

LEISURE LINK



Next Leisure Link - Club Soda meeting - ??? June, 1.30pm in the Braithwaite Hall, Croydon Clocktower, Katherine Street, CR9 1ET

Leisure Link 29 April - June 2017

News & Events

Leisure Link is a group of people who meet to share information about leisure activities for people with learning disabilities in Croydon. Leisure Link meetings take place once every two months. **Everyone is welcome to come along to our meetings.** We'd love to hear what you've been doing and you may get some good ideas about things you'd like to do.

Club Soda's Gig Night

Monday 12 June,
7 - 11pm at Matthews Yard

Don't miss this superb night of live music at Hoodoos, Matthews Yard.

HIGHLIGHT!!!

Club Soda's Club Night

Monday 26 June,
7 - 11pm at Bad Apple

Club Soda are holding their next club night soon. DJ sets on the night from Flashback, X, Mennis, Soul Sista & more.

CLUB SODA Presents
A Live Music night run by people with learning disabilities

SODA BEAT

Monday 12th June
Hoodoos (Matthews Yard) off Surrey Street Croydon CR10 1FF

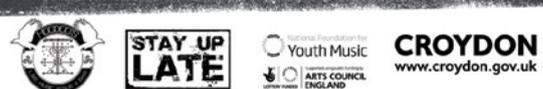
Accessible venue

Tickets £5 on the door
Doors 7-11pm

Open to everyone 14+
Support workers free but contributions welcome

Featuring
ELECTRIC EAGLE
PAUL HAWKINS & THE AWKWARD SILENCES
LIGHTNING SPARKZ
THE BEAT BAND
THE CARBONATORS

www.clubsoda.org.uk
f @clubsodacroydon
@clubsodacroydon



CLUB SODA Presents

SODA CREW DJ's

A CLUB NIGHT RUN BY PEOPLE WITH LEARNING DISABILITIES

MONDAY 26TH JUNE

BAD APPLE
Park Street
Croydon
CRO 1YD

Accessible venue

Tickets £5 on the door
Doors 7-11pm

Open to everyone 18+
Support workers free but contributions welcome

Dj Sets From: 4Blue, X, Mennis, Soul Sista, Flashback, Tony Cool, Bubbles, Queen Pop, Mix Doctor, Princess Anne, B Jonez, + guest

www.clubsoda.org.uk
f @clubsodacroydon
@clubsodacroydon



What do you like doing on the beach?

Andrew – Throwing a bit of drift wood in to the sea and trying to hit it with pebbles

Amanda – Throwing stones in to the sea. I used to be good at shot put when I was a child

Robert – Walking on the beach once the tide is out

Rachael – Relaxing on a sandy beach, listening to music on my headphones

Sedley – Eating scampy and chips at Dymchurch

Paul – Building sandcastles



What have you been doing or are looking forward to?

Sedley – Took part in a bunting making workshop near Reeves Corner in preparation for the Croydon Summer of Love Festival.

Amanda – Went to the PHAB club's first ever Friday session. As well as the Wednesday night, they now run a Games Night on a Friday.

Robert – Went to Box Park and recommends the greek restaurant 'Greek Street'.

Andrew – Is interested in the Oval Tavern BBQ on Sat 3rd June. Live music, food and games. theovaltavern.co.uk

Rachael – Has been on a family holiday to Cornwall and went rockpooling.

Sedley – Is looking forward to the Rochester Dickens Festival from 9 - 11 June. www.visitmedway.org

Rachael – Is excited about Club Soda's event on Saturday 20 May at 10am. SLiDE dance and Club Soda's DJ's are performing at BoxPark for Croydon's first ever early morning rave and it's free entry! www.boxpark.co.uk

Festivals & events in Croydon

Croydon Cycle Fest
18 May

www.CroydonCycleFest.co.uk

New Addington Carnival
10 - 11 June

Fun Fair / Bootfair and Talent Show

Crystal Palace Overground Festival
12 - 18 June

Music / Theatre / Film / Comedy

Croydon Summer of Love Festival
17 June

Music / food / drink / entertainment

The Big Lunch street parties
18 June

Croydon Heritage Festival
24 - 30 June

croydonheritagefestival.co.uk

Purley Festival

26 - 30 June & 1 - 2 July

Outside Cinema / Bands / Silent Disco

For more info on Croydon events visit

www.whatsoncroydon.com

or use this link: <https://goo.gl/oZU9Jt>

FOOTBALL IN CROYDON

- For people with learning disabilities who are 16 and over
- Led by coaches from the Crystal Palace Football Club Foundation
- Develop your football skills
- Get healthy
- Make new friends
- Have fun...
- 5 different sessions at 3 venues for people with different football abilities:



COME ON PALACE!!

Home Games Coming Up

Tottenham - Wed 26 April, 8pm

Burnley FC - Sat 29 April, 5.30pm

Hull City - Sun 14 May, 12pm

| ABILITY | DAY | TIME | VENUE |
|------------------|-----------|-----------------|-------------------------------|
| Walking Football | Monday | 1.30-2.30pm | Waddon Leisure Centre |
| Beginners | Tuesday | 11.30am-12.30pm | Waddon Leisure Centre |
| Beginners | Wednesday | 12-1pm | Thornton Heath Leisure Centre |
| Beginners | Thursday | 11.30am-12.30pm | Waddon Leisure Centre |
| Advanced | Thursday | 5-6pm | Selhurst Sports Arena |

- £2 per person charge for each session at the Waddon Leisure Centre to be paid, in cash only, at the beginning of each session a person attends
- No charge for the 'Advanced' group session at Selhurst.

Waddon Leisure Centre (Purley Way, Waddon, CR0 4RG)

Selhurst Sports Arena (Dagnall Park, Selhurst, SE25 5PH)

Please note that Selhurst Sports Arena IS NOT SELHURST PARK WHERE CRYSTAL PALACE PLAY.

- Please leave enough time to get changed for a prompt start at the times stated above.

Contact Andrew Slegg on andrewslegg@croydon.gov.uk or **020 8239 4393** to book your place or if you would like to ask any more questions.

Places to go & things to do



Wheels for Wellbeing (WfW)

is an award-winning charity supporting disabled people of all ages and abilities to enjoy the benefits of cycling.

Running regular inclusive cycling sessions in South London for disabled children and adults to try two, three and four wheeled cycles.

Herne Hill Velodrome

07578 746 448

Croydon Arena

07806 334 770

Ladywell Sports Hall

07561 166 949

For more information call

020 7346 8482 or visit

www.wheelsforwellbeing.org.uk

Enterprise Swimming Club

This swimming club for disabled people meet on Friday evenings from 8pm - 9.30pm at Purley pool.

For more information

www.enterprise-club.org.uk

Healthy Living Hub

If you want to lose weight, stop smoking (one-to-one consultations available on Thursdays), become more active or just get some information on what you can do to keep you and your family healthy, the Healthy Living Hub is the place to go. **The service is free!**

Monday - Thursday 11am - 5pm

For more information

call **020 8253 1009** or

email healthy.living@croydon.gov.uk

**Central Library, Croydon Clocktower,
Katharine Street, Croydon, CR9 1ET**

Frontiers 'Buzzz Hub'

A purpose designed environment in Croydon which provides a safe and welcoming space for people with Learning Disabilities, Asperger's, Autism, Challenging Behaviour and Mental Health Issues.

A place to be active and creative in a relaxed and supportive environment.

**Nutrition, Art Therapy
IT and Communications Workshop
Massage & Reflexology**

For more information

call **020 8603 7230**

email enquiry@frontiersupport.co.uk

or visit www.frontiersupport.co.uk

**96D Southend, South Croydon,
CR0 1DQ**

Places to go & things to do

Matthews Yard

A unique café/music/arts venue in the heart of Croydon's Old Town it has a varied schedule encompassing theatre, film, comedy, live music and community events.

For more information
email info@matthewsyard.com
or visit matthewsyard.co.uk

The Brook / Wallington

Kitchen/Bar/Studio/Stage

Mon Closed

Tues – Sat 10am - 11:30pm

Sun 10am - 4pm

84 Manor Road, Wallington, Surrey,
SM6 0AD

For more information
call **020 3620 5237**
or visit www.the-brook.co.uk

'The Bus' Café

A café in Selhurst in a bus. It looks great and ideal for anyone who loves buses and cafes.

Faraday House, Gladstone Rd,
Croydon, CR0 2BQ.

289 Bus, Closest stop Lansdowne Road.
For more information **07804 484505**



The Museum of Croydon

Open Tuesday - Saturday, 10.30am - 5pm (except public / bank holidays)

All galleries are free to enter.

The Museum of Croydon tells the story of Croydon from 1800 to the present day. Over 250 objects are displayed and interpreted through the voices of local people.

For anyone who has an interest in local history, a visit to the FREE exhibition or a look at the fascinating online catalogue would surely be most enjoyable.

Riesco Gallery

4 March 2017 - January 2018

Tuesday - Saturday, 10.30am - 5pm
(except public holidays)

FREE entry

'Bones of Croydon'

Get up close and personal with one of the earliest known Croydonians.

To find out more about all the museums work, visit
www.museumofcroydon.com
or follow on Twitter
[@museumofcroydon](https://twitter.com/museumofcroydon)

Places to go & things to do

SPECIAL BLEND

Croydon Young Peoples Service

Monday Nights from 6.45pm - 9pm

Running activities for young people with LDD aged 18-25 which include Thai Fit, football, Skills for work, Zumba cooking and visits to the pub or Club Soda nightclub.

Sir Phillip Game Centre, 38 Morland Avenue, Croydon, CR0 6EA

For more information visit www.croydonyps.org.uk or contact Paul Funnell on **07990 790183** or email paul.funnell@croydon.gov.uk



Croydon Imagine

Provide a range of services for people accessing mental health care. These services include volunteering, befriending and user-led groups.

Find out more at www.imagementalhealth.org.uk or call the main office on **020 8253 7078**



Monday Night Social Club

7 - 9pm, Entry / Subs £3.50

Addington Community Centre
Central Parade, New Addington,
Croydon, CR0 0JB

The Monday Night Social Club Team aims to provide activities and entertainment in a safe environment, with help from a wonderful group of regular volunteers.

To find out more about the Club e-mail the Club Co-ordinator Aliye@croydonmencap.org.uk or call **020 8684 5890**



South London Me Time

Empowering people to enjoy a variety of meaningful activities in their community. For adults with a learning disability who want to take part in social and leisure activities either on their own, or as part of a group.

Find out more at www.mencap.org.uk or call Mencap Direct on **0808 808 1111**



Places to go & things to do

Croydon People First

We are local people with learning disabilities, supporting each other.

Making It Happen

Peer support service

Together we are "making it happen" for adults with learning disabilities in Croydon.

MIH activities:

Monday 28th April 2017

London Docklands Museum & DLR trip

Friday 19th May 2017

Chislehurst Caves trip

Friday 2nd June 2017

Gun Salute at Hyde Park

Future for Us

Community Hub

West Croydon's monthly meeting place run by and for adults with learning disabilities

Coffee Bar • Information Desk •
Have Your Say 'One Minute Stand-Up'
• Guest Speakers

Next meeting:

Wednesday 3rd May / 11am - 2pm

New members welcome.
Membership is FREE!

St Michael and All Angels Church Hall
Poplar Walk, West Croydon

For more information visit
www.croydonpeoplefirst.org.uk

Providence Lincs United Services

PLUS is a south east London based charity providing residential, respite, leisure and employment services for adults with learning disabilities.

Gardening at Spa Hill Allotment

This is a very exciting group based at the Spa Hill Allotments, in the area of Crystal Palace, Croydon.

Mondays, 10am - 12pm

£5 per session

This workshop helps to develop employment skills and learn about healthy eating.

IPAD Workshop

Learn to set up Emails, take photos, make videos and attach them to your emails and Facebook. Chat to friends using Skype!

Wednesdays, 1pm - 3pm

£5 per session

This workshop helps to develop employment skills and keep me in touch with friends whilst being safe.

At Penge office, 23 High Street,
Penge SE20 7HJ

Zumba

This group can help you stay healthy.

Thursdays, 1pm - 2pm

£5 per session

At The Irish Centre, 2A Davenport
Road, London SE6 2AZ

For more information about what they do visit plus-services.org
or call Janette **020 8297 1250**



Places to go & things to do

Autism Friendly Screenings

Subtle changes to the traditional cinema environment.

- Lights are left on low
- Sound is turned down
- Trailers and adverts are not played
- It is ok for people to move around during the screening and make a bit of noise

Vue's next screenings will be:

Sunday 30 April - Moana at 10:15am
www.myvue.com

Cineworld's next screenings will be:

Sun 7 May - Guardians of the Galaxy Volume 2 at 11am
www.cineworld.co.uk

Showcase's next screenings will be:

Sun 14 May - The Boss Baby at 10am
www.showcasecinemas.co.uk

Free cinema tickets for carers

Cinema Exhibitors Association Cards

A national card scheme allowing carers to get into cinemas free when going with the person they care for.

The person being cared for must apply. To be eligible you need to be in receipt of disability or attendance allowance or be registered blind.

The card lasts three years and costs £5.50.

Visit the website to find participating cinemas near you.

www.ceacard.co.uk

Walking for health

We run programmes of led and self-guided short walks (1-4 miles) in local parks and open spaces. It's a great way to meet new people and become active.

Lloyd Park

Monday 11:00am Meet: Every Monday at 10:45am at Parklife Cafe, Lloyd Park. This is a circular walk through Lloyd Park and surrounding areas. The walk will split into two or three walks of different difficulties.

Travel: Tram - route 3.

Macmillan

Wednesday 1:00pm Meet: Every Wednesday at 12:45am Macmillan Resource Centre at Croydon University Hospital. This is a short walk in the green spaces around the hospital to support patients with Cancer. Travel: Bus - 64, 250, 198

South Norwood

Wednesday 11:00am Meet: Every Wednesday at 10:45am at South Norwood Leisure Centre. This is a circular walk around South Norwood Country Park on flat terrain. It is ideal for beginners. Travel: Bus - 197, 312

Wandle Park

Friday 11:00am Meet: Every Friday at 10:45am at Wandle Park tram stop.

A great walk for the new walker through Wandle Park and Waddon Ponds. Travel: Tram - route 3.

For more info walkingforhealth.org.uk

Places to go & things to do

TURF

TURF Gallery

Weekly art workshops on Tuesday evenings from 5-7pm, for adults with learning difficulties.

Opening times: Tuesday - Saturday
11am - 5pm during exhibitions
Turf, Keeley Road, Croydon. CR0 1TF
£5 per session
turf-projects.com
 or email **info@turf-projects.com**

Shirley Windmill

Guided tours last about an hour and include history, operation and principle features of the Mill.

Open Days on 4th June, 2nd July,
6th Aug, 3rd Sept & 1 Oct 2017
Opening times 1 - 5pm
FREE, donations welcome

Located in Postmill Close, Croydon
 Surrey, CR0 5DY
www.shirleywindmill.org.uk
 or call **020 8651 0064**

Clocktower Café

Mon to Sat 9:30am - 5:30pm
Free live jazz Thurs 12:15 - 2:15pm
 The café also exhibits work by local artists

Dance with SLiDE!

Created to offer safe places for the local community to explore dance and movement.

Play and accessibility is at the core of their approach. So far SLiDE has reached over 180 people with and without disabilities, aged 5-70.

Monthly dance workshops for adults with learning disabilities on the first Saturday of the month.
Braithwaite Hall, Croydon Clocktower,
CR9 1ET - 11am - 3pm
£10 per session drop in or £34 for 4 sessions (Support staff/carers are FREE)
 To book: **info@slidedance.org**
07887 781361



BEGINNERS CONTEMPORARY
DANCE
TUESDAYS 6.10-7.10PM
CROHAM ROAD
BAPTIST CHURCH
SOUTH CROYDON
CR2 7BA
£6 A CLASS
DROP IN
 INFO/BOOK: **GEMMA@SLIDEDANCE.ORG**
FOR ADULTS ALL ABILITIES

**Club Soda's
FUNRAISER**

Monday 3 June,
From 3pm, £5 entry
at Croydon Conference Centre

2 Club Soda bands will be
performing at this event.
Don't miss this super event!

AT THE CROYDON CONFERENCE CENTRE



DOORS 3PM JUNE 3RD ENTRY £5

DROWNED OUT GARAGE FLOWERS EVERON GOEN
THE NINE LIVES JUNK TIME PARTY LITTLE PEBBLES
TAIKONAUT CARBONATORS EARLY BLACK
IVORY PUPPET THE BEAT BAND JOE RETRO BETRO
ALL MONEY RAISED GOES TO THE CHARITY

Rise and Rave @ BOXPARK

Saturday 20 May, 10 - 11.30am, FREE

Join SLIDE and Club Soda at this first
ever early morning rave for Croydon.

**FREE WORKSHOP Club Soda's
Rave Space Workshop**

Monday 26 June,
4.30 - 6.30pm at Bad Apple

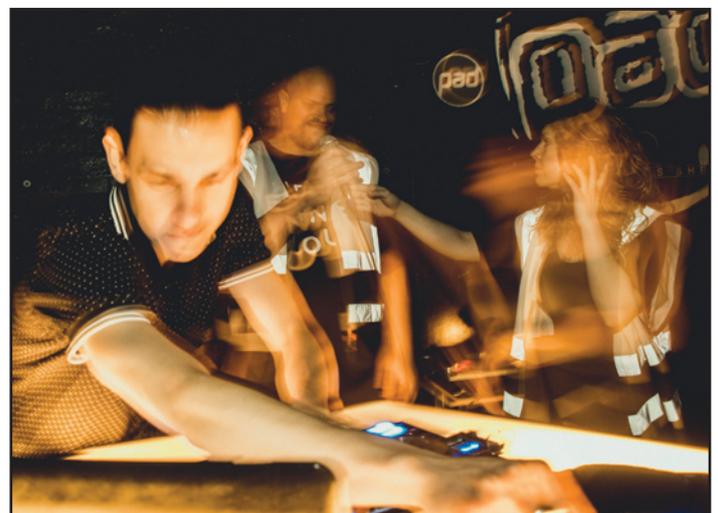
This workshop will get you well and truly warmed up for the clubnight with Soda Crew DJs! A 2 hour journey with dancing, voice game with laser pens, do somet'ai chi, then we warmed up our voices and played with making sounds, having conversations and MCing to music. The workshop finished with some quiet reflective time, and then the opportunity for people to perform solos for the rest of the group. The emphasis of the whole workshop was on being together and letting go. Much like a great rave!

Book by emailing

info@clubsoda.org.uk

or calling us on **020 8253 1034**

(There are a limited number of places left and will be given on a first come first served basis)



Share with Leisure Link your experiences...

Special Blend visit Box Park

Young people really enjoyed the option of going off and choosing all the different food and then coming back to our table and eating together



Trip to the Bowie mural in Brixton

Ellie and I spent the morning in Brixton as she is a huge Bowie fan.



Who came: Andrew Slegg, Rachael Phandey, Sedley, Paul S, Robert, Amanda and Holly