

# Activities Update – February 2012 for Children & Young People with Learning Difficulties or Disabilities!

Activities Available through the 'SHORT BREAKS PROGRAMME' (previously called Aiming High for Disabled Children)

These are targeted, in particular, at those children and young people who may have a complex health need, disability or special needs. However, they are also available to any child who has a professional assessment. For further information please speak to the Activity Provider or Lesley Forde at FIZ on 01983 821999.

## HORSE HAVEN – Ground therapy/learning (Newport)

Contact: Mrs J Loosemore [mummyloose@aol.com](mailto:mummyloose@aol.com)

Developing confidence, and skills related to handling and caring for these animals.

**After school sessions** – 2 hours' duration. 1<sup>st</sup> session – Health and Safety

Safety equipment provided

Introduction to ponies – child to choose their own pony to work with

Sessions to familiarise children with ponies, catching/leading ponies, touching/communicating with ponies.

Wet weather – classroom available under cover with tea/coffee.

£5 per session (paid on weekly basis)

£4 per session (5 weeks paid in advance)

£3 per session (10 weeks paid full in advance.)

Inclusive Activity for families and siblings also.

## BODSTER – Equine Assisted Learning (Ryde)

Contact: Jo & Giles Boddington 07790 305108 (Jo) [joandgiles@googlemail.com](mailto:joandgiles@googlemail.com)

Working with horses to improve self-esteem, behaviour, confidence, basic numeracy and literacy.

Evening sessions – weekly basis (2 hours' duration)

Saturday sessions (4 hours' duration)

***We are running a 'Valentine's' Pony Fun Day in Half term on Tuesday 14th February from 10am to 3pm at a cost per learner of £15 for the day. This is during Half term and there are still places available so please contact me on 07790305108 or at [joandgi@googlemail.com](mailto:joandgi@googlemail.com) if you would like to book a place. Again please can you give us any feedback, ideas etc. about Bodster as this is a chance for us to then act on your views when we run future events.***

## Goodleaf Tree Climbing

Contact: Abigail on 0333 800 1188 or Mobile: 07800 720001 for more information

Email: [info@goodleaf.co.uk](mailto:info@goodleaf.co.uk)

**Bushcraft Day: 15<sup>th</sup> February 2012 Cost: £5.00**



Learn how to build a shelter in the woods, cook over a campfire and enjoy heaps of woodland activities with Goodleaf Tree Climbing. Based in the woods, we'll provide everything you need for a fantastic day. Funded by Short Breaks Programme, Bushcraft Skills days are for disabled young people aged 10 – 18 on the Isle of Wight. Please contact Abigail directly to reserve a place.

## **West Wight Sports Centre - Dedicated swimming sessions/specialist tuition also available**

Contact details: Clare Griffin on 01983 752168 Email: [clare@westwight.co.uk](mailto:clare@westwight.co.uk)

**Weekly swimming session** for disabled children, with their family, siblings and friends. Both pools are available exclusively for fun-packed sessions. Additional lifeguards and support provided for the dedicated session. Do come along to appreciate the caring, supportive, fun atmosphere!

Fridays. 5.30 – 6.30 pm (Closed on public holidays). Age range: open. Cost: £2.50 per child 1 parent/carer per child free.

**Tuition** is also available. Either private (1:1) or a child can be supported in a mainstream lesson.

## **Fishing at Nettlecombe Farm – bring the family!**



Contact: 01983 730783 Email: [enquiries@nettlecombefarm.co.uk](mailto:enquiries@nettlecombefarm.co.uk)

Try fishing for free at Nettlecombe Farm Lakes on **Sunday 19<sup>th</sup> February 2012 11am – 3pm**  
Feel free to bring a picnic and visit our play areas and animals. Tuition from experienced and qualified angling coaches. Tackle and Bait supplied.

All children to be accompanied by a responsible adult, the lakes are accessible, parking and toilets are available on-site.

**Booking Essential.** If you would like to attend please email [enquiries@nettlecombefarm.co.uk](mailto:enquiries@nettlecombefarm.co.uk)

## **Term Time Activities**

### **Isle of Wight Inclusives Football club**

Contact: Julie on [mummyloose@aol.com](mailto:mummyloose@aol.com)

Come and try our inclusive football club – all disabilities welcome. No previous experience necessary. Either have fun or play competitive league football. Have your say in how you want the club to run! Train and get fit!  
Two clubs now running in Sandown or Newport.

Thursday evenings at Sandown High school – 5 – 6.30 pm

Wednesday evenings at Carisbrooke high School – 5 – 6 pm

Cost £2 per session

### **Clubs Organised by The Isle of Wight Branch – National Autistic Society**

#### **Gamezone**

Contact: Helen Hughes on 07789 191 071 or 01983 752848 Email: [iowgamezone@btinternet.com](mailto:iowgamezone@btinternet.com)

Come and play PS3, Wii and Xbox games! For anyone affected by Autism, this club for teenagers runs on Wednesdays from 4.30 – 6.30 pm at G Block, the Isle of Wight College. A small charge is asked for which helps to support the club and future activity. Age range: 13 – 17 years. Charge: £2.

#### **Lego Club**

Contact: Gillian Elsom on 07795 517049 Email: [legoclub.iw@hotmail.co.uk](mailto:legoclub.iw@hotmail.co.uk)

Does your child enjoy playing with Lego? Would they benefit from some support in developing their social skills? The Lego club is highly effective in encouraging your child to socialise with others, developing interaction and communication skills. Places are much-sought after; please book to ensure your place.

All sessions normally run from 10.00 – 12.00 pm, usually on the first and third Saturday of each month at Riverside Centre, Newport. Ages 5 – 18 years. Charge £2. Parents should attend the initial session with their child in order to aid familiarisation. Parents are welcome to attend further sessions if they wish.

Dates

**4<sup>th</sup> Feb 18<sup>th</sup> Feb**

## Other Open Groups

### NEW: **Disabilities Sports Club**

AFC Bournemouth Community Sports Trust And The Rainbow Club Down's Syndrome Support Club

*Would like to invite you to a Disabilities Sports Club*

Accessible to children of all ages with a disability, their families and siblings.

Starts on Saturday January 21<sup>st</sup> 12pm-2pm, there after every 3<sup>rd</sup> Saturday of the month.

@ Downside Learning and Community Centre, Furlongs, Newport, PO30 2AX.

Come and have a go at:

Football; Basketball; Wheelchair Football; Dance (Street dance; Hip-Hop; Acro; Jazz; tap ;) Boccia and more

All activities run by professional Coaches.

*Only £1 admission fee per child.*

Tea and coffee facilities, eating area, chill out zone all provided

*For more information please call: Clare 568601 [clareanne21@btinternet.com](mailto:clareanne21@btinternet.com)*

*Or*

*Paul Topping 07514 801968 [paul.topping@afcb-iow.co.uk](mailto:paul.topping@afcb-iow.co.uk)*

### **Blue Sky Arts**

Runs for 50 weeks a year offering a mix of art, dance, drama, film making and music, Monday to Friday (Different activities on different days contact provider to confirm). Am & Pm sessions available or full day. During school holidays can take from aged 12 + (with parental consent) 1:1 support available at an additional cost.

Contact Stephanie on 07976 009 087 or Derick on 07968 660 780 or by email to [info@blueskyarts.co.uk](mailto:info@blueskyarts.co.uk)

### **Community Club**

If you aged over 16 and live in West Wight, this new club may be of interest to you.

It's called The Community Club of West Wight and runs on Tuesdays from 10am till 3.30pm.

If you (or someone you know) wants to get out and meet people, The Community Club of West Wight offers a range of activities to get involved with.

Internet access, table tennis, board/card games, snooker and more

Fancy you hand at snooker or pool? If you know someone who doesn't have a computer at home, they can pop down to use on the other computers at the club, which also have Internet access. There are card and board games, table tennis and a coffee bar open as well.

The group is open to anyone, but especially those with special needs or dealing with social isolation. It runs at West Wight Youth & Community Centre, Moa Place, Freshwater and won't cost you a penny.

For further information please contact Lesley Grimwood – 07920 223 547.

**Dance With a Difference** on Monday's at Godshill Village Hall – Booking essential. Contact Linda Smith on 01983 863615 or email: [enquiries@dancewithadifference.co.uk](mailto:enquiries@dancewithadifference.co.uk)

**Buddies Club** on Saturdays at Ryde Youth Centre 11.00am – 3.00pm Youth club for ages 8 – 18. Contact 07851 606960

**Isle of Wight Branch National Autistic Society** – contact 07827308768 or view their web site for current groups and activities [www.autism.org.uk/isleofwight](http://www.autism.org.uk/isleofwight)

**Isle of Wight Association for Cricketers with Disabilities** on the 3<sup>rd</sup> Thursday of each month at Carisbrooke High School. 5-6pm for Learning Disabled. 6-7pm for Physically disabled. Contact Graham Sprack for more details or to book a place. Tel 07866 668405 or email [graham.sprack@btinternet.com](mailto:graham.sprack@btinternet.com)



'Putting smiles on faces'

Cowes Sailability Club, formally Fishbourne Sailability Club, was formed to promote and facilitate water sports for Island people with disabilities.

We operate on Tuesday lunchtimes and evenings throughout the season offering opportunities in sailing and motor boats. We also have Club nights, for talks and lectures, and Day Cruises that allow members to go further afield. On our Club nights we have talks and instruction on different aspects of sailing, and motor boating, as an understanding of the environment and use of equipment is essential to safety on the water. Our Club nights continue through the winter with talks, instruction and, very importantly, fun evenings of quizzes, parties and dinners.

We were established in 2002 under the auspices of the Royal Yachting Association Sailability initiative and the Club is a member of the RYA.

Originally we were hosted by the Royal Victoria Yacht Club, next to the Wightlink car ferry in Fishbourne. The Royal Victoria provided us with an excellent working base, although with severe tidal restrictions. In the Spring of 2010 we moved to Cowes to be hosted by the Cowes-based charity and leading maritime training provider, the United Kingdom Sailing Academy, and are pleased to be working in conjunction with Cowes Corinthian Yacht Club, Griffin Marine Services and East Cowes Marina.

We have a National Squib of our own and are supported with a number of other sailing and motor cruisers belonging to members and friends.

In April 2009 we were proud to commission Dougal, our motor vessel specially modified for wheelchair users and those with limited mobility and, in April 2010, Zebedee, our 4.9m support RIB.

We were proud last year to be awarded a 'Winner in Class' in the RCC Community Action Awards and even more proud to be awarded a Queen's Award for Voluntary Service, the MBE for voluntary groups.

We welcome enquiries and new members and would be pleased to hear from you. You can contact us c/o UKSA at the address below or email us at [fishsail@btinternet.com](mailto:fishsail@btinternet.com)

#### **COWES SAILABILITY CLUB**

C/o UKSA  
Arctic Road, Cowes  
Isle of Wight, PO31 7PQ  
Hon. Sec. 01983 882560



**Please contact Lesley Forde Information Officer for Learning Difficulties and Disabilities at FIZ on 01983 821999 for further information.**

