

Support Groups and Specialist Sports and Leisure Activities
Leicestershire, Rutland and South Derbyshire

Charnwood

Loughborough ASD Support Group meeting on last Monday of the month at 7:30pm. Next meeting 28 March. For more information contact Carole Heubeck on 01530 244790.

Pegasus Youth Club for ages 11 to 25 meeting at Mountfields Lodge Youth Centre, Epinal Way, Loughborough every Thursday 7pm to 9pm. For further information contact Janet Holland on 01509 236043.

Shepshed Alley Group for ages 11 to 18. Fridays at Shepshed Youth Centre, Hind Leys College. 7:15 to 9:15. For further information contact Penny Hefferan on 01509 506393 or 07815 682535.

Autism Youth Group every Tuesday 7 to 8:30pm for ages 11 to 15. At Moira Youth and Community Centre, Moira Street Loughborough. For more information contact pennypugh@leics.gov.uk.

Dyspraxia Gym Group Monday during term time 5 to 7pm at Shepshed High School, Sports Hall. For further information contact Nina Walker on 01509 506392.

Inclusive Multi Sports Club at Burleigh Community College Mondays between 5:30 to 6:30 Contact 01509 554400.

Aspire Saturday club for children with ASD. For further information contact aspirelifeskills@hotmail.co.uk

ASD coffee morning 2nd Friday of the month 9:30 to 11:30 am at Emmanuel Church, Forest Street, Loughborough. For further information contact Thomasina 07855044176.

The Glebe House project run the following groups

After school club Monday to Thursday between 3:30 and 5:30 pm

Children's days on the second Saturday of each month between 10am and 4pm

The holiday scheme runs each half term, Easter, summer and Christmas holiday

For more information contact Vanessa Dewsbury the Children's Services Co ordinator on 01509 218096.

Together For Families is a combined support group offered by the Parent Partnership Service, Menphys SOS and Parent Carer council.

Meetings are held on the fourth Friday of the month term time 10am to 12pm at the Surestart Shelthorpe Children's Centre on Woodthorpe Road, Loughborough. For further information call 0116 2752097 or 0116 2885353.

Swimming

Shepshed Dolphins swimming club at Hind Leys Community College every Saturday 10:30 to 12:30.

Loughborough Leisure Centre every Sunday 6 to 7pm. For further information contact Ellie on 07867 960348 or Rachel on 01509 822070.

Harborough

Jigsaw run the following groups for children and carers of ASD children:

Soft play at Bell Street Wigston

Coffee and a chat second and fourth Tuesdays 7 to 9pm at the Salvation Army Centre, Wigston.

For information on the above contact Dave on 07954 172973

PARTS are running the following groups at Samworth Enterprise Academy:

Performing Arts and Dance Club Wednesdays 6 to 8pm.

Community Enterprise Club Thursdays 6 to 8pm

For further information on the above contact Faye on 07976779143 or Mick on 07976876905.

ASD County Youth Club for ages 11 to 19 years at the Salvation Army Leicester South Corps, Ladysmith Road, South Wigston. Second and fourth Tuesday of the month. For information contact Diane Madelin 0772 2914124.

Spectrum ASD monthly support group next meeting on 24 March at Langton Community Hall at 7:30pm. For further information call 07597932794.

Gateway Club Friday evenings social group for 16 plus at All Saints Community Centre, Wigston Magna. For further information contact Mrs Hodgson on 0116 236857.

Harborough Inclusive Club are running the following groups at Kibworth primary school:

Dance and Drama Group Wednesday evenings 4:30 to 5:45

Inclusive Sports Club (comprising able bodied and disabled) Friday evening 5 to 6pm

For information on the above contact Alison Pryce on 07966882967

Victory Youth Club suitable for ages 11 to 19 with mild to moderate learning difficulties at Countesthorpe College, Monday 7 to 9pm. For more information contact Kirk Sellars on 07795 450519 or 0116 2642316.

Together For Families is a combined support group offered by the Parent Partnership Service, Menphys SOS and Parent Carer council.

Meetings are held on the Third Tuesday of the month, term time, at the Congregational Church Centre Bowden Lane Market Harborough 10am to 12pm and the second Friday of the month, term time, 10am to 12pm at the Menphys Centre, Launceston Road, Wigston. For further information call 0116 2752097 or 0116 2885353.

Swimming

Market Harborough Leisure Centre Monday 8 to 9pm. For further information contact Mrs Foxon on 01858 465724

Hinckley and Bosworth

Parent Support Group Dorothy Goodman school Friday mornings. For further information contact Julie Rossi 01455 634582 or Mandy Broome 01455 616795

SNIPPS Special Need project run the following groups:

Youth Group Tuesday evenings Brockington College, Enderby 7 to 9pm. Suitable for children aged 8 to 17

Youth Group Thursday evenings at Dorothy Goodman school 6:30 to 8:30pm. Suitable for children aged 8 to 17.

Saturday Club at Dorothy Goodman school 10am to 3pm

For further information on any of the above contact Phil Hall at SNIPPS on 01455 440660.

AFC Barwell inclusive football team training at the George Ward Centre in Barwell every Thursday between 5:30 and 6:30. For further information contact Graeme Sport health and Wellbeing Manager at Hinckley and Bosworth Borough Council on 01455255678 or 07966202085

Leicestershire Autism Outreach Service afternoon tea and chat at Higham, Baptist Church Higham Way, Burbage, Hinckley. Next meeting Thursday 24 March 1 to 2:30 pm. For further information contact Julie Spradbury on 01530 513600 or 0750 8002986.

Leicestershire Autism Outreach Service ASD coffee morning last Friday of the month 10 am to 12pm at the Free Church, Main Street, Kirby Muxloe. For more information contact Lorraine Biddle on 0116 305 9400

Leicestershire Autism Outreach Service ASD coffee morning at Dorothy Goodman school, Stoke Road, Hinckley. Next meeting Friday 11 March 9:30 to 11:30. For more information contact Ali Levy on 01530 513600.

Children with allergies support group on the first Tuesday of the month at the Children's Centre, Granville Road, Hinkley. For further information contact Vanessa on 07845 937222. vanessa@childrenwithallergies.org.uk

Together For Families is a combined support group offered by the Parent Partnership Service, Menphys SOS and Parent Carer council. Meetings are held on the third Wednesday of the month, term time, 10am to 12pm at the Surestart children's Centre, Granville Road, Hinckley. For further information call 0116 2752097 or 0116 2885353.

Swimming

Bosworth Community College Desford for ASD adults and children .Saturday 3:15 to 5:30pm. For further information contact Sue Cox on 01455 822841 X27

Enderby Leisure Centre Tuesday's at 2:30pm.

Leicester City

Aylestone Leisure Centre Sports and games Sundays 1pm to 3pm. For further details contact Becky on 0116 294 6067.

Multi Activity Session on Mondays 5 to 6:30pm at the Eyres Monsell Club in Whitteney. Suitable for ages 8 to 19. No need to book just go along.

Leicester City based Disabled Youth Theatre. Every Friday from March 4 to April 15 from 3:45 to 5:30. For further information or to book a place contact Speakeasy on 0116 2836646.

Leicestershire Downs syndrome support group. Friendship and fun club for school age children. For further information call 07757 800312

SCAMP – Community Action play group – Sundays (university term time) 2:15 – 3:45

Charles Wilson Sports Hall Leicester university. Contact 0116 252 5229

Leicester Mencap Youth Club Thursdays 6:30 to 8pm. For more information call Mencap on 0116 285 6514.

The following are organised by Mencap Leicester at Western Park

Saturday sports club at Mencap Centre, Western Park 10 am to 12pm.

Mam's café every Tuesday 10 am to 12pm .

For more information on the above call Mick 07976876905 or Faye 07976779143.

Reality ASD group. Monthly meetings at New Parks House , Pindar Road. Next meeting 24 March 2011. For further information contact Leisa Smith on 0791 285 0517 or 0116 241 4079.

Bliss Archery at Leicester Leys leisure centre Thursdays 8:30 to 10:30. For more information contact the leisure centre on 0116 2333070.

Asperger Syndrome Support Group bi monthly second Monday of the month 7:15 to 9:15pm Buckminster Church Hall, Buckminster Road, Leicester, LE3 9TA. For more information contact Shelagh Wilson 0116 270 1074.

Swimming

Pyramid Club Tuesday 8 to 9pm at Aylestone Leisure Centre. For more information ring 0116 2333040.

Bliss disabled family swim at Leicester Leys Leisure Centre Wednesday 7:30 to 8:30. For more information ring 0116 2333070.

New Parks Leisure Centre disabled swimming Friday 7 to 8:30. For more information ring 0116 2333080.

Melton Mowbray

Melton & District ASD group meeting at Birchwood school monthly on Tuesdays 9:45 to 11:30. For more information contact Lesley on 01664 565155.

Mencap Melton Mowbray run the following groups:

Youth club for 14 to 18 Thursdays 6:30 to 8:30 at the Mencap centre

Saturday club – Under 8's 10 to 12pm

8 to 12 10 to 12pm
14 to 18 youth club 9:30 to 2:30

For further information contact Lorraine on 0786 7727467 or Yvonne 0116 4564237

Together For Families is a combined support group offered by the Parent Partnership Service, Menphys SOS and Parent Carer council.

Meetings are held on the first Wednesday of the month in term time 10am to 12pm at the Melton Carnegie Museum, Thorpe End Melton Mowbray. For further information call 0116 2752097 or 0116 2885353.

Swimming

Gateway Swimming Club for ages 14 and up at Waterfield Leisure Centre Monday's 7 to 9pm. For further information contact Yvonne at Mencap.

North West Leicestershire

SPACE – Sports and play for autistic children to enjoy. First and third Saturday of the month (term time) 10 am to 12pm at Castle Donington Community College. Also includes a parent led support group. For further information contact Julie Truman on 07988934446 or Sara Goodwin 01530 461660.

The ASD Youth Club for ages 11 and up on second and fourth Saturday (term time) Ivanhoe Youth Club, Ivanhoe School, Ashby de la Zouch. For further information contact Dave on 01530 560485.

Monday club at Hermitage Leisure Centre, Whitwick for ASD children on Mondays 5:30 to 6:30pm. For more information contact the leisure centre on 01530 811215.

Have a go club at Hood Park Leisure Centre Ashby de la Zouch 5 to 6pm. For more information call the leisure centre on 01530 416499

Pursuit social club for ages 16 to 80 Fridays at the Agar Nook Community Centre. For further information contact Mrs Bull on 01530 271824.

The Hub inclusive Youth Club Market Street, Ashby de la Zouch for ages 12 to 19 Tuesdays to Fridays between 4 and 9pm.

Together For Families is a combined support group offered by the Parent Partnership Service, Menphys SOS and Parent Carer council.

Meetings are held at the Surestart Warren Hills Children's Centre, Stamford Drive, Coalville on the fourth Thursday of the month, term time, 1pm to 3pm. For further information call 0116 2752097 or 0116 2885353.

Swimming

Hermitage Leisure Centre Thursdays 7 to 8pm

Hood park Leisure Centre Saturday 6:15 to 7:30

Ibstock Sports Complex Sundays 12 to 1pm. For further information call 01530 265836.

Rutland

Downs Syndrome Parents and Children Tea Club Thursdays 4:30 to 6 pm at the Casterton Community and Children's Centre, Casterton College. For more information go to visions@rutland.co.uk or telephone 01780 752303.

Parks School Family Centre have a number of groups and events including:

Art Mates Thursdays 6 to 7:30 at Catmose college

Trampolining courses on Fridays at Southfields School Oakham.

TOFU (Time Out For US) siblings club Saturdays 6 to 8 pm. Suitable for 11+

Mums keep fit on Thursday evenings.

They also have cooking sessions for over 8's, a film club, quiz nights and play days in school holidays.

Swimming

Special needs swimming lessons at Parks school Thursdays 2:45 to 4:45

Special needs swimming lessons at Oakham school Saturday 12 to 2pm

For further information on any of the above or to register on any of the courses contact Jo Lisk on 01572 724646

There are also a wide range of adapted bikes and tag alongs available for hire at Rutland Water.

South Derbyshire

In Club at Woodville Youth Centre, Moira Road, Woodville. For more information contact Hayley Knapp on 07799 092349 or 01283 210344

Umbrella Family Support Group second Monday of the month between 1 to 2:45pm at the Surestart Children's Centre, Blacksmith Lane, Woodville. For more information call 01332 785658.

Midway Football Club at Pingles school, Swadlincote Tuesdays 5:30 to 6:30. For more information contact Sarah Parker on 07989 344601

Hilton Harriers Football Club at Etwall Leisure Centre Thursdays 6 to 7pm. For more information call Maxine Harlow on 07713 362019

Greenbank Leisure Centre in Swadlincote have a number of special needs and inclusive activities including:

Junior gym for 11 to 16 years and carers on Tuesdays, Thursdays, Saturdays and Sundays

Inclusive trampolining Wednesdays

Holiday soft play

A monthly parent forum is held on a Tuesday evening 7:30 to 9pm

For further information on any of the above contact the leisure centre on 01283 216269.

Tidgy Tots Sensory play suitable for up to 12 years old on Thursdays 1 to 3:30pm at the Newhall Adult Centre, Meadow Lane, Newhall, Swadlincote. For further information contact Michellepowell@tidgytots.org

Swimming

Greenbank Leisure Centre Sundays 4 to 5pm

Etwall leisure Centre Sundays 12:30 to 1:30. For further information call the Leisure centre on 01283 733348

East Staffordshire

Aiming High Saturday Morning Activity club at the Meadowside Leisure Centre every fortnight between 10am and 12pm. For further information contact Neil Brown at East Staffordshire Borough Council on 01283 508192.

Aiming High Able too United Football Development Centre – Thursday evenings at Shobnall Leisure complex Burton on Trent. Ages 5 to 13 years old 5:15 to 6:15 14+ 6:15 to 8pm. For more information contact Neil Brown.

General information

Miracles to Believe In is a charity that organises outings for ASD children. See their website at www.miraclestobelievein.moonfruit.com

Scope the Cerebral Palsy charity can be contacted on 0808 8003333 local groups include

Kaleidoscope in Coalville and District and On The Move in Burton.

Parent Partnership Service Leicestershire can offer support and information. Contact them on 0116 275 2097

The Parent Carer Council is a Leicestershire group that can offer support and information. Contact them on 07870688973

Menphys is a local charity who can offer help and support contact them on 01455 899111

Mencap is a national learning disability charity with local groups. Call them on 0207454 0454

The Leicestershire branch of the National Autistic Society has a helpline on 0116 291 6958.

New Dawn Family Support Service offer counselling for parent, children carers and young persons in distress. For more information call 0116 287 7335 or 07887 750890

And finally

The above list is fairly comprehensive but there is more out there. Why not do what I did contact your local council, leisure centres, community colleges and special schools. Talk to your health visitors, Mencap, Menphys, Parent Carer Council and Parent partnership group. If there are specialist charities in your area then talk to them.

If all else fails and what you want is not out there then why not consider forming a group of your own, many of the groups listed were started by parents.ut

In view of the current government cuts some of these service are at risk so it is advisable to contact the group before going along.

If you know of any other groups or activities in the area that can be added to this list please contact Sara Goodwin on 01530 461660 email rockfossilman@yahoo.co.uk