

Disability Sport & Physical Activity in Huntingdonshire



Sport & Active Lifestyles Team
Huntingdonshire District Council
Pathfinder House
St Mary's Street
Huntingdon
Cambridgeshire
PE29 3TN

For further information or find out how you can get involved in disability sport, either as a participant or volunteer please contact the Sport and Active Lifestyles team on 01480 388469 or email activelifestyles@huntingdonshire.gov.uk

www.huntingdonshire.gov.uk/disabilitysport



Huntingdonshire offers a wide range of accessible activities and facilities for all members of the community to enjoy.

If there is something you can't find or have a question about then please contact Sport & Active Lifestyles on 01480 388469 where a member of staff will be happy to help.

Huntingdonshire Disability Sports Forum

Since 2002 the Huntingdonshire Disability Sports Forum has supported the development of disability sport across the district. Developments include improving access to clubs, running local activities, coach education courses, as well as raising the profile of sport. The forum is made up of both disabled and non-disabled members of the community who offer their time voluntary.

i To get involved with the forum visit www.huntingdonshire.gov.uk/disabilitysport

Disability Sports Festivals

The Sports Forum organise two disability sports festivals each year. They are the ideal opportunity to try a wide range of different sports on one fun packed day with the whole family welcome. The disability sports festivals take place across Huntingdonshire during July and October each year. The festivals are always popular so pre-booking is recommended.

i For more information visit www.huntingdonshire.gov.uk/disabilitysport

Disability Holiday Activities

The Sport & Active Lifestyles team at Huntingdonshire District Council organise a range of subsidised activities for disabled people to take part in during the school holidays. Activities run in partnership with local clubs and coaches, some of which can be located in the clubs directory of this leaflet.

i Keep a look out for the activity brochures which are available in advance from any One Leisure site or visit www.huntingdonshire.gov.uk/disabilitysport

Physical Activity

Huntingdonshire has a variety of health classes suitable for everyone no matter what level of 'fitness' you may have. One Leisure and the Sport & Active Lifestyles team run a variety of health based classes on a weekly basis.

RightStart 123

These classes are developed for people with medical conditions or people returning to exercise. Classes are progressive focusing on strength, balance or general fitness

Health Walks

Huntingdonshire has over 45 walks a month across the district that are led by volunteer walk leaders. Health walks are suitable for anyone wanting to improve their health or just get out of the house!

i For more information about RightStart 123 or Health Walks visit www.huntingdonshire.gov.uk/activelifestyles

Exercise Classes

Choose from a variety of classes such as aerobic, toning, relaxation or aqua classes available during the daytime, evenings and weekends. These range from low impact classes for those returning to exercise up to high energy classes for those wanting to push themselves.

Impressions Fitness Suites

Impressions are designed to ensure they are inclusive to all ages and abilities including young adults, fitness enthusiasts, disabled people and seniors. All of the gyms operate the popular 'Gym Buddy Scheme' which provides trained volunteers to assist disabled members to use the equipment.

i For more information about Exercise Classes or Impressions Fitness Suites visit www.oneleisure.net

These activities are all services offered by Huntingdonshire District Council, however if you would like any advice on other local activities close to you contact the Sport & Active Lifestyles team.

Disability Sports Club Directory

All the listed clubs have a specific disability focus. Sport & Active Lifestyles help and advise many of the clubs across the district to make their sessions as accessible and inclusive as possible. If there is a sport you would like to do that is not listed or if you do not have access to the internet please contact the Sport & Active Lifestyles team on 01480 388469.

Active & Able Sports Clubs

Based at One Leisure Huntingdon and One Leisure St Neots

Multi-Sports Clubs offering disabled people of all ages the opportunity to take part in a wide variety of sports that change weekly.

 For further information visit www.huntingdonshire.gov.uk/disabilitysport

Grafham Water Sailability

Based at Grafham Water Centre, Perry

This sailing group is organised and run by disabled members with support from volunteers. Registered charity no 1116917.

 For further information visit www.grafhamwatersailability.org.uk

High Rollers (Tenpin Bowling)

Based at Basement Lanes, One Leisure St Ives Indoor

Daytime bowling sessions which bring disabled people of all ages together for one of the fastest growing disability sports.

 For further information visit www.basementlanes.co.uk

Howzat Cricket Club

Based at One Leisure St Neots

Offering cricketing opportunities and coaching to disabled people.

 For further information contact Jane Rawling on 01480 213689

Huntingdon Gymnastics Club

Based at Huntingdon Gymnastics Club, Mayfield Road, Huntingdon

Run, jump, and tumble at Huntingdon Gymnastics club. The club has its own purpose built facility where participants are able to take part in specific gymnastics sessions for disabled people.

 For further information visit www.huntingdon-gymnastics.org

Hunts Boccia

Based at One Leisure Huntingdon

Boccia is a target game which demands skill and tactics as opposed to strength or speed. Great fun for all ages and abilities. Family members are welcome to join in.

 For further information visit www.huntingdonshire.gov.uk/disabilitysport

Jump Club (Rebound Therapy & Trampolining)

Based at One Leisure St Ives Indoor

A mainstream trampoline club for all ages which also caters for participants with learning difficulties and disabilities. With the use of the trampolines and fun inflatables it aims to help participants improve their agility, balance, co-ordination, interaction, problem solving, imagination and communication.

 For further information contact John Beck on 07866 706539 or email jumpclub@hotmail.co.uk

Rotations Trampolining Club

Based at Unit 8 Cirrus Court, Glebe Road, Huntingdon

Rotations Trampolining Club are suitable for ages from 2 years up to adults and for all abilities. The club has a variety of inclusive equipment for everyone to enjoy.

 For further information visit www.rotationstrampoline.webs.com

St Ives Rangers Disability FC

Based at One Leisure St Ives Outdoor

A football club for disabled people offering regular training and competitive matches. Junior and adult sessions available.

i For further information visit www.stivesrangers.co.uk

Upside Down Sports Club Registered charity no. 1045621

Based at One Leisure St Ives Indoor

Sports for wheelchair users in a friendly and supportive environment.

i For further information visit www.upsidedownsportsclub.co.uk

Upside Down Swimming Club

Based at One Leisure St Neots

For children to learn to swim in a safe environment with qualified teachers.

i For further information 'Google search' [Upside Down Swimming Club](#)

Disability Organisations Directory

There are a variety of other organisations that can help you find a sport, activity, or competition that is suitable and you would enjoy.

www.cambridgeshire.net	- Cambridgeshire events and activities
www.livingsport.co.uk	- The County Sports Partnership
www.abilityplusgroup.co.uk	- County Disability Sports Forum
www.cambridgeshire.gov.uk	- Cambridgeshire County Council
www.huntsfa.com	- Huntingdonshire Football Association
www.huntingdonshirecricket.com	- Huntingdonshire Cricket Board
www.sportengland.org	- Sport England helping create a sporting habit for life
www.efds.co.uk	- English Federation of Disability Sport (visit website for other national disability sporting bodies)
www.paralympics.org.uk	- British Paralympic Association

Facilities and Sites

Huntingdonshire has a wide variety of accessible facilities across the district. This list is not exhaustive so contact the Sport & Active Lifestyles team on 01480 388469 if you require more information

One Leisure

One Leisure operates six modern leisure centres in Huntingdon, Ramsey, Sawtry, St Ives and St Neots providing a wide range of facilities, equipment and activities to choose from.

Some sites provide specific swim sessions for disabled people, however disabled swimmers are welcome to all of the One Leisure swimming sessions. Carers with disabled people requiring assistance can swim for free.

Every effort is made to ensure that the sites are accessible to the whole community by providing accessible toilets and changing facilities, disabled parking, wheelchair access, pool hoists, alternative signage and hearing loops.

i For further information about One Leisure visit www.oneleisure.net

Countryside Services

Huntingdonshire has a variety of nature reserves, country parks and pocket parks. With so much open space we are sure you will find somewhere to go with the whole family.

Hinchingbrooke County Park also have a PEDALS project running where visitors can loan adaptive bikes suitable for users with a variety of disabilities.

Both Paxton Pits Nature Reserve and Hinchingbrooke Country Park have battery powered wheelchairs available to use. Accessible toilets are provided and the hard paths around the sites are wheelchair friendly.

i For further information visit www.huntingdonshire.gov.uk/parksandcountryside or contact Paxton Pits Nature Reserve on 01480 406795 and Hinchingbrooke Country Park on 01480 451568

For further information about the PEDALS project contact Hinchingbrooke Country Park on 01480 451569