

Fun stuff

An Amaze leisure guide



From the Compass Team at Amaze



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Introduction

Children and young people with additional needs want to take part in activities they enjoy, but they also want to feel welcome, safe and supported. This booklet lists a wide range of local leisure activities - some for children and young people with disabilities or additional needs, some that are inclusive and others that are open to all. **Please note, some information may be out of date and details can change, so do check before you turn up!**

If you have a Compass Card B&H and want to keep up to date with the latest leisure information, download the Compass Card app, sign up for Amaze's weekly e-bulletin, Compass News B&H, visit www.compasscard.org.uk or call the Amaze helpline on 01273 772289.



Compass Card Brighton and Hove



The Compass is the city's 'disability register' and it's run by Amaze. It's for 0-25s with disabilities or special educational needs that have a significant impact on every day life (eligibility ends after 25th birthday). Children and young people on the database get a Compass Card that offers a range of discounts at leisure outlets across the city. We've listed

Compass Card offers in Brighton and Hove, but we haven't included the many offers in West Sussex. For full details of all the offers, download the free Compass Card app to your iPhone or Android smartphone (search for 'Compass Card' and download the Brighton and Hove version). If you want to apply for or renew a Compass Card, call the Amaze helpline on 01273 772289 for a Compass Registration Form or visit www.compasscard.org.uk

Other leisure benefits and discounts

The Carers' Card

If you care for someone with Compass Card B&H, you automatically qualify for a

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Carers' Card to look after your own health and wellbeing and young carers aged 8 to 25 can get a Young Carers' Card. You can apply for the cards online at www.brighton-hove.gov.uk/content/social-care/carers/looking-after-yourself. If you have any queries or prefer not to apply online, call 01273 977000 or email info@carershub.co.uk There are around 60 offers on the card, including Brighton & Hove Buses, local leisure centres, the Duke's cinemas, complementary therapies and a range of classes.

Gully's Days Out

Established by Albion in the Community in partnership with American Express®, Gully's Days Out provides young people and adults with additional needs with opportunities to experience many of Sussex's greatest attractions including Sea Life Brighton, Butlin's, Cineworld, Frankie & Benny's, Brighton Pier, and Inspire Leisure. Gully's Days Out membership is available to both individuals and organisations (Day Centres and SEND Schools) and Compass Card holders are automatically eligible. Members can request up to five tickets to attractions and enjoy a day out with friends and family as well as benefit from the support of trained Albion in the Community employees and American Express volunteers at 'supported days out' throughout the year. For further information or to apply for membership, call 01273 668590 or email gullysdayout@albioninthecommunity.org.uk

City Leisure Card

Brighton & Hove City Council has a Leisure Card that provides up to 40% discount on a range of activities in Freedom leisure centres in the city. You'll need to be a student with an NUS Extra Card or be receiving certain benefits to be eligible. Ask at your local Freedom leisure centre for an application form and more info.



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Leisure activities

Arts, music, film and drama

Autism-friendly screening at the Duke of York's cinema 0871 902 5728 /01273 818549 www.picturehouses.com/cinema/Duke_of_Yorks

Regular Sunday cinema club for children and young people with additional needs and their families, usually on the third Sunday of the month. Tickets cost £3 for all. Compass Card holders get a free carer ticket (free ticket for friend if card holder is over 15) for general screenings at the Duke of York's and Dukes at Komedia.

Autism-friendly screenings at Cineworld Brighton: Marina 0800 188 4044 www.cineworld.co.uk/cinemas/brighton

Monthly Sunday morning cinema club for children and young people with autism or learning disabilities. Tickets can be purchased about two weeks in advance of the screening on the number above.

Autism-friendly screenings at the Odeon Brighton: 0800 138 3315 www.odeon.co.uk/cinemas/brighton/71/

Monthly Sunday morning cinema club for children and young people with autism or learning disabilities. Tickets can be purchased from 11am on the Wednesday before the screening on the number above (Odeon's Accessibility Helpline).

Beacon Arts: 01273 557124 info@beaconarts.co.uk www.beaconarts.co.uk

Classes in Ballet with live piano accompaniment, art and crafts, pilates and choir for all ages including adults.

Brightonshed: 07780 626802 info@brightonshed.com www.brightonshed.com

Local inclusive theatre group that runs weekly sessions in term time. Children's Theatre (ages 7 to 11) Tuesdays 4.30 to 5.30pm; Youth Theatre (ages 11 to 18) and Community Theatre (ages 18+) Tuesdays 5.45 to 7pm at Varndean School, Balfour Road, Brighton BN1 6NP.

Carousel: 01273 234734 enquiries@carousel.org.uk www.carousel.org.uk

Local charity, Carousel, helps over 18s with learning disabilities to reach their potential in the arts. Activities include music technology, radio, live music events, clubbing (Blue Camel - see page 7) and the Oska Bright Film Festival.

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Make Your Mark art workshops: 07400 963087 sue.winter@icloud.com

Sue Winter runs her Make Your Mark art workshops for 16-25s with additional needs on the first Saturday of the month from 10am to 1pm (venue varies, so check for details). Young people can try printing, painting, drawing and sculpture. £20 for Compass Card holders (standard price £25). Book in advance.

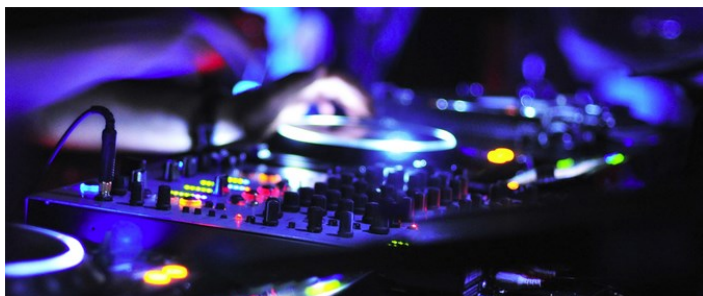
National Cinema Exhibitors' Association (CEA) card: 01244 526 016 www.ceacard.co.uk

Cost £6, valid for a year, the CEA photo card can be used at many cinemas, to show a disabled person is entitled to a free ticket for their carer. Applies to over 8s only. Apply via cinemas, or at website above.

Theatre offers at Komedia, Theatre Royal, The Old Market and Brighton Dome

Compass Card holders get special offers on selected shows and a 15% 'Tom's friends' discount at The Old Market. Offers are often last minute, so if your child has a Compass Card, you need to provide an email address and we'll give you the latest offers in our weekly e-bulletin, Compass News B&H. For The Old Market discount, you'll need to use the promo code *COMPASS* and take the Compass Card on the day to validate the discount.

Clubbing



Blue Camel Club: 01273 234734 enquiries@carousel.org.uk www.carousel.org.uk

Club night with live music and DJs for over 16s with learning disabilities.

Kiss My Disco: Nick Carling 07730 685775 ncarling@hotmail.co.uk www.facebook.com/kissmydisco

Run by Fresh Track and people with learning disabilities and open to all over 18s. Club night with DJs in Brighton, Eastbourne and Lewes.

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Purple Club House: 07584 706010 cbland@grace-eyre.org

Regular themed club night run by people with learning disabilities for people with learning disabilities and based at Grace Eyre's premises in Hove.

Farms, fishes and animals



Drusillas: 01323 874100 discounts@drusillas.co.uk

www.drusillas.co.uk

Zoo and adventure park near Alfriston. Wheelchair accessible and a nominal discount for disabled people and carers. Online booking cheaper. To receive info about discounts, email discounts@drusillas.co.uk

Middle Farm: 01323 811411 info@middlefarm.com

www.middlefarm.com

Dairy farm near Lewes, with farm shop, restaurant, gift shop, cider barn and open farm.

Mohair Centre Holiday Workshops: 01825 872457

mohairchildcare@hotmail.co.uk www.mohaircentre.co.uk

Holiday workshops, farm based nursery, holiday club and after school club for children aged 1-13. Dedicated to inclusion.

Riding for the Disabled Association (RDA) Mid-Sussex Group:

Pauline Cooke 01403 891619 paulinecooke17@gmail.com

A local riding group that provide sessions for disabled children, young people and adults - call for details.

Riding for the Disabled Association (RDA) East Sussex group: Joan

Jarman barbarajoanjarman@gmail.com

A local riding group that provide sessions for disabled children, young people and adults - email for details.

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Sea Life Centre: 01273 604234

www.sealife.co.uk

A sensory day out for all ages. Compass Card holders pay standard entry fees (cheaper in advance on the Sea Life website), and there's a free carer's ticket. Also discounts on annual pass.



Spring Barn Farm Park: 01273 488450

www.springbarnfarm.com

Farm near Lewes with animals, picnic/play area, maze and cafe. Compass Card holders pay the usual entry price and a carer goes free.

Stoney Wish Nature Reserve: 01273 843498 www.stoneywish.com

Once a working farm, a trail runs around the country park with ponds, picnic area and tea rooms. Near Ditchling. 50p discount for Compass Card holders and one parent carer goes free.

Tilgate Nature Centre: 01293 521168

www.tilgatenaturecentre.wordpress.com

Home to over 500 animals, Tilgate Nature Centre provides the Compass Card holder and one carer with free admission. There's hoist-assisted changing on site.

Washbrooks Farm: 01273 832201 www.washbrooks.co.uk

A family farm near Hurstpierpoint. Most facilities aimed at children 7 years and under.

General leisure and leisure support

Alice Holt Forest: www.forestry.gov.uk/aliceholt

Forest in Farnham, with cycle centre, café, forest trails and Changing Places facility.

Chailey Heritage Futures Life Skills Centre: 01825 723723 futureslife-skills@chs.org.uk www.futureschailey.org.uk

Part of Chailey Heritage School, the Future Life Skills Centre has range of accessible facilities for disabled people over 19 including gym, spa, sauna, cooking and living skills sessions, multi-media suite, arts /crafts, salon, treatment room and café.

City Sightseeing Tours (April to October): 01273 886200

www.buses.co.uk

Hop on, hop off bus service covering key Brighton and Hove landmarks. Compass Card holders over 18 who are not studying benefit from Student discounts.

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ESAB-VIABLE: 01273 730906 esabviable@gmail.com

www.esab-viable.org.uk

Sporting and social activities for adults with visual impairments. Children welcome with carers.

English Federation of Disability Sport: 01509 227750

federation@efds.co.uk www.efds.co.uk

Information about sports opportunities for disabled children and adults.

Gig Buddies: 01273 600438 info@stayuplate.org

www.gigbuddies.org.uk

Run by local charity, Stay Up Late, Gig Buddies is a project that pairs people with learning disabilities up with volunteers who have similar interests so they can go to events together.

Grace Eyre Foundation: 01273 201900 enquiries@grace-eyre.org

www.grace-eyre.org

Full range of social and physical activities for over 18s with learning disabilities.

Healthy Lifestyles Team: 01273 292724 sports.info@brighton-hove.gov.uk

www.brighton-hove.gov.uk/activecity

If your child has a Compass Card and you're looking for physical activities, Brighton & Hove City Council's Healthy Lifestyles Team can help identify a suitable sports club or sports provider. The team can put you in touch with coaches/teachers/organisers so you can discuss your child's needs, or can talk to them for you.

Interactive Room, Littlehampton Swimming and Sports Centre: 01903

725451 www.freedom-leisure.co.uk/centres/littlehampton-swimming-and-sports-centre (click 'facilities'/'sports hall and interactive room')

Unique interactive audio and visual games room suitable for wheelchair users and

those with special educational needs.

£5 per hour for Compass Card group.



Knockhatch Adventure Park:

01323 442051

www.knockhatch.com

Loads to do at this inclusive adventure park including the Wave Runner Water Slide, Tommy Tractor Play Barn, Jumping Pillows, farm animals and birds of prey. Carer goes free if you show a Compass Card.

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Observatory Science Centre: 01323 832731 www.the-observatory.org

Hands-on science and discovery at a world-famous astronomical observatory. Open February to November. Carer goes free if you show a Compass Card.

Paradise Park: 01273 512123 www.paradisepark.co.uk

Part theme park, part gardens in Newhaven, Compass Card holders and up to five other family members get half price entry .

Spiral Sussex: 030 30 40 2860 info@spiralsussex.co.uk

www.spiralsussex.co.uk

Full range of social and physical activities for over 18s with learning disabilities.

Libraries and museums

Libraries: 01273 290800 libraries@brighton-hove.gov.uk

bookstart@brighton-hove.gov.uk www.citylibraries.info

www.facebook.com/BrightonandHoveCityLibraries

Twitter: @BHLibraries

Bookstart packs at libraries across the city. Storytime sessions at Jubilee, Hove, Hangleton and Westdene libraries. Regular family events and activities, including Baby Boogie sessions and Dad's boogie sessions. Compass Card holders can hire CDs, DVDs and audio books for free at Brighton and Hove's libraries. Once you've joined the library, show your Compass Card to staff the first time you borrow a CD, DVD or audio book.

Whitehawk Toy Library: 01273 296924 whitehawklibrary@brighton-hove.gov.uk www.citylibraries.info

'Stay and play' session every Thursday (term-time only 1.30-3pm) and Baby Boogie on the first Tuesday of the month (term-time only 10.15-10.45am). Wide variety of toys and games and pre-school musical instruments on loan.

Royal Pavilion and Museums: 03000

290900 www.brightonmuseums.org.uk

16-24 year olds with a Compass Card get free entrance at the Royal Pavilion, Preston Manor and Brighton Museum & Art Gallery and carers of all Compass Card holders also get free entry (children up to 15 from Brighton and Hove already get free entry if they visit with an adult who lives in the city). Call 01273 292865 for details of children's and family events at the city's museums and the Pavilion. Early years and family sessions aim to be inclusive.



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Play groups, after school and holiday schemes

Cherish: 01273 295171/ 01273 295530 chris.kerridge@brighton-hove.gov.uk

Part of Brighton and Hove Council's disability team, providing Easter/summer holiday all-day mini bus based schemes and term time evening youth clubs and young adults service. Dedicated specialist service, including 1:1 support for mixed ability groups of learning disabled young people, aged 16-25 (see page 25).

Childcare Inclusion Fund: 01273 293523 eyc@brighton-hove.gov.uk

Parent carers and child care services run by Ofsted registered childcare and schools can apply for money from the Childcare Inclusion Fund to pay for training, equipment and building adaptations. The money is used to help children with disabilities or special educational needs attend mainstream childcare.

**Extratime: 01273 420580 info@extratimebrighton.org.uk
www.extratimebrighton.org.uk**

Inclusive after school Easter and summer holiday play schemes for children at Hillside school and at Ash Cottage next to Downs View School in Woodingdean. After school club at Herons Dale school in Shoreham (Hawkins Crescent Club). Holiday youth schemes for disabled young people up to 19 run in partnership with Sussex YMCA at Portslade Village Centre and Woodingdean Youth Club. Access 2 Youth Club for 13-25s with additional needs at Portslade Village Centre on Wednesday eve.

Honeycroft: 01273 220323

centremanager@honeycroft.co.uk www.honeycroft.co.uk

Inclusive nursery 8.30am-5pm on Sackville Road, Hove, for children from 2 years to school age. Inclusive holiday club for children ages 5-11.

Whoopsadaisy: 01273 554178 info@whoopsadaisy.org

www.whoopsadaisy.org

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

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

Whoopsadaisy is a Brighton based charity providing Conductive Education sessions in a fun and friendly atmosphere for children with cerebral palsy and other motor disorders. Parent and Child sessions are available for 0-5s. Saturday School and Holiday Clubs available for 5-12s. Summer Holiday Club 2018 runs 13 to 24 August .



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Social and support groups

Amazing Futures/Peer Support Project:
07483 111648 sue@amazesussex.org.uk

Fun fortnightly term time sessions for young people with additional needs - mixed group for 14 to 25s and young women's group for 16 to 25s.

Amaze Autism Saturday Club: 07917 887526

amandam@amazesussex.org.uk

Held once a month from 10am to 12pm on the second Saturday of the month, this free group at Turner Children's Centre is for children with Autism aged 7 and under, plus their friends and family. Toys, soft play, sensory play and outdoor space. Drinks and snacks provided.

Autism Sussex: 0345 450 0060 enquiries@aspens.org.uk

www.autismsussex.org.uk

Range of social groups for children and young people and full programme of arts activities based at the Open Market on London Road, Brighton for over 18s.

Brighton, Hove and West Sussex Deaf Children's Society: 07519-869878 bhwsdcsoc@btinternet.com

www.bhwsdcs.org.uk www.facebook.com/bhwsdcs

A charity run by parents of deaf children offering family friendship and fun. Organises fun events for children of all ages to enable deaf and hearing impaired children to make friends and have fun. Also offers parents a network of help and support.

Brighton Pebbles: 07506 105265 brightonpebbles@tiscali.co.uk
www.brightonpebbles.org.uk

Parent-run social group for families with disabled children and young people who live in Brighton and Hove.

Friend Finder: 07545 664784 info@friendfinderofficial.com
www.friendfinderofficial.com

National charity that run a range of social events for chronically ill and disabled children and young people including annual Friendfinder proms.



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HeartVenture: 07845 174158 in-fo@heartventure.com www.heartventure.com

Brighton-based friendship agency for adults with learning disabilities who like to meet and socialise with like-minded people in a safe environment. Organises one or two events per month.

Lego Social Club Brighton: 07592 508411 terri.oatley@yahoo.co.uk www.facebook.com/legoclubasc

Fortnightly club for ASC children and young people where they can build Lego and make friends in a relaxing environment. Compass Card families pay £3 instead of £4.

Little Darlings: Sharon 07799 414837 sharondebra@hotmail.co.uk

Parent-run group for children aged 0 -10 with additional needs and their parents/ carers and siblings.

mASCot: 07943 346055 info@asc-mascot.com www.asc-mascot.com

Online support, meet-ups and social events for families with children or young people with Autistic Spectrum Condition.

Power Group: 07483 111648 sue@amazesussex.org.uk

Free self-advocacy group for 16 -25 year olds with learning disabilities run by Amaze in partnership with Speak Out. Meets fortnightly on a Wednesday 4–6pm at the Young People's Centre on Ship Street, Brighton. Contact Sue if you are interested.

Sweet Peas: Kerry 07875 377961 kerrykorkunc@gmail.com

Parent-run parent and children's group for children 0-6 with special and additional needs. Fridays 12.15-3pm, Turner Children's Centre.

T21 Brighton & Hove: pippahodge@icloud.com (or message closed Facebook group at www.facebook.com/T21-BrightonHove-223945394330586)

Parent-run group for families of children with Down Syndrome. The group shares information and runs family activities.

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**Young Carers Project: 01273 746222 info@thecarerscentre.org
www.thecarerscentre.org**

Social activities for young people (8-25) who help care for someone ill or disabled, including a sister or brother.

Soft play and sensory

Funplex: 01273 690888 www.funplex.co.uk

Indoor adventure play centre in Bevendean. Funplex offers a £1.50 discount to Compass Card holders.

Magic Castle: 01273 588858 www.waveleisure.co.uk/soft-play-at-wave

Two level soft play area for under 10s at Peacehaven Leisure Centre.

Monkey Bizness: 08458 739645 www.monkey-bizness.co.uk

Indoor play centre in Lewes. Café and three play areas. Compass Card holders go half price.

Sensory Studio: 01273 405800

info@southdown.org www.southdown.org/services/community-support/community-resources

Sensory room designed to stimulate the senses in Lewes run by Southdown.



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Sports and physical activities and other leisure activities

Adventure

Outdoors Project: 07597 396087/01273 292724

info@theoutdoorsproject.co.uk www.theoutdoorsproject.co.uk

Outdoor activities for 5-12s, including camps, Nerf wars, rock climbing and bush craft.

Basketball

SWBC Tigers: 01273 622266 coachjobyswbctigers@gmail.com

Wheelchair basketball for 14+ on Mondays 7-9pm at Moulsecoomb Community Leisure Centre. New players welcome.

Tornados: 07568 574535 info@tornadoswheelchairbasketball.co.uk

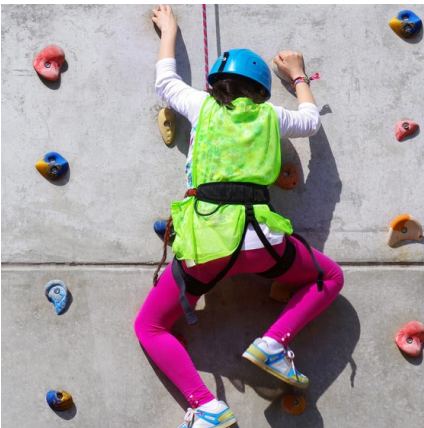
www.tornadoswheelchairbasketball.co.uk

Wheelchair basketball for new players over 14 Fridays 6.30-8pm at Littlehampton Academy, Fitzalan Road, Littlehampton, West Sussex BN17 6FE.

Climbing

Boulder Brighton: 01273 422408 www.boulderbrighton.com

Rope and harness-free bouldering wall in Portslade offers Compass Card holders over the age of 16 its concessionary rate of 15%.



High Sports at Withdean Sports Complex: 0845 363 1177

www.high-sports.co.uk

Climbing wall for all levels at Withdean. Compass Card holders get 10% discount on all High Sports instructed sessions, individual entries and pre-pay monthly, quarterly and yearly passes. Mention the Compass Card when you book and show it on the day

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Cricket

Community Disability Cricket: Aroop Tanna 07500 025449

aroop.tanna@sussexcricket.co.uk

Weekly cricket sessions in Lewes, Eastbourne, Hastings, Crowborough, Horsham and Hove from 4-6pm.

Cycling

Charlotte's Tandems: info@CharlottesTandems.co.uk

www.CharlottesTandems.co.uk

Hire of tandems/tag-alongs for free for use by disabled children and adults.

Dance

Brighton Ballet School: 07595 303180 www.brightonballetschool.co.uk

Run by a Compass Card parent, Brighton Ballet School operates from three dance studios in Brighton and Hove and provides classes for all ages and abilities in ballet, tap and contemporary dance. First class free to Compass Card holders and subsequent classes discounted by 10%.

Marina Studios: 01273 253679 info@marinastudios.co.uk

www.marinastudios.co.uk

Marina Studios runs a full range of dance and exercise classes, including street dance classes. 15% discount for Compass Card holders (excludes Streetfunk and classes from outside organisations).

Football

Albion in the Community (AITC) Inclusive Football Sessions

07876 898028 philip.broom@albioninthecommunity.org.uk

Albion in the Community runs inclusive football sessions for people with additional needs and new players with a Compass Card get their first two sessions free. Sessions are open to anyone with a disability who wants to play regular football and are suitable for all ages.



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Golf

Brighton Junior Golf: 01273 921135 www.brightonjuniorgolf.co.uk

Golf coaching that aims to include all levels and abilities from age 4 to 14. First 'JOLF' session is free for Compass Card holders and then 10 week course costs £99

Gyms and fitness



The Circle Studios: 01273 911311 www.thecirclestudios.co.uk

Fitness classes and courses in modern, spacious facilities. Compass Card holders get discounted membership and a carer goes free.

Hassocks Sports Centre: 01273 841348 www.freedom-leisure.org.uk

Community sports centre with gym discounts and half price badminton court hire for Compass Card holders.

King Alfred Leisure Centre: 01273 290290 www.freedom-leisure.co.uk

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

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Longhill Leisure Centre: 01273 391683 www.longhillsportscentre.co.uk

Free gym sessions for Compass Card holders aged 16-24 and discounted rate for one adult carer. Card holder pays for initial induction, then all sessions are free.

Moulsecomb Community Leisure Centre: 01273 622266 www.freedom-leisure.co.uk

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

Portslade Sports Centre: 01273 411100 www.freedomleisure.co.uk

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

Prince Regent Swimming Complex: 01273 685692 www.freedom-leisure.co.uk

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

Stanley Deason Leisure Centre: 01273 694281 www.freedom-leisure.co.uk

Compass Card holders go free at 'Junior Health and Fitness' sessions for young people aged 12-15, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

Sussexsport, University of Sussex: 01273 877687

l.o.terrell@sussex.ac.uk www.sussex.ac.uk/sport

Free gym sessions for Compass Card holders in Brighton and Hove aged 16-24 after induction and discounted rate for one adult carer.

Withdean Sports Complex: 01273 685692 www.freedom-leisure.co.uk

Compass Card holders aged 12-15 go free at 'Junior Health and Fitness' sessions, after induction. Also, free gym sessions for Compass Card holders aged 16-24. Card holder pays for initial induction, then all sessions are free.

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Martial arts

Brighton Judo Club:

info@brightonjudoclub.org

www.brightonjudoclub.org

Facebook - Brighton Judo Club

Friendly club based at 15th Brighton Scout Hall, Manor Road, Brighton. BN2 5EA. Aims to be inclusive.

Sama Organisation: 01273 607090

info@samagroup.co.uk

www.samagroup.co.uk

Karate and kick-boxing classes for children and adults at venues across Brighton and Hove.



Multi-sport

Sussex Wasps: 01273 758637

archer-phil@sky.com www.sussexwasps.weebly.com/

Sports club for people with disabilities 8 years and over, including archery at Lewes Leisure Centre.

Music

Go Kid Music Club: <https://gkmclub.teachable.com/p/go-kid-music-club/>

Digital music club targeted at primary age children with live gigs and shows in and around Brighton. Compass Card holders get range of discounts.

Running

Preston Park Junior parkrun: prestonpark-junioroffice@parkrun.com www.parkrun.org.uk/prestonpark-juniors

www.facebook.com/prestonparkjuniorparkrun

Fun, free 2km run for 4-14 year olds of all abilities every Sunday at 9am in Preston Park. Buggy and wheelchair-friendly course. Please register first.

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Swimming

Aqua Movers: 01825 724444
office@chf.org.uk
www.chf.org.uk

Chailey Heritage Foundation School in North Chailey is running Aqua Movers+ swimming sessions for parents and disabled children aged 0-3 at the school's specialist hydrotherapy pool. The sessions are supported by a physiotherapist and speech and language therapist. Regular term time sessions every Tuesday

10.30am to 1.00pm. Call or email Claire Hall for more information.



Impulse Leisure - Wadurs, Shoreham: 01273 238000 **www.impulseleisure.co.uk**
Aquatherapy sessions on Mondays and Thursdays 11.30am to 12.30pm. Discounts apply to Compass Card holders.

King Alfred Leisure Centre: 01273 290290 **www.freedomleisure.co.uk**
Compass Card holders get free swimming for themselves and up to four others. Also hosts Marlins Swimming Club for all ages with physical disabilities on Sundays 6.30 to 7.30pm (01273 416600).

Prince Regent Swimming Complex: 01273 685692
www.freedomleisure.co.uk

Free swimming for Compass Card holders and up to four others. Hosts Spiral Goldfins club for disabled swimmers (01273 295180).

Saltdean Lido (opens May to September): 01273 069984
www.saltdeanlido.co.uk

Compass Card holders swim for free (doesn't apply to online or 'phone bookings).

St Luke's Swimming Pool: 01273 602385 **www.freedomleisure.co.uk**
Compass Card holders get free swimming for themselves and up to four others.

The Triangle Burgess Hill: 01444 876000 **www.freedomleisure.co.uk**
Compass Card holder pays £1 and a carer goes free in the leisure pool; and card holder and a carer go free in the competition pool.

Fun stuff

Table tennis

Brighton and Hove Table Tennis Club: 01273 670145

www.brightontabletennisclub.co.uk

Sessions for all ages and backgrounds at The Fitzherbert's Centre, including sessions for people aged 10+ with Down Syndrome on the first Sunday of the month 11am to 1pm, girls-only sessions and junior sessions. Compass Card holders get concessionary rates on all sessions.



Hollingbury Table Tennis Club: Ade Akin 07967 316766

hollingburyttc@gmail.com www.hollingburyttc.co.uk

Junior and adult coaching and practice sessions at Bevendean Primary School.

Tennis

City parks: 01273 292704 www.brighton-hove.gov.uk

18 to 24 year old Compass Card holders get concessionary rates at tennis courts in city parks. Under 18s get the standard junior rate.

Visually Impaired Tennis for all ages: Christine 07870 934336/ Paul 01273 697339 soundtennissussex@gmail.com www.soundtennissussex.org.uk

Sound Tennis is an adapted form of tennis for people who are blind or partially Sighted. Coached sessions 4-6pm on Sundays about twice a month at



Virgin Active in Falmer and there are sessions available at other venues.

See Sound Tennis Sussex Facebook page for more info. Rackets and balls supplied. £3 per session or £5 if coached. New players need to make contact in advance.

Fun stuff

Tenpin bowling

Hollywood Bowl: 0844 4770 484
www.hollywoodbowl.co.uk

Tenpin bowling at the Marina. The Compass Card holder and one other pay £3.50 per person, per game Monday to Friday from 10am to 6pm during term time (when you call, ask to be put through to Brighton and mention the Compass Card when you book)



Trampolining

Portslade Sports Centre trampolining: 01273 411100

Sessions for 10 to 15 year olds (drop-in 10.15-11.30am on alternate Saturdays) and 5 to 8 year olds (drop-in 9-10.15am on alternate Saturdays).

Sky High Trampoline Park: 01273 580029
enquiries@skyhightrampolinepark.co.uk
www.skyhightrampolinepark.co.uk

Trampoline park in Peacehaven. Holds regular Autism-friendly sessions - call to book. 20% discount for Compass Card holders.

Volleyball

Yellowwave: 01273 672222 www.yellowwave.co.uk

Permanent beach sport venue on Brighton sea front. Compass Card holders get a £5 discount on weekday daytime volleyball court bookings and 10% discount at the Barefoot Café.



Fun stuff

Walking

Assert: 01273 234850 assert.bh@assertbh.org.uk

Relaxed, supportive, monthly walking group for over 16s with High Functioning Autism (HFA) or Asperger's Syndrome.

**Healthwalks: 01273 292724 healthwalks@brighton-hove.gov.uk
www.brighton-hove.gov.uk/healthwalks**

Outdoor walks led by trained volunteers across the city. Many suitable for wheelchair users or young children.

Watersports

**Brighton Kayak Experience: 07906 075172 robleatham@tesco.net
www.brightonkayakexperience.co.uk**

Additional needs-friendly courses and one to one coaching. Compass Card holders get 10% discount.

**Buzz Active Eastbourne and Cuckmere: 01323 417023
Richard@buzzactive.org.uk www.buzzactive.org.uk**

Cater for most disabilities and all ages, but don't have specialist equipment, so if child or young person has complex needs, you're advised to get in touch. Two hour taster session is a popular option. Additional needs-friendly courses and one to one coaching. 5% discount with the Compass Card.

**Martlet Kayak Club: martletkayakclub@hotmail.com
www.martletkayakclub.org.uk**

Small local club based on Brighton seafront open Tuesdays, Thursdays and Sundays. Instruction is provided by volunteer coaches and membership includes use of all the equipment you need.



**Sussex Sailability: 01798 812265 sussexsailability@gmail.com
www.sussexsailability.org**

Accessible sailing for disabled people aged 14 and over, run by Sussex Sailability at Sussex Yacht Club. Runs every other Saturday April to October.

Fun stuff

The Wave Project: charlotte@waveproject.co.uk or lauram@thewaveproject.co.uk www.waveproject.co.uk/project/brighton
The Wave Project helps young people reduce anxiety and build confidence through surf courses. Young people need to be referred to the project by a professional.

Yoga

Happy Mondays Yoga for Special Children 07817 546398 jenny-watson@hotmail.co.uk

Facebook [breatherelaxsmileyoga](https://www.facebook.com/breatherelaxsmileyoga)

Term time yoga classes for 4 to 7s with additional needs in Brighton 4.15 to 5.00 pm on Mondays. Studio opens at 4pm.

Youth clubs, activities and groups

Brighton Youth Centre: 01273 681368

office@brightonyouthcentre.org.uk www.brightonyouthcentre.org.uk

Activities for 5-19 year olds including youth club, skateboarding, martial arts, dance, music production and more.

Cherish Youth Club: 01273 295171 / 01273 295530

Group for young people with learning disabilities, aged 16-25, term-time evenings.

Duke of Edinburgh Awards: 07827 880759

rachel.paget@brighton-hove.gov.uk

Awards programme of voluntary activities for young people aged 14-25. Non-competitive and inclusive. Free places for young people with barriers to participation.

Girlguiding: 0800 1695901 www.girlguiding.org.uk

For information about local groups, visit the website.

Right Here: 07850 500420 rh.activities@ymcadlg.org

www.right-here-brightonandhove.org.uk/activities

Local youth emotional wellbeing project that runs activities for 11- 25s - walks, dog walk and talk, anger management and creative arts. Booking essential.

Scouts Association: 0345 300 1818 info.centre@scouts.org.uk

www.scouts.org.uk

Offering 6 to 25 year olds fun and challenging activities, unique experiences, adventure and the chance to help others. There are around 20 local scout groups - call or email for details.

Fun stuff

Further information

If you can't find what you're looking for, call the Amaze helpline on 01273 772289 to see if we can help. Alternatively, the following contacts and publications may offer further information:

ABC Magazine: www.abcmag.co.uk

Free from libraries, town hall, etc. Good for details of music groups, playgroups and days out for young children.

Child Friendly Brighton: www.childfriendlybrighton.co.uk

Useful website with lots of info on things to do for children in the city.

Family Information Service (FIS): 01273 293545

familyinfo@brighton-hove.gov.uk www.brighton-hove.gov.uk/fis

FIS offers information and advice on a wide range of local services that can support families, as well as information on childcare and childcare funding. FIS also provides an At Home Childcare Service for parents looking for Ofsted registered childcare in their own home. You can search the FIS online directory for childcare and services at www.familyinfobrighton.org.uk, call to speak to an adviser, or email.

Fun stuff



If you can recommend a group or activity that's not in Fun Stuff, let us know and we'll try and include it!

Amaze

Community Base
113 Queens Road
Brighton BN1 3XG

Helpline: 01273 772289

Email: compass@amazesussex.org.uk

Web: www.amazesussex.org.uk

www.compasscard.org.uk

Fun stuff

Amaze,
Community Base, 113 Queens Road,
Brighton BN1 3XG

Amaze helpline 01273 772289 Mon-Fri 9.30am-2pm (messages can be
left at other times)

Email: info@amazesussex.org.uk
compass@amazesussex.org.uk

Website: www.amazesussex.org.uk
www.compasscard.org.uk



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