Cricket

12-25yrs



£0

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

Who: ideally 12-25yrs, all genders

Where: Frenchay Cricket Club, BS16 1QQ, outdoors

- Please call or text to book or to discuss how we can help you access these sessions.
- Bus stop 0.9 miles away, routes 19 and 626 stop here.

When: Weekly Mondays 6-7pm

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



£0

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

Who: 12-25 years, all genders, inclusive to all needs.

Where: Hengrove Park Leisure Centre, BS14 0DE

- Accessible onsite parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.1 miles from bus stop.

When: Weekly Thursdays, 5pm – 6pm (term time)

Contact:

- Email: Steve.Gass@SomersetCricketFoundation.org.uk
- Phone: 01823 352266



Adaptive CrossFit Henleaze 16+yrs £8

What: A fully inclusive sport that introduces participants to basic endurance, weightlifting and gymnastic movements

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

11am – 12pm: for people with a neurodivergence or learning disability

12pm – 1pm: 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-2pm
- Bike Hire- Everyday 10am-4pm
- Guided Group Rides- Wednesdays 2pm and Fridays 10:30am
- 1-1 Cycle Confidence Sessions available upon request

Contact:

- Email: strawberrylineprojects@gmail.com

Bristol Cycling Centre

All Ages



£3-5

What: Ride around the track with cycles or inclusive cycles

Who: All ages, all needs, all genders

Where: Bristol Cycling centre, Bamfield, BS14 0XD

- Free onsite parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop

When: Monday-Saturday, 11:45am-12:30pm

Contact:

- Email: cyclingcentre@bristol.gov.uk
- Phone: 01275832800



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

Warmley Wheelers

All ages



£5-10

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-3pm

Cost: most bikes £5 per hour, electric assisted bikes £7.50-10 (carers go free)

Contact:

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





Inclusive Dance

5-12yrs



£3

What: This session offers dance in a fun, creative and fully inclusive way incorporating a mix of active learning, storytelling and magical music!

Who: 5 – 12 years, all genders, any ability/experience, complex disabilities and/or sensory impairments (siblings welcome)

Where: The Park Centre, High St, Kingswood, BS15 4AR

- Bus routes, 35, 42 citylines east, 43 citylines east, SB2. 0.4 miles from bus stop
- Indoor dance studio

When: Weekly Tuesdays, 5:45-6:30pm

Contact:

- Email: alice.miller@sense.org.uk
- Phone: 07599 104405

JIGSAW Thornbury

5-18yrs



£2

What: A fun and inclusive street dance session, providing a creative outlet through music and movement.

Who: 5-18 years, any ability, JIGSAW members

Where: Caedmon Complex, Thornbury BS35 3JA

- Indoor dance studio
- On-site parking
- Bus routes 10, 207 and 622, 0.1 miles from bus stop

When: Weekly Thursdays, 5-6pm

Contact:

- Email: events@jigsawthornbury.org.uk
- Phone: 01454 567508

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Flamingo Chicks

All Ages  Varies

What: Through a combination of active learning, storytelling, sensory props and magical music

Who: Children and young people, inclusive to all needs

Where:

Classes are run in settings such as special schools, children's hospices, community organisations and online.

When: At a time to suit the setting. Online classes are Weekly Wednesday 4:30-5:15pm.

Contact:

- Email: vicky@flamingochicks.org
- Phone: 07846 686751

Recharge Up Fitness Class All ages £8

What: Specialised exercise class. Low Impact session that provides a full body workout for strengthening and toning muscles and burning calories

Who: Inclusive to all needs. Pan Disability session. Ages 16+, any ability/experience

Where: Kingswood Leisure Centre, BS16 4RH

- Indoor Sports Hall

When: Weekly Mondays, 12-1pm

Contact:

- Email: rechargeft@gmail.com
- Phone: 07525 790951

**First session
free!**



FAM – Functional Adaptive Movement

14+yrs  £4-7

What: Improve your fitness in a fun, supportive and motivational environment with these interactive strength and conditioning classes. Seated and standing options provided.

Who: all abilities/gender inclusive. A parent/carer is required to be present in the room.

Where: Online zoom

When: Weekly Mondays 7pm

Contact:

- Email: info@functionaladaptivemovement.com



Bristol Blades Fencing

All ages



£5-11

What: Learn a new sport in fun, inclusive sessions.

No experience necessary and equipment provided!

Who: all genders, coaches for standard and wheelchair fencing

Where: Bristol Grammar School Sports Hall, BS8 1SL

- Indoors
- Bus routes Lots! 0.1 miles from bus stop.

When: Weekly Tuesdays, Junior 6.30pm – 7.30pm.

Senior, 8pm – 9.45pm

Contact:

- Email: bristolbladesfencing@gmail.com

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RMR Rehabilitation

All ages  £50

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

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

Teenage Learn to Gym Programme

We are looking to start a Learn to Gym Programme to help give disabled 12 – 18 year olds the knowledge and confidence to use public gyms.

Please get in touch if interested!

Email: phoenix@rmr-rehabilitation.co.uk



Bristol Rovers Community Trust 8-18yrs £0

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: Weekly Tuesdays, 5-6pm (term time)

Contact:

- Email: wildixon@bristolroverscommunity.org.uk
- Phone: 07306213134

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: Weekly Wednesday 7-8pm

Contact:

- Email: inclusive@rockleazerangers.org.uk
- Phone: 07970 434274



What: a friendly adult football club looking for new players.
Who: 16 plus years, all genders, all levels of experience and ability are welcome!

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:

- Every 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)
- 1st session free- £25 annual fee



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

Adult Football

16+yrs



£0

Who: 16+, all genders, any impairment, any ability/experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Court 5
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop
- Free on-site parking with 2 x accessible spaces

When: Weekly Tuesday, 7-8pm

Visual Impairment Football Session

5-16yrs



£0

Who: 5 – 16 years, all genders, visual impairment, any ability and experience

Where:

- Imperial Sports Ground, BS14 9EA
- Outside, Court 6
- Free on-site parking with 2 x accessible spaces
- Bus routes 2, 2a, 96, 511, 515. 0.1 miles from bus stop.

When: Weekly Tuesdays, 5-6pm (term time)

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 Ground, 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: Weekly Sundays, 10.30am – 11.30am

Contact Details:

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

Bristol City Cerebral Palsy Football Club

7-25 yrs



Monthly

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: 6-17 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: Weekly Saturdays, 12-2PM (term time)

Cost: Monthly subs (two free taster sessions)

Contact Details:

- Email: info@bccpfootball.co.uk Phone: 07789960674





Bristol City Sensory Football 3-16yrs £0

Who: 5-16 years, all genders, children with complex disabilities and/or sensory impairments, any ability/experience

Where: Warmly Park School, BS30 8YE

- Indoors, Sports Hall
- Free on-site parking with accessible spaces
- Bus routes 19, 43, 948. 100m from bus stop

When: Fortnightly Thursdays, 5:30pm – 6:30pm (term time only)

Contact Details:

- Email: alice.miller@sense.org.uk
- Phone: 07599 104405

Bristol City Frame Football Club 3-16yrs £3

Who: 3-16 years, all genders, children who need a frame to walk or exercise.

Where: Merchants Academy Sports Centre, BS13 9BJ

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

When: Weekly Saturdays, 10am – 11am

Contact Details

- Email: nickdewfall@aol.com
- Phone: 07899 991983

Longwell Green Sports JFC

6-18yrs



£0

What: Get involved with fully inclusive football sessions for children aged 6 years and older.

Who: 6+ years, all genders, inclusive to all needs.

Where: Longwell Green Community Centre, BS30 9DU

- Outdoors, 3G Pitch
- Free on-site parking
- Bus routes, 17 + 45 CityLines East, OS1, SBI. 0.1 miles from bus stop.

When: Weekly Thursday Evenings

Contact Details

- Email: goaliegriff@tiscali.co.uk

Frame Running

All ages



£8

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 on-site parking
- Bus routes 52, 55, 75, 76, 92, 96, 515, 516, m1. 0.8 miles from bus stop.

When: Monthly Sessions, Sundays 11:30am-1pm

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

Contact Details

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





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

Contact Details

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



Axis Trampoline and Gymnastics

All ages



£7.75

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 1-2pm

Cost: Access Sport are able to support any participants who may find it hard to pay the session fees

Contact Details

- Email: info@axistrampolineclub.co.uk
- Phone: 01179661878



City of Bristol



Bristol Flyerz Hockey

All ages  £0

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: Details TBC. Get in touch to be added to the mailing list and whatsapp group for updates.

Contact Details

- Email: Lizzie.Edgecombe@AccessSport.org.uk
- Phone: 07511700220



The Avon Centre

4+yrs



£20-30

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 an Indoor 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: Weekly 45-minute sessions, on the following days and between the following hours:

- Wednesday 12:45-5pm
- Thursday 10am-7pm
- Friday 9:30am-4pm

Cost: £20 for group lesson/£30 for EAL

Contact Details

- Email: info@theavoncentre.org.uk
- Phone: 0117 959 0266

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 Together

6+yrs  £0

What: Fun, inclusive karting sessions. No experience necessary!

Who: children 6+, all genders, inclusive to all needs

Where:

- Absolutely Karting, Fishponds, BS5 7EY
- Go Karting Track
- Free on-site parking
- Bus routes 6,7. 0.5 miles from bus stop

When:

- Weekly Thursdays 4pm
- Weekly Sundays 9am

Contact Details

- Email: smiles@absolutely-group.co.uk
- Phone: 0300 30 33 548

Adaptive Martial Arts

6+yrs  £0

What: Learn jiu jitsu, self-defence, and other martial arts in a friendly, welcoming environment.

Who: 6+ years, all genders, inclusive to all needs.

- Shine Sports Ground, Lime Trees Road, BS6 7XW
- Indoor, Sports Hall
- Free on-site parking including accessible spaces
- Bus routes 13 & 505. 0.2 miles from bus stop.

When:

- Last Sunday of the Month, 2pm - 5pm

Contact Details

- Email: info@adaptivema.co.uk
- Phone: 07468608018

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Pentathlon GB

All ages



£0

Para Laser Sport Taster Session

What: The event is designed to be as inclusive as possible and there will be plenty of coaching support and friendly volunteers to help you out on the day! All the equipment will be provided.

Who: All ages, all abilities – no experience necessary!

Where: Badminton School, Westbury Rd, Bristol (BS9 3BA)

When: Tuesday 12th December, 4.00 – 5.30pm

Contact Details: Nicola.Robinson@pentathlonGB.org

Regular Club Sessions

What: We're in the early stages of launching regular club sessions that will provide An introduction to the sports of Laser Run and Fencing that form part of the sport of Modern Pentathlon.

Who: All ages, all abilities – no experience necessary!

If interested, please get in touch and we will keep you updated.

Contact Details: tom.gostelow@pentathlongb.org



Nova Powerchair Football Club

4+yrs



£5

What: Powerchair Football is a fun, exciting sport for anyone of who has a physical disability. The sport is played in an electric wheelchair, which we provide, and you drive to strike the ball and score goals.

Who: 4+ years with a physical disability. Open to adults too.

Where: Warmley Park School, BS30 8XL / Indoor

- Free on-site parking with accessible spaces
- Bus routes 19, 43, 948. 100m from bus stop.

When: TBC

Contact Details:

- Email: jenny@novasportsandcoaching.co.uk
- Phone: 07880743453

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: Weekly Wednesday evenings

Join the VI Runners Bristol Group on [Facebook](#)



Avonmouth OBRFC

8-16yrs 

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:

- Weekly Thursdays 6-7pm

Contact Details:

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



Kingswood Knights & Athenas

8+yrs 

What: all-inclusive rugby sessions

Who: all abilities and disabilities welcome aged 8+

Where: Grimsby Road Playing Fields, BS15 9RA

- Outdoor playing fields
- Bus routes 19, 35 and CityLine 43. 0.1miles from bus stop
- Parking onsite

When: Weekly Wednesdays 6:30-7:30pm

Contact details

- Phone (Ben): 07788278488
- Phone (Austin): 07412490985

Bristol Tryz Rugby

5-25yrs  £0

What: Fun, inclusive rugby sessions. No experience needed.

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

Cue Zone Snooker Club

18+yrs



£3

What: A fun and engaging snooker session with skills, competitions, prizes and lots of laughs! We also run occasional trips to take part in World Disability Billiards and Snooker (WDBS) tournaments or to watch World Snooker Tour events

Who: Adults with Learning Disabilities

Where: Greenway Centre, Doncaster Road, BS10 5PY

- Indoor, Snooker Room
- Free on-site parking with accessible spaces
- Bus routes 2, 13, 76. 0.1 miles from bus stop.

When:

- 1st & 3rd Friday each month, September–May

Contact Details

- Email: thesnookercoach@gmail.com
- Phone: 07876184774





Bristol Penguins Swimming Club 8+yrs TBC

What: Get involved with Para Penguins swimming sessions! Improve technique, work towards competitions and have fun.

Who: 8+, all genders, physical and/or learning Disability, able to swim 25m in deep water in both front crawl and backstroke

Where:

- Easton Leisure Centre, Thrissell Street, Easton BS5 0SW
- Indoor, Swimming Pool
- Free parking in a contained area for 3 hours once registered to the Leisure Centre
- Bus routes 24, 48, 48a, 49. 0.1 miles from bus stop

When: Weekly Fridays, 7:30–8:10pm

Cost: dependent on frequency of sessions but trials are free

Contact Details

- Email: cristy.cunnick@bristolpenguins.com



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.

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 block in term time.

20 minute sessions on either:

- Tuesdays 7-8pm at St Mary Redcliffe School Pool
- Wednesdays 5-7pm at Freeways Hydrotherapy Pool

Contact Details

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



Waves

Swim 4 Sure

All ages



£65-
120

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
- Free on-site parking with accessible spaces.

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

Cost: based on participant to teacher ratio.

3:1 Child - £65. 2:1 Child - £80. 1:1 Child - £115. 1:1 Adult - £120. Lessons are paid monthly in advance with a one month notice period to cancel.

Contact Details:

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





St George's Park Tennis

5-16yrs



£4

What Tennis suitable for those with physical, visual, learning and hidden disabilities. No experience necessary, all equipment is provided. Session paused for time being. Recruiting new coach

Who: 5-16 years, all genders, inclusive to all needs.

Where: St George's Park Tennis Courts, BS5 7AA

- Outside
- On-street parking
- Bus routes 6, 7, 35, 42, 43, 44, 45. 0.3 miles from bus stop.

When:

- Weekly Saturdays, 4pm – 5pm

Contact Details

- Email: info@wesport.org.uk
- Phone: 0117 3286250

Elly Shearman Tennis Coaching

6-12yrs



£30
for 6

What: Great fun sessions run in 6 week blocks and holiday camps too!

Who: 6-12 years, all genders, with SEND, any ability/experience

Where: Kings Lawn Tennis Club, BS7 8JG

- Outside, Tennis Courts
- Small car park
- Bus routes 13. 0.1 miles from bus stop.

When: Term Time Saturdays in 6 week block, 10:15-11am.

Contact Details

- Email: ellytennis.kings@hotmail.com

Blue Sky Tennis Foundation **All ages** £5

What: Tennis and Sign is an activity/story-based tennis session with some basic sign language. Walking tennis is based on a smaller court, with a slower speed but is great fun!

Who: children and adults, with SEND, d/Deaf or hard of hearing, any ability/experience

Where:

- **Tennis and Sign:**
 - 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.
- **Walking Tennis:**
 - Sydney Garden Tennis Courts, Bath, BA2 6NH
 - Paid on-street parking
 - Bus stop 0.1 miles away, bus routes 11, 94, D1 and D2x stop here.

When: Term Time only

- **Tennis and Sign:** Weekly Wednesdays, 4-4:45pm
- **Walking Tennis:** Weekly Thursdays, 10-11am

Cost:

- **Tennis and Sign:** TBC
- **Walking Tennis:** £5 pay as you go

Contact Details:

- Email: foundation@blueskytennis.co.uk
- 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 5–6pm (Junior pan-disability)
- Mondays 1–2pm (Adult pan-disability)
- 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 Wednesdays, 7pm – 8pm

Contact Details

- Email: andy.trott@bristol.ac.uk

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All- Aboard Watersports

All ages



£6

What: Get involved with fun, fully inclusive 'Sailability' sessions. These include accessible sailing, powerboat trips and paddling!

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

- Saturdays 10:30am-12:30pm (Paddling, Powerboat trips and sailing)
- Tuesdays 3-6pm (Powerboat trips and occasionally sailing)

Cost: £6 per person, carers go free

Contact Details:

- Email: sailability@allaboardwatersports.co.uk
- Phone: 0117 929 0801
- Website: <https://www.allaboardwatersports.co.uk/>

Wrestle for Humanity

6+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: Weekly Mondays

- Ages 8-16 years- 5:30pm-6:15pm
- 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 jonny.fenner@accesssport.org.uk to find out more.



Heart Within Yoga

All ages



£10

What: Get involved in Therapeutic Yoga sessions for children and adults with SEND.

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

Where: Emersons Green Village Hall, BS16 7AP

- Indoors

When: Weekly Thursday, 5-6pm (term time only)

Cost: £10 per child (free for siblings and parents/ carers to join)

Contact Details

- Email: heartwithinyoga1@gmail.com
- Phone: 07933603396
- Website: <https://www.heartwithinyoga.com/>





Soleil Salutations Yoga

All ages



£10

What: Soleil Salutations offers yoga for all ages, abilities and bodies.

Where: LUP, Windmill Hill Farm, BS3 4EA

- Indoor studio
- Bus route 511. 100m from bus stop.
- Free parking for Blue Badge holders on Philip Street

Children's Classes

Who: All children with SEND (4-17) and their families

When: Weekly Tuesdays, 4:30pm – 5pm

Adults Classes

Who: Adults with SEND (and parents/carers)

When: Tuesdays 4:15–5pm

Contact Details

- Email: soleilsalutations@gmail.com
- Phone: 02086388627

[Sign up here](#)

What: Great fun-filled sessions! Get involved in various different arts & crafts, games and other themed activities.

Who: 16–25 years, all genders, inclusive to all needs

Where: Unitarian Meeting Hall, St Paul's, BS2 8PE

- Inside, Church Hall
- On-street pay and display parking
- Bus routes lots! 0.1 miles from bus stop

When: Thursdays, Every 2–3 weeks, 7:30–9:30pm (term time)

Contact Details

- Email: bristolphab@gmail.com
- Instagram: [@bristolphab](https://www.instagram.com/bristolphab)

Inclusive Wellness

What: A new Bristol based social enterprise working to improve accessibility and diversity within the health and wellbeing industry, in spaces such as gyms, yoga studios and massage clinics.

We run wellbeing focussed training courses and workshops for professionals, parents and carers. We also work with other organisations to offer wellbeing services like massage therapy, yoga and fitness sessions directly to those who don't usually have easy access to them in Bristol.

Contact Details

- Email: hello@inclusivewellness.org.uk
- Phone: 07572 897 439



Active Reality

9+yrs £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:

- Everyday mid-day to 7pm (closed for lunch)

Contact Details

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



Gympanzees

0-25yrs £9

What: Pop Up activity centre for children and young people with disabilities.

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

When: Easter Half-term and Summer Holidays

Contact Details

- Email: info@gympanzees.org
 - Phone: 07958118684
- www.gympanzees.org

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Limb Power

4-18yrs £0

What: Children will 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.

Where:

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

When: Every 6 months

Contact Details

- Email: carly@limbpower.com
- Phone: 07789075709

Super Sense

All ages £3.50

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:

- Monday-Thursday 9am-7pm
- Friday 9am-5:30pm
- Saturday-Sunday 9am-2am

Contact Details:

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



SENDsenses

All ages



varies

What SENDsenses provide multi-sensory experiences which encourage nature connection, enable body awareness and support regulation. SENDsenses currently offer weekend 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:

- Saturdays and Holidays (weekdays available on request)

Contact Details

- Email: sendsenses@gmail.com
- Facebook: @sendsenses
- Website: www.sendsenses.com/

This Guide was collated by:



And generously printed by:

