










INCLUSIVE SPORTS ACTIVITIES

DAY	ACTIVITY	TIME	WHERE TO MEET	INFORMATION
Monday	TAI CHI 	1.pm – 2.pm Inclusive session	Bishop Creighton House 378 Lillie Road Fulham SW6 7PH	FREE Contact Bishop Creighton see reverse for details
Monday	DANCE 	5.pm – 6.30pm (Age 11-25 years)	The Lyric Lyric Square King Street Hammersmith	FREE Call to register 07788 277547
Wednesday	ATHLETICS 	5.00pm – 6.00pm People with a LD only (age 14 years up)	Linford Christie Outdoor Sports Centre – Athletic track Artillery Way, W12 0DF (back Hammersmith Hospital)	FREE Contact London Sport Trust 020 8735 1589
Wednesday	DANCE 	2.pm – 4.pm People with LD only	Mencap Activity Centre 65 Aspenlea Road Hammersmith W6 8LH (Games at Lillie Rd. Rec. Grd.)	£5 Contact Mencap see contact details below
Wednesday	WALKING 	11.30am – 1.30pm Inclusive session	Meet at Hammersmith Apollo 45 Queen Caroline Street Hammersmith W6 9QH	FREE Contact LBHF council 07949 244253
Thursday	FOOTBALL 	4.30pm – 6.30pm People with LD only	Mencap Activity Centre 65 Aspenlea Road Hammersmith W6 8LH (Games at Lillie Road Recreation Ground)	FREE Contact Mencap, see contact details below
Thursday	YOGA 	2.pm – 3.pm People with LD and carers	Bishop Creighton House 378 Lillie Road Fulham SW6 7PH	FREE Contact Bishop Creighton see reverse for details

Thursday	CIRCUS SKILLS	4.pm – 5.pm People with LD only	Mencap Activity Centre 65 Aspenlea Road Hammersmith W6 8LH (Games at Lillie Road Recreation Ground)	FREE Contact Mencap, see contact details below
Saturday	BMX / CYCLING 	11.am – 12.pm Inclusive cycling (for ages 12yrs+)	BMX Track (next to Woodmand Mews) Wormwood Scrubs Scrubs Lane	FREE Contact Adam Thomas 07840 528 587
Saturday	TENNIS 	3.pm – 5.pm Pan-disability (for ages 7 years+)	Harbour Club – Sands End Watermeadow Lane Fulham SW6 2RW	£40 for 12 weeks Contact the Council 020 8753 3838

	London Sports Trust Sam Dale	Bishop Creighton House Joe Robins	H&F Mencap Jatinder Purewal
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