

# SEND Sport & Leisure Directory



Made by South Tyneside SEND It

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Spread the word!

**THIS IS  
SOUTH  
TYNESIDE**





# Welcome!

The young people of *South Tyneside SEND It* have been exploring leisure, sport and youth groups in the area, as you told us this was the most important thing to you. They want everyone to be able to find information on places they can go to do activities, meet friends and have fun! To help with this they have created this directory for young people in South Tyneside who have additional needs. The directory is divided by area, with a handy map at the back, to help you find activities near you!

## WHAT OUR YOUNG PEOPLE SAID...

**We are glad to have created this booklet to help young people find more accessible youth groups and clubs in your area!"**

**"This is your chance to make new friends and talk to people who you don't know. This is a once in a lifetime opportunity to socialise with people."**

**"This booklet is giving people with disabilities the opportunity to make friends and have fun!"**

**"This booklet will help you plan some amazing activities!"**

**"This place is a huge way to make friends and find hobbies that you will enjoy. I totally recommend this for your kid!"**





## East Boldon, Hebburn and Jarrow

### East Boldon

#### 1. **Boldon Community Association**

Disability swimming sessions are held weekly. They are open sessions with no need to book in advance. A pool pod is available for those who may need assistance getting in and out of the pool.

#### 2. **East Boldon Riding Centre**

Inclusive horse riding lessons and alternative education provision including horse riding lessons with therapy.

#### 3. **Star Set Theatre**

Children and young people can attend classes where they learn singing, drama, and dance. Classes are a balance between having fun and enjoying performing yet developing the kind of discipline needed for rehearsals and stage work.

### Hebburn

#### 4. **Holder House**

Accessed using personal budget. They work individually with all that attend Holder House, providing fun and engaging activities, education and skills training and much more!

#### 5. **South Tyneside Ability FC**

Supports children and adults with disabilities to access football training and join a team that travels the north east and UK to take part in tournaments. "There is ability in every disability".

## Continued...

#### 6. **TUF ability – The Urban Factory**

Free flow and full use of the space, with use of the gymnastic and parkour equipment as well as the parkour area. It is a quieter session specifically aimed at children with additional needs. Siblings are welcome. Sessions are pay as you go. No need to pre book just register online.

### Jarrow

#### 7. **SEND Local Offer - FREE family swim sessions**

Free exclusive SEND swimming every Saturday for the whole family at Jarrow Community Pool. These sessions are designed to provide an inclusive and relaxed environment for families. There must be at least 1 child/young person aged 0-25yrs with SEND attending.

#### 8. **South Tyneside Youth Service FAB club**

Youth Project for Young People with SEND/Additional needs aged between 8 and 16, the sessions are split in to two age groups 8-10 and 11+. The group meet in a kitted out youth room and activities on offer are varied and regularly planned with young people who attend.

#### 9. **WAVES Additional Needs Support Group**

Additional Needs Support Group ran by a group of dedicated volunteers, offering a range of activities to help build and promote social skills among children and young adults as well as friendship, advice and support to parents and carers.

#### 10. **Little Buds Playgroup at Williby Rocks CIC**

Outdoor playgroup, and a support group for parents. The playgroup is Forest School inspired and centres on the children leading their own exploration and play. All sessions take place in the beautiful safe & secure Project Dirt garden.





## South Shields

### 11. Able to Dance

No disability or special need should stop you from being able to dance. The goal, besides having fun and building a small community, is for students to engage and explore movement and musicality, and to grow personally and socially in a safe environment.

### 12. AutismAble

Provide several groups to get involved with. Including the football club Hebburn Town AutismAble, music programme 'Future Collaborations' and the Neurodivergent Social Club. "It's really friendly with lots of different activities to do".

### 13. Autism Hub | The Toby Henderson Trust

Support service to parents and care givers living in South Tyneside who have children or young people pre, during and post diagnosis. Offering a tailored specialist service and a much needed listening ear & understanding.

- **Autism Hub | Autism in mind**

Pre and post-diagnostic service for autistic adults (from 18 years), who do not have a learning disability and live in South Tyneside. The service consists of the course 'Me, Myself & Autism', low-level preventative support, practical support, and emotional support.

### 14. Beach Access North East

Provide FREE loan of specialised equipment, with a hoist for transfer available, to anybody who needs them. The service promotes social inclusion, independence, and choice for everyone to be able to enjoy the coast.

### 15. The Customs House | Youth Theatre

For 10 to 21 year olds with an interest in theatre, devising and acting. Each year two pieces of new writing are performed through the Junior and Senior Groups at The Customs House. Learn new skills and develop confidence.



- **The Customs House Young Performers**

Open to young people between the ages of 8-18 years old, two age groups available: 8-12 years and 13-18 years. Some fully funded places are available to those in receipt of benefits.

### 16. KAYAKS

Offers opportunities for SEND families to come together regularly and access outdoor activities and equipment, fun and friendship. They also offer advice, information, signposting and guidance on all things SEND at their office suite, KOPE with KAYAKS Outreach.

### 17. New Hope North East

Committed to promoting inclusion and below are some of the ways they endeavour to use to engage with wider community: Culture, Clothing, Food, Arts, Music and Sports.

### 18. Simonside climbing wall

Wheelchair accessible climbing wall available for use during sessions. Staff are experienced in supporting children and young people with a wide range of additional needs.

### 19. South Shields Surf CIC

Accessible adaptive surf sessions for anyone with additional needs, there are regular and one off sessions and wellbeing courses. They currently have a little funding to help get folk in the water!

### 20. South Tyneside ADHD support group

A local support group for families of children and young people who have ADHD or are currently being assessed. The group also organize monthly family activities, outings and arrange relevant speakers and training.

### 21. Super 1s cricket

Super 1s gives young people with a disability the chance to play regular, competitive cricket. It improves their physical and mental well-being, giving a sense of belonging as they make friends and gain skills for life such as confidence and independence. "Super 1s helps young people realise their potential".

### 22. South Tyneside Gymnastic centre

Delivers a range of activities and classes that benefit the health and wellbeing of all sections of the local community. We aim to offer something for everyone irrespective of age, background, experience or physical/mental ability.

### 23. Your Voice Counts

A safe space for young people to make new friendships and receive support to engage in the local community. The support networks they develop through the group and the confidence and skills they gain will be long lasting, helping to improve their wellbeing and to navigate any future challenges they may face.





## Other Locations

### Newcastle

- **Alan Shearer activity centre**  
A specialist recreational, sensory, and social resource for disabled people of all ages, catering to a wide spectrum of need. Facilities are free to use. Overhead tracking and hoists are fitted throughout, enabling full accessibility to all areas for those with limited mobility. The extended specialist play area now offers even more ways to have fun.
- **Tim Lamb centre**  
A specialist activity and leisure facilities for disabled children, young people and their families. Open to families with a child or young person at any stage of their diagnostic journey and whatever their additional needs.
- **North East sight matters**  
Providing a level of independence and life skills training, to visually impaired children and young people, as well as offering exciting activities to promote independence, challenges, and confidence-building.
- **Useful vision**  
Providing free exclusive activities, skills workshops and information support, offering positive opportunities that meet the needs of visually impaired children of all abilities.
- **True colours**  
An inclusive theatre school for children and young people that live in the North East of England. Helping children and young people from all different backgrounds, build confidence through the use of performing arts. Classes also held in North Tyneside and Gateshead.

### County Durham

- **North East Autism Society**  
Support for autistic people and their families across the North East pre, during and post diagnosis. Their mission is to provide the right support, at the right time, and in the right way to ensure the best outcomes through a range of methods including toddler groups, autism activists (young person's group) and online family networking.

### Gateshead

- **The Lawnmowers Independent Theatre Group**  
A producing theatre-arts company run by and for people with learning difficulties and operating in Gateshead and surrounding regions. Groups include the Hip Hop dance crew Ground Breakers.

### Sunderland

- **Super tramps**  
Weekly SEND sessions have been designed to cater exclusively for those with additional needs of all ages, with reduced capacity and user-appropriate sound and lighting, allowing them to bounce along with the support of their carer and have fun.
- **Beacon of light**  
Extensive range of opportunities available to children, young people and adults with SEND to get involved with sport through the Foundation of Light. Additional events and activities are also provided during school holidays.

### Washington

- **Washington Riding Centre**  
By using horse riding as an activity, WRC integrate disabled and non-disabled people in an equal, safe and positive environment. They aim to provide services that cater for all riders, in a personable, safe, equal and inclusive manner.

### All/multiple locations

- **Leisure Centres – Get active discount cards (24 - 29)**  
Get Active discount cards are free for under 18's. Get Active Plus discount cards offer further discounts for those registered disabled and registered carers. Both cards are valid at all 6 council leisure centres.
- **Family Hubs - Learning with Play SEND (30 - 34)**  
A group for families with children under 5 years with an additional need or waiting for assessment. The session includes sensory, songs, rhymes and outdoor play. Available at selected Family Hubs across South Tyneside.

# Map of Services in the Area

## East Boldon

1. Boldon Community Association
2. East Boldon Riding Centre
3. Star Set Theatre

## Hebburn

4. Holder House
5. South Tyneside Ability FC
6. TUF Ability - The Urban Factory

## Jarrow

7. SEND Local Offer - FREE family swim sessions
8. South Tyneside Youth Service FAB Club
9. WAVES Additional Needs Support Group
10. Little Buds Play group at Williby rocks CIC

## South Shields

11. Able to Dance
12. AutismAble
13. Autism Hub
14. Beach Access North East
15. The Customs House
16. KAYAKS
17. New Hope North East
18. Simonside Climbing Wall
19. South Shields Surf CIC
20. South Tyneside ADHD Support Group
21. Super 1s Cricket
22. South Tyneside Gymnastic Centre
23. Your Voice Counts

## Accessability Key

-  SEND specific provision
-  Open to all but SEND aware
-  Open to all but recommended by young people with SEND

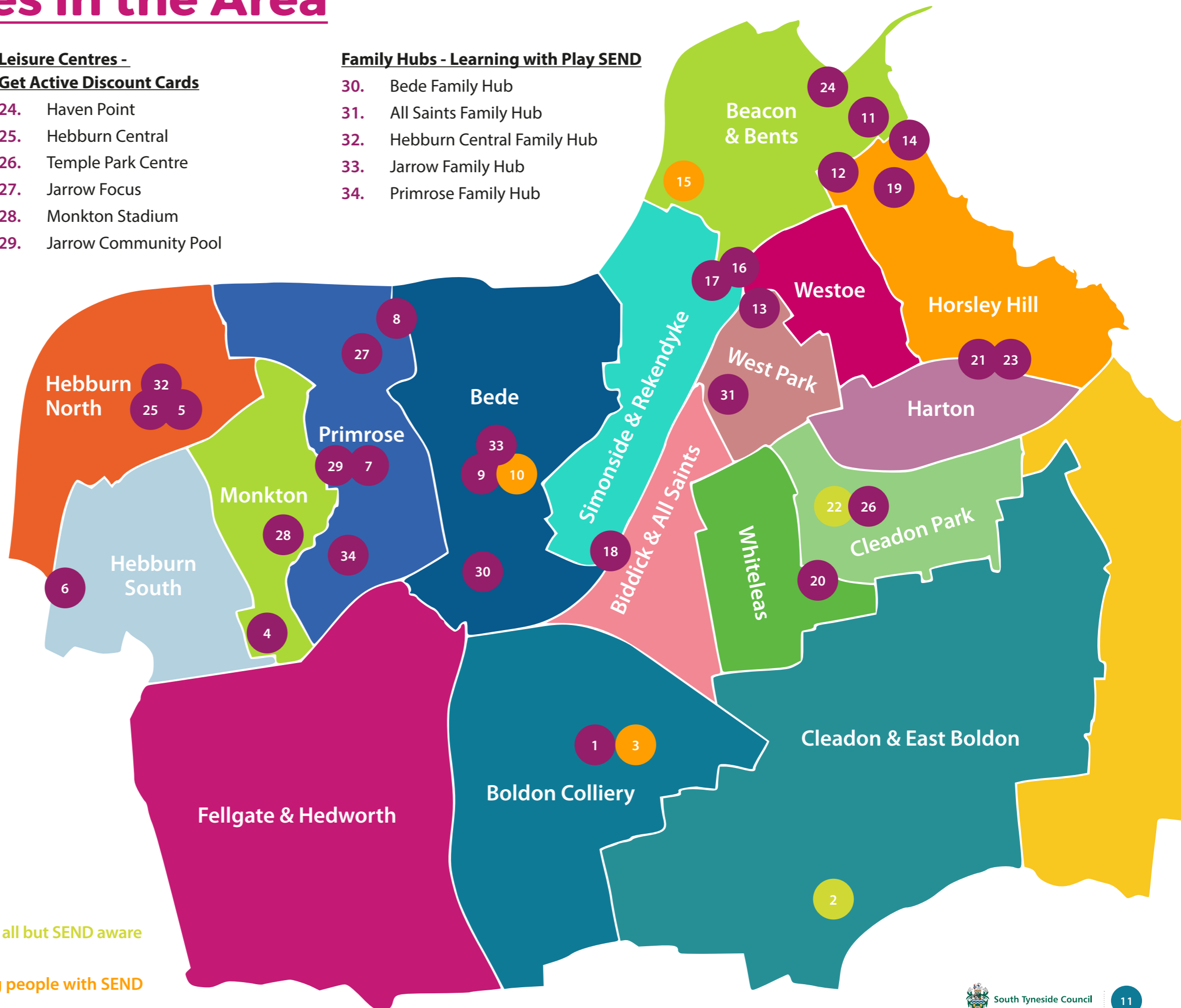
## Leisure Centres -

### Get Active Discount Cards

24. Haven Point
25. Hebburn Central
26. Temple Park Centre
27. Jarrow Focus
28. Monkton Stadium
29. Jarrow Community Pool

## Family Hubs - Learning with Play SEND

30. Bede Family Hub
31. All Saints Family Hub
32. Hebburn Central Family Hub
33. Jarrow Family Hub
34. Primrose Family Hub





## The Max Card

The Max Card is the UK's leading discount card for children with SEND and children cared for. Families can use their Max Card at venues across the UK to get free or discounted admission.

You can use your Max Card to gain access to free family swimming across all leisure centres in South Tyneside and discounted entry to attractions including Jarrow Hall and The Customs House. To apply for a Max Card children must be registered on the Children with Disabilities Network, which is free and completed online.

The Children with Disabilities Network is for those who live in South Tyneside and have a child with a permanent disability or life-long additional needs, aged between 0-18 years.

<https://sendlocaloffer.southtyneside.gov.uk/article/6707/Max-Cards>

### Participation Team

 | Participation\_st

 | Participation in South Tyneside

 | @ParticipationST

*All information correct at the time of publication | If you know someone who needs this information in a different format, for example large print, Braille or a different language, please call Marketing and Communications on 0191 424 7385.*