



**Southwark Inclusive
Sport and Physical
Activity Network**

Inclusive Sport and Physical Activity Southwark

Pan-disability youth & adult provision

Supported by:



The Southwark Inclusive Sport & Physical Activity Network (SISPAN)

The Southwark Inclusive Sport and Physical Activity Network (SISPAN) is a network of organisations supporting and delivering inclusive sport and physical activity opportunities for D/deaf, disabled and neurodivergent people in Southwark.

SISPAN also supports coaches and volunteers to upskill through a variety of courses and training as well as providing wider support and funding to those community clubs and organisations delivering disability inclusive sport.

The network is steered by Access Sport and also includes collaborative partnership working between London Sport, Southwark Council, LSBU and Disability Sports Coach.

This booklet is a showcase of all pan-disability inclusive sport taking place for D/deaf, disabled and neurodivergent young people and adults living in or near the borough of Southwark.

For more information about the activities in this booklet, please see the club's details provided.

For more information about SISPAN, please email Sophie.Epsley@AccessSport.org.uk or call 020 7993 9883.

Youth Provision – 0 – 25 years old

Basketball

SafeHaven

When: Thursdays

Where: Black Prince Trust, SE11 6AA

Time: 5 – 6 pm

Age: 14 – 25 years old

Cost: First session free, £4 thereafter

Register here: email emmacolverd@gmail.com or call 07813 778 409

Cricket

Surrey County Cricket Club

When: Tuesdays

Where: Ken Barrington Centre, The Kia Oval, SE11 5SS

Time: 4 – 5 pm

Age: 9 – 25 years old

Cost: Free

Register here: Call Neil 07900 430 044 or email nbunting@surreyccricket.com

Cycling

Wheels for Wellbeing

When & Time: Mondays – 11am & 12pm

Thursdays – 12pm & 1pm

Sundays – 1pm & 2pm

Where: Herne Hill Velodrome, SE24 9HE

Age: all ages (Sundays, children only)

Cost: £5

Contact: info@wheelsforwellbeing.org.uk or call 020 7346 8482

Football

KICKs

When: Fridays

Where: Lion's Centre, Millwall FC, SE16 3LD

Time and Age: 5 – 6 pm (8 – 11 years old)

6 – 7 pm (12 – 17 years old)

Cost: Free

Register: email tsells@millwallcommunity.org.uk

Goalball

Goalball UK

When: Alternate Tuesdays

Where: The Castle Centre, SE1 6FG

Time: 6 – 8 pm

Cost: Free

Contact: 0114 223 5670

Gymnastics

Synergy Gymnastics London

When: Saturdays

Where: Camberwell Leisure Centre, SE5 8TS

Time: 5 pm

Age: 4 – 15 years old

Cost: £8.50 per session paid monthly

Register here: [SEND Gymnastics \(synergygymnastics.co.uk\)](https://synergygymnastics.co.uk) and click on 'book a class or party' and create an account

Multi Sports

Ballers Academy

When: Wednesdays

Where: Docklands Settlement (indoors), SE16 5AA

Time: 4 – 5 pm

Age: 6 – 14 years old

Cost: Free

Register here: tinyurl.com/ballersdisabilityyouth or call 07359 397 813

Disability Sports Coach

When: Saturdays (term time only)

Where: The Castle Centre, SE1 6FG

Time: 2 – 3:30 pm

Age: 8+

Cost: £4 per session

Register here: DisabilitySportsCoach.co.uk

PE & Schools Sports Network

When: Saturdays (term time only)

Where: Bacons College, SE16 6AT

Time: 10:30 – 11:30 am, 11:30 – 12:30 pm, 12:30 – 1:30 pm, 2 – 3 pm

Age: 6 – 18 years old

Register here: email glyn@lpessn.org.uk or george@lpessn.org.uk

Salmon Youth Centre - Mixables

When: Fridays

Where: Salmon Youth Centre, SE16 4TE

Time: 3:30 – 5:30 pm

Age: 12 – 18 years old

Register here: email info@salmonyouthcentre.org

Swimming

The Castle Centre – Disability Swimming

When & Time: Monday – 3 – 4 pm

Friday – 3 – 4 pm & 3:30 – 4:30 pm

Saturday – 2 – 2:50 pm

Where: The Castle Centre, SE1 6FG

Age: All ages (U8 must be supervised)

Cost: Free

Register here: Profile – Everyone Active and create an account

The Castle Centre – Private Swimming Lesson – 1-to-1 Additional Needs

When & time: 30 mins

Monday – Friday – 6:30am – 9:50pm

Saturday – 7:00 – 5:59pm

Sunday – 7:00am – 9:50pm

Where: The Castle Centre, SE1 6FG

Age: All ages

Cost: £8.20 per session

Register here: Profile – Everyone Active and create an account

Peckham Pulse Leisure Centre – Disability Swimming

When & Time: Monday – 12 – 1 pm & 8 – 9 pm

Tuesday – 7 – 8 pm

Wednesday – 8 – 9 pm

Thursday – 9:30 – 9:40 pm

Friday – 12 – 1 pm, 3 – 4 pm & 8 – 9 pm

Saturday – 3 – 4 pm & 5 – 6 pm

Sunday – 3 – 4 pm & 6 – 7 pm

Where: Peckham Pulse Leisure Centre, SE15 5QN

Age: All ages (U8 must be supervised)

Cost: U5 – free, Junior – £2.00 (peak & off-peak)

Register here: Profile – Everyone Active and create an account

Peckham Pulse Leisure Centre – Private Swimming Lesson - 1-to-1 Additional Needs

When & time: 30 mins

Monday – Friday – 6:30am – 9:50pm

Saturday – 7:00am – 5:59pm

Sunday – 7:00am – 9:50pm

Where: Peckham Pulse Leisure Centre, SE15 5QN

Age: All ages

Cost: £9.05

Register here: [Profile - Everyone Active](#) and create an account

Seven Islands Leisure Centre – Private Swimming Lesson - 1-to-1 Additional Needs

When & time: 30 minutes

Monday, Tuesday, Thursday & Sunday – 6:30am – 9:50pm

Wednesday & Friday – 6:30am – 10:00pm

Saturday – 6:30am – 6:00pm

Where: Seven Islands Leisure Centre, SE16 2TU

Age: All ages

Cost: £9.05 per session

Register here: [Profile - Everyone Active](#) and create an account

Seven Islands Leisure Centre – Disability Swimming

When: Mondays

Where: Seven Islands Leisure centre, SE16 2TU

Time: 2 pm

Age: All ages (U8 must be supervised)

Cost: U5 - free, Junior - £2.00 (peak & off-peak)

Register here: [Profile - Everyone Active](#) and create an account

Tennis

Dulwich Lawn Tennis Club

When: Sundays

Where: Dulwich LTC, SE24 9HP

Time: 11 – 12 pm

Age: 6 – 11 years old

Cost: £5 per session, booked termly

Register here: <https://bit.ly/dulwichtennis>

Camber Tennis Club - Wheelchair Tennis

When: Thursday 6 – 7 pm

Where: Camber Tennis Club, Dulwich Common, SE21 9HE

Time: 6 – 7 pm

Age: 14+ years old

Cost: Free (a yearly subscription is required)

Contact: 07956142070

Adult Provision – ages 16 – 25 and 25+

Aerial Circus

Flying Fantastic

When: Wednesdays

Where: Flying Fantastic, SE1 OLR

Time: 12:50 – 1:50pm

Age: 16+

Cost: £2 per session

Register here: email Amy@FlyingFantastic.co.uk

Cycling

Wheels for Wellbeing

When & Time: Mondays at 11 am & 12 pm

Thursdays 12 pm & 1 pm

Where: Herne Hill Velodrome, SE24 9HE

Age: all ages

Cost: £5

Contact: info@WheelsForWellbeing.org.uk or 020 7346 8482

Fitness

Restorative Justice for All – Group & 1:1 Personal Training

When & time: Mondays – 5 pm

Fridays – 11 am & 3.30 pm

Where: RJ4ALL Community Centre, SE16 2LJ

Age: 17+

Cost: Free

Register here: call 07708 758 600

Football

Ballers Academy

When: Thursdays

Where: Docklands Settlement, SE16 5AA

Time: 11 – 12 pm

Age: 18+

Cost: Free

Register here: tinyurl.com/canadawaterfcalbion or call 07359 397 813

KICKs

When: Fridays

Where: Lion's Centre, Millwall FC, SE16 3LD

Time: 7 – 8 pm

Age: 18+

Cost: Free

Register: email tsells@MillwallCommunity.org.uk

Southwark Stars – Ladies Learning Disability Football

When: Sundays

Where: Geraldine Mary Harmsworth Sports Facility, SE1 6ER

Time: 2 – 3 pm

Age: 18+

Cost: £3 per session

Register here: visit SouthwarkStars.co.uk

Southwark Stars – Men's Learning Disability Football

When: Sundays

Where: Geraldine Mary Harmsworth Sports Facility, SE1 6ER

Time: 3 – 5 pm

Age: 18+

Cost: £3 per session

Register here: visit SouthwarkStars.co.uk

Goalball

Goalball UK

When: Alternate Tuesdays

Where: The Castle Centre, SE1 6FG

Time: 6 – 8 pm

Cost: Free

Register: call 0114 223 5670

Multi Sports

Ballers Academy

When: Tuesdays

Where: Docklands Settlement, SE16 5AA

Time: 10.30 – 11.30 am

Age: 18+

Cost: Free

Register here: tinyurl.com/ballersadultdisability or call 07359 397 813

Disability Sports Coach

When: Saturdays (term time only)

Where: The Castle Centre, SE1 6FG

Time: 2 – 3:30 pm

Age: 8+

Cost: £4 per session

Register here: DisabilitySportsCoach.co.uk

Pilates

Restorative Justice for All – Online Standing/ Seated Pilates

When: Wednesdays

Where: Zoom (details sent once booked)

Time: 3 – 3.30 pm

Age: 16+

Cost: Free

Register here: visit rj4all.info/getactive

Swimming

The Castle Centre – Disability Swimming

When & Time: Monday – 3 – 4 pm

Friday – 3 – 4 pm & 3:30 – 4:30 pm

Saturday – 2 – 2:50 pm

Where: The Castle Centre, SE1 6FG

Age: All ages

Cost: Free

Register here: [Profile - Everyone Active](#) and create an account

The Castle Centre – Private Swimming Lesson – 1-to-1 Additional Needs

When & time: 30 mins

Monday – Friday – 6:30am – 9:50pm

Saturday – 7:00 – 5:59pm

Sunday – 7:00am – 9:50pm

Where: The Castle Centre, SE1 6FG

Age: All ages

Cost: £8.20 per session

Register here: [Profile - Everyone Active](#) and create an account

Peckham Pulse Leisure Centre – Disability Swimming

When & Time: Monday – 12 – 1 pm & 8 – 9 pm

Tuesday – 7 – 8 pm

Wednesday – 8 – 9 pm

Thursday – 9:30 – 9:40 pm

Friday – 12 – 1 pm & 3 – 4 pm & 8 – 9 pm

Saturday – 3 – 4 pm & 5 – 6 pm

Sunday – 3 – 4 pm & 6 – 7 pm

Where: Peckham Pulse Leisure Centre, SE15 5QN

Age: All ages (U8 must be supervised)

Cost: Adult – £5.65 (peak) & £5.30 (off-peak) Senior – £2.00 (peak & off-peak)

Register here: [Profile - Everyone Active](#) and create an account

Peckham Pulse Leisure Centre – Private Swimming Lesson - 1-to-1 Additional Needs

When & time: 30 mins

Monday – Friday – 6:30am – 9:50pm

Saturday – 7:00am – 5:59pm

Sunday – 7:00am – 9:50pm

Where: Peckham Pulse Leisure Centre, SE15 5QN

Age: All ages

Cost: £9.05

Register here: [Profile](#) - Everyone Active and create an account

Seven Islands Leisure Centre – Disability Swimming

When: Mondays

Where: Seven Islands Leisure Centre, SE16 2TU

Time: 2 pm

Age: All ages

Cost: Adult – £5.65 (peak) & £5.30 (off-peak) Senior – £2.00 (peak & off-peak)

Register here: [Profile](#) - Everyone Active and create an account

Seven Islands Leisure Centre – Private Swimming Lesson 1-to-1 – Additional Needs

When & time: 30 minutes

Monday, Tuesday, Thursday & Sunday – 6:30am – 9:50pm

Wednesday & Friday – 6:30am – 10:00pm

Saturday – 6:30am – 6:00pm

Where: Seven Islands Leisure Centre, SE16 2TU

Age: All ages

Cost: £9.05 per session

Register here: [Profile](#) - Everyone Active and create an account

Tennis

Camber Tennis Club - Wheelchair Tennis

When: Thursday 6 – 7 pm

Where: Camber Tennis Club, SE21 9HE

Time: 6 – 7 pm

Age: 14+ years old

Cost: Free (a yearly subscription is required)

Contact: 07956142070