

My name is Katy Wedgwood and I am the Sports Coordinator at Woodlands School in Plymouth. I have put together this guide to support young people with additional needs to access clubs that exist across the city.



Woodlands School in Plymouth became 1 of only 50 Project Ability Schools across the country in 2011. Now known as Inclusion Lead School, it's role is to support young people with additional needs to access physical activity and sport and help them develop as young leaders as well as support schools to be more inclusive in its' delivery of school sport.

This guide was put together to support and work with schools, colleges, community sports partners, parents/carers and young people, to encourage and maintain participation in sport and physical activity both during school time, after school and at weekends and upon transition from school to further education.

This project is about helping young people and their families to find out more about sports clubs that can support young people with additional needs and encourage and promote the continuation of a healthy active lifestyle.

If you have any questions or would like any further support, please feel free to contact me .

Katy Wedgwood, Inclusion Lead  
Woodlands School  
Picklecombe Drive  
Whiteleigh  
Plymouth  
PL6 5ES  
01752 300 101  
07867 552 875

You can also contact  
Plymouth City Councils  
Sports Development Unit on  
01752 307008 for more  
information.



YOUTH  
SPORT  
TRUST



A GUIDE TO  
INCLUSIVE SPORTS CLUBS  
IN PLYMOUTH

## Special Olympics

YMCA Plymouth, Honicknowle Lane, PL5 3NG

### Ages 16+

Special Olympics Plymouth & District (SOPD) is a branch of Special Olympics Great Britain (SOGB) and provides a wide variety of sporting opportunities to people with intellectual disabilities.

We provide a multi-sports club each week and offer a variety of sports activities including; **Boccia, Badminton, Short Map Bowls, Football, Tag Rugby, Kwik Cricket, Judo, Basketball, New Age Kurling, Indoor Athletics, Climbing, Gym and Table Tennis.** Wednesday 6:00pm – 8:00pm £2 per session

T Alan Stockdale 01752408271 www.sopd.org.uk

## YMCA

YMCA Plymouth, Honicknowle Lane, PL5 3NG

Activities including: **Rebound Therapy, Trampoline, Multisports, Indoor Climbing** All £3 per session Sunday AM

T Youth Manager Stacey Ferris 01752 201918 or  
E stacey.f@ymcaplymouth.org.uk

## High Sports Climbing Wall Plymouth Life Centre, PL2 3DG

Tuesday 4:30pm – 5:30pm  
Inclusive climbing facility and instruction  
1:1/1:2 Sessions Available  
School/Group bookings  
One-off sessions and courses available  
T 01752 608740  
E Service.Centre@High-Sports.co.uk

## Horizons Plymouth Sailing/Powerboating

**5 Richmond Walk, Stonehouse, PL1 4LL**  
Thursday 4:30pm – 7:00pm  
Saturday 9:00am – 12:00pm  
£1 per session 8-19 year olds  
E lois@horizonsplymouth.org

## Westcountry Hawks Wheelchair Rugby Club Plymouth Life Centre, PL2 3DG

Training Monday 5:00pm – 7:00pm  
£20 per month  
Chairs provided

T Chris Perkins 07766314262  
E chrisperkins.cr@gmail.com

## Active for Life

Plymouth Guild, Guild House, PL3 5QL

For a range of activities including:  
**Boccia—Gardening—Football—Dance**

T Larissa Milden 01752 201891

## Plymouth & Devon School Sailing Association

Maderia Road, Commercial Wharf, PL1 2NX

**Open Sailing - Saturday 10:00am – 1:00pm**  
Open to families and individuals of all ages. Learn to sail with one of our RYA qualified instructors.

**Sailability - Wednesday 9:30am – 12:30pm**  
An inclusive Sailing session aimed at people with varied abilities.

T 07449 315396 E info@pdssa.org

## 1st for Tennis

The Devonshire Health and Racquets Club  
Derriford, PL6 8BD

**Pro-Ability Tennis Academy**  
**Wednesday 3:30pm – 4:30pm**  
For players who are aged 12+ with a learning disability

**Sonic Tennis Thursday 5:30pm – 6:30pm**  
For players of all ages, with a visual impairment  
**20 Degree Tennis Friday 6:00pm – 8:00pm**  
For players who aged 12 and over and are wheelchair users

T Mark Blackler 07730 573697  
E admin.1stfortennis@icloud.com

## Exim Dance Company ADAPT YOUTH COMPANY

**Inclusive dance classes**  
Friday 4:30pm – 6:30pm (term time only)  
FREE CLASS  
T 07864168663 E classes@eximdance.org.uk

## Wheelfever Inclusive Dance Projects

Plymouth Life Centre Performance Studio

Saturday during term time  
**Creative Dance**  
1:00pm – 2:00pm  
5-18 year olds with SEND  
**Improvisation & Creative Dance**  
2:00pm – 3:00pm  
12-25 year olds SEND & non-SEND  
**Choreography**  
3:00pm – 4:00pm  
12-25 year olds SEND & non-SEND  
**£2.50 per session**

T Paula 07815285208  
E wheelfeverprojects@live.co.uk

## Total Fitness and Health Crownhill Fort, PL6 5BX

Classes throughout the week and evenings and school bookings available.

T Mark Smith 07779021427  
E mark@totalfitnessandhealth.co.uk

## Ocean City Power-Chair Football Club

Plympton Academy, PL7 2RS

Training takes place most Saturdays

T Jenny Brooks 07581363366  
E oceancitypfc@outlook.com

## JOOLA Plymouth

Table Tennis, Eggbuckland, PL6 5YB

We offer fully inclusive table tennis sessions for the whole family on Sunday evenings from 5:00pm – 7:30pm £3.50

T 07836 550308 E joolaplymouth@aol.com

## Plymouth Argyle Ability Counts Football Club

Home Park, PL2 3DG

**Adults** Tuesday 7:30-8:30pm  
**Juniors** Tuesday 5:30-6:30pm  
Play for PAFC's official team. Fun and inclusive sessions for all disabilities and learning conditions. £4 per session

## Active Argyle Multi Sport Club

**All children ages 12+** Thursdays 4:45-6:00pm  
Play and enjoy a variety of sports such as table tennis and football with the green army.  
£2 per session  
T Josh Grant 01752 562561  
E Josh.grant@pafc.co.uk

## Plymouth Life Centre

For activities including;

**Bounceability** (trampoline / rebound therapy)  
**Moveability** (gymnastics)  
**Swimability** (including talent ID)  
**Diveability** (learn to dive)  
**Gentle Yoga**  
**Shootability** (basketball)  
**Indoor Bowls** (All disabilities)  
T Louise Chaves 01752 606900  
E louisechaves@everyoneactive.com

## Mount Batten Watersports Centre Turnchapel, PL9 9SJ

Inclusive watersports facility and instruction  
T 01752 404567  
E enquiries@mount-batten-centre.com

## Sports Way Management's Inclusive Multisport Club

Plymouth Life Centre, PL2 3DG

**Every Friday (Term Time) 10:00am-11.30am**  
Ages 5-18 available to school age pupils of all abilities. Cost £1 per person (teachers/ staff/ carers participate for free)

T Andrew Potter 07971498404  
E andrew@sportsway.org