

DASL inclusive sport and physical activities (iSPA)

Friendly, fun and inclusive, just drop in!

What gets you moving? Tell us your activity ideas.

Cycling

Try tricycles, tandems, hand cycles and more.

Mondays 10.30 to 12.30pm

Herne Hill velodrome, 104 Burbage Rd, SE24 9HE

Weekly, £5 to cycle



www.wheelsforwellbeing.org.uk

Ice Skating - ***STARTS on 17th September***

Wheelchair friendly, quiet skate session with Skate Marshall and walking frames.

Mondays 10am to 11am

Streatham Ice & Leisure Centre,
390 Streatham High Road, SW16 6HX



iSPA Club Games - ***last outdoor one 29th August***

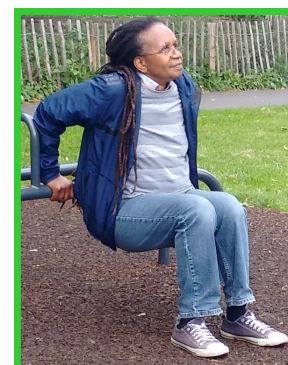
Re-starts in Streatham Ice and Leisure Centre on 12th September

Bring friends and family to play cricket, boccia, volleyball, football

Wednesdays 10am to 12pm

One O'Clock Club, Slade Gardens, Robsart Street, Brixton, SW9 0DL

Weekly, FREE



DASL inclusive sport and physical activities (iSPA)

Friendly, fun and inclusive, just drop in!

Supported Swimming Group - adults

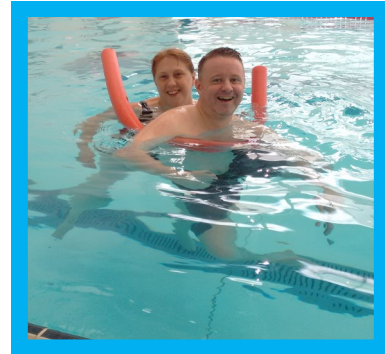
With experienced teacher, friendly group of adults, warm pool, gentle stepped access and pool lift.

Thursdays 1pm to 2pm

Clapham Leisure Centre, **large main pool**,

141 Clapham Manor Street, SW4 6DB

Weekly, £2.05



Let's Dance

Monday 10th Sept 1.45pm to 3pm

POP Box in Pop Brixton, 49 Brixton Station Road SW9

Monthly, FREE

VOLUNTEERS wanted to join in the FUN!

With all these fabulous activities, we need volunteers to help at sessions, lead activities and mentor people, training given.

Call Abs 07512 566 875



Drop in to a session or contact:

Abs Tripp

DASL Intosport Project Officer

07512 566 875 or 020 7738 5656

abs.tripp@disabilitylambeth.org.uk

www.disabilitylambeth.org.uk

