

Activities

This is just a few of the activities available in the county. Check all the activities/groups as some are countywide.

If you can't find an activity for your child, youth group or support for your family, please contact me – I will try to help.

E: joan.adamson@cambridgeshire.gov.uk

National Trust Membership

Free entry to sites for unpaid carers

National Trust offers free entry to any of its sites for up to two carers or essential companions.

[National Trust](#) offers free entry to any of its sites for up to two carers or essential companions. The person you care for will still need to either pay for entry or have National Trust membership for themselves though. An annual National Trust Membership for a child aged up to 17yrs is £10 – children under 5 are free.

The National Trust also offers an Essential Companion card, which can be shown when you arrive at the attraction, making the process of gaining this free entry easier and quicker. This can be particularly good if you intend to visit one or more sites regularly. This card is issued to the person who requires care, and they can use it to bring anyone they like, including bringing different people every time if they wish.

To order one of these cards, contact the National Trust

T: 0344 800 1895

E: enquiries@nationaltrust.org.uk

They also have an Access Guide, which can help if you or the person you care for have a disability. This guide tells you which of their sites have accessible toilets and changing facilities, lifts, audio support and access to wheelchairs, electric mobility vehicles and even mountain trikes. To find out more, take a look at the guide [here](#).

One Leisure Concessionary Scheme

Huntingdonshire District Council concessionary membership scheme enables people to access a number of activities at its One Leisure Facilities at a discounted price, weekdays before 4.30pm and all weekend, including: gym sessions, fitness classes and public swimming.

If you receive certain benefits or have been diagnosed with one of the medical health conditions, you may be eligible. See full details [here](#). Please check with your district council for similar concessionary schemes.

How are you (H.A.Y) is a website that brings together everything in the local community that boosts wellbeing.

[How Are You \(H.A.Y.\) Cambridgeshire & Peterborough](#)

[How Are You Fenland | Home \(hayfenland.co.uk\)](#)

[How Are You Hunts? | Home \(hayhunts.co.uk\)](#)

Connecting with others, getting active, learning a new skill, being creative, seeking professional support, exploring the outdoors, volunteering – all these things (and more) can improve mental wellbeing. However, it isn't always easy to know what is out there locally or to feel comfortable trying something new.

H.A.Y. is all about helping you look after you. The websites provide not just listings of local activities, groups and services, but also video introductions to group organisers and taster clips of what to expect. From yoga to singing, sports clubs to arts groups, or perhaps somewhere to talk or get a cup of tea, H.A.Y. brings you ideas of local things to do to get a wellbeing boost plus a wide range of local professional support.

Love Exploring

Have you ever visited somewhere and wished there was more to do with the family? Or maybe you like exploring on your own and you are always on the lookout for ways to find out more about the place you are visiting. Love Exploring puts the power of discovery in your hands by providing a range of discovery games and guided tours that are fun to do and free to use.

Download the [FREE 'Love Exploring' App](#) and search 'Cambridge'.

Where to Go with Kids

This is a guide to find Family Days Out. Families write about everything there is to see and do at the UK's best attractions. Find information on local and national theme parks, farm parks, parks, activity centres, great outdoors, museums, historic houses and more.

Days Out with Kids

This website is packed full of information to help you plan a day out locally or..... Anywhere!!

Cambridge

Disability Football

Cambridgeshire FA aims to ensure people with disabilities have opportunities to take part in football and progress through the disability player pathway.

There has never been a better time to get involved and play football, whatever your ability level. There are now more opportunities than ever to play football if you have a disability.

Cambridgeshire FA believe in flexible, inclusive and accessible playing opportunities for everyone, and are committed to delivering a range of opportunities for players with a disability to access football at various levels across the county.

For further information on how to get involved contact Ryan Kay

E: ryan.kay@cambridgeshirefa.com

W: [Disability - Cambridgeshire FA](#)

Cambridge United Football Sessions

Coleridge Community College (sports hall), Radegund Road, Cambridge CB1 3RJ

There are a range of inclusive football sessions available through Cambridge United Football Club.

Details can be found [here](#). For more information contact the club.

T: 01223 632129

E: communitytrust@cambridge-united.co.uk

Cambridge United PAN 16+ team

This is an adult football team for anyone age 16 and over.

Come and join our team. If you would like further details, contact Zoe Harvey.

E: zoeb1985@yahoo.co.uk

Or call/text/WhatsApp 07964 259 452

Inclusive Football Sessions (5 – 14yrs)

Trumpington FC, Trumpington Meadows Primary School, Kestrel Rise, Trumpington, Cambridge CB2 9AY

Sundays 23 April to 23 July (excl. 4 June), 2pm to 3pm

First session is free!

Come and join our fully qualified Coaches catering for many physical and neurological disabilities including SEN, autism, visual impairment, Downs syndrome, and many more. Make new friends, become part of a team. There's lots of fun to be had in our welcoming, safe and inclusive club environment.

Trumpington Football Club are proud to be working with the FA, providing access to football for everyone!

To register contact:

E: membership@trumpingtonfc.com

T: 07834 604 929

Football

[Coleridge Community College](#)

All sessions are run by [Cambridge United Community Trust](#)

Ages 7 and younger: Saturdays, 1pm to 2pm

Ages 8 to 12: Saturdays, 2.15pm to 3.15pm

Ages 12 to 15: Sundays, 9.45am to 10.45am

Ages 16 and older: Saturdays, 3.30pm to 4.30pm and Sundays, 11am to midday

For amputees and pan-disability players aged 16 and older: Tuesdays, 8pm to 9pm
£3 per session

Reserve your place on the [Official Soccer Schools](#) website

Football for the Down Syndrome Community

Chesterton Sports Centre

Saturdays, 11am to 12.30pm

For all ages and abilities

E: alex@project21uk.com

Super 1's Cricket (ages 12 – 25yrs)

Impington Village College Indoor Sports Hall

Thursday's 5pm to 6pm

Super 1s disability cricket gives young people with a disability the chance to play regular, competitive cricket.

If you have questions, please contact Cambridgeshire Super 1's development officer.

E: stuart.dockerill@cambscricket.org.uk

More information is available [here](#).

Free Tennis Coaching for Children with Additional Needs (Ages 4 – 17yrs)

The [Richard Darton Tennis Foundation](#) arranges free places on tennis courses. The sessions are available for children with disabilities or additional needs. Young carers are also welcome.

Various clubs around the city are offering space on their courses. Some of them also offer after-school tennis groups during term-time.

Contact Steve Shaw, Richard Darton Tennis Foundation to find out more. Steve will discuss your child's needs and what your local tennis club can offer.

E: stevecshaw@btinternet.com

T: 07485 279 776

Adults with additional needs can also contact Steve, who will be able to help point you to a suitable club.

Cambridge City Council Inclusive Physical Activities

We want everybody to have access to sport and physical activity, regardless of any disability or additional needs they might have.

See also our [online fitness activities](#) page for links to resources and advice to help you exercise at home.

Adaptive Martial Arts

[University of Cambridge Sport Centre](#)

Ages 15 and older: Thursdays, 7.30pm to 9.30pm

Ages 7 to 14: Saturdays, 9.30am to 10.30am

E: info@adaptivemartialarts.co.uk

Bounce Activity Club (ages 5 – 11yrs)

St Andrew's Church Hall, Cherry Hinton, Cambridge CB1 3JS

Some Saturdays during term-time, 1.30pm to 3pm

This is a free club. Activities include multi-sports, arts and craft and board games, and all sessions are run by volunteers from [Cambridge Student Community Action](#).

Limited places – check before you attend.

E: caroline@cambridgesca.org.uk

Climbing

Clip 'n Climb Cambridge runs inclusive [Send climbing sessions](#) for climbers with special educational needs. They provide a calm environment, turn the music down and have plenty of instructors to help. Numbers are restricted to 12 in a session. The centre has a climbing hoist.

More information is available here: [Clip 'n Climb Cambridge](#)

Gymnastics

All sessions are run by [Cambridge Gymnastic Academy](#).

Adults: Mondays, 12.15pm to 1pm

Ages 15 and younger: Tuesdays during school holidays, noon to 1pm

E: info@cambridgegymnastics.co.uk

Swimming

Check the [let's get swimming](#) page for details of inclusive swimming sessions.

Tennis

Cambridge Lawn Tennis Club welcomes children and adults with disabilities to their club. They run various sessions including social tennis, mini leagues, and individual coaching.

Details are on the [Cambridge Lawn Tennis Club](#) website.

Multi Sports (ages 16+)

[University of Cambridge Sport Centre](#)

Saturdays, 10am to 12pm at the

£3 per session

Cambridge Adult Disability MultiSport (CADMuS) club provide a range of activities to try each week, such as Boccia, table tennis, goalball and Kung Fu, all with qualified and experience instructors.

T: 01223 336 580

Badminton

[Trumpington Sport Centre](#), CB2 9HB

Aspire badminton club provide accessible badminton sessions for everyone. Weekly sessions are available for both adults and children.

Contact Head Coach Philip on info@aspire2.club

Athletics

Cambridge University Athletic Track, CB3 9AD

[Cambridge and Coleridge Athletic Club](#) offers weekly opportunities for people with all kinds of disabilities to take part in athletics, including wheelchair racers.

E: disability@cambridgeandcoleridge.org.uk

Adaptive Rowing

[Camrowers](#) welcome disabled people, including people who are visually or hearing impaired. As a seated activity in the outdoors, rowing is a great sport for disabled people and for those with long term health conditions.

Camrowers offer coaching on a one-to-one basis. For a free taster session please contact Camrowers directly.

E: coaching@camrowers.com

Sensory walks

[Sense](#) have created a series of lovely sensory walks in Cambridge in our parks and open spaces. Sensory walks allow you to use your senses to connect with your surroundings while you stay active. They are designed for people with complex disabilities, but everybody can enjoy them.

You can go alone or in a group, you don't need any specialist equipment and the walks can be any length you like. You can go on foot, use a wheelchair or walker – sensory walks are inclusive for all.

[Cherry Hinton Hall walk](#)

[Lammas Land sensory walk](#)

[Trumpington Country Park country walk](#)

You can also find the walks on the [Ordnance Survey OS Maps app](#).

[Living Sport](#) is a local charity that works to improve the health, happiness and wellbeing of Cambridgeshire residents.

It runs and supports many programmes for people with disabilities and provides information to support people and organisations to run their own inclusive activities.

Sign up for [Living Sport's monthly Disability Sport newsletter](#)

Check [Living Sport's map of inclusive activities](#)

Partyman World of Play SEN Sessions

8 Mercers Row, Cambridge CB5 8HY

Contact the venue for dates and times.

Partyman World of Play offer complimentary morning and evening sessions dedicated to children and young adults with special needs - we close the entire venue just for you!

Guests with SEN or disabled guests are also entitled to one free helper/carer during each admission. The primary helper must be an adult and able to take primary responsibility during emergencies and decision making. All guests who would like to attend one of our sessions or would like to visit the centre at the special admission prices will need to present a **DLA letter** or **SCIP Card** at reception.

T: 01223 321 203

[Website](#)

Aspire

Romsey Mill, Romsey Mill Centre, Hemingford Road, Cambridge CB1 3BZ

Autistic children and young people are brave, brilliant and creative, but they can often face significant social and sensory challenges, leading to anxiety and isolation.

Aspire delivers youth clubs and support, in and around Cambridge, for autistic children and young people. Our clubs reduce social isolation and improve the lives and mental well-being of those who attend. We currently support around 140 children and young people and this number is increasing all the time as new families contact us.

To access our support a child needs to:

- Have an autism diagnosis
- Be in mainstream school, in year 5 or above (up to age 18)
- Live in Cambridge city or South Cambridgeshire.

If you would like more information about Aspire and Romsey Mill services, please contact the Aspire Coordinator. More information can be found on the [website](#).

E: admin@romseymill.org

T: 01223 213 162

Motiv8

A vibrant drop-in for young people with disabilities aged 13 – 25 years.

Activities include:

Pool, games consuls, café, air hockey, arts n crafts, table football, chill out zone, sports, trips, games, activities etc.

An opportunity to train as a volunteer for local clubs and events – optional.

Accredited training – level 1 youth work, first aid etc.

To find out more or to register interest please contact us.

T: 07734 252 288 or 07956 406 288

E: strethamyouthcentre@gmail.com

£1.50 entry fee.

Unique Feet

This is a Cambridge based group for children with a range of rare conditions.

The group do all sorts of fun activities including horse riding, cycling, canoeing, yoga, climbing, trips to the seaside and picnics at National Trust parks. There is an annual trip to the Panto and family meals out allowing the children safe experiences they can share together, sometimes accompanied by extended family and siblings making for a true family affair.

View Unique Feet community activities [here](#). If you're not a member yet but you'd like to join us, fill out the short contact form [here](#).

Swimming Sessions

Windmill Hydrotherapy Pool, Hinton Way, Fulbourn, Cambridge CB21 5DZ

Saturdays 9.30am to 11am

Cost £3 per child

These are family fun sessions and children swim with a parent/carer.

For children under five and older children with physical disabilities.

Chesterton Sports Centre, Gilbert Road, Cambridge CB4 3NY

Sundays 4pm to 4.45pm

Cost £3 per child

For children over the age of 5.

These are led by an instructor with volunteer helpers, so parents do not have to enter the water (unless they want to!)

Contact Sally Abbott to join these sessions or for further information.

T: 01223 315024

E: sallyyabbott@gmail.com

W: www.cdksc.co.uk

City of Cambridge Swimming Club

Parkside Pools and Gym, Gonville Place, Cambridge CB1 1LY (8yrs+)

Abbey Leisure Centre, Whitehill Road, Cambridge CB5 8NT (8yrs+)

The City of Cambridge Disability Squad was formed to provide a competitive outlet for children and young adults with a range of disabilities.

Para Swimming Squad

The Para Swimming Squad is open to disabled swimmers aged 8 and over, including adults.

The squad has produced several national qualifiers. The Head Coach, Dave Horne, is a Level 4 qualified coach with many years experience of coaching disabled swimmers.

Both classified and unclassified swimmers swim with the squad. Our swimmers have represented the club at the Para Nationals, British International Championships. The swimmers have won over 30 National medals, including 10 Golds.

For beginners or those who would like a taster session, we have a Para Swim Squad on Thursdays at Parkside Pool from 6pm to 6.30pm. Other members of the squad are on hand to assist in the water.

We would love to hear from you if you are interested in joining our Para Swimming Team! If you would like more information or to arrange a trial, please contact Dave Horne, Head Coach Para Swimming Squad.

E: david.horne.coach@ntlworld.com

W: <http://cocsc.org.uk/disability.html>

Facebook: <https://www.facebook.com/cityofcambridgesc>

Eddies Young People's Services

Befriending Scheme

Our Befriending Scheme for young people aged 15-25 with learning disabilities and/or Autism provides the friendship and support they need to participate in activities or hobbies of their choice at home or out in the community.

How it works

A carefully matched volunteer visits the young person regularly and spends time with them. Typically, volunteers help their friends to do things outside their home – a trip to the cinema or a bowling alley for example. They also help them with any specific hobbies they have, and may accompany them during organised activities such as going to the gym.

We ask families using this service to consider making a regular donation to help support the scheme.

How it helps

The scheme helps young people with learning disabilities by:

Encouraging them to make friends and spend time with people of their own age

Helping them to get out and enjoy themselves

Building their independence, confidence and self-esteem

Giving them a break from their parents or carers

How you can find out more

E: befriending@eddiess.org.uk

T: 01223 883130

[Register your interest](#)

BefriendingWorks

BefriendingWorks is a drop-in social group for people aged 16 and over with learning disabilities and/or Autism.

How it works

The group meets on the first Saturday of the month at Artworks, Milton Youth Centre, The Sycamores Recreation Ground, Milton, CB24 6XJ from 10am – 12pm. It is a social group for people aged 16 and over with a learning disability or autism. Activities include things like cooking, artwork and drama.

How it helps

Sessions provide a safe, interesting environment to meet and make friends which increases social opportunities, confidence and self-esteem; Meetings are geared towards having fun, playing games, as well as enjoying various creative activities like art, drama and music.

The group is led by experienced Eddie's staff and supported by an enthusiastic and committed group of volunteers.

A £10 contribution per person is requested.

How you can find out more

E: befriending@eddiess.org.uk

T: 01223 883130

[Register your interest](#)

Splat Theatre

Following on from the success and need of Happy Feet and Troublemakers performing arts classes, Eddie's is expanding and rebranding the project to reach more people to improve confidence, reduce isolation and gain arts qualifications, practice multimedia editing and build social skills and connections.

Splat Theatre will run on Wednesday evenings in Cambridge and Thursday evenings in March and work inclusively with all age groups in separate classes.

Splat Kids: ages 7 – 11

Tutors guide students on a fun-packed journey through various musical genres, styles and techniques. The main focus of these sessions are performance through play and sensory stimulation. We work by using 'expressive play' techniques which can provide a medium by which a child can communicate, free of challenge or risk, that may otherwise be very difficult. Through drama, music and expressive play, our students can safely explore and learn in a supportive environment.

Splat Teens: ages 12 – 17

The key elements of these sessions are creativity and imagination, with facilitators promoting high self-esteem and independence by encouraging students to contribute ideas and take ownership of the group as well as learning filming techniques to design their own film projects. Our sessions are upbeat, with lots of music and social engagement. Students are also able to gain recognised Arts Award, 'Discover' and 'Explore' Qualifications.

Splat Adults: ages 18 and over

Our adult sessions are focused on building confidence and resilience. We work with our members at their own individual level for them to grow their arts and leadership talents. Our members are given free creative rein in drama techniques as; Soliloquy (a solo speech by an actor that gives an insight into what they are thinking). Adding narration. Use of an 'aside' (when a character directly addresses the audience to comment within a scene). We also build on film making skills and create short films on issue-based topics.

Register interest here: [Splat Theatre - Expression of interest \(cognitiforms.com\)](https://www.cognitiforms.com/splat-theatre-expression-of-interest)

E: splat@eddies.org.uk

T: 07843 177850

Total Arts (13 – 25yrs)

Do you want to develop skills in dance, drama, music and film?

Total Arts is Cambridge Junction's fortnightly participation group for disabled young people aged 13-25. It offers opportunities to participate in exciting arts activities with professional artists. Through participating you can also gain an Arts Award; a unique and nationally recognised qualification to develop creativity and confidence.

Assisted by a team of skilled support workers, Total Arts provides quality care, whilst also enabling our participants to foster a lifelong passion for the arts.

If you/your child would like to attend without applying for an assessment, then you can pay Cambridge Junction direct.

To join, or for more information, please contact email [Total Arts](mailto:TotalArts@cambridgejunction.org.uk)

W: [Total Arts | Cambridge Junction](https://www.cambridgejunction.org.uk/total-arts)

Total Arts Mini Bytes (9 – 13yrs)

Cambridge Junction's fortnightly participation group for disabled children aged 9-13yrs.

Huntingdon

Fusion Youth Projects

Fusion Gateway Club

Huntingdon Youth Child & Family Centre, Sallowbush Road, Huntingdon PE29 7AF

Tuesdays 6pm to 8pm

This club is for young people with additional needs aged 12 – 25yrs.

Come along and enjoy sports, arts and crafts, make friends and have lots of fun.

E: fusion.coordinator@gmail.com

T: 07938 026 623

W: [Fusion Family and Youth Projects Huntingdonshire: Projects](#)

Fusion Funky Monkeys

Huntingdon Youth Child & Family Centre, Sallowbush Road, Huntingdon PE29 7AF

Thursday 5pm to 7pm

Funky Monkeys is a youth club for children aged 8 to 11.

The club is run by Youth Workers and adult volunteers. Orange T-Shirt Volunteers also help by assisting with the different club activities.

Many different activities are available to the young people at Funky Monkeys, including sports, cooking, and arts and crafts. At each session the children are provided with a drink and a snack.

E: fusion.coordinator@gmail.com

T: 07938 026 623

W: [Fusion Family and Youth Projects Huntingdonshire: Projects](#)

Fusion Juniors

Huntingdon Youth Child & Family Centre, Sallowbush Road, Huntingdon PE29 7AF

Wednesday evening from 6pm to 8pm (term time).

Fusion Juniors for school years 7 to 9

The group is aimed to be slightly less structured - we still offer the young people activities run by staff including sports, cooking, and arts and crafts.

Fusion Juniors also aims to provide a safe place where the young people can chill, chat, and have conversations appropriate to their age group.

E: fusion.coordinator@gmail.com

T: 07938 026 623

W: [Fusion Family and Youth Projects Huntingdonshire: Projects](#)

Fusion Seniors

Huntingdon Youth Child & Family Centre, Sallowbush Road, Huntingdon PE29 7AF

Mondays 6pm to 8pm

Fusion Seniors for ages 14 – 17yrs

We offer a safe space for our young people to come and hang out, do sports, play pool and relax during term time.

The club gives the young people an opportunity to talk openly and honestly with staff. They are also able to ask questions that they may feel uncomfortable asking elsewhere. As with all our clubs this is free to attend, and we give the young people the opportunity to learn life skills by allowing them to plan and cook their own meals which we all eat together.

E: fusion.coordinator@gmail.com

T: 07938 026 623

W: [Fusion Family and Youth Projects Huntingdonshire: Projects](#)

ASD Youth Club (10 – 18yrs)

Bargroves Centre, Cromwell Road, St Neots PE19 2EY

Mondays 4.30pm to 6pm

Activity Socialising and Developing Club

Is your child on the Autism Spectrum or has Autistic tendencies but not diagnosed?

Are they aged between 10 and 18yrs old?

The ASD Youth Club run by parents of children with ASD. We have fun activities that help with social and development skills, also quiet sensory spaces to chill out.

We ask for a small donation of £2 per family to help cover running costs, if you need help with this, please do not be afraid to ask, as we want you to be included.

Please email us to confirm a place: the.asd.club@gmail.com as we may have a waiting list.

KICK – Aspiring to improve life

KICK Roots Youth Club (11 – 14yrs)

The Broad Leas Centre, Broad Leas, St Ives PE27 5QB

Tuesdays 5pm to 7pm (term-time only)

KICK Roots is a youth club for young people aged 11 - 14 years. It's aim is to provide a positive and safe place for the young people of St. Ives and the surrounding areas to access.

Through the youth club young people will be able to meet new people, socialise, play sports and games, play and listen to music and have the opportunity to learn new skills such as making music, photography, film making etc.

If your child would like to attend, you must complete the [membership and consent](#) form.

KICK Boxing (12 – 19yrs)

St Ives Broad Leas Centre, Broad Leas PE27 5QB

Tuesdays 5.30pm to 7pm (term-time only)

This is an open access KICK programme designed for young people to get fit, meet new friends and have fun in a safe environment.

All groups are minimal contact fitness workouts, done on pads with a partner and based on traditional kick and Thai boxing.

Kick boxing has proved to be a great tool for personal development, teaching dedication, hard work and respect while helping to control aggression.

Please contact us for more information.

Visit our [downloads](#) section for a permission form that must be completed (if you are under 18 parental consent is required)

KICK Adventures

Is an activity based personal development programme that supports learning outside of the classroom environment.

The format is presented in a series of workshops covering a wide variety of subjects. These range from dealing with stress, anger and emotions, communication, teamwork and respect, to promoting positive aspirations.

The learning is then backed up with a visit to an outdoor centre where the young people take part in a range of exciting activities such as climbing and kayaking. These challenges push them both physically and mentally and help to reinforce the learning from the workshops.

Check the [website](#) for more details.

T: 07500 236550

E: Louise@kickyouth.org

[Disability - Huntingdonshire FA \(huntsfa.com\)](#)

Accessible opportunities to play.

There has never been a better time to get involved and play football, whatever your ability level. There are now more opportunities than ever to play football if you have a disability.

Huntingdonshire FA believe in flexible, inclusive and accessible playing opportunities for everyone, and are committed to delivering a range of opportunities for players with a disability to access football at various levels across the county.

Get involved with Disability Football – PAN Disability Football

Within pan-disability football there are opportunities to take part informally in turn-up-and-play sessions through to more formal team and competition-based football. More information is available [here](#).

Buckden Junior Football Club

Inclusive Development Sessions

Buckden Playing Fields, Burberry Road, Buckden PE19 5UY

Sundays 10am to 11am

Free sessions

Run by qualified coaches.

Contact Matt for more information.

T: 07803 000 690

E: mattbjfc@gmail.com

St Ives Rangers Colts Ability Counts FC

One Leisure St. Ivo Outdoor Centre, St Ives

Wednesdays 6pm to 7pm

A youth and adult section.

For more information, contact: Wendy Chambers by Email: wens0504@gmail.com

Hunts Para Powerchair Football

Huntingdonshire FA are proud to relaunch Hunts Para Powerchair Football Session

Sawtry Village College Sports Hall, Green End Road, Sawtry, Huntingdon PE28 5UY

Fridays, 5.30pm to 6.30pm

Powerchair provision is a completely mixed offer, allowing both youth and open-age players from all genders who have a physical disability to engage in the game we all love. A chance to meet new people, make friends and become a part of a team.

Interested? Then try our taster sessions which will be delivered by specialist coaches.

Complete this expression of interest [form](#) and we will get back to you with details.

If you need more information or help, email: ryan.kay@cambridgeshirefa.com

Parkside Pumas

Priory Park, St Neots PE19 1RF

Sunday mornings

Football sessions for girls and boys aged 6 to 16yrs with individual needs including, physical, emotional, social or other challenges.

A fun but structured chance to enjoy social interaction and physical activity through football. A non-pressurised environment where children are free to participate as much or as little as they want.

If you are interested, email: prioryparksidepumas@gmail.com

Fenland/Peterborough

Little Miracles

Peterborough

The Spinney is a fully accessible setting in acres of protected wooded play area. The centre is safe and secure and a space where families can come together, have fun and get the support they need.

Fun activities and 1:1 sessions run throughout the year, The Spinney is also home to family support services, counselling and respite care in the Peterborough City area.

We welcome any family with a child who has an additional need, disability or life-limiting condition.

Find out about year-round activities happening at The Spinney [here](#).

Information on family support, counselling and training opportunities is [here](#).

Little Miracles has branches in and around Cambridgeshire. You must be a member of a family who has a child with an additional need, disability or life-limiting condition to access Little Miracles. With all our branches we ask that you complete a [Membership Form](#) to access our services.

Fenland

There are lots of fun activities on at our Fenland branch across Chatteris, March and Wisbech!

Details of our activities can be found on our [Facebook Group](#). If you have any queries about any of the activities, please email wisbech@littlemiraclescharity.org.uk

We are running:

- **Stay & Play Chatteris (ages 5 – 12yrs)**
Bricstan Hall, Market Hill, Chatteris PE16 6BA
Tuesday's 6pm to 8pm
Arts and crafts, sports and cooking workshops.
- **Stay & Play Wisbech (ages 5 – 12yrs)**
Oasis Centre, St Michael's Avenue, Wisbech PE13 3NR
Activities include roller skating and swimming once a month. There are also trips out to zoos and educational activities.
- **After School Club (ages 5 – 12yrs)**
Oasis Centre, St Michael's Avenue, Wisbech PE13 3NR
Thursday's 4.30pm to 6pm
Have a hearty dinner with your friends and family, followed by arts and crafts and board games. All the family is welcome. Please book [here](#).
- **March Youth Club (ages 5 – 12yrs)**
Ormiston Families- 25 Queens Street, March PE15 8SN
Wednesdays, 6pm to 8pm
Activities include arts and crafts and sports and lots more. Parents must stay with their children for the session.
- **Wisbech Youth Club (ages 12 – 25yrs)**
Oasis Centre, St Michael's Avenue, Wisbech PE13 3NR
Thursday's, 7pm to 9pm

£5pp (some activities may cost more)

Activities include Glo golf, archery, driving range, theatre and cinema trips (activities depend on the weather!)

There is bowling, laser tag at Play2Day once a month.

- **Coffee Morning**

Parent Support Group

Ye olde Griffin Hotel 32 High St, March PE15 9JS

First Monday of the month beginning 6 November, 10am to 11.30am

- **School Holiday Programme**

SEND Play Sessions

Play2Day, The Old Station Yard, Gull Road, Guyhirn, Wisbech PE13 4AA

First Monday of the holidays, 6.15pm to 8pm

£5pp (some activities may cost more)

Our families are all local Fenland families that attend with varying disabilities, they are friendly and very welcoming. Please note, the only club where parents do not stay is the Youth Club in Wisbech, this would require a care plan so that we can support the individuals needs correctly.

East Cambs

There are lots of activities on at our East Cambs branches across Ely and Littleport. Details can be found on our [Facebook Group](#).

You must become a member to access Little Miracles. To become a member please.

If you have any queries about any of the activities, email ely@littlemiraclescharity.org.uk.

Ramsey

Ramsey Branch of Little Miracles is in the Halls of Ramsey Methodist church.

The venue is safe and secure, a space where families can come together, have fun and get the support they need. There is a purpose-built sensory room, a craft and activity hall, outside play area, and a hall for soft play and toys.

We have many trips and activities planned for this year, so please join up and come along and meet us, you can find out what is planned through our [Facebook Page](#).

For enquiries, email ramsey@littlemiraclescharity.org.uk or call 01733 262 226.

St Neots

There are lots of activities on throughout the summer holidays at St Neots , please join our [Facebook Group](#) to keep up-to-date.

If you have any queries about any of the activities, email stneots@littlemiraclescharity.org.uk or call 01733 262 226.

Visit [Little Miracles website](#) for information about the charity.

Young People March Youth Centre

The Centre, City Road, March PE15 9LS

What's on

- Youth Clubs
- Junior Club
- Drop-ins... Training
- Transition Days
- Youth Council
- Holiday Clubs
- Information Service... and lots more!

Monday Night Drop In

6.30pm to 8.30pm

Ages 10 – 14yrs

Tuesday Night Additional Needs Group

6.45pm to 8.45pm

Wednesday Junior Club

6pm to 8pm

Ages 7 – 11yrs

£2.50

Friday Drop In

6.30pm to 9.30pm

Ages 11 – 25yrs

Free

Saturday Drop In

1pm to 4pm

Ages 11 – 19yrs

Free

Holiday Club

Monday to Friday in all school holidays

12noon to 4pm

Ages 11 – 19yrs

Free

Please note some days are closed for trips out etc., so please check in advance.

For details of all the activities and events, contact the centre.

T: 01354 650645

E: admin@ypm.org.uk

W: ypm.org.uk

[Facebook](#)

Sport and leisure for all

Vivacity run a year round programme of inclusive sport and leisure activities. The programme engages and works with young people and adults with disabilities to increase their participation in sport.

Vivacity's exercise services for children and young adults with disabilities focuses on more than just delivering great sporting opportunities, we aim to develop both physical, mental and social skills in all of our sessions. Participants can expect solid support from our experienced friendly staff who help to ensure they benefit from fun, friendships and fitness. Our inclusive disability sports programme aims to build confidence, strength and long-term life skills.

Full details available [here](#).

Basketball Sessions

Bushfield Leisure Centre, Orton Centre, Peterborough PE2 5RQ
Wednesdays and Sundays 8pm to 10pm.

Are you, or someone you know, looking to improve your basketball skills? We run [drop-in basketball sessions](#).

Sessions consist of a mixture of drills and 3v3 and 5v5 short games. All abilities are welcome and there's no need to book. You can stay for an hour or the full 2 hours.

T: 01733 864 656

E: bushfieldsports@vivacity.org

Gymfinity Kids

At Gymfinity Kids we host weekly Gymnastics and Ninja classes for children of all levels from babies to 16 years.

Our Gymnastics, Ninja and preschool classes are great fun and teach new skills, build confidence and are a great place to make new friends. We also host birthday parties and holiday camps so being active has never been easier. Our monthly membership guarantees your child's class week in, week out.

See holiday club and information on the [website](#).

Safari Play SEND Evenings

18 Coningsby Park, Bretton, Peterborough PE3 8SB
Second Tuesday of the month, our next session is 13 March, 4pm to 7pm.
£6.25 per child (free for adults)

We aim to provide something special for children and their families of aged 1 to 16yrs, to experience Safari Play in a quieter, exclusive and more relaxed environment. Families don't need to turn up at 4 and don't need to stay until 7pm, it is very flexible - they can turn up anytime between those times and stay for as long or as little up until 7pm as they like. The Watering Hole Café will be open until 6pm.

More information is available on the [website](#). Book [here](#).

Phoenix Youth Provision (ages 10 – 18yrs)

Whittlesey Youth, Child & Family Centre, 15 Scaldgate, Whittlesey PE7 1SD

This is a Community Interest Company that aims to provide a vibrant and engaging community space that caters to the needs of young people in the local area. Located in the heart of the town, the club provides a safe and welcoming environment for young people to socialize, learn new skills, and have fun.

The club is open to young people between the ages of 10 and 18, regardless of background or ability. We offer a wide range of activities and programs designed to appeal to a diverse range of interests. Our team of experienced staff and volunteers work hard to create a supportive and inclusive atmosphere where everyone feels valued and respected.

In addition to our regular activities, we also organize special events and outings throughout the year, such as trips to local attractions, festivals, and concerts.

At our youth club, we believe that every young person deserves a chance to reach their full potential. By providing a safe and supportive space where young people can socialise, learn, and grow, we are helping to create a brighter future for our community.

E: admin@phoenixyouthprovision.org.uk

W: phoenixyouthprovision.org.uk

[Facebook](#)

Shh Sundays at Peterborough Museum & Art Gallery

Priestgate, Peterborough PE1 1LF

First Sunday of the month, 10am to 1pm

Free

Shh Sunday is ideal for anyone looking for a quieter or more relaxed visit.

Busy museum galleries and noisy interactives can have an impact on visitors with sensory difficulties, therefore, we have launched Shh Sundays where we offer a quieter museum visit. All our interactives and gallery sounds will be switched off, the lighting adjusted (where possible) and visitors will be asked to wander our galleries mindful of others. There will also be a quiet space set aside for those who wish to escape the noise completely.

Everyone is welcome, however these Shh Sundays are tailored for – but not limited to children, young people and adults with autism; people with social, emotional, or mental health needs; adults living with dementia; and any other visitors with sensory needs or who may prefer a calmer experience.

We certainly don't expect you to be silent – we hope you have fun exploring the museum galleries and really enjoy your visit! See [website](#) for more details.

FlipOut SEN Sessions

Rushden Lakes Shopping Centre, Northampton Road, Rushden NN10 6FH

SEN Session

Every Sunday, 10am

£10

- 1 hour in the arena
- Includes free parent/carer

- Reduced capacity session
- No music or disco lights
- Natural lighting and SEN aware staff members

[Book here.](#)

SEN Anytime Pass

All weekdays

£12.95

- 1 hour in the arena
- Includes free parent/carer
- Please note: music and lights will be ON during these sessions

[Book here.](#)

T: 01933 274598

E: rushdenlakes@flipout.co.uk

[Website](#)

Fun Barn SEN Sessions

Bury Lane Farm Shop, A10 Bypass, Melbourn, Royston, Herts SG8 6GT

Sundays 9.15am to 10.15am

The Bury Lane Fun Barn is a fabulously large, purpose built indoor soft play for children from 0-10 years old.

Our SEN sessions for children with additional needs and their siblings are held monthly and are bookable online 7 days in advance.

These sessions include access to the Sensory Room and soft play during this time. Contact the Barn for dates of sessions.

T: 01763 260 418

See full details and book tickets on the [website](#).

Music Inclusive

A Saturday Music Group for young people of all abilities.

Free to attend and held weekly, on Saturday's (term-time only)

Ormiston Bushfield Academy, Orton Centre, Peterborough PE2 5RQ

Juniors: 10.30am to 11am

Seniors: 11.15am to 12.15pm

Fun, multi-sensory music making sessions for children and young people with additional needs and their families. Each session will have a theme which we will explore through sound, music making and multi- sensory elements to maximize opportunities for participation and creativity. All are welcome, including young people from outside Peterborough.

Email musichub@peterborough.gov.uk for more information.

Countywide

Over The Wall (8 – 17yrs)

Over the Wall aim to provide opportunities to reach beyond the boundaries of illness to discover a world of mischief, magic and new possibilities, for every child living with the challenges of serious illness or disability, and for their families.

We do this by providing free of charge, transformative activity camps throughout the UK. We create an environment where children and young people thrive, not just survive.

Over The Wall residential camps offer adaptable, fully individualised care packages for children and young people aged 8 – 17 living with serious health challenges. Our priority is to allow children to be children again in a safe and medically sound environment.

Visit the [website](#) for more information.

Spectrum

Spectrum is a multi-award winning, parent-led children's charity. We provide [events](#), [sessions](#), and [support](#) for families of children with Autism, additional needs, learning difficulties, and disabilities. As an organisation, we are family-focused, advocates of collaboration, passionate about increasing inclusion and reducing isolation whilst supporting Special Education Needs & Disabilities ([SEND](#)).

Our [membership](#) is free. Our team are all parents of children with Autism, additional needs and disabilities, or work with SEND every day. We understand the journey, hurdles and frustrations that many families face. As a registered Spectrum member, you can also access our dedicated [child and family support](#) from the comfort of your home, as well as gain assistance with EHCP and DLA. Furthermore, we are proud to be a leading UK distributor for [Max Card](#). The Max Card helps make days out more financially accessible for the families of children with additional needs.

T: 01223 955404

E: hello@spectrum.org.uk

W: [Spectrum - We are Spectrum - Spectrum Cambridge](#)

Social Media: [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#), [YouTube](#) and [Vimeo](#)

Spectrum Play

Dedicated play and meet SEND sessions at Littleport Leisure Centre.

Lots of activities alongside roller skating!

Spectrum are delighted to join forces with Littleport Leisure to provide family sessions for our members in a private environment; siblings are most welcome.

Our inclusive sessions are designed to help families reduce their isolation and increase their social circles with like-minded families.

- Meet other like-minded families in a private setting with light refreshments available
- Expanding friendship circles, improving social skills and gaining peer support
- Provide children with an opportunity to play, join in different sports and try new activities
- Meet the Spectrum team and catch up with our family worker for family/child support inc DLA/PIP/EHCP
- Learn about our other sessions, away days, the Arts Award, the Max Card and other services
- Provide themed sessions, parties and photoshoots
- Moving forwards, Spectrum Play sessions provide us with the opportunity to introduce such options as sports, exotic animals, entertainment, expand refreshment options, utilise technology, movie options, including soft play, plus guest visits and much, much more.

We have seen a very high level of demand for the Spectrum Play sessions.

Full details about this event, our [free membership](#) and booking can be found [here](#).

Oak Activities

...where we turn Acorns into Oaks

At Oak Activities we are proud to be an all-inclusive sports group where we work together to challenge, inspire and motivate all children to become successful, confident and caring people.

We offer structured activities for all ages and abilities from 2-year-olds through to 104 years old! We also cater for those with disabilities. Our aim is to help promote teamwork, fitness, co-ordination and wellbeing.

Oak Activities TAG Rugby and Kwick Cricket classes are a fun way to improve your child's skills and involve parents as much as possible. We feel it is important to learn good social behaviours and team working at a young age and these sports offer a fantastic opportunity to build on these. Details of all activities is on the [website](#) and [Facebook](#).

T: 07342 036029

E: tom.milner@oakactivities.com

Connections Bus Project

Various Locations (11yrs+)

The Connections Bus Project is a charity providing youth work services across Cambridgeshire:

- two bespoke double-decker youth buses
- building based youth clubs
- pop-up youth club (all equipment brought to your building in van)
- open-access, universal services
- training courses for young people: babysitting, youth leader and Generation Game
- support for smaller community youth projects
- youth consultations for Parish Councils, community groups and others

Our vision is to support young people to fulfil their potential through the provision of free recreational, educational and personal development opportunities.

There are drop-in youth clubs in buildings and on a double-decker bus for young people from secondary school age upwards, operating in villages around Cambridge.

There are at least three youth workers on the bus during each session that are happy to chat and point young people in the right direction when in need of help or advice. The bus has a ramp to allow access to the lower deck where there are game consoles, PCs with internet, tuck shop, quizzes, crafts and more. Our building based clubs have full access.

C: The Connections Bus Project, PO Box 344, Histon, Cambridge CB24 9WZ

T: 01223 232978

E: admin@connectionsbusproject.org.uk

W: www.connectionsbusproject.org.uk

Facebook: <https://www.facebook.com/ConnectionsBus>

Twitter: <https://twitter.com/ConnectionsBus>

View [All youth bus venues](#) on map

Details of current youth zones/youth bus can be found [here](#).

Grafham Water

Discovery Club

Our multi-activity **Discovery Clubs** are school holiday activity clubs for young people aged 8 to 16 years who want to try new activities or develop existing skills, meet new friends of a similar age and most importantly have fun! Young people will learn skills in water activities such as sailing, canoeing and windsurfing and also land based skills such as archery, climbing and high ropes.

Details and booking [here](#).

Beginners Climbing Course

This beginner's climbing course is for those who are keen to learn the basics of indoor climbing and develop the necessary competence to enable them to join Grafham Climbing Club. The course includes 8 hours of instruction over 4 consecutive weeks from 7pm to 9pm and will cover all the fundamental skills required to climb in an indoor environment.

Details and booking [here](#).

Multi-Sports Activity Family Day

Making time with your children can be challenging so we are offering Mums and Dads, family members and carers the chance to get away with their children and spend some time

together in the great outdoors at Grafham Water Centre! If you fancy trying more than one activity, we have Family Days running throughout the year where you can experience a whole range of land and waterbased activities, bring a picnic and have a day out! Each group must include at least 1 child aged 8 or over.

Details and booking [here](#).

Grafham Water Centre can cater for disabilities and special needs, they just need to be informed in advance of the activity.

Cambridgeshire Music

Making music happen across the county

Cambridgeshire Music is the county hub for music education and arts therapies. We make high quality music happen all across Cambridgeshire for young people and families – both in and out of school. We organise thousands of music lessons, bands and projects in all styles of music, as well as arts therapies for all ages. We work in partnership with hundreds of professional musicians and organisations.

W: [Cambridgeshire Music - Making Music Happen Across the County](#)

Cambridgeshire Libraries

There is so much going on at libraries across the county – it's not just books!

There are programmes of events, you can borrow laptops, iPads and more. Join a group or book club. Becoming a member of the library is free – find out about membership [here](#). You can see what is happening at a library near you - [here](#).

Wildlife Trust BCN - with the good weather slowly making an appearance, it's time to get out and about. The Wildlife Trust BCN has lots of [activities/events](#) to keep all the family happy.

IWM Duxford

IWM Duxford family activities in school holidays include flying displays and air shows, historic tours and exciting events.

Check the [website](#) for details of all the events.

Skylark Maize Maze

Manea Road, Wimblington, March PE15 0PE

See [website](#) full details of the events.

Wicksteed Park

Wicksteed park has lots happening all year round. [Here](#) you can find out what is going on and when to make planning your visit easier than ever.
