

# Free Inclusive Sports

community  
games



4 Different Inclusive Sports  
tasters.

Come and trial new sports, meet  
friendly and fun people.

Great opportunity to find out  
about similar clubs in the  
area

The Bridge Youth Centre 24th July 11am—2pm  
The Edge Epsom Youth Centre 14th August 11am-2pm  
Linton's Youth Centre Epsom 28th August 11am—2pm

These are all free sessions  
and are part of new Reigate  
and Redhill YMCA scheme.

Summer is here what will you be doing?



Activities will vary each session but will have an emphasis on  
Inclusion. By getting involved young people will gain confidence  
through trying new activities and creating a series of social events.

Registered Charity No. 1075028

To book or find out more please phone 01737222859 or  
email: [john.brunswick@ymcaredhill.com](mailto:john.brunswick@ymcaredhill.com)  
[www.ymcaredhill.com](http://www.ymcaredhill.com)





# YMCA sovereign






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<u>Activity:</u>	<u>Age:</u>	<u>When?</u>	<u>What?</u>
	11 – 19 YEARS	Anywhere and anytime across East of Surrey	A 1:1 befriending service for young people with disabilities
	12 – 16 yrs	<b>Saturday</b> (term time) Weekdays in the school holidays. <b>Sundays</b> once a Month After school on Tuesdays and Thursdays	Youth club for youths with complex needs and disabilities.
	Age 16 – 28 years	<b>Monthly</b> sports taster sessions, including four multi sports sessions in July and August 2013. <b>Thursdays</b> 18:30 – 19:30.30 New Age Kurling <b>Wednesdays</b> 13:00-14:00 Trampolining @ Princes Road <b>Every other Saturday</b> , 12.30 – 1.30 Boccia	Project aimed at young people with disability or chronic health problem.
	Age 16 – 28 years	Training for support workers and carers in our IFI accredited gym, to enable them to support clients in the facility. Enquire for more information.	Project aimed at young people with disability or chronic health problem.
	Age 16 – 24	<b>Thursdays</b> 11:00 – 13:00 and <b>Tuesdays</b> 15:30-17:30	Project aimed at young people with disability offering physical activity and leadership courses.
	Any Age	Last Thursday of every Month in Reigate. First Tuesday of every month in Banstead.	Face2Face work with parents and carers of children with additional needs and/or a disability to provide support and advice.
	16- 35years	<b>Friday Nights</b> during term 7pm – 9pm Based at Princes Road	A sports and social club for people with moderate learning disabilities. Including trips out and social events

<u>Activity:</u>	<u>Age:</u>	<u>When and Where?</u>	<u>What?</u>
<p>The Edge Inclusive Sports Club Epsom</p> 	<p>14-18 years 18 – 30 years</p>	<p><b>Saturdays</b>  11- 1pm 1pm – 3pm All year round</p>	<p>Multi Sports Sessions. Sessions vary each week but are designed to be inclusive. Sessions will be adapted to meet individual’s specific needs.</p>
<p>The Malthouse Inclusive Sports Malthouse</p> 	<p>14-18 years 18 – 30 years</p>	<p><b>Tuesday</b> 5pm – 7pm 7pm -9pm All Year round at Dorking Youth Centre</p>	<p>Multi Sports Sessions. Sessions vary each week but are designed to be inclusive. Sessions will be adapted to meet individual’s specific needs.+ Options to do sports leadership training</p>
<p>The Sovereign Inclusive Sports Club Reigate</p> 	<p>14 –18 years 18-30 years (second session)</p>	<p><b>Monday</b> 4.30-6.30pm 6.30 -8.30pm</p>	<p>Learn how to cycle on two wheel bikes as well as the option of tandem bikes. Sessions run in an enclosed space and are suitable for all riders.</p>
<p>The Bridge Inclusive Sports Leatherhead from West Hill school</p> 	<p>18 – 30 years</p>	<p><b>tbc</b></p>	<p>Multi Sports Sessions. Sessions vary each week but are designed to be inclusive. Sessions will be adapted to meet individual’s specific needs. Sports leadership training is available.</p>
<p>Inclusive Sports Clubs</p> 	<p>14 – 30 years</p>	<p>3 more sites to be confirmed. Want your school to get involved? Ring 01737222859 and ask for John</p>	<p>All inclusive sports clubs offer Sports leadership training for young participants and volunteers. Specialised tasters are also available for free to schools, colleges and care homes.</p>