

ABOUT US

This leaflet has been designed by the paediatric team in Somerset, aiming to improve access to inclusive sports. We want to encourage everyone to stay active, healthy, and have the same opportunities when it comes to health and exercise!

INCLUSIVE SPORTS IN SOMERSET



SCAN ME!



OUR VALUES:

CREATIVITY

KINDNESS

EXPLORATION

GROWTH



Find a Club Near You!

Use the map on the next page to explore local sports clubs that welcome and support children with disabilities.

(Click the club titles for the link to their website!)

1. Conquest Centre:

- Offer a wide range of therapeutic horse related activities.
- Address: Conquest Centre, Conquest Farm, Norton Fitzwarren, Taunton, Somerset, TA2 6PN

2. Currypool Equestrian

- A riding club that offers coaching for people with disabilities within their mainstream schedule
- Address: 109 Swang Cottages, Currypool, Bridgwater TA5 2NH

3. Jump Start Therapy CIC

- Offer fun gymnastics classes for young children with disabilities and their siblings.
- Tuesdays at 1:45
- Address: Leigh upon Mendip, Radstock BA3 5QH

4. Taunton Tennis Club

- Host a wheelchair tennis programme including a first free 2 hour session.
- Blackbrook Way, Taunton TA1 2RW

5. Wellington Ability Football Team

- A friendly Ability Football Team in Wellington
- Sunday afternoon 2-4
- Address: Court Fields School, Mantle St, Wellington TA21 8SW

6. Trinity Leisure Centre

- Disability swim classes available regularly
- Check online timetable for timing.
- Address: Chilton St, Bridgwater TA6 3JA

7. Somerset Disabled Cricket Club

- Inclusive cricket sessions for all ages.
- Occurs on Mondays, Thursdays or Saturdays depending on times of year.
- Address: Cooper Associates County Ground, St James St, Taunton TA1 1JT

8. Taunton Gladiators Wheelchair Rugby

- An inclusive rugby wheelchair club
- Every Other Sunday at 11:30-15:30.
- Address: Bridgwater & Taunton College, Bath Road, Bridgwater, Somerset, TA6 4PZ

9. Huish Tigers Ability Football Club

- A pan disability football, welcoming all boys and girls aged 5-15 with additional needs
- Saturday mornings from 9-10am
- Address: Richard Huish College, South Road, Taunton, TA1 3DZ

Further Useful Resources

• SASP "GET ACTIVE TOGETHER"

- Offers opportunities for families within Somerset to take part in physical activities together.
- Sessions take place in the school holidays, across different settings, and are for children aged 8 – 18 years.

• Somerset Council Parasports

- Somerset Council supports a wide range of parasports, tailored specifically for individuals with physical and sensory disabilities.
- Use their website for further information on clubs and activities!

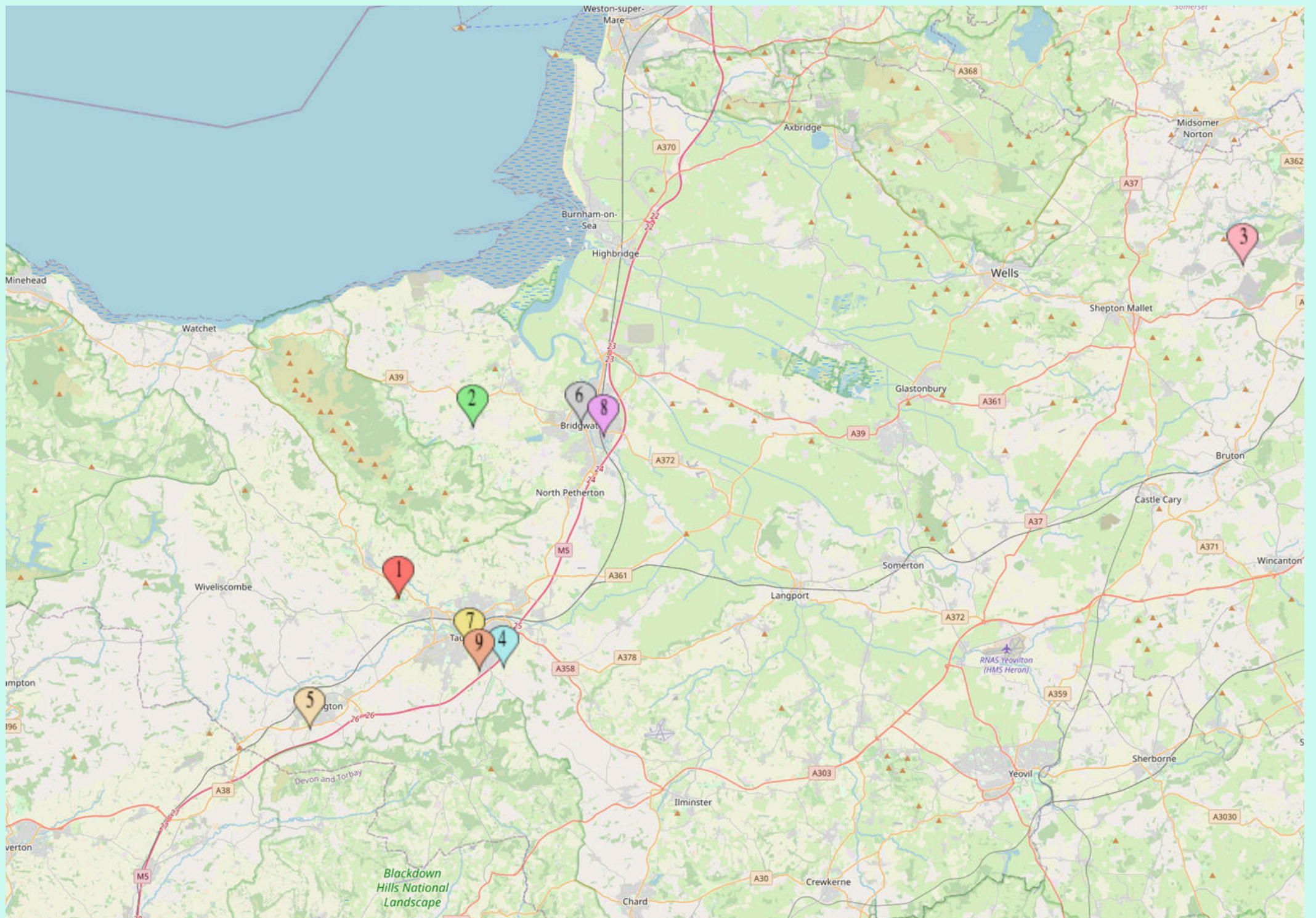
• Novasports:

- Delivers high-quality, inclusive sports programmes for children and adults with disabilities across Somerset, Bath, Bristol, and Frome
- Activities include: Wheelchair basketball, powerchair football, frame running and many more.

• Ignite Bristol

- Aims to increase participation of disabled people in sports and physical activity across Bristol





YMCA YOUTH CLUBS

- **Taunton:** Lisieux Way, Taunton TA12LB
- **Yeovil Youth Clubs:** Detached work is being carried out around the town
- **Street Youth Club:** Street Young People's Centre, Strode Road, Street, BA16 0AS
- **Glastonbury Windmill Hill Youth Club:** Windmill Hill Youth Club, St Edmund's Hall, BA6 8EG
- **Shepton Mallet Youth Club:** Returning soon in a new location
- **Frome Youth Club:** Frome Youth & Community Centre (FYCC), Vallis Road, Frome BA11 3EF
- **YMCA Dulverton Group:** The George Williams Centre, Friarn Ave, Bridgwater TA6 3RF
- **YMCA Weston-super-Mare:** 2 Bristol Rd Lower, Weston-super-Mare BS23 2PN

