

EDLAG Directory



Everyone has the opportunity to get active

The Eastleigh Disability Leisure Access Group have created a directory which lists inclusive and accessible activities and facilities in the local area.



District Sports South

Eastleigh Boccia Club

Wednesdays, 1.30pm - 2.30pm
at Pavilion on the Park

paviliononthepark.org/activities-clubs/eastleigh-boccia-club

Eastleigh Disability Swimming

EDSAD (Eastleigh & District Sports Association for Disabled)

Tuesdays, 8pm - 9pm
Places Leisure Eastleigh
swimedsad@gmail.com

[facebook.com/eastleighdisabilityswimming](https://www.facebook.com/eastleighdisabilityswimming)

The Hub

Inclusive Multi-Sports

11 am - 1 pm. Must be over 18 to attend.
£3 per person, with carers being free.

There is a variety of sports and games set up in the Hall for everyone to take part in. A cup of tea or coffee is also included so participants are welcome to have a seat and socialise with others at the session.

[facebook.com/hubeastleigh](https://www.facebook.com/hubeastleigh)

centremanager@youthoptions.org.uk



Pan disability football sessions

A format of football which brings together players of different disabilities so they can play together.

Eastleigh Football Club

eastleighfc.com/community/pan-disability

Rehabilitation Walking Football

Wednesdays, 2pm - 4pm
at Places Leisure Eastleigh

ewfcmobility@gmail.com

Hamble Pan Youth Disability FC

inclusive.football/places/hamble-club-pan-disability

Wheelchair basketball

Sessions for children and young people with a physical disability aged 7-17 years.

Hampshire Hornets Wheelchair Basketball

Contact Nass Dadkah for further information:

ndadkah@ntlworld.com

07798852784

Cricket

Hampshire Visually Impaired Cricket Club

Open to all ages, abilities and genders.

blindcricket-hampshire.org.uk

Super 1's

An inclusive programme which offers weekly cricket sessions, as well as festivals and lifestyle experiences. The programme is targeted at 12-25 year olds, with some flexibility on age, in Chandler's Ford.

Multi Sports Club

For people aged 16+ with learning and/or physical disabilities.

info@multisportsclub.org.uk

multisportsclub.org.uk

[facebook.com/groups/1439701852969753](https://www.facebook.com/groups/1439701852969753)

[instagram.com/multisportsclub01](https://www.instagram.com/multisportsclub01)

Passport to Leisure

Places Leisure Eastleigh

The concessionary scheme includes borough residents who are people with physical, learning or sensory impairments.

Proof is required using a Named Disability Living Allowance (DLA) or Personal Independence Payment (PIP) literature.

eastleigh.gov.uk/sport-and-health/passport-to-leisure

Wildern Leisure Centre

wildernleisurecentre.co.uk/memberships





QE2 Activity Centre

Offers a range of services including facility hire for people with additional needs.

qe2activitycentre.co.uk

office@qe2activitycentre.co.uk

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Walking Football

Eastleigh Football Club

Thursday afternoons 12.30pm and 2.15pm and Monday evenings 6.30pm - 7.30pm. £5 per session. 50+ years

eastleighfcwalkingfootball.co.uk

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Walking Netball

A slower version of the game; it is netball, but at a walking pace.

Sessions are at Places Leisure Eastleigh, Hiltingbury Sports and Wildern Leisure Centre.

engage.Englandnetball.co.uk

The Pavilion on the Park

Cycles4All

Inclusive outdoor cycling for all ages and abilities.

paviliononthepark.org/activities-clubs/cycles4all

One4all

An inclusive activity club includes crafting, boccia, fitness, multi-sports, sensory, dance, games and wellbeing walking – all abilities welcome!

paviliononthepark.org/activities-clubs/one4all-inclusive-activity-club

Sensory4All

Community multi-sensory space for babies through to adults.

paviliononthepark.org/activities-clubs/sensory4all

Sensecere

A journey to learn more about children's behaviour and how it is affected by the senses.

paviliononthepark.org/activities-clubs/sensecere



The Point

Dance for Parkinson's

Thursdays during term time. 1.30pm - 3pm.
18+

A social and uplifting movement class designed specifically for the symptoms of Parkinson's. Expect a relaxed session with upbeat music, good company and targeted movement activities to improve general mobility. Family and carers can attend for free (one carer per participant).

We Create Dance and Drama Club

Fridays during term time. 1.30pm - 2.45pm.
18+

A lively, fun session for adults with learning disabilities, exploring creativity through both drama and dance-based activities. This might include mime, acting scenarios, moving to music, developing stories and creating characters!

Next Step Dance Company

Sundays, 10am - 4pm. 18+

An exciting class offering professional dance training for adults with learning disabilities. Dancers are admitted to the company with an audition, but if you're not sure yet if you'd like the commitment, you can also attend Next Step's Open Class between 10am - 11.30am, which gets you moving and gives a taste of what it is like to belong to the company.



Open Sight VI Dance Class

Fridays, 11 am - 12pm. 18+

In partnership with Open Sight Hampshire. Join us for a social and upbeat dance class created with visually impaired participants in mind. No experience necessary – just come and get moving, meet others and have a good boogie! Suitable for all but specifically designed for the visually impaired.

thepointeastleigh.co.uk/classes

