



WHAT'S ON IN NORTHAMPTONSHIRE DIRECTORY



www.aiminghighnorthants.co.uk

Edition 3

This fact sheet has been produced by the Disabled Children's Service Core Offer for Disabled Children's Team to provide information on organisations, support groups, clubs, youth groups and sporting opportunities in the Northamptonshire area, that provide activities or services for children and young people with special needs or a disability. If you know of a group that should be included in this fact sheet, please let us know. Tel: 01604 236887. For further information on the activities and the accessibility of venues or to book a place, please contact the club/group directly.

September 2011

HOW TO ACCESS SUPPORT FOR FAMILIES WITH DISABLED CHILDREN

Access to information and support for families of disabled children comes through the Families Information Service, (FIS) www.northamptonshire.gov.uk/fis. The Families Information Service can be contacted on 01604 237 935 or via e-mail on fis@northamptonshire.gov.uk

When families contact FIS they will be offered a range of information on universal and targeted services that may well meet the needs they have. If there are further needs they may also be referred to a Service Coordinator in their local area. The Service Coordinator can support families in accessing services and in complex cases may act as the 'Lead Professional'.

If the needs of the family cannot be met through the Service Coordinator, he or she will make a referral to the Disabled Children's Service. This team will organise a multi-agency assessment to clarify current needs and how these can be met. The assessment may show the need for specialist services or may identify how needs can be met through universal and targeted services. If a child or young person becomes allocated to the Disabled Children's Service current protocols such as review of needs and support will continue to be adhered to.

All matters regarding child protection will continue to be served through the Referral Team for that area where the child or young person does not already have an allocated Social Worker.

Special Needs Index

Database for children and young people with a learning and/or physical disability and/or sensory impairment.

For further details contact:

Tel: 01604 236887

Email: khjones@northamptonshire.gov.uk

Holiday Activities

Co-ordinated and supported by the Disabled Children's Service to enable children and young people with a disability to have play and activity opportunities during the school summer holidays.

For further information contact:

Tel: 01604 236063

SEN/Disabilities Co-ordinator (Out of School Provision)

To support the inclusion of school-aged children and young people with disabilities in mainstream childcare and play settings.

Contact: Christina Downey – Tel: 01604 237563

Email: cdowney@northamptonshire.gov.uk

Autism Family Advisory Team (AFAT)

Provide advice on using structured approaches in the home and community, helping to make things make more sense for the child with autism and teaching family members to use these strategies and skills.

For children up to the age of 18 with a diagnosis of an autism spectrum condition.

Contact initially via 24 hour answerphone: Tel: 07834 510704

Youth Team

The groups are listed throughout the directory.

For more information contact:

Steve Rustage – Tel: 01536 313000

Websites:

www.askability.org.uk/home - Children's Society website, working with the Special Needs Index to put news and events taking place in Northamptonshire in symbol format.

www.aiminghighnorthants.co.uk – For local news, events, information & Facebook.

www.caringnorthants.org.uk – Directory of Services for carers in Northamptonshire/

SUPPORT GROUPS / ORGANISATIONS & SERVICES

LOCAL

CORBYP:

F.A.C.T. (Families of Aspergers Children Together)

Tel: 07854193346

Woodnewton: A Learning Community, Rowlett Road, Corby. NN17 2NU.

www.factnorthants.org.uk – For further information.

Email: infor@factnorthants.org.uk

Parent support group for families of children and young adults with an Autistic Spectrum Disorder / Aspergers Syndrome.

First Thursday of every month 7.30pm - 9.30pm

Little Angels

Lodge Park Sports Centre, Shetland Way, Corby. NN17 2SG.

Meets Tuesdays – 9.30am to 11.30am.

Group for pre-school children & parents.

For further information contact: Leanne – Tel: 07891912718

Studfall Parents Group

Studfall School, Rowlett Road, Corby. NN17 2BP.

Jan - Tel: 01536 202621

Home Start

Pen Green Children's Centre, Pen Green Lane, Corby, NN17 1BJ

Elaine Young - Tel: 01536 409612 or email homestartcorby@yahoo.co.uk

Support for families with at least one child under 5.

Parent Support Group

Oakley Vale Primary School, Cheltenham Road, Corby. NN18 8RH.

Monica Butler – 01536 461199

For parents of children with any disability.

Meet in the Community Room.

Every Thursday – 2.00pm to 3.00pm in term time.

KETTERING:

Highfield Road Sure Start Children's Centre

Informal & Friendly Support Group
For children under 5 years with a disability.
Tel: 01536 515609

Parents Befriending Group

Phyliss – Tel: 01832 733042
Beacon House, 15/17 London Road, Kettering. NN16 0EF.
Parent support group.
Wednesday 10.00am - 12 noon

Parents & Tots Group (Down's Syndrome)

Ronald Tree Nursery School & Children's Centre, Laburnum Crescent,
Kettering. NN16 9PH.
Meets fortnightly – Fridays – 3.30pm to 5.00pm.
For further information contact: Karen Smith – Tel: 07771 717460

Ronald Tree Sensory Room

Ronald Tree Nursery School & Children's Centre, Laburnum Crescent,
Kettering. NN16 9PH.
Thursdays – 12.45 – 1.45pm or 2.00pm – 3.00pm.
Offers a multi-sensory experience for children with additional needs and their
parents and carers to explore together.
For further information on what is offered and to book a place contact:
Donna Smith Tel: 01536 514240 or 07507 195866
Free of charge

Home Start

The Zone, William Knibb Centre, Montagu Street, Kettering. NN16 8AE
Nikki Farrar-Hayton – Tel: 01536 484318
home-startkettering@lineone.net
Gail Howden – Tel: 01536 484318
Support for families with one child under 5.

WELLINGBOROUGH:

Black Alliance – ABC Children & Young People’s Service

The White House, Rock Street, Wellingborough.

Cynthia Walker - Tel: 01933 222775 or 07840005276

Ring for details

Home Start – Wellingborough & District

6 Park Road, Wellingborough. NN8 4PG

Janet Sanders – Tel: 01933 272749

Christine Kinnersly – Tel: 01933 272749

Support for families with at least one child under 5.

Email: home-start.wboro@tiscali.co.uk

Movers & Shakers

For children aged between 0 to 5 years

Redwell Leisure Centre

Mondays – 1.30pm to 2.30pm

Oakway Children’s Centre in crèche

Tuesdays – 9.30am to 10.30

Parents can attend keep fit while children are at this group

Promoting gross motor and social skills

For further information contact: Stephanie Hunt – Tel: 01933 678714

Email: Stephanie.hunt07@my.northampton.ac.uk

Little Acorns

Oakway Children’s Centre, Off Oakway, Wellingborough. NN8 4SD.

For children with additional needs and their parents.

Tuesdays – 1.15pm to 2.30pm - Fortnightly

For further information contact: Stephanie Hunt – Tel: 01933 678714

Email: Stephanie.hunt07@my.northampton.ac.uk

Sparkles

Penrith Drive Children’s Centre, Penrith Drive, Wellingborough.

A stay & play session for children with additional needs.

Adult carers/parents & siblings welcome.

Every Wednesday – 1.00pm to 2.30pm

Term time

For further details ring: 01933 671700

The Rainbow Room

Penrith Drive Children’s Centre, Penrith Drive, Wellingborough.

A sensory room for all the family.

30 minute sessions available.

Monday to Saturday – booking essential.

For further details ring: 01933 671700

EAST NORTHANTS:

Ups and Downs Group

Parent support group meeting in Higham Ferrers
For more information and details of meetings
Contact: Karen Smith – Tel: 0777 1717460

FAIR

Park Road Baptist Church Family Road, Park Road, Rushden.
Support Group
Meet Mondays 10.30am – 1.30pm
Tel: 01933 419418 for further details
All parents with young children

Raunds Manor Surestart Children's Centre, Raunds.

A wide and expanding range of activities & groups. Fully inclusive.
For further details ring: Tel: 01933 624714

Home Start

Jean Tudor – Tel: 01933 461122
The Hall, Thorpe Street, Raunds. NN9 6LT
Support for families with at least one child under 5.

Voluntary Transport

Volunteer Centre, 48 High Street, Thrapston, NN14 4JJ
Lorna McGoldrick
Tel: 01832 733336

Stamford Carers Sitting Service

Marjorie Boxall-Hunt
Tel: 01780 481480 Ring for details and area covered

NORTHAMPTON:

Amana Muslim Mothers

Shazia – Tel: 01604 463897 - Support telephone line.

Autism Pre-School Support Group – Small Steps

Headlands Children's Sure-Start Centre, Bushland Road, Northampton.

Thursdays - 9.30am – 11.00am

Tel: Alison Goodman – Tel: 01604 239404 or

Rachael Meech – Tel: 01604 464370

Support group run by Autism Concern for parents/carers of children under 5 who have an autistic spectrum disorder. Aims to provide support, information and guidance and a safe environment for children to play.

Camrose Sure Start Children's Centre

The Camrose Centre, Tenby Road, Northampton. NN5 7DF. and

King's Heath Drop in Centre, 16 Park Square, Kings Heath, Northampton.

Stay & Play sessions

For further information about sessions please contact:

Claire Green – Tel: 01604 585219

Conductive Education

Fairfields School, Trinity Avenue, Northampton.

For children under 5 with physical disabilities learning with their parent/carers.

Sessions free of charge & led by qualified instructors.

For further information contact:

Mrs. Panni Monus-Szoke – Tel: 01604 714777

Email: head@fairfieldsschool.freeserve.co.uk

Website: <http://atschool.eduweb.co.uk/fairfields>

Daisy Chain

Rebecca – Tel: 07525 480538 or Email: rebeccawhiting@hotmail.co.uk

www.daisychainclub.btck.co.uk or

Support group for families with disabled children. Ring for details

Fab Friday

Gloucester Children's Centre, Camborne Close, Delapre, Northampton. NN4 8PH.

Stay & Play session for children with additional needs and their families.

Every Friday morning – 9.30am to 11.00am.

For further information: Tel: 01604 762251

Hunny Pots

A group for families of pre-School children with Down's Syndrome.
Usually 3rd Friday of each month 10.00am – 12 noon
Tel: 01604 545841 Ring for further details
Child Development Centre, Northampton General Hospital
Cliftonville, Northampton. NN1 5BE

Little Roos

A group for families of children with additional needs.
Usually 2nd Friday of each month 10.00am – 12 noon
Tel: 01604 545841 Ring for further details
Child Development Centre, Northampton General Hospital
Cliftonville, Northampton. NN1 5BE

Duston Library

SureStart Children's Centre, Duston Library C.C.
Pendle Road, Northampton. NN5 6DT.
Contact: Denise – Tel: 01604 752891
(From October 23rd 2009)

F.A.C.T. Northampton

Tel: 07879 864220 factnorthampton@btinternet.com
www.factnorthants.org.uk
Cedar Road School, Broadway Road East, Northampton. NN3 2JF.
Parent support group for families of children and young adults with Autistic
Spectrum disorder / Aspergers Syndrome.
2nd Wednesday of month 7.30pm - 9.30pm

Little Stars

Thorplands Children's Centre, Farmfield Court, Northampton. NN3 8AQ.
A friendly and relaxed group for parents and carers with pre-school children
with a special need or development delay.
Every second Friday
Contact: Jayne Gearing on 01604 741131 or Lyn Brown on 01604 647406

TIME 4 SUPPORT

Every third Tuesday 9.15am – 11.00am
Informal parent/carer support group for parents/carers with special needs
children. Under 5's are welcome to come and play too.
Wallace Road Nursery, Wallace Road, Northampton. NN2 7EE
For further information contact:
Cindy Baylis - Family Worker - 01604 713422 or 07757127068
Email: cindybaylis@aol.com

Tots Group Drop-in-Cafe

The Barn, Bradlaugh Fields, Off Kettering Road at Fulford Drive,
Northampton. NN2 7NX.

Mondays – 11.00am to 1pm

For further information contact:

Gayle Merchant - Tel: 01604 621667 Kizzy MacDoanld – Tel: 07853125807

For pre-school age children with additional needs. Opportunity to chat with other parents & for children to play.

Voice4Autism

Kingsthorpe Grove Children's Centre, Northampton

Parent support group for families with a child with autism

Meets Tuesday mornings 9am – 11am

For further information contact: Anne Burrows – Tel: 01604 791537

Well Being Tots Group

Weekly tots group for parents with disabled children.

While the children play, parents can get a break with special sound therapy & yoga session.

For further information contact: The Centre for Sound – Tel: 01604 247402

Email: thecentreforsound@hotmail.co.uk

Home Start

Rose Stewart – Tel: 01604 627692 or Bernadette Barnes– Tel: 01604 627692
24 Hazelwood Road, Northampton. NN1 1LN.

Support for families with at least one child under 5.

Email: admin@homestart-northampton.org.uk

Camrose Community Toy & Book Library

Camrose Centre, Streatfield Road, Northampton. NN5 7DF

Tel: 01604 585219

Selection of quality toys and books for pre-school children and for children with additional needs. Ring for details of opening times.

Clear Vision & Braille Books

Information to help people with Dyslexia. Tel: 01604 403100

Weston Favell Library, Northampton. NN3 8JZ

Provides well known children's picture books interleaved with a braille text on clear plastic.

DAVENTRY / SOUTH NORTHANTS:

Hunny Bees

Sally Merrick – Tel: 01327 705063

Meet every Friday 10.00am – 12 midday (including school holidays)
Daventry & South Northants Family Centre, Staverton Road, Grange Estate,
Daventry.

A group for children under 5 who have a disability or special needs, to come with their parent(s) and get together with others to play, chat and generally have a nice time.

South Northants Parent/Carer Support Group

Sarah Drage – Tel: 01604 232500

Meet at The Saracen Head Pub, Towcester.

Ring for further details

1st Tuesday every month 7.00pm – 9.00pm

Stars

A support group for parents/carers of children with autistic spectrum disorders.

The Family Centre, Staverton Road, Daventry.

Meet every Friday – 10.00am to 12 noon & every 2nd Saturday.

Drop in for a chat. Children can play in a safe environment.

For more details please contact: Mandy – Tel: 07531235528

starstogether@gogglemail.com www.autism-stars.webs.com

S.N.U.G. - Brackley

Gina Thorne – Tel: 01280 704016

Support group for parents and carers of children with special needs.

Tuesday – Fortnightly 10.00am - 12 noon

All ages Ring for details

S.N.U.G. - Towcester

Lucy Meredith – Tel: 01327 354268

Kim – Tel: 01327 810052

Support group for parents and carers of children with special needs.

Wednesday – monthly – term time 9.30am - 11.30am

All ages Ring for details

Special Friends Group

Brackley Sure Start Children's Centre (Attached to Brackley Library)

This group has currently ceased to run. Please contact the number below for details of other groups running that may be of interest.

Tel: 01280 703455

The Shires Spectrum Support Group (South Northants Mencap)

Sue White – Tel: 01295 712287

Email: sue@chacombeholt.fsnet.co.uk

Sharon Barker – Tel: 01295 721458

Meetings have been temporarily suspended – Ring for further details

2nd Friday every month during term time 9.30am - 12 noon

For families with children who have special needs.

Woodford Halse Sure Start Children's Centre

Scrivens Hill, Woodford Halse. NN11 3SU.

Chris Batchelor - Tel: 01327 264809

Monthly support group for parents/carers of children with special needs.

Meets 10.00am – 12 noon. Different days each month. Ring for details.

Home Start

Carol Hulm – Tel: 01327 353139

Victoria House, 1st Floor, 138 Watling Street East, Towcester. NN12 6BT.

Support for families with at least one child under 5. Ring for further details.

Email: hs-davsn@btconnect.com

Brackley Area Volunteer Car Service (BAVCS)

Providing a service for Brackley and the surrounding villages. (Ring for details of villages).

We can take you to appointments at: Hospitals, Health centres and GP's, Dental Surgeries, Opticians, Chiropodists, Physiotherapists, Day Centres etc.

Able to help anyone, young or old, who has a genuine need, has no one to help them with transport.

Ring: 01280 841099 for details of registration etc.

COUNTYWIDE

Advocacy Partners Speaking Up

To support people who face disadvantage or discrimination to have a voice that counts.

www.speakingup.org

www.advocacypartners.org

www.advocacyalliance.co.uk

ASBAH (Association for Spina Bifida Hydrocephalus)

ASBAH are advisor for Northamptonshire

For advice, information or support:

Sharon Lapsley – Tel: 01536 400959

Email: sharonl@asbah.org

Website: www.asbah.org

Eastern Region Office, ASBAH House, 42 Park Road, Peterborough. PE1 2UQ.

Autism Concern

Tel: 01604 239404 Free helpline: 080880 89090

Email: info@n-s-a.org.uk

www.autismconcern.org

Suite 20/21 Burlington House, 369 Wellingborough Road, Northampton. NN1 4ET

Ring for details of support groups, clubs and activity days etc. in various areas.

Brainwave

www.brainwave.org.uk

A national charity providing therapeutic support for children with developmental delay, genetic conditions, brain injury, chromosome abnormality, birth trauma or accident.

For further information contact the Regional Family Co-ordinator:

Ceri Collins – Landline: 05602 699 005

Mobile: 07894 424312

Email: cericollins@brainwave.org.uk

Carers HUB and Support Line (Formerly Northampton & Kettering Carers Centres)

For general enquiries:

Tel: 01933 677837

Email: carers@northamptonshire-carers.org

Carers Support & Advice line – Tel: 01933 677907

7 Regents Park, Booth Drive, Park Farm South, Wellingborough. NN8 6GR.

Information, advice and support service to carers living in Northamptonshire.

Also contact for information regarding young carers support. Ring for further details.

Carers UK

Information, advice, support and helpful literature.

National Helpline: Tel: 0808 8087777

Child Brain Injury Trust (Head Office)

Unit 1, The Great Barn, Baynards Green Farm, Nr Bicester. OX27 7SG

Tel: 01869 341 075

Email: helpline@cbituk.org

Parents & families free support line Tel: 0845 6014939

Provide information and support to families of brain injured children.

Crossroads Care

Home respite/carer support

Northampton - Tel: 01604 766769

South Northants - Tel: 01604 674369

Crossroads – Autism Project

The Abbey Centre, East Hunsbury, Northampton, NN4 0RZ

Contact: June Wood - Tel: 01604 766769

Email: crossroads@northampton.sfbusiness.co.uk

Project for parent/carers of children with Autism, Aspergers Syndrome or have autistic tendencies and who are desperate to have a break. They will provide an experienced project worker who will look after your child so that you are able to have a short break away from your caring role. This is a free service and relies greatly upon contributions. The project workers will carry out tasks such as: - supervising your child at home, provide continuity with specific life programmes, personal care, mobility & transfer using specialised equipment, help with eating and drinking and supervision of child outside home when relevant.

Deaf/Hearing impaired Children – Family & Children's Officer

N.C.C. John Dryden House, 8-10 The Lakes, Northampton. NN4 7YD.

Tel:/Text - 07813 040 675

Email: familyandchildrensofficer@actiondeafness.org.uk

For information on activities during holidays, drop in service for parent/carers, BSL Courses, Be-frienders scheme please contact above.

Dyspraxia Foundation

National - Tel: 01462 454986

Local website: www.northantsdyspraxiagroup.btik.com

Face2face

Peer support for parents

1:1 support or group support

Training & social events

Taking online referrals from 1st November 2009

Parents can access service via website

www.face2facenetwork.org.uk

Families in Partnership (Formerly Parents in Partnership)

Manfield Court, Manfield Campus, Kettering Road, Northampton. NN3 6NP

Tel: 01604 671888 Email: advocacy@familiesinpartnership.org.uk

Advocacy service. Ring for further details.

www.familiesinpartnership.org

Father's Support Group

A new support group for fathers' who have children with autism.

The link: <http://www.facebook.com/home.php?sk=group124895140926525>

KIDS Short Break Service

Offers short breaks to families with a disabled child or young person aged 0-18 who access their care provision via Direct Payments.

For more information contact:

Alison Usher – Tel: 07818 594256

Mondays – Thursdays – 9.30am to 2.30pm

www.directshortbreaks.org.uk

Learning Disability Partnership Board

Interested in Learning Disability issues? Want to get involved with helping to change your area?

For more information about how you can get involved contact:

Lisa Alleman - Participation and Development Officer

Tel: 07540 674627 Email: LAlleman@northamptonshire.gov.uk

Northamptonshire Association for the Blind (NAB)

Children & Families Service

Providing information and support to families with visually impaired children, parent support meetings, and family activities

Northampton Association for the Blind, Wardington Court. Northampton NN2 8AG

Tel: 01604 719 193 Email: helpline@nab.org.uk Website: www.nab.org.uk

Northants ADHD Family Support Group

Supporting people with ADHD/ADD and associated disorders. Organised by parents offering ADHD support and information for people of all ages.

Contact: Mel – Tel: 07906862278

Kim – Tel: 07900586168
Email: northantsadhd@hotmail.com
Contact by phone or email for details of monthly drop-in meetings in Kettering, Corby and Northampton.

Northamptonshire Centre for Independent Living
Gladstone Road, Northampton. Patrick Road, Corby
Tel: 01604 588501 Tel: 01536 266192
Drop in day Tuesdays 10am – 3pm Drop in day Thursdays 10am – 3pm
www.northamptonshirecil.org.uk
Email: information@northamptonshirecil.org.uk
Caring Northants Website: www.caringnorthants.org.uk
For information on a wide range of topics to help anyone with a disability.
Ring to find out more.

Northamptonshire Down's Syndrome Group
Meetings & events generally held in and around Northampton.
Ring for details – Kirsty Curtis – Secretary – 07773 870228
No specific venue. www.downgrouppnorthants.co.uk

Northants Special Needs Advocacy Project (SNAP) 4 young people
Helping children and young people (0-19 years old) to have a voice in issues affecting them.
Right Resolution, The Limes, Old Bedford Road, Northampton. NN4 7AA.
Office No: 01604 636607 Mobile: 07851430148 (Part time hours)
Email: natalie@rightresolution.co.uk

NDCS (National Deaf Children's Society)
Family Officer – Mary McInnes
Provides free support to deaf children and their families throughout the East Midlands.
Tel: 0808 800 8880 (Voice/text)
Email: helpline@ndcs.org.uk

Parent Participation Facilitator
Samantha Parish
Tel: 01604 636111
Mobile: 07545 420269
Email: saparish@northamptonshire.gov.uk
Contact Sam for details on how you can get involved with your local group

Participation Worker for Children & Young People with Disabilities
Contact: Rosie Milburn – Email rmilburn@northamptonshire.gov.uk for further information. Tel: 01604 362624

Portage Service

Davinder Phull – Tel: 01933 440289

Fairlawn Centre, Spring Gardens, Wellingborough. NN8 2AA

Support with developmental milestones - home visits. Ring for further details.

Covers Corby, Kettering, Wellingborough & East Northants areas.

Portage Service

Claire Findlay – Tel: 01604 647406

John Greenwood Shipman Centre, Farmbrook Court, Thorplands,
Northampton. NN3 1XZ

Support with developmental milestones - home visits. Ring for further details.

Covers Northampton, Daventry & South Northants.

Pulse

NHS Northamptonshire's membership scheme. Offering everyone who lives in Northamptonshire the chance to have their say on healthcare provision.

Parents & carers of disabled children encouraged to join to gain their views and opinions.

Interested in joining visit: www.northamptonshire.nhs.uk/membership or

Tel: 01604651160

Scope Northants

A charity for people with Cerebral Palsy and associated disabilities.

Contact: Michelle Waldron – Tel: 01604 700346

For details of social events, outings, entertainment, information and advice.

Scope Response

An information, advice and support service. Open 9 am – 7 pm weekdays and 10 am – 2 pm Saturdays

For information on cerebral palsy, disability issues and all of our services, Scope Response is the first point of contact

Freephone: 0808 800 3333

Email: response@scope.org.uk

Text us from Your Mobile - text SCOPE plus your message to 80039. Texts are free to the sender

Scope is a national disability organisation whose focus is people with cerebral palsy. To find out more about Scope visit www.scope.org.uk

Sensory Impairment Unit

Health & Adult Social Services, Oxford House, West Villa Road,
Wellingborough. NN8 4JR.

Assessment, advice & information.

Open 9.00am – 5.00pm Monday - Friday
Voice/Text: 01933 220728
SMS only: 0773859561
Fax: 01933 273839
Email: siu@northamptonshire.gov.uk

Sitting Service

Service to allow parents of disabled children to go out in the evenings.
Cost: £5
To register or for further information contact:
Northamptonshire Childminding Association – Tel: 0845 8383724
Email: info@childmindingnorthants.org.uk

Sibling Support Group – Action for Children

Providing a countywide group work programme for brothers and sisters of disabled children.
Groups for children aged between 5 – 17 years
Held at a variety of venues across the county.
Help with transport available if required.
For further information or to request a referral form contact:
Daventry Family Centre – Tel: 01327 705063
Karen Smith – Tel: 07957 642920 (Co-ordinator – Wellingborough/East Northants, Kettering/Corby)
Stephanie Borthwick – Tel: 07946 380478 (Co-ordinator – Northampton, Daventry & South Northants)

Sleep Service

Northampton Sleep Services helps families across Northamptonshire.
For further information & how to access the service contact:
Emma Janes – Development Co-ordinator – Tel: 07875 575354
Email: emma.janes@scope.org.uk

Social Eyes Children and Young Persons' Initiative

Supporting visually impaired children and young people aged 0 -25 who are registered blind or partially sighted, (or who will be registered), and their families. Provide appropriate educational and social activities, along with practical information.

Social Eyes, The David Lock Building, Bradwell Abbey, Milton Keynes. MK13 9AP

www.social-eyes.org.uk

Tel: 07952 734723

Email: socialeyes@btconnect.com

Special Needs Involving Parents

Fairlawn Centre, Spring Gardens, Wellingborough. NN8 2AA
Tel: 01933 271673
Covers Corby, Kettering, Wellingborough & East Northants

Springfield, Cliftonville, Northampton. NN1 5BE
Tel: 01604 636111
Covers Northampton, Daventry & South Northants.

Email: contact@snipnorthants.org

Provides information, advice and support for families with children with special educational needs. Ring for further details.

Strategic Health Facilitators

Manfield Health Campus, Kettering, Northampton. NN3 6NP.
Tel: 01604 678135 or 01604 678137

Supporting people with learning disabilities and their families in accessing healthcare.

S4YP (Services for young people)

Northamptonshire Healthcare
NHS Trust

Free, confidential support and advice for safer sex and relationships.

Drop-in session: Every Thursday 5.30pm – 7.30pm

Kettering Youth Information, William Knibb Centre, Montagu Street, Kettering.

NC TLC Trust

Suite 2, First Floor, 18 Baron Avenue, Earls Barton. NN6 0JE.

Supporting families living with childhood cancers

Tel: 01604 811025

Email: nctlctrust@btconnect.com

Website: www.nctlctrust.org.uk

The Disability Resource Centre

Poynters House, Poynters Road, Dunstable. LU5 4TP.

Tel: 01582 470900

www.drcbeds.co.uk

Help for people with disabilities

The Trippers

A parent group set up to help cut the cost of days out for families with children and young adults with disabilities. Trips to seaside, theatre, zoos, theme parks.

Contact: Paul or Denise on Tel: 01604 858484 or 07956696199

Email: thetrippers@btinternet.com

Welfare Rights

Tel: 01604 623705

3 – 7 Hazelwood Road, Northampton. NN1 1LG

Help and advice regarding all aspects of welfare benefits.

Young Carers Service

Supporting young carers and offering help to give a break from caring.

Kettering, Corby, Wellingborough, & East Northants

- Tel: 01536 414259

Northampton, Daventry & South Northants

- Tel: 01604 232500

SPORT, LEISURE & THE ARTS

LOCAL

CORBY:

Athletics

Corby Athletics Club

Contact: Carol Boyd – Tel: 01536 741094

Email: Billandcarol.boyd@ntlworld.com

Football

Steve Legg – Tel: 07802 879550

Email: Steve.legg@central-networks.co.uk

Multi Disabled Football Club

Brooke Weston Academy, Coomb Road, Corby. NN18 8LA

Thursdays 6pm – 7pm

Cost: £2 per week

Ages 8 – 16 years

IFI (Inclusive Fitness Initiative) Gym

Lodge Park Sports Centre

Contact: Roger Jones – Tel: 01536 400033 Email:

roger.jones@corby.gov.uk

Sports Club

Lynn Johnson – Tel: 01536 400033

Lodge Park Sports Centre, Shetland Way, Corby. NN17 2SG

Age 12+

Various sports taster sessions - ring for details

Saturdays 4.00pm – 6.00pm

Swimming

Corby Leisure Pool Complex, George Street, Corby.

Ring for details - 01536 464643

Saturdays 3.00pm – 5.00pm

Hoist available

Carer free

Table Cricket

The Cube Disability Centre, Roe Road, Northampton.

Wednesdays - 7pm to 8 pm

All ages and disabilities welcome

£2.50 per session

For more information: Tel: Helena – Tel: 01604 603110

Email: andy.hill@nccc.co.uk

KETTERING:

Bowls

Email: admin@ktharriers.com

Website: www.ktharriers.com

Multi Sports

Kettering Integrated Sport & Social Club

For further details contact: 01536 414308

Swimming

Kettering Swimming Pool

For details Tel: 01536 410253

WELLINGBOROUGH:

Basketball

Weavers Leisure Centre, Weavers Road, Wellingborough. NN8 3JQ
Ages 7 – 13 years Saturdays – 11.00am – 1.00pm
Cost: £3 per session (open to boys & girls)

Sir Christopher Hatton School, The Pyghtle, Wellingborough.
Ages 14 – 19 years Mondays – 5.00pm – 7.00pm
Cost: £3 per sessions (open to boys & girls)
www.wellingboroughphoenix.co.uk

Broad Green Archers

Sir Christopher Hatton School
October – Mid April - Wednesdays at 7.00pm

Wellingborough Rugby Club
Mid April – September – Thursdays at 7.00pm
Beginners courses £30 for 6 weeks
Contact: David – 01933 675028 www.broadgreenarchers.org.uk

Inclusive Sports Club

Redwell Leisure Centre, Barnwell Road, Wellingborough.
Tel: 01933 402045
Ages 8 – 18 years
No booking required Saturdays 10.30am – 11.30am

Martial Arts

Various clubs
Contact: Tom Nicholson – Tel: 01933 825888
www.martialartslessons.co.uk

Riding for the Disabled

Hannah Payne Group – (Children)
Meets at Mears Ashby – Tuesdays – Easter to Christmas
Contact: Angela Doughty for further information
Tel: 01604 781491

Swimming

Flipper Club
Waendel Leisure Centre, Wellingborough. NN8 5LP.
Laura Banks - Tel: 01933 221622
TypeTalk: 18001 01933 221622
Email: enquiries@waendelleisurecentre.co.uk
Children aged 7 – 16 Must be accompanied by an adult
Saturdays Ring for details of sessions

Swimming

SoS School of Swimming
Oakway Junior School, Wellingborough.
For Pre-school and school age children

Lessons provide a structured learning environment with a fun element to suit **all** abilities.

Contact: Ed or Michelle Reeves – Tel: 01604 810573

Mobile: 07854607554

Email: schoolofswimming@btinternet.com

Website: www.schoolofswimming.co.uk

Table Tennis

West Field Table Tennis Club, Weavers School, Weavers Road, Wellingborough.

Kevin Bird – Tel: 01604 878050

Mobile: 07734104060

Email: Kevin.bird@matrixdigitaldata.co.uk

Website: www.westfieldttc.org

Wednesdays

5.00pm – 6.00pm

Cost: £1 per session

Tae-kwon-doe

Weavers Leisure Centre

Juniors (4-12 years)

Thursdays – 6.00pm – 7.15pm

Seniors (12+)

Thursdays – 6.45pm

Redwell Leisure Centre

Family sessions

Sundays – 6.15pm – 7.45pm

First 2 sessions free then £3.50. Family discounts available.

Contact: Steve Palmer – Tel: 07747470175

Website: www.wellingborough-taekwondo.co.uk

Wacky Warehouse

Bourton Way, Wellingborough. NN8 2LF

Sunday - 11.00am - 12 noon

Special needs session.

Under 12's

Tel: 01933 273975

Wellingborough & District Athletics Club

The Old Grammarians Sports Field

Junior Sessions – Tuesday evenings 6.30pm – 8.00pm

Contact: Alan Mills – Tel: 01933 385595

www.wdac.org.uk

Wellingborough Open Archery Club

Wrenn School

Beginners Club – Mondays - 6.00pm – 7.30pm

£30 for 6 sessions

Parents **MUST** accompany their child.

Contact: Pat Comber – Tel: 01933 381283

www.woac.org.uk

EAST NORTHANTS:

Cricket

Wollaston

Contact: John Pike/Nick Broome – Tel: 01933 663901

Manor Sports College

Mountbatten Way, Raunds, NN9 6PA.

01933 461459

Sports opportunities throughout the year. Dedicated provision for young people with disabilities. Ring for further details.

Riding for the Disabled (Adults)

Chris McGarity

Tel: 01832 732119 Ring for details

Wymington Group – Bozeat – All year weather permitting

Rutland Sailability

John Morley – Tel: 01572 755927

Ring for details of sessions.

morleys@jrmorley.fsnet.co.uk

Shokk

Pemberton Leisure & Conference Centre, H.E. Bates Way, Rushden. NN10 9YP.

Tel: 01933 350324

Gym facility for all young people

Ages 8 - 16 years

Swimming

SoS School of Swimming - The Scott Bader Pool, Wollaston.

For Pre-school and school age children

Lessons provide a structured learning environment with a fun element to suit **all** abilities.

Contact: Ed or Michelle Reeves – Tel: 01604 810573

Mobile: 07854607554

Email: schoolofswimming@btinternet.com

Website: www.schoolofswimming.co.uk

Swimming

SoS School of Swimming - Irthlingborough Junior School Pool.

For Pre-school and school age children

Lessons provide a structured learning environment with a fun element to suit **all** abilities.

Contact: Ed or Michelle Reeves – Tel: 01604 810573

Mobile: 07854607554

Email: schoolofswimming@btinternet.com

Website: www.schoolofswimming.co.uk

Young Inclusive People Club (YIP)

Pemberton Leisure & Conference Centre, H.E. Bates Way, Rushden. NN10 9YP.

Ages 8 -24 years

5.30pm – 7.00pm

Tuesdays fortnightly

£2.00 (including refreshments)

Parents/Carers free

Activities include archery, table tennis, table football, air hockey, Wii, SHOKK Gym, pool, inflatable climbing wall.

Tel: 01933 352990

Swimming

Splash Leisure Pool, Station Road, Rushden.

Yvonne Goldsworthy

Tel: 01933 389374

Ring for further details

Saturdays

Swimming

Thrapston Leisure Centre, Nene Centre, Cedar Drive, Thrapston. NN14 4JY.

Tel: 01832 734090

Hoist available

Ring for further details

Parents/carers free

Oundle Rowing Club

Contact: Colin Bullock – Tel: 01780 470491

Email: info@oundlerowingclub.co.uk

Website: www.oundletownrc.org.uk

Fully inclusive for children & adults of all abilities & ages.

NORTHAMPTON:

Easy Rider

Want to learn to ride a bike?

For more information contact: Co-ordinator – Tel: 07957 353482

Dance Dangerous

Tel: 07951933244

c/o Music & Performing Arts Centre, 125-129 Kettering Road, Northampton.
NN1 4AZ

Voluntary organisation providing high quality dance training.

Drum Lessons

The Drum Centre, Kettering Road, Northampton.

www.thedrumcentre.co.uk

Contact: Russell – Tel: 07969 586541 or

The Drum Centre – Tel: 01604 628419

Age 6+

Not specific disability sessions but recommended by parent with child with autistic spectrum disorder.

Dynamo

Northants Wheelchair Basketball Club

Martin Spencer – Tel: 01604 517732 or 01604 773217

Mobile: 07948381950

www.westonfavellbasketball.btik.com

Weston Favell School, Booth Lane South, Northampton. NN3 3EZ

Tuesday evenings 5.30pm to 7.00pm

For people who have difficulty with lower limb mobility.

Fishing (Core Children's Services)

Billing Aquadrome fishing lake, Northampton.

For further information contact:

Mike Robertson – Tel: 01296 628300 or 07970 081366

Website: www.corechildrensservices.co.uk

Football

Northampton Town Multi Disabled Football Club

Russell Lewis – Tel: 01604 683765 or 07887878182

Email: Russell.lewis@ntfc.tv

Fridays - 5.30pm to 7.00pm

Currently training at the The Pitsford Centre, Moulton College

Football Coaching

Northampton Town FC Disability School of Excellence

Under 14 and 18 coaching

For players who have the following disabilities: cerebral palsy, partially sighted, deaf, amputee.

Fridays – 7.00pm to 8.30pm

The Holcot Centre, Moulton College.
Contact: Russell Lewis – Tel: 01604 683765 Email: Russell.lewis@ntfc.tv

Deaf Football

Northampton Town

For details of sessions contact: Russell Lewis – Tel: 07887878182

Email: Russell.lewis@ntfc.tv

For ages: 10 to 16 years

5.30pm – 6.30pm

Training at Moulton College, Pitsford Centre (Gate 4), Moulton, N'ton.
NN3 7RR.

An interpreter will be present at sessions.

Gym Club

Brenda Hughes – Tel: 01604 645358

Lings Forum Leisure Centre, Weston Favell Centre, Northampton. NN3 8JR

Gym Club for children and young people with special needs aged 5+. Ring for further information.

Saturday - Term time only

General 12.30pm - 1.30pm Competition standard - 1.30pm - 2.30pm

Inclusive Fitness Initiative

Danes Camp Leisure Centre, Clannell Road, Northampton. NN4 0RX.

Tel: 01604 837200

Easy wheelchair access, large print & audio leaflets, accessible gym & changing rooms. IFI qualified fitness staff. IFI & accessible gym equipment.

Martial Arts

Various clubs

Contact: Tom Nicholson – Tel: 01933 825888

www.martialartslessons.co.uk

Music

Fairfields School, Trinity Avenue, Northampton. NN2 6JN.

Tel: 01604 714777

Thursday mornings 10.00am – 11.00am

Ages: 18months – 4 years with special needs

Northampton Town Multi Disabled Sports Club

Greenfields School & Sports College, Prentice Court, Goldings, Northampton.
NN3 8XS.

Ages 14 to 25 years

Sessions held on Tuesday evenings

Time: 5.00pm – 6.45pm. Cost: £2

For further information contact: Kevin.cobwebs@hotmail.co.uk or
Russell.lewis@ntfc.tv

Riding for the Disabled – (Children)

Diana de Clermont - Tel: 01604 647153

Wilby Group - meet at Moulton College Wednesday, Thursday & Saturday

Term time

Ring for details

Sailability

Northampton Sailing Club, Pitsford Water, Brixworth, Northampton. NN6 9DG.

Tel: 07952 579380

Email: sec@northamptonsailability.org.uk

www.northamptonsailability.org.uk

Sailing for people with disabilities.

10.30am – 4.00pm every Monday and Friday (excluding bank holidays) and every 1st and 3rd Saturday of the month between the months of April and October.

Swimming

Danes Camp Leisure Centre, Clannell Road, East Hunsbury, Northampton. NN4 OJF.

Tel: 01604 837200

Inclusive swimming

Hoist available

Parent/carer discount

Swimming

Lings Forum Leisure Centre, Weston Favell Centre, Northampton. NN3 8JR

Tel: 01604 402833

Disabled swimming session. Children must be accompanied by an adult.

Sundays 1.15pm - 2.00pm

Swimming

Mounts, Northampton.

Every Sunday – 3.45pm to 5pm in small pool.

Hoist available

Free for children under 17 & carers go free

Register at Mounts for swimming card.

For further information: Tel: 01604 837400

Links Swim

Fairfields School, Trinity Avenue, Northampton. NN2 6LD

Karen Badlock - 07775570875

Warm water swimming session for disabled children & children with arthritis.

Must book.

Mondays 4.30pm - 5.30pm

Swimming

Swimming Squad for Disabled People

A new squad for people of all ages and abilities. Fully qualified instructors, social events and fun galas. For your free lesson and initial assessment call: Andy Sharpe - Tel: 01604 622264 (answer phone)

www.n-s-c.org.uk

Table Cricket

The Cube Disability Centre, Roe Road, Northampton.

7pm to 8 pm

All ages and disabilities welcome

Cost: £2.50 per session

For more information: Tel: Helena – Tel: 01604 603110 or

Email: andy.hill@nccc.co.uk

Trampolining

Northampton Trampoline Centre, Benham Sports Arena, Moulton Park, Northampton.

Tracy Whittaker Smith – Tel: 01604 645120

jump@ntga.co.uk

Zone Hockey Club

Caroline Chisholm School, Wooldale Road, Northampton. NN4 6TP

Tel: 01604 677760

Ring for further details

Thursday – fortnightly

6.00pm - 7.00pm

8 years plus

Y_Not Arts

Nikki Taylor – Tel: 07944 296 741

General enquiries – Tel: 01604 637117

The Old Dance Studio, Northampton School for Girls, Spinney Hill Road, Spinney Hill, Northampton. NN3 6DG

Music, dance and drama for young people with Special Needs organised by Northamptonshire Music and Performing Arts service.

Saturdays 2 sessions - 9.15am & 11.00am Ages 7 - 16 years

DAVENTRY / SOUTH NORTHANTS:**Football**

Drayton Grange F.C. William Parker School, Ashby Road, Daventry.

Multi disability football training – Free - Saturdays 10.30am – 11.30am

Ages 6 -16 years

For further information contact: Richard Bolam – Tel: 07521445378

DISC (Disability Inclusive Sports Club) www.disc-northants.org

Towcester Leisure Centre, Towcester

Colin Hull – Tel: 01327 322337 Email: colin.hull@southnorthants.gov.uk

Open to all children with a disability or special need & their families. (Carers are required to stay)

Various sports tasters - ring for details

1st & 3rd Sunday every month 3.00pm - 5.00pm

DISC (Disability Inclusive Sports Club) – Zumba Party

www.disc-northants.org

Towcester Leisure Centre, Towcester

For enquiries contact: Lynette@disc-northants.org

Colin Hull – Tel: 01327 322337 Email: colin.hull@southnorthants.gov.uk

2nd & 4th Sunday every month 3.00pm – 4.00pm

Cost: £3 per person (parents/cares free) £6 per family

Diversity Fitness 4 Life – COMING SOON

Based within Buckby Health & Leisure, 1 High Steet, Long Buckby. NN6 7RE.
Provides activities to help improve fitness, weight control & self-confidence for those with disabilities or special needs.

Tel: 0845 5575923 Website: www.df4l.org.uk

Fencing

Towcester – Contact: Hilary Sahota – Tel: 01908 271876

Milton Keynes – Contact: Frank Mills – Tel: 01908 310516

All abilities welcome. Club nights – Wednesdays – 6.30pm to 8.00pm

www.touchefencing.co.uk

Fishing (Core Children's Services)

Brickhill Farm Fishery, Eydon, Nr. Daventry.

For further information contact:

Mike Robertson – Tel: 01296 628300 or 07970 081366

Website: www.corechildrensservices.co.uk

Performing Arts Class

Long Buckby Gym

Every Sunday – 11.00am to 1.00pm

Cost: £4 per session

Fully inclusive but unfortunately no wheelchair access.

For more information or to book a place please

Contact: Rachel – Tel: 07904031073 or Lynsey – Tel: 07875791953

Riding for the Disabled

Cottesbrooke Group - Meets at Holdenby (Children & some adults)
Mondays after school

Contact: Anne Jolley – Tel: 01788 822255 Ring for details

Silverstone Group – All ages – meets Mondays – 6pm

Blackmires Farm – May to October

Contact: Mrs. L. Mackay – Tel: 01295 768949 Ring for details

Hillcrest – (Adults) – Meets Grandborough Fields, Nr. Rugby

Tuesday & Wednesday

Contact: Mrs. C. Grant – Tel: 01788 891076 Ring for details

Grafton Manor – (Brain injury adults)

Meets at Silverstone – Thursdays

Contact: Mrs. J. Kitchin – Tel: 01327 351164 Ring for details

Swimming

Daventry Leisure Centre, Lodge Road, Daventry. NN11 5AF

Tel: 01327 871144

Pool not exclusively available to disabled/special needs swimmers.

Swimming (Brackley Dippers)

Brackley Leisure Centre, Manor Road, Brackley.

Tel: 01327 860707 Ring for details. Hoist available

Saturdays – 2 sessions 10.00am – 11.00 am 11.00am – 12 noon

Swimming

Towcester Leisure Centre, Springfields, Towcester. NN12 6UW.

Mondays 5pm – 6pm

Cost: Over 5 years - £2.25 Under 5 years – Free Adult Carer - Free

Children/young people to be accompanied by an adult

Young Creations

Vernica Broomhall – Tel: 01327 858254 or 07941987105

veronica.broomhall@gmail.com

Various venues - none fixed

Countywide disabled arts and physical dance theatre group.

The Games Vault – Daventry

Tel: 01327 310541

<http://www.thegamesvault.co.uk/>

The Games Vault offers a range of clubs for all ages 7+ – boys and girls – and aims to provide children with a secure and friendly environment for them to make use of the demonstration games and hobbies, as well as bringing their own games to play. It's all about Warhammer type games – involving models and cards, and many children, young people and adults really enjoy this type of experience. A very inclusive atmosphere – club rooms are unfortunately upstairs. There are already young people with Aspergers attending.

Cost of sessions is very reasonable – most are about £2! The clubs are well staffed and it is Ofsted registered and inspected.

Club times:

Tuesdays – Tuesday Night Magic & Teens Club – 6pm – 9pm

Wednesday – Kids' Club – 5pm – 8pm

Thursday – Adult Gamers – 7pm to 10pm

Saturday – Tabletop Day – 10am – 5pm

Daventry Street Dance

Daventry Leisure Centre

Ages 12 – 19 years

Wednesdays – 4.00pm to 5.30pm

For further information & to book a place contact:

Tina Heeley – Tel: 01604 233122

Email: theeley@northamptonshire.gov.uk

COUNTYWIDE

Adrenaline Alley

Indoor Urban sport centre in Corby.

Unique area within centre for people with disabilities to take part in Urban Sports.

For further information contact:: Kim Collins – Tel: 01536 202049

Email: kcollins@adrenalinealley.co.uk

Website: www.adrenalinealley.co.uk

Anjali Dance Company

The Mills Art Centre, Spiceball Park, Banbury. OX16 8QE.

Tel: 01295 251909

Email: info@anjali.co.uk

www.anjali.co.uk

A professional dance company for people with a learning disability.

British Blind Sport

Tel: 01926 424247

info@britishblindsport.org.uk

www.britishblindsport.org.uk

British Deaf Sports Council

Tel: 01268 510621

www.britishdeafsportscouncil.org.uk

British Wheelchair Sports Foundation

Tel: 01296 395995

www.wheelpower.org.uk

Dwarf Athletics Association

PO Box 4269, Dronfield. S18 9BG.

Tel: 01246 414238 or 07889922736

info@daauk.org

www.daauk.org

Cerebral Palsy Sport

Tel: 0115 9257027

info@cpsportt.org

www.cpsport.org

Disabled Sport

John Dryden House, 8-10 The Lakes, Northampton.

Tel: 01604 237953

Ring for details

Goalball – British Blind Sports

Stanground College Sports Club, Peterborough. PE7 3BY

Steve Snelling – Tel: 01487 843344 Mobile: 07825506352

www.britishblindsport.org.uk

Ages: 8+ (Junior & Adult section)

For visually impaired or sighted people.

Meets last Saturday of every month. 11.0am – 1pm

Cost: £2 per session (members) £3 (non members)

Mobile Music Service

Expression for all music service for adults and children with special needs.

Specialising in providing group and individual music sessions, also tutoring, therapeutic and fun sessions.

Offer acoustic, electric & bass guitar, singing, piano, keyboard, drums and electric drums, dancing, recording sessions and song composing/writing.

For further information & details of prices:

Contact: Nicole Bridges – Tel: 07905 489944

Email: expression4all@gmail.com

www.expressionforall.co.uk

Northamptonshire Sports Club Directory

www.sportsclubs-northants.org

Northamptonshire Sport Disability Development Officer

Graeme Wilson – Tel: 01604 237953

Pre-School Gym Club/Junior Movers & N.E.1's Keep-Fit

Cindy McGrath – Tel: 01536 520795 or 07736708246

www.kiddykapers.co.uk

Various venues – ring for details or see website

Riding for the Disabled

County Chairperson: Angela Doughty – Tel: 01604 781491

Rowing / Adaptive rowing

www.ara-rowing.org – For local contacts

Sitting Volleyball

Contact: Richard Stacey-Chapman – Tel: 01509 227722

Email: r.stacey-chapman@volleyballengland.org

Thomas' Fund

www.thomassfund.org.uk

Contact: Esther Mitchell – 01933 622497

Email: Thomas@nsg.northants.sch.uk

Providing music therapy in the home for 0-19 year olds living in Northamptonshire who have a life limiting condition or disability which for medical reasons means that they are too ill to attend school for extended periods. Pre-school children are assessed on an individual basis.

HPC Registered

YOUTH GROUPS & CLUBS

Contact: Families Information Service, (FIS)

www.northamptonshire.gov.uk/fis.

Tel: 01604 237 935 e-mail on fis@northamptonshire.gov.uk

For information on **inclusive clubs**, after school clubs, youth groups, and other activities taking place in Northamptonshire.

LOCAL

CORBY:

Acceleration Project

Rockingham Motor Speedway

Opportunity to develop personal and practical skills using interest in motor cycles and mini motos.

Ages: 11 – 18 years

Tel: 01536 721230

Email: info@accelerationproject.co.uk

Website: www.accelerationproject.co.uk

Corby Tribes Group

Lodge Park Sports Centre, Shetland Way, Corby. NN17 2SG

Albert Dowell – Tel: 01536 268182

Ring for details

Wednesdays

7.00 pm – 9.00 pm

Ages 12 – 25 years

Papworth Trust

Saturday Club - Lodge Park Sports Centre, Shetland Way, Corby. NN17 2JH.

Ages: 13 to 17 years

1.30pm to 4.30pm

Cost: £5 per session

For further details call: Tel: 01480 357289

Email: transitions@papworth.org.uk

Website: www.papworth.org.uk

The Happenin' Project

Kevin Williams – Tel: 01536 464188 or 07763876712

kevin.williams@corby.gov.uk

Held in various venues

Activities for children after school and during the school holidays. Mainstream club but includes disabled children

Ages 9 - 13 years

Titans

Woodnewton Learning Community, Rowlett Road, NN17 2NU.

Steve Rustage – Tel: 01536 313000 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Mondays

6.30pm – 8.30pm

Ages 12 – 19 years

An activity based project for young people with a range of disabilities.

KETTERING:**Challenge U Group**

Isebrook School, Eastleigh Road, Kettering. NN15 6PT.

Steve Rustage – Tel: 01536 313000 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Wednesdays

3.30pm - 5.30pm

Ages 12 - 18 years

Challenge U is a mixed ability after-school project for young disabled people to develop life and social skills.

Green Patch

Community Allotment site for disabled children

Term Time:

Monday After School club – 3.45pm to 5.30pm
Wednesday After School Club – 3.45pm to 5.30pm
Saturday Club – 9.30am to 12.30pm
Saturday Club – 1.30pm to 4.30pm

School Holidays:

2 days per week
For further information please contact:
Kate – Tel: 07738 070681
Annette – Tel: 01536 526453

Inzone

William Knibb Centre, Montague Street, Kettering. NN16 8XG
Steve Rustage – Tel 01536 313000 or 07843 467887
SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Tuesdays 6.30pm - 8.30pm Ages 12 - 19 years

An activity based project for young people with a range of disabilities.

Kingsley After School Club

Kingsley School, Churchill Way, Kettering. NN15 5DP
Janet (Head Teacher) – Tel: 01536 316880
Tuesdays 3.30pm – 5.00pm
Ring for details

Papworth Trust

Saturday Club – Melton Community Centre, Kettering. NN16 9DS.
Ages: 13 to 17 years 9.30am to 12.30pm
Cost: £5 per session

For further details call: Tel: 01480 357289

Email: transitions@papworth.org.uk Website: www.papworth.org.uk

WKD

William Knibb Centre, Montague Street, Kettering. NN16 8XG
Steve Rustage – Tel: 01536 313000 or 07843 467887
SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Thursdays 6.00pm - 8.30pm 18 - 25 years

Mencap Gateway Award Group

Please apply for a referral form to attend, or ring for further details.

Ring for details

Wednesdays 7.00pm - 9.00pm 12 - 25 years

For disabled young people offering a range of events and activities

EAST NORTHANTS:

FAIR

FAIR, Park Road Family Centre, York Road, Rushden. NN10 0LH

Tel: 01933 419418

After school club (Referred children with special needs)

3.30pm - 5.00pm

FAIRplay

FAIR, Park Road Family Centre, York Road, Rushden. NN10 0LH

Tel: 01933 419418

Playscheme - most school holidays

National Autistic Society

The Diamond Centre, Irthlingborough, Northants.
Saturday & School Holiday Clubs for children & young people with Autistic Spectrum Disorder.
Ages: 10 – 17 years (inclusive)
For further information contact:
Alasdair Bond – Tel: 01933 653200
Email: Alasdair.bond@nas.org.uk

New Agenda

Moor Road Youth Centre, Rushden.
Steve Rustage – Tel: 01536 31300 or 07843 467887
SRustage@northamptonshire.gov.uk
Please apply for a referral form to attend, or ring for further details.
Tuesdays 7.15pm - 9.15pm Ages 12 - 25 years
For disabled young people aiming to develop young people's skills and independence.

Oundle Mencap/Gateway Club

Fletton House, Glaphorn Road, Oundle
Madeline Souter – Tel: 01832 272740
Ring for further details
Wednesdays 7.00pm - 9.00pm 14 plus

Papworth Trust

Saturday Club – Joan Strong Centre, Oundle. PE8 4BZ.
Ages: 13 to 17 years 1.30pm to 4.30pm
Cost: £5 per session
For further details call: Tel: 01480 357289
Email: transitions@papworth.org.uk Website: www.papworth.org.uk

NORTHAMPTON:

Berzerk

Tel: 01604 647213 Ring for details.
4 Clayfield Close, Moulton Park, Northampton. NN3 6QF
Soft play centre.
No specific times for special needs – all inclusive facility.

Dolphin Disco

Obelisk Club, Kingsthorpe, Northampton.
1st & 3rd Thursday of each month. 7.00pm to 9.00pm
£2 per person, carers free. Disco & licensed bar
For further information contact: Trina – Tel: 07740195626 after 3pm

Go 4 It!

For young people with Asperger's Syndrome/High functioning autism.

Ages: 13 – 16 years

Meets fortnightly – Thursdays – 6.00pm to 8.00pm.

For further information:

Website: www.autismconcern.org

Tel: 01604 239404

Email: info@autismconcern.org

Guideposts Trust

St. James C.E. Primary School, Northampton.

Ages: 3 – 19 years

Saturday Club – 10.00am to 4.00pm

Cost: £10 per day

Holiday clubs

For further details contact:

Jackie Goodwin - Tel: 07912994151 or 01993 899980

Email: jgoodwin@guidepoststrust.org.uk

Hub Junior Club

Hub Mobile, Russell House, Rickyard Road, Northampton. NN3 3QZ.

Steve Rustage - Tel: 01536 31300 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Wednesday 5pm – 6.30pm

Ages 8 – 12 years

Light snacks provided

HUB

Hub Mobile, Russell House, Rickyard Road, Northampton. NN3 3QZ.

Steve Rustage - Tel: 01536 31300 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Mondays 7.00pm - 9.00pm Ages 12 - 16 years

Aims to give young people with a disability confidence and new skills.

Tuesdays 7.00pm - 9.00pm Ages 16+

Mencap Gateway Award & Asperger Group.

Activities include computing, computer games skills, outside activities and conversations.

Wednesdays 7.00pm - 9.00pm Ages 16 - 25 years

Aims to give young people with a disability confidence and new skills.

Junior PHAB Club – Northampton

Phab Centre, Bushland Road, The Headlands, Northampton.

Tuesdays – 6.30pm – 8.30pm

Age: 10 - 16 years

Arts, crafts, pool, computers etc.

For further information contact:

Hannah – Tel: 07772896395 or 01604 646009

Email: northamptonphabclub@hotmail.co.uk

The Rockin' Roadrunner Club

The New Roadmender, 1 Lady's Lane, Northampton.

For information and tickets contact:

Ria: 07732416087 after 4pm weekdays

Email: louisasherrat@tiscali.co.uk

A night club run with and for people with learning disabilities.

www.myspace.com/rockinroadrunnerclub 16+ (Alcohol not served to under 18's)

Roundabout Club (Extension of after school club at Camrose Centre)

Weekend care for children with disabilities

For groups of up to 6 children.

Will take children out between 3 to 5 hours. Variety of activities.

Cost: £10 per hour for 1:1 care.

Currently restricted to children from Kings Heath, Spencer, St. James & Semilong as public transport used.

Contact: Tel: 01604 452686

Email: conroyatnorth@aol.com for further information.

31st Northampton Scouts

Jane Rands – Tel: 01327 340678

John Greenwood Shipman Centre, Farmbrook Court, Thorplands, Northampton. NN3 1XZ

Group for young people with special needs.

Mondays 6.45pm to 8pm

Shooting Stars

A democratic group of young people from across Northamptonshire representing either the school they attend or a service they use.

Ages: 11 – 18 years

For further information contact: Rosie Milburn – Tel: 01604 362624

Email: rmilburn@northamptonshire.gov.uk

Talking with Hands

Youth Group for young deaf people
Meets on Saturdays – 12 noon – 3pm
The University of Northampton
For further information cal: 07742146326

DAVENTRY & SOUTH NORTHANTS:

Clearly Cool Youth Club

Tel: 01280 847020 (Booking essential)

Buckingham Youth Club

Young people with ASD/Aspergers & social communication difficulties and their families.

Alternate Sundays

10.00am - 12 noon

1.00pm - 3.00pm

Ages 7 - 12 years

Ages 13 - 19 years

Dillons

Dillons Youth Centre, St. John's Site, Magdalen School, Waynflete Avenue, Brackley. NN13 6FB

Steve Rustage - Tel: 01536 31300 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Fridays

7.30pm - 9.30pm

Ages 12 - 25 years

Dillons have a weekly programme aimed at a mixed ability group.

DYGIT

Phoenix Youth Centre, Ashby Road, Daventry. NN11 5QD

Steve Rustage - Tel: 01536 31300 or 07843 467887

SRustage@northamptonshire.gov.uk

Please apply for a referral form to attend, or ring for further details.

Tuesdays 7.00pm – 9.00pm Ages 12 - 25 years

Guideposts Trust

Adventrue World, Daventry Leisure Centre, Daventry.

Ages: 8 – 17 years

Saturday Club in term time – 10.00am to 4.00pm Cost: £10 per day

Holiday clubs available

For further details contact: Trudi Daurie - 07703677719

Email: tdaurie@guidepoststrust.org.uk

Rainbow Playworld

1 Riley Close, Royal Oak Industrial Estate, Daventry. NN11 8QT.

Wednesdays 5pm to 7pm

For children with ADHD & Autism.

Cost £2

Contact: Liz McDermott – Tel: 07881911464

South Northants Gateway Club

Dave Allen – Tel: 01327 354224

Sponne School, Brackley Road, Towcester. NN12 6DL

Ring for details

Thursdays 7.00pm - 900pm Ages 16 - 25 years

GENERAL INFORMATION

AbilityNet

www.abilitynet.org.uk

National charity helping adults & children use computers and the internet by adapting & adjusting their technology.

Tel: 0800 269545

Action for Kids Charitable Trust

Wheelchairs and mobility equipment

Provides disabled young people up to the age of 26 with specialist mobility equipment. For further information contact:

Action for Kids, Ability House, 15A Tottenham Lane, Hornsey, London. N8 9DJ

Tel: 020 8347 8111

Helpline: 0845 300 0237 (Local call rates)

Email: info@actionforkids.org

Asperger United

A magazine produced by the National Autistic Society especially for people who have Aspergers Syndrome. Articles and a pen friend section.

Available from the National Autistic Society either by

email: asp.utd@nas.org.uk or Tel: 0207903 3595

Assistance Dogs - Dogs for the Disabled

For further information contact:

Sarah Watson –Tel: 01295 759808

Email: saraw@dogsforthedisabled.org

Autism U.K. Carers Cards

Send a S.A.E. to Autism U.K. 199-203 Blandford Avenue, Kettering. NN16 9AT. For an application form.

There is no charge for the card.

Benefits Agency

Enquiry Line: Tel: 0800 882200

BME Learning Disability Outreach

Christine Freeman – Tel: 01604 736206

Mobile: 07540668287

Email: cfreeman@northamptonshire.gov.uk

Website: www.cemcnorthants.org

Carers Register

To obtain a Registration Form

Contact: Jenny Osborne – Tel: 01933 677837

Email: jenny@northamptonshire-carers.org

Cinema Exhibitor's Association Card

National card to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema.

Criteria: In receipt of DLA or attendance allowance or registered blind

Processing fee of £5.50 per card.

For information on participating cinemas go to

<http://www.ceacard.co.uk>

Tel: 08451231292

Fax: 08451231296 Minicom/Text phone: 08451231297

Captioned Theatre Performances for hearing impaired people

For full list of STAGETEXT captioned performances, see website. To receive performance diary or further information contact:

Email: enquiries@stagetext.org

Website: www.stagetext.org

Textphone: 020 7247 7801
Fax: 020 7247 5622
STAGETEXT, 54 Comercial Street, London. E1 6LT.

Changing Places

Disabled toilets for people with profound and multiple disabilities, older & frail people who need physical support etc.

For further information:

National website: www.changing-places.org

In Northamptonshire speak to:

Sue Green – Tel: 01604 239400 or Jeanette reid – Tel: 01536 410339

Continence Advisory Service

Brixworth Clinic, Spratton Road, Brixworth. NN6 9DS.

For advice and information: Tel: 01604 883860

It is possible to contact www.tenadirect.co.uk directly and if your child has a statement nappies can be obtained VAT exempt.

Counting Cash

New online service – includes a benefits calculator, top tips guide on benefits available.

www.cafamily.org.uk/cashcounts

Tel: 08088083555

Disabled Person's Railcard

www.disabledpersons-railcard.co.uk

DisabledGo

www.disabledgo.info

Information about over 300 public places and their accessibility.

Dogs for the Disabled

Tel: 01295 252600

Email: info@dogsforthedisabled.org

Website: www.dogsforthedisabled.org

Family Fund

National charity which gives grants to families with disabled children.

www.familyfund.org.uk

Free Home Fire Safety Check

Contact: Tel: 0800 38 999 50

Email: safetycheck@northantsfire.org.uk

Text Connect: 07797 800760

Freepost:KZO184, Headlands, Kettering. NN15 6BH.

Fledglings (Helping children to spread their wings) (Registered Charity)

Wendon Court, Station Approach, Wendens Ambo, Saffron Walden. CB11 4LB.

Tel: 0845 4581124

Fax: 0845 2801530

Email: enquiries@fledglings.org.uk

A not-for-profit organisation which specialises in helping families who have a disabled child or a child with a special difficulty to find simple, affordable solutions to practical problems. We have access to a wide range of specialist products and can supply them at competitive prices.

Fledglings search service is free to parents and carers.

Free “off peak” bus travel

Free annual bus pass

Travel anywhere in England any time after 9.30am Monday to Friday and all day at weekends.

Contact: Your local Borough Council Office

Corby - 01536 464000

Daventry - 01327 871100

East Northants - 01832 742000

Kettering - 01536 410331

Northampton - 01604 838450

Wellingborough - 01933 222931

Hospital Travel

Attlee Foundation – www.attlee.org.uk

This charity provides a one off grant up to £100 for help towards hospital travel costs.

Keep Safe Scheme

Tel: 03000 111222 Ext. 8326

People with learning disabilities can register their details with the scheme to be given a Keep Safe Card which they can present at venues such as police stations and libraries when they feel lost, threatened and frightened.

Living Made Easy

www.livingmadeeasy.org.uk/children

A new site by the Disabled Living Foundation, offering ideas, impartial advice and information about daily living equipment for children with disabilities.

Milton Keynes Shopping Centre Creche

Opening hours: Monday to Friday – 10.00am – 5.30pm

Saturday – 9.00am – 6.00pm

Sunday – 10.30am – 5.00pm

Call Lynne: Tel: 01908 398113

If your child needs 1:1 supervision call to book 24 hours in advance

NorthamptonshireLink

Tel: 01604 808684

Email: info@northamptonshire-link.org.uk

Website: www.northamptonshire-link.org.uk

Share your views – help us make a difference in health & social care. Join us – together we are stronger.

Rough Guide to Accessible Britain

Free to Blue Badge holders, Disabled Persons Railcard holders & Motability customers.

To order visit – www.accessibleguide.co.uk or call Tel: 0800 953 7070

Second Hand Equipment Register

Tel: 01604 624088

A publication where people can advertise and sell second hand disability equipment, the register puts buyers in touch with sellers.

Latest edition available from above number free of charge or downloaded from: www.equipmentnorthants.org.uk

Texting Service

Northamptonshire Police

Texting service to make it easier for deaf people to contact the police and report crimes

For access to special number to text through reports of non emergency incidents or queries:

Email: CommsCentreCustomerRelations@northants.police.uk

Text: 07843 291924 or 07843 291923

Tel: 08453 700700 Ext. 8326

Tools for Self Reliance (Northampton)

The Northampton based charity running sheltered workshops in Northamptonshire to provide refurbished hand tools to those in need in the developing world.

28B Clare Street, Northampton. NN1 3JF.

Tel: 01604 604954

We offer a friendly and enjoyable environment to all who would like to work with us, whatever their abilities or disadvantages. We give our volunteers expenses, refreshments and training.

Walkswithwheelchairs.com

www.walkswithwheelchairs.com

The only UK web-site totally dedicated to providing free information on routes that are suitable for wheelchair users throughout the UK.

www.walkswithbuggies.com

Walks & routes specifically for parents with buggies or young children.

FOR THOSE 18+

**Please look in the sections above as some groups include young adults.
The organisations and activities listed below are specifically for those
aged 18+.**

DAY OPPORTUNITIES / ACTIVITIES & CLUBS

Chefs In Training

Provision for adults aged 19 to 59 with learning disabilities living in Northamptonshire or surrounding counties.

For further information contact:

Nicola Potheary – Tel: 07734287681

Email: npotheary@northamptonshire.gov.uk

Mandy Clarke - Tel: 07734179698

Email: aclarke@northamptonshire.gov.uk

Corby Steel Mencap/Gateway

West Glebe Pavillion, Cottingham Road, Corby.

Jayne Wright – Tel: 01536 200935

Trevor Wright – Tel: 01536 313110

Ring for further details

Tuesdays

7.00pm - 9.00pm

Foundations

St. John's Church Hall, Pages Walk, Old Village, Corby. NN17 1XF.

A person centred service for vulnerable adults. Wheelchair accessible.

Opening hours – 9.30am to 4.00pm

Morning & afternoon sessions

Cost: £45 per day £28 per session

12 spaces per day

Activities, trips, independent tutors.

Free transport within the Corby locality

Ring for more details:

Michelle Groom – Tel: 07828287298

Jo Lee – Tel: 07834812633

Email: foundationsdayservice@gmail.com

Higham Ferrers - Gateway Club

Bede House, Market Square, Higham Ferrers

Pip Willmott – Tel: 01933 356274

Ring for details

Thursdays

7.30pm – 9.30pm

LEAP Into Bowls

Youth Wing Sports Hall, The Abbey Centre, Overslade Close, East Hunsbury, Northampton. NN4 0RZ.

Carpet Bowls – have fun, meet new people.

Meet: Last Thursday of every month – 1pm to 2.30pm

Cost: £2.50 per player including refreshments

To book a place contact: leap.northampton@yahoo.co.uk

LEAP Into Drama

Drama Studio, Caroline Chisholm School, Wootton Fields, Northampton. NN4 6TP.

Acting, mime, movement, dance & singing.

Fridays – 7pm to 9pm

For further information or to book a place contact:

Tel: Gaynor – Tel: 01327 358942 or Fiona – Tel: 01604 766165

Email: Leap.northampton@yahoo.co.uk

Mencap & Gateway Club

Henley Centre, Sanderson Close, Kettering. NN15 7EP

Glynis Wagg – Tel: 01536 724801

Ring for details

Wednesdays

7.00pm - 9.00pm

Mencap/Gateway Club

Baptist Church Hall, Mill Road, Wellingborough

Alison Walker – Tel: 01933 225631

Ring for details 7.00pm - 9.00pm

Monday Club

Fever Nightclub, Horseshoe Street, Northampton. NN1 1TB.

For more information or to order your tickets call or email

Alasdair Bond - Tel: 07766 487933

Email: Alasdair.bond@nas.org.uk

The Monday Club is a new night for people with Autism, Aspergers Syndrome and learning disabilities. The event is hosted by the National Autistic Society at Fever Nightclub and will be playing disco and dance music.

Starting Monday 26th January 2009 To be held every other month.

8.00pm – 1.00pm

Northampton Gateway Club

Mark Hewitt – Tel: 01604 408844

Delapre Abbey, London Road, Northampton. NN4 8AJ

Ring for details.

Monday

7.00pm - 9.00pm

Wednesday

7.00pm - 9.00pm

Friday

7.00pm - 8.30pm

Multi Activity Club (MAC)

(For adults and non mainstream young people)

Pemberton Leisure & Conference Centre, H.E. Bates Way, Rushden. NN10 9YP.

10.00am to 12.00pm

Thursdays fortnightly

£3.00 (Including refreshments)

Parents/Carers free

Tel: 01933 352990

The Cube

63 – 71 Roe Road, Abington, Northampton. NN1 4PH.

For people with learning disabilities. A large variety of activities on offer e.g. yoga, art & craft, gym, computers, beauty treatment, holidays etc.

For further information visit the website: www.thecubedisability.co.uk

SUPPORT

Aspergers Syndrome Support Network

A new project from The National Autistic Society.

Aimed at people aged 18+ with Asperger Syndrome and their families across Northamptonshire.

To develop social, recreational, employment, education & learning opportunities through self supporting user interactive website.

Contact: Craig McLundie – Tel: 01933 653200

Email: craig.mclundie@nas.org.uk

Northamptonshire Community Housing Network

Working with people with learning difficulties to find housing.

Contact: Marion Turner – 01933 677889 or

Email: mturner@myhomemysay.co.uk

Serve

Home Care Service for over 18's only. (Domestic care, shopping etc)

Specialist mobility transport for any age.

Tel: 01933 315555 – ring for details

Signposts Information Service

Information about Adult Social Services in Northamptonshire.
Contact: Amanda Desantis – Tel: ADesantis@northamptonshire.gov.uk

HEALTH

Annual Health Checks

Do you have a learning disability & are over 18?

You are entitled to a yearly health check with your doctor.

For more information contact: Sharon or Kathryn – Tel: 01604 678135

Blood Tests & Mental Capacity Act

A DVD in 2 parts:

To help people with learning disabilities understand about blood tests.

To help staff learn more about the Mental Capacity Act and how to support people.

DVD's can be borrowed from the following libraries:

Northampton Central, Weston Favell, Kettering, Corby, Wellingborough, Daventry, Brackley, Rushden & Towcester.

Diabetes

Looking after me and my diabetes – a short course for people with learning disabilities who have diabetes.

For further information contact: Kathryn or Sharon – Tel: 01604 678135

Learning Disability Services – Intensive Support Team

Vale Unit, Berrywood Hospital, Berrywood Drive, Northampton. NN5 6UD.

Tel: 01604 685573

Specialist team who provide support & treatment for **adults (18+)** with learning disabilities who are experiencing mental health problems or exhibiting severely challenging behaviour.

All referrals made through Community teams for People with Learning Disabilities.

Northamptonshire Community Equipment & Wheelchair Service

Millbrook Healthcare, Unit 9a, North Portway Close, Round Spinney, Northampton. NN3 8RQ.

Equipment Service Call Centre – Tel: 0845 8940650

Wheelchairs & Specialist Seating Service Call Centre – Tel: 0845 8940651

Email: ncesfeedback@millbrookhealthcare.co.uk