



2010 Disability Sports Directory



Hull
City Council



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Listings

KEY TO SPORTS AND ACTIVITIES

 <i>Athletics</i>	 <i>Cycling</i>	 <i>Gymnastics</i>
 <i>Archery</i>	 <i>Dance</i>	 <i>Martial Arts</i>
 <i>Ball Games/Hockey</i>	 <i>Exercise/Therapy</i>	 <i>Multi-Sports</i>
 <i>Basketball</i>	 <i>Fishing</i>	 <i>Swimming</i>

ACTIONNAIRES

Multi-Sports • Swimming

Venue	Haltemprice Leisure Centre
Session Times	Every 2nd and 4th Saturday of each month 1.00-3.00pm
Who is it for?	Young people aged 8-16 (under 8s with adult supervision) who are visually impaired. Friends and siblings welcome.
Contact	Anthony Hall
Telephone	07595 090 862
Email	anthony.hall@actionforblindpeople.org.uk
Website	www.actionforblindpeople.org.uk/children
Cost	Free
Further Information	Please contact Anthony before turning up to a session.

ALL ABILITIES ARCHERY

Archery

Venue	Costello Stadium, Anlaby Park Road North, Hull
Session Times	Saturdays 3.00-4.00pm
Who is it for?	All disabled people and their friends and family aged 8+
Cost	£2 per person or £3 per family (max 3 people). Outdoor sessions are available in the summer months, additional cost and club joining fee applicable.
Contact	Patrick Revell
Telephone	07792 757 154
Email	archery@prevell.co.uk
Further information	Competitive opportunities will be available when club has established enough members. GNAS membership will be required.

● BEVERLEY WHITESTAR RHINO'S FOOTBALL CLUB

Football

Venue	Beverley Leisure Centre
Session Times	Sunday training, times TBC
Who is it for?	Adults, all disabilities
Contact	Keith Bates
Telephone	(01964) 502 062
Cost	£1 per session
Further information	Please contact before attending. There is a lack of facilities for wheelchair users, with difficult terrain etc, but you are still welcome to try a taster session if you wish to do so.

● BIG BUZZ

Multi-activity

Venue	Kingston Youth Centre
Session Times	Tuesdays 7.00-9.00pm
Who is it for?	Mixed disability group aged 16-24
Contact name	Karen Kelleher
Contact details	(01482) 331 238
Cost	50p per session
Further information	This is a referral-only session and there is a waiting list. For more information please contact Karen.



● ● ● BRAVEHEART SPORTS FOUNDATION

Jiu Jitsu • Weightlifting • Swimming

Venue	Various across city
Session Times	Various depending on activity
Who is it for?	People with light to moderate learning disabilities and light to moderate physical disabilities, age 7+
Contact	Mel Leathley
Telephone	07944 208 414
Website	www.bsfinhull.co.uk
Cost	Various
Further Information	Mel runs a number of different sports clubs throughout the city. Please contact to find out more about the activities on offer, including fishing, archery and those listed here.

● BUZZABALOO

Multi-activity

Venue	Kingston Youth Centre
Session Times	Wednesday 7.00-9.00pm
Who is it for?	A mixed disability group, age 13-19
Contact	Paul Hawksworth
Telephone	(01482) 224 337 / 331 238
Address	Kingston Youth Centre, 48a Beverley Road, Hull HU3 1YE
Cost	50p per session
Further Information	This is a referral-only session and there is a waiting list. For more information please contact Paul.

● COTTINGHAM RANGERS ABILITY COUNTS FOOTBALL

Football

Venue	Hull University Sports Centre
Session Times	Saturday training 9.30-11.30am, Sunday playing 9.30-11.30am
Who is it for?	All disabilities
Contact	Paul Hamlett
Telephone	07985 116 298
Website	www.cottinghamrangers.co.uk
Cost	£1 per session
Further Information	Please contact before attending. There is a lack of facilities for wheelchair users, with difficult terrain etc., but you are still welcome to try a taster session if you wish to do so.

● DRIFFIELD JUNIORS FC

Football

Venue	Allotment Lane, Driffield
Session Times	TBC
Who is it for?	All ages, all disabilities
Contact	David Stead
Telephone	(01377) 241 861
Website	www.driffieldjuniorfc.net
Cost	TBC
Further information	Please contact before attending. There is a lack of facilities for wheelchair users, with difficult terrain etc, but you are still welcome to try a taster session if you wish to do so.

● **DISABILITY CLIMBING CLUB**

Climbing

Venue	Rock City
Session Times	Thursdays 6.00-8.00pm
Who is it for?	People who have disabilities, are aged 8-13, and live in Hull
Contact	Joanne Barker
Telephone	(01482) 318 053
Email	joanne.barker@hullcc.gov.uk
Further Information	Participants must book a place before attending.

● **DISABILITY SWIM**

Swimming

Venue	Woodford Leisure Centre
Session Times	Thursdays, 10.00am-12noon
Who is it for?	All disabilities
Contact	Woodford Leisure Centre, Holderness Road
Telephone	(01482) 331 322
Cost	£1.55 per person, carers free
Further Information	Woodford pool has sloped access making it particularly suitable for people who have physical disabilities. Shower chairs available. For further information on Hull Leisure services, please see www.hullcc.gov.uk and click on 'Leisure and Culture'.



● **EAST RIDING SPECIAL DANCE**

Creative dance for the learning disabled

Venue	St Mary's College, Cranbrook Avenue, Hull
Session Times	Thursdays 6.30-8.00pm and monthly Saturday workshops
Who is it for?	Young people aged 14+ and adults with disabilities and their non-disabled friends and family
Contact	Michaela Bullivant
Telephone	07981 690 215
Email	eastridingspecialdance@hotmail.com
Further information	Please contact Michaela prior to the sessions to book a place.

● ERYDSA Haltemprice Dolphins Disabled Swimming Club

Swimming

Venue	Haltemprice Leisure Centre
Session Times	Thursdays 7.30-9pm
Who is it for?	All ages and people with any disabilities
Contact	David Green
Telephone	(01482) 561775
Cost	£1.50 per week for each disabled person
Email	david.green@wyke.ac.uk
Further information	Friends and relatives welcome.

● GET HOOKED ON FISHING

Fishing

Venue	Various
Session Times	Various
Who is it for?	People with mild to moderate disabilities
Contact	Roman Buczynski
Telephone	07810 427 135
Website	www.ghof.org.uk
Further Information	Please contact Roman for further information and to book a place.

● HERIB TANDEM CLUB

Cycling

Venue	Behind HERIB, Beverley Road behind Beech Holme Court, Hull, HU5 1NF
Session Times	Usually Wednesday nights but please contact for information
Who is it for?	Blind or visually-impaired adults. Guides/volunteers welcome!
Contact	Robin Russell
Telephone	(01482) 846 246
Email	mail@herib.co.uk
Further Information	Please contact Robin before turning up to make sure that there are bikes available. Please be aware that many rides end at a public house.

● HULL AND DISTRICT CP SOCIETY

Swimming

Venue	Frederick Holmes School
Session Times	Tuesday 4.30pm (term time only)
Who is it for?	Members of the society who have cerebral palsy – open to all ages
Contact	Tracy Harrison
Telephone	(01482) 564 893
Further Information	You must bring a supervisor to go into the water with you. There are other events also on offer, including social events, coffee mornings and trips. Please contact for more details or before attending a session.

● HULL BEVERLEY BOROUGH AND HOLDERNESS BRANCH MULTIPLE SCLEROSIS SOCIETY

Hydrotherapy

Venue	Frederick Holmes School
Session Times	Monday 4.00-6.00pm term time only

Exercise Group • Physiotherapy

Venue	North Hull Community Centre
Session Times	Tuesday 10.30am-12.00pm

Who are these for?	People who have multiple sclerosis, age 18+
Contact	Ann Wordingham
Telephone	(01482) 846 126
Email	multiple@multiple.karoo.co.uk
Website	www.mssociety.org.uk
Further Information	Please contact Ann Wordingham before coming along to a session.

● HULL KUNG FU

Martial Arts

Venue	Various
Session Times	Various
Who is it for?	Anyone age 7+
Contact	Mike Mitchell
Telephone	07816 458 977 / 07893 533 220
Email	club@hullkungfu.co.uk
Website	www.hullkungfu.co.uk
Further Information	Please contact before attending to check times and venues.

● HULL OPTIMIST SWIMMING CLUB

Swimming

Venue	Frederick Holmes School
Session Times	Mondays 6.15pm, 7.15pm, 8.00pm adults Tuesdays 6.00pm child session, 7.00pm adults
Who is it for?	Able-bodied and disabled people, age 3+
Contact	Lynne Dawes
Telephone	(01482) 837 201 / (01482) 343 460
Email	dawesl@dawesl.karoo.co.uk
Website	www.hulloptimist.org.uk
Further Information	Sessions are one-to-one so swimmers will need a helper, who must be CRB checked. Please contact before attending.



● HULL OUTREACH GOALBALL CLUB

Goalball

Venue	Hull University Sports Centre
Session Times	Sunday 7.00-9.00pm
Who is it for?	People who have visual impairments, age 12+
Contact	Colin Baxter
Telephone	(01482) 445 666
Email	colin@baxters.karoo.co.uk
Cost	£2 for adults, £1 juniors. Adults pay membership of £12 per annum.

● KINGSTON KESTRELS

Sledge Hockey

Venue	Hull Ice Arena
Session Times	Seniors train on Monday evening 10.15-11.30pm and every other Saturday evening 10.15-11.45pm Thursdays between 7.15-8.30pm
Juniors train on	Thursdays between 7.15-8.30pm
Who is it for?	The sport is aimed at people who have physical disabilities, but anyone is welcome to try it
Contact	Simon Berry
Telephone	07807 000 606
Email	bsha_sledge@hotmail.com

● **KuHSAD (Kingston upon Hull Sports Association for the Disabled)**

Swimming

Venue	East Hull Pool, Holderness Road
Session Times	Thursday 7.30- 8.30pm
Who is it for?	All ages, all disabilities
Contact	Kev Dudding at East Hull Pools
Telephone	(01482) 331 303
Further Information	Please contact before attending a session and be able to produce a doctors note stating you are fit to swim.



● **LEISURE AND FREETIME SUPPORT SERVICE (LAFSS)**

Multi-Sports • Youth Clubs • Weekend Clubs • Day Trips

Venue	Various
Session Times	Various
Who is it for?	Children with disabilities, up to 18 years
Contact	The Children's Disability Team, Children's Centre, Walker Street
Telephone	(01482) 221 261
Cost	Free
Further Information	This is a referral-only service. To be referred you must get in touch with the Children's Disability Team.

● **MENCAP WALKING GROUP**

Walking

Venue	Various
Session Times	At weekends, varies depending on the groups you are in
Who is it for?	Members of MENCAP with learning disabilities, although people who have additional disabilities are welcome
Contact	Hugh Lundberg
Telephone	07810 157 628
Cost	Free unless an entry fee is required for the venue you are walking to.

● SCENE AND EASY ACCESS PROJECT FOR PEOPLE WITH LEARNING DISABILITIES

Multi-Sports

Venue	Various, across the city
Session Times	Various throughout the week
Who is it for?	People aged 14+ with learning disabilities and/or those with complex support needs
Contact	Steve Hopkins/Laura Cundill/Jenny Hopkins
Telephone	(01482) 318 019
Email	laura.cundill@hullcc.gov.uk
Further Information	Sessions take place throughout the year and include a wide range of leisure activities, as well as regular clubs and holiday programmes. The SCENE sessions are on a referral-only basis but ring and speak to the staff to discuss how a referral can be made. All sessions must be booked in advance. Please contact the SCENE and Easy Access team for further details.

● ● SPECIAL OLYMPICS – CITY OF HULL

Gymnastics

Venue	Sutton Village Gym
Session	Times Monday 7.00-9.00pm
Cost	£2.50 per session

Swimming

Venue	East Hull Pool, Holderness Road
Session	Times Saturday 3.00-4.00pm
Cost	£2.50 per session and annual fee of £5

Who are these for?	People with a learning disability, age 6+
Contact	Judy Burdass / Janet Nolan
Telephone	(01482) 871 349
Email	j.burdass@virgin.net / janet@nolan5.karoo.co.uk
Website	www.sogb.org.uk
Further Information	Special Olympics provides year-round training and competition for people with a learning disability. Presently the sports covered by the City of Hull Group are gymnastics and swimming. However if anyone with a learning disability is training in other sports and wishes to take part in Special Olympics competition please do get in touch.

● STINGERS IN MOTION WHEELCHAIR BASKETBALL

Basketball

Venue	Gemtec Arena, KC Stadium
Session Times	Tuesday 6.00-7.00pm (Juniors) 7.00-8.00pm (Seniors)
Who is it for?	Age 8+
Contact	Chris Wilson
Telephone	(01482) 571 025
Email	mikejan@wilsom.karoo.co.uk



● STROKE CLUB JUNIORS

Multi-Sports

Venue	Avenues Public House, Chanterlands Avenue, West Hull
Session Times	1st Wednesday of every month, 1.00-3.00pm
Who is it for?	People who have had strokes, their partners and carers, age 18-65
Contact	Jackie Dennett
Telephone	(01482) 565 430 / 07790 650 896
Address	65 Lindsay Place, Hull, HU4 6AE
Cost	Free to try, £2 per month
Further Information	Social activities are decided by members.

● TRIATHLON CLUB

Running • Swimming • Cycling

Venue	South Hunsley School
Session Times	Sundays 1.00-3.00pm
Who is it for?	All disabilities, ages 8-25
Contact	Joanne Barker
Telephone	(01482) 318 053
Email	joanne.barker@hullcc.gov.uk
Cost	£2 per session
Further Information	Please contact Joanne before attending.



● YOUNG PEOPLES SUPPORT SERVICE – ● ALLOTMENT GROUP AND FOOTBALL CLUB

Football • Allotment Work

Venue	Various
Session Times	Various
Who is it for?	Young people, age 16-21
Contact	Richard West
Telephone	(01482) 331 000
Email	richard.west@hullcc.gov.uk
Cost	Free

● VISABILITY

Multi-sports

Venue	Various depending on activity
Session Times	Various depending on activity
Who is it for?	Blind and partially-sighted people who live in Hull or the East Riding of Yorkshire
Contact	Tracy Wilson
Telephone	(01482) 442 220
Email	info@visability.org.uk
Website	www.visability.org.uk
Further information	VisAbility is a registered charity and runs various activities throughout the year, particularly evenings and weekends, and during school holidays.

● WHEELCHAIR TENNIS

Tennis

Venue	Swanland Lawn Tennis Club and David Lloyd (when raining)
Session Times	Sunday 3.30-5.00pm
Who is it for?	Open to wheelchair users and people who have additional needs, of all ages
Contact	Teo Arkut
Telephone	07890 783 807
Email	teoarkut@hotmail.com
Website	www.teotennis.com
Cost	£3 per session
Further Information	Please contact before attending a session. Friends and siblings are welcome.

Forthcoming Events

For further information contact the appropriate member of the team on 01924 279305



DATE	OFFICER GROUP	CLIENT	EVENT	VENUE
15th October 2009	IS	PD	Junior Boccia competition	Danum School, Doncaster
November 2009	IS/MD	All	ASA Young Aquatic Organiser Award 1	South Yorkshire
12th November 2009	IS/MD	LD	Disport Junior Swimming Gala	Ponds Forge ISC, Sheffield
10th January 2010	DSE	Pan	DSE Regional Swimming Gala (contact DSE)	The Hydro, Harrogate
4th Feb 2010	SC/MD	Deaf /HI	Deaf Sports Taster Day (badminton, boxing, athletics, basketball)	Doncaster College for the Deaf
Feb / March 2010	IS	Pan	Cross-Country & Fun Run	TBC
Sat 13th March 2010	IS/JB	VI	VI Cricket Competition	Headingley, Leeds
Feb/March 2010	IS	All	UK Athletics Assistant Officials Course x 4 (1 course per sub-region)	North Yorks, South Yorks, West Yorks & Humber regions
March 2010	IS	All	ASA Young Aquatic Organiser Award 2	Venue TBC
Feb/ March 2010	IS/SC	Deaf /HI	Deaf Junior Swimming Gala	Beverley Sports Complex
9th March 2010	IS	LD	Tag Rugby Competition	Craven College, Skipton
March 2009	IS	All	GBWBA Leaders Award x 1	TBC
21 April 2010	IS	Pan	FDSO Yorkshire Mini-Games Event (Basketball, Tag Rugby, SH Athletics Football)	York College
Thursday 29 April 2010	IS/MD	PD	FDSO Physical Disability Junior Athletics	Keepmoat Stadium Doncaster
Thursday 6th May 2010	IS/MD	LD	Disport Junior Athletics (South Yorkshire)	EIS Sheffield
Thursday 13th May 2010	IS/SP/NM	LD	Disport Junior Athletics (North Yorks & Humber)	Huntington Stadium, York
Thursday 20th May 2010	IS/JB	LD	Disport Junior Athletics (West Yorkshire)	John Charles Centre for Sport, Leeds
Thursday 27th May 2010	IS	Pan	FDSO / Disport Senior Athletics	Keepmoat Stadium Doncaster
Wednesday 16th June 2010	IS	LD	Disport Junior Athletics Finals	John Charles Centre for Sport, Leeds
Thursday 24th June 2010	IS/SC	Deaf/HIF	DSO Junior Deaf Athletics	Costello Stadium, Hull
TBC	IS	All	Boccia Young Officials courses x 2	As per demand

IS – Ian Spencer
FH – Fiona Hall
MD – Michelle Dent
NM – Nicola Massingham
JB – James Brown
SC – Sean Curran

Federation of Disability Sports Organisations
 Unit 9 Milner Way, Ossett, Wakefield WF5 9JN
 01924 279305
 Fax 01924 280232
 Minicom 01924 275070

LD = Learning Disabilities
 PD = Physical Disabilities
 PMLD = Profound & Multiple Learning Disabilities
 HI = Hearing Impaired
 VI = Blind & Visual Impairment
 Pan = Pan-disability (all groups)

Meet...

Ade Adepitan Sports Personality



Ade Adepitan, retired GB wheelchair basketball star and now known for such television programmes as 'Desperados' and 'Beyond Boundaries', recently came to Hull to publicise the launch of wheelchair basketball in Hull. Interviewer Chris Wilson was fortunate enough to grab a few minutes with Ade, before he began coaching at the first session.

What inspired you to get into sport?

Watching the Olympic games in 1984 I saw people like Carl Lewis, Daley Thompson and Sebastian Coe. I was totally blown away and I thought 'I want to be part of that'.

When did you start playing basketball?

I started playing basketball between 13 and 14, and I got introduced to basketball by some physiotherapists called Owen and Kay. They asked me to go to a place called Stoke Mandeville, where they were holding junior games. I saw some guys playing wheelchair basketball and I was like 'wow, this is an amazing sport'. I knew immediately it was what I wanted to do.

Do you play other sports?

I play loads of sports, I'm a fanatic. At the moment I'm really big into tennis. I started skiing last year which was good, I've scuba dived, I've tried track racing and weightlifting. Basically any sport that I can have a go at... and that I can win!

How long did it take you to learn your wheelchair skills?

I've been playing basketball for many years but every day I am still learning something new. To get to a decent level it probably took a good five or six years and for international level it takes even longer.

Tell me about your training?

My training regime has changed a lot because I have retired. Before this, I was training six hours a day, six days a week I did two hours of fitness in the morning, two hours of basketball in the afternoon, and maybe an hour and a half of stretches in the evening as well. It was a heavy schedule.

What does the future hold for disability sport?

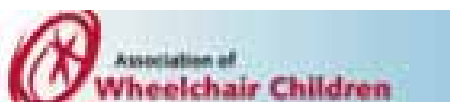
We need more grassroots level development. We have put all the resources into the top end and neglected the grassroots, so I am concerned as to what will happen when my generation moves on, and who will take our place. We need to plan for the future and find new talent, we also need to develop female teams.

What is your advice for anyone wishing to get into disability sport?

My advice is to go along to your local club, try some taster sessions. Go and meet the coaches and gain confidence, most clubs welcome new members.

Clubs and Services

The Association of Wheelchair Children (AWC)



The Association of Wheelchair Children (AWC) is a specialist charity that runs expert wheelchair training courses for children and their families across the whole of the UK and Ireland. Our highly-skilled mobility trainers will strive to make sure that every child they see learns the skills needed, and has the opportunities to reach their full potential, with the goal that by the time they become young adults they can be fully-independent wheelchair users.

We make no charges to the parents for the courses; we rely completely on donations to meet our costs.

We believe that just because some children use wheelchairs, they should not be prevented from living life to the full.

Being able to back-wheel balance is an essential skill to learn. When mastered, wheelchairusing children will have the confidence to cross roads safely, manage slopes, escalators and tackle stairs.

Families and friends are invited to join in, come to the training courses with their children to see for themselves what it's like to be a wheelchair user, and to learn new skills and have fun by playing games.

In order to book yourself or your child onto one of these courses, or to find out what courses are coming to this area please contact Roy Wild on 0870 121 0055

Visit www.wheelchairchildren.org.uk or email northteam@wheelchairchildren.org.uk

The Bendrigg Trust



The Bendrigg Trust was established over 20 years ago and is one of the few residential activity centres in the UK running holidays and residential courses designed for people with additional needs. Groups and individuals of all ages and abilities visit Bendrigg for a short break and to take part in activities they may have never contemplated before. Programmes are tailor-made for each group and a wide variety of activities can be incorporated, including anything from rock climbing and abseiling to sailing. Bendrigg are currently in the process of building a new Activity Hall with a state-of-the-art indoor climbing wall, sensory room, and underground maze.

Bendrigg is open throughout the year and a team of qualified and experienced tutors deliver the activities. The level of flexibility means that a variety of objectives can be accommodated with ease.

For further information about Bendrigg, please contact Jo Jolly at:

Bendrigg Trust

Old Hutton, Kendal, Cumbria, LA8 0NR

Telephone (01539) 723 766

Email bendrigg@msn.com

or check out the website at

www.bendrigg.org.uk

Choices and Rights



Choices and Rights is part of the International Disabled People's Movement. We are one of more than 150 organisations in Britain who are member organisations of the United Kingdom Council of Disabled People (UKCDP) – organisations run BY disabled people.

- > Access Issues
- > Disability Training Accessible information
- > Accessible Housing

These are just a few of the services on offer. Others include a Direct Payment Scheme, a personal assistant database, disability discrimination advice and community care advice.

To find out more, please contact Choices and Rights Disability Coalition, Tiverton House, Tiverton Road, Bransholme, Hull HU7 4DQ

Telephone (01482) 878 778

Textphone (01482) 370 986

Fax (01482) 370 999

Website www.choicesandrights.org.uk

Email office@choicesandrights.org.uk

The Common Treasury

Volcom hold equipment that voluntary and community groups can hire for learning activities – all for free! From making a video to having enough chairs to sit on at your event, the Common Treasury holds over 50 items that you can use. The catalogue ranges from digital cameras, to gym mats, to 'writing with symbols' software.

To find out more, visit the website www.volcom.org.uk or telephone (01482) 382 521.

Get Kids Going



Get Kids Going is a National Charity which gives disabled children and young people the wonderful opportunity of participating in sport.

We help promote sports for disabled children by providing them with specially built wheelchairs so they can do marathons, triathlons, tennis, athletics, mountain skiing, rugby, basketball, etc. Get Kids Going! Also helps and encourages British disabled children to compete by supporting them with their sports, training, physiotherapy, travel, design and development of sports wheelchairs.

Get Kids Going! Also provides personalised manual wheelchairs and trikes for children to use every day; at home, at school and to enable them to play with their friends. We believe that all disabled children and young people should receive the right equipment to get them going!

For further information contact:

Get Kids Going!

10 King Charles Terrace, Sovereign Close, London E1W 3HL

Telephone 020 7481 8110

Fax 020 7481 8150

Email info@getkidsgoing.com

Website www.getkidsgoing.com

The Duke of Edinburgh's Award

The Award is a challenging programme of activities which will help you to learn new skills, help others and experience adventures. It will give you a great sense of achievement. What's more, many organisations such as employers and universities take a good view of

the Award and what it says about the person who has achieved it. There are 3 levels; Bronze, Silver and Gold, it's up to you what you do. It is not an exam and you can't fail. All you need is enterprise and perseverance. The Award is to anyone between the ages of 14-25 years.

Duke of Edinburgh's Award
KC Stadium, Walton Street, Hull HU3 6HU

Telephone (01482) 318 075

Fax (01482) 318 003

Email pete.littlewood@hullcc.gov.uk



East Park Aiming High Cycling Scheme

East Park Cycling Scheme is open to families that have children and young people with disabilities. This scheme has been funded by Aiming High for disabled children, to develop and improve services for disabled children and young people. The scheme offers an opportunity for disabled people to experience cycling with their family and friends. The scheme holds 30 cycles at the moment, ranging from wheelchair-holding bikes, through sit-alongside bikes, to mainstream. The service is situated on the left-hand-side as you enter East Park from Holderness Road. You need to register as a member of the park to use the cycles, but this only takes a moment and is a simple process. Schools and other organisations are also very welcome to book the cycles.

To become a member contact East Park Cycling Team and ask for an application pack.

Hire charge per cycle is £2.50 or £5 per family.

Telephone (01482) 331 967

Email eastparkcycles@hullcc.gov.uk

For further information please ring Simon Berry on (01482) 467540



Federation of Disability Sports Organisations

Federation of Disability Sports Organisations (FDSO) was formed in 1993 to develop sport and recreational opportunities for people with disabilities in the Yorkshire and Humberside regions. The FDSO advises disability groups, clubs and associations on how to get started – setting up, constitutions, applying for funding and promoting activities. FDSO also gives advice and training to mainstream clubs on how to provide inclusive services. The FDSO advises individuals on where to go to access facilities and clubs in their chosen sport, and on how to fulfil their potential, from taster sessions and grassroots, to elite performance and competition level. There are over 60 events and development days being organised by the FDSO so check out the website to get involved: www.fdsoco.uk

If you would like to get into disability sport, contact your local council's Sports Development unit. They have a local knowledge of the clubs and opportunities, and should be able to discuss your requirements and match you to a suitable club.

If you would like to participate at competition level, the FDSO may have an event you can take part in which will enable you to get a 'classification' or profile. For further information telephone FDSO on (01924) 279 305

Flexible Care Services

Flexible Care Services are part of Hull City Council's Social Services, providing weekend and evening activities for adults with a learning disability and a break for carers.

We are a small team and have been offering our Out'n>About trips and groups for the last five years. We also work with other organisations to extend the range of activities on offer to people across the city. Sessions include music, arts and crafts, video film-making, walking and countryside adventure, gardening and evening social groups. To use this service you must live at home with family carers.

**For further information you can contact us at our office via the address or number below. Referrals can also be made via your Adult Social Services Team. The Grange, Middlesex Road, Hull HU8 0RB
Telephone (01482) 331 417
Fax (01482) 336 903**





Hull CVS Volunteer Centre

Volunteering can change your life!

Volunteering can help:

- > Increase your self confidence
- > Gain new skills
- > Make new friends
- > Find new challenges
- > Putting something back into the community
- > You have fun!

Hull CVS Volunteer Centre has a choice of over 300 voluntary work opportunities with a wide variety of different groups and organisations around Hull. There has never been a better time to volunteer. We can help you find your perfect volunteering experience

Simply:

- > **Phone our Volunteer Centre Team on (01482) 324 474**
- > **Email vc@hull-cvs.co.uk**
- > **Drop in or write to us at:
Hull CVS, 29 Anlaby Road, Hull HU1 2PG**
- > **Log onto the national volunteering website www.do-it.org.uk click on Hull and see how you can make a difference.**

Hull Deaf Club

The deaf club is based on Spring Bank and is a central hub of activity for deaf sport. It has not been mentioned in the sports listings pages because there is so much going on it would be impossible to list them all! If you are interested in anything from darts to football to badminton you are bound to meet someone with similar interests in this social club / pub / community group. Sports are publicised and played at venues including the club – which is a great place to meet new people and get involved in social and physical activity.

For further information on what's available through Hull Deaf Club please contact Janet Thompson, Hull Deaf Club Sport Secretary via text on 07525 640263 or via email to janet.thompson@deafbadminton.org.uk or visit 63 Spring Bank, Hull, HU3 1AG.

Janet is a member of the GB Deaf Badminton team and runs coaching days in Hull. She is particularly keen to make contact with anyone who is hearing impaired, who would like to pursue badminton opportunities at all levels, from grassroots to elite.



Hull Disability Football League

A new venture by the East Riding FA in partnership with Hull City Council and Cottingham Rangers Ability Counts Football. Opportunities to take part in regular competitive fixtures across the city. We'd like to hear from players old and new, and from organisations that may wish to enter a team. Open to players of all ages and disabilities.

Please contact **Gemma Thomas** for further information on 01482 221158 or via email to gemma.thomas@eastridingfa.com

HUSSO

For further information on the activities listed below, or to participate in any of the sessions, please contact, **Abby Lester** at HUSSO, Hull University Union, University of Hull, Cottingham Road, Hull, HU6 7RX or Telephone (01482) 466 270 Email a.lester@hull.ac.uk

Jesters is for children with physical and/or learning disabilities, aged 8 and up, offering them a chance to do activities they might not ordinarily be able to

access, such as ice-skating, bowling, Big Fun and going to the cinema. The volunteers provide the children with a safe, supportive environment where they can try new things and develop their social skills. The project goes out once a week during university term time and each outing will take up to three hours. Days and times to be confirmed.

Trekkers is a fortnightly social project that takes up to ten adults with learning disabilities out for the evening. Usual venues include Pizza Hut, bowling, the cinema and the pub is a particular favourite! Days and times are to be confirmed but sessions tend to take place in the evening and last for a couple of hours.

Gardening Project is a brand new project for this year. The aim is to help people who love their garden but who can't tend to it as much as they would like. Our volunteers will come (by prior arrangement) to dig and plant and do general tidy-up work. Where possible, we will bring our own equipment and seeds but any help you can offer us will be fine. Sessions will take place during university term time as and when volunteers are available. Each session will probably last between one and four hours, depending on the work to be done and the number of volunteers available.



MaxiFun Club

Maxifun is a leisure group that was set up by parents who were having trouble accessing family-inclusive free-time activities for their disabled children and their brothers and sisters – so they set up their own group. The club is organised on a self-referral basis and anyone is welcome.

The group organise and subsidise these events but as they are unpaid parents and carers, and have no staff, they are unable to supervise children. However all activities are open to families and children with a carer. Each child is the responsibility of the adult that accompanies them. It's a good chance for parents and carers to get together and compare information and ideas!

Regular activities include sessions such as swimming, soft play and bowling but there are also plenty of one off activities on offer.

For more information please contact Sally Stoakes.

Telephone (01482) 642 570

Email theteam@maxifunclub.com

Learn more about the club, and get a list of the most up-to-date event calendar by checking out the website www.maxifunclub.com

Motiv8 Holiday Club

School holiday activities for 8-25 year olds who have disabilities and live in Hull. Action-packed programmes include climbing, kayaking, sailing and lots of other exciting and fun things to try.

To register for information regarding these activities please ring Joanne Barker on (01482) 318 053, or email joanne.barker@hullcc.gov.uk

The holiday club is funded through Hull Children's Fund and will be developing further ongoing activities for 8-25 year olds, so please register with us and we'll let you know all the latest developments as they happen.

KIDS

Services for disabled children and their families in Yorkshire and the Humber region. KIDS services in Hull and the East Riding of Yorkshire are for disabled children and those with additional needs.

KIDS works in close partnership with parents and carers – and the young people themselves, to help them to get the most out of life. KIDS offer a range of activities for the under 5's but also: Playschemes (8-18 years) Run throughout school holidays, giving children the support and opportunity to enjoy a range of outings and activities, and opportunities to make new friends. Young People's Activities Group (9-13 years) Weekly sessions giving disabled young people the opportunity to meet and enjoy leisure activities with their friends and helpers.

For more information about KIDS contact: KIDS, Cranswick House, 182 Chanterlands Avenue, Hull HU5 4DJ Telephone (01482) 467 540 Fax (01482) 467 560 Email admin@kids-yorkshire.org.uk

Kingston Kestrels Sledge Hockey Club

Sledge hockey is ice hockey played by disabled athletes in sledges. The players sit in the sledge and use two sticks instead of one. Simon Berry, GB and Kingston Kestrels sledge hockey player, told us a bit about the sport, how he got involved, and where it is going in Hull.

Anybody can play sledge hockey at a club level, it can be for fun or for competition. In 1998 Simon started playing just for fun, but when he was told by his coach that he would never be able to make it as a professional player because of the type of disability he had, he was spurred into action and made it into the GB team within a year of playing. "I believe that the only limitations in life are the ones you put there yourself".

Kingston Kestrels train at the Hull Ice Arena on a Monday evening 10.15-11.30pm and every other Saturday evening 10.15-11.45pm and are always encouraging new players to come and give it a try, disabled or not – try it, you might like it! "Sledge hockey is a massive outlet for people, and it brings on independence – too many people are frightened of people with disabilities getting hurt, but when they come down, they really enjoy it".

The Kingston Kestrel junior team now play on a Thursday evening 7.15-8.30pm. This team was set up as a joint venture between Motiv8, Kingston Kestrels and the Young Persons Inclusion Network (YP-IN) to promote sledge hockey to younger players in the region.

Wet Dreams Watersports

Learning to Scuba Dive is the start of an adventure in which you will explore the amazing beauty and mystery of another world. Scuba diving is one of the most exciting and invigorating activities available and yet one of the easiest and safest to learn. Diving appeals to all ages and abilities and is now the most popular adventure sport after Skiing.

Why Wet Dreams Watersports?

As the premier dive centre in this area, we are able to offer you unparalleled expertise with our friendly personal service which has become our hallmark. Our low ratio of students to instructors, top quality training equipment and time proven training methods, make our courses the safest and most enjoyable in the UK.

Prices

Discover Scuba £10

Open Water £275

Open Water Referral £175

Wet Dreams Watersports have qualified and patient instructors who are willing to train up anybody wanting to give diving a try. If you let us know what additional help you may need we will try our best to accommodate this – you never know unless you give us a call!

Neil Marshall, Wet Dreams Watersports Limited and the Yorkshire Dive Institute, 825 Hessle Road, Hull HU4 6QF

Telephone (01482) 501 488



Youth Opportunity and Capital Funds

Youth opportunity fund (YOF)

The youth opportunity fund is money to spend on things to do. In Hull, you can apply for £100-£2500.

Youth capital fund (YCF) The youth capital fund is for places, equipment and building things. You can apply to the youth capital fund for £150-£5000.

Who can apply?

Any young person aged 13-19 years can apply. Young people up to 25 years who are disabled can also apply.

What can we get money for?

There are lots of things you can do with the grant – as long as you work with at least one other young person to get it. In some circumstances individuals can apply.

How do I apply?

Get together with your friends, talk about your ideas and get a supporting person or organisation to help.

For more information on YOF or YCF, please contact us. Telephone (01482) 300 300. Email youth.service@hulcc.gov.uk Visit www.hulcc.gov.uk and search for Youth Opportunity Fund.



Hull City Council has not inspected the clubs and organisations in this directory. We strongly suggest that you make relevant enquiries regarding qualifications of coaches, and the protection of children and vulnerable adults. Every possible care has been taken to ensure that the information given in this publication is accurate.

Whilst bringing our attention to any errors would prove useful in further publications, Hull Sports Development cannot accept any liability for inaccurate information portrayed in this directory. If you know of any sports clubs that have not been included in this directory, or are wanting more information about how to be included yourself please contact the Hull Sports Development on (01482) 300 300.

This document can be made available in other formats (large print, audio and Braille) and different community languages. Please telephone (01482) 300 300.