

Hampshire and Isle of Wight Disability Sports Guide



SPORT
HAMPSHIRE & IOW



Disability Sports Guide Foreword

Welcome to the Hampshire & IOW Disability Sports Guide. Arranged into local authority areas, the Guide provides contact details for Inclusive Fitness (IFI) Facilities, local sports development officers and sports clubs.

Leisure Centres with IFI (Inclusive Fitness Initiative) accreditation are part of a programme supporting the fitness industry to become more inclusive; catering for the needs of disabled and non-disabled people and raising physical activity participation levels. The main focus areas are Accessible Facilities, Inclusive Fitness Equipment, Staff Training and Inclusive Marketing Strategies.



Multi Sports Clubs offer a variety of activities and sport, and do not necessarily focus on one particular sport, whereas Sports Specific Clubs concentrate on one sport. It is advisable to contact all clubs and facilities before visiting to check on current details and suitability. This information will soon be available on the 'Find a Club' Facility on the Sport Hampshire and Isle of Wight Website www.sporthamshireiow.co.uk



Local Sports Development Officers will be able to offer guidance on opportunities in your area, whilst sport specific contacts will be able to give guidance on specific sports opportunities near you.



The Short Breaks Programme (formerly Aiming High for Disabled Children (AHDC) is a government initiative, part of which funds Parent Voice - a network providing information and participation opportunity for parents and carers of disabled children in Hampshire. It also partly funds 'Inspiring You' recreational activities around the county. To find out what events are happening in your area, please register with Parent Voice at www.parentvoice.info or call 02380 721206.

Basingstoke

IFI Facility

The Hurst Leisure Centre

Woodlands Road
Baughurst
Tadley RG26 5NL
Tel: 01189 811611

Sports Development Officer

Susan Parker

Tel: 01256 845685
susan.parker@basingstoke.gov.uk

Football

CSA 07 (Charter Standard)

Everest Community College,
Basingstoke RG24 9UP
Contact: Roger Moon
rogermoon@hotmail.com
Tel: 07736 404942
www.csa.fc.co.uk

Multi-Sports

Basingstoke Dis-Sport

Basingstoke Sport Centre, Basingstoke
RG21 7LE
Club times: Tues 8-10pm
Ages: 12 yrs +
Contact: Julian Thomas
Tel: 01256 322658 or 07590 430082

New Age Kurling

New Age Kurling Club

Ridgeway Centre, Basingstoke RG22 5BN
Club times: Wed 2-4pm
Ages: All ages
Contact: Bryan Martin
b-martin@sky.com
Tel: 01256 478296

Swimming

Basingstoke Bluefins (Shark Squad)

The Aquadrome, Basingstoke
RG22 6PG
Club times: Sun 6-7pm
Ages: 6-18 yrs
Contact: Tony Bamberger
tony.bamberger@hotmail.co.uk
Tel: 01256 850254
www.swimbluefins.org

East Hampshire

IFI Facilities

Taro Leisure Centre

Penns Place, Petersfield GU31 4EX
Tel: 01730 263996

Alton Sports Centre

Chawton Park Road, Alton GU34 1ST
Tel: 01420 540040

Mill Chase Leisure Centre

Mill Chase Road, Bordon GU35 0ER
Tel: 01420 472549

Sports Development Officer

Jude Simpson

Tel: 01730 234396
jude.simpson@easthants.gov.uk

Football

Four Clubs United

Mill Chase Recreation Ground, Bordon
GU35 0ER (Apr-Aug), Mill Chase
Community College, Bordon GU35 0ER
(Sept-Mar)
Club times: Mon 6.30-7.30pm (term time)
Ages 6-16
Contact: Sean Bicknell
sean.bicknell@fourclubs.co.uk
Tel: 01420 476550
www.fourclubs.co.uk

Multi-Sports

East Hants Multi- Sports Club

Treloar School, Near Alton GU34 4LA
Club times: Wed 6.45-8pm (term time)
Ages: 8 yrs +
Contact: Jude Simpson
jude.simpson@easthants.gov.uk
Tel: 01730 234396

PALS

For contact details see Havant

Eastleigh

IFI Facility

Wyvern Technology College

Fair Oak
Eastleigh SO50 7AN
Tel: 02380 692678

Fleming Park Leisure Centre

Passfield Ave, Eastleigh SO50 9NL
Tel: 02380 864800

Sports Development Officer

Janine Millard

Tel: 02380 683347
janine.millard@eastleigh.gov.uk

Eastleigh Active Buddy Scheme

Fleming Park Leisure Centre

Fleming Avenue, Eastleigh SO50 9NL
Contact: Daisy Brookman
daisy.brookman@yahoo.co.uk
07795 805208

Cycling

Cycle for All

Pavilion on the Park,
Eastleigh SO50 9LH
Club times: Sat 10-12pm
Ages: All ages
Contact: Daisy Brookman
daisy.brookman@yahoo.co.uk
07795 805208

Martial Arts

Fleming Park Judo Club

Fleming Park Leisure Centre,
Eastleigh SO50 9NL
Club times: Sat from 8.30am
Ages: All ages
Contact: Louise Riley
flemingparkjudo@googlemail.com
Tel: 07771 594732
www.flemingparkjudoclub.110mb.com

Multi-Sports clubs

Eastleigh Multi-Sports Club

Wyvern College, Fair Oak SO50 7AN
(Thurs)
Thornden School, Chandlers Ford SO53 2DW (Sun)
Club times: Thurs 5-7pm, Sun 10-12pm (term time)
Ages: 11-25 yrs
Contact: Sally Eshraghi
sally.eshraghi@hotmail.co.uk
Tel: 01489 587150
www.multisportsclub.org.uk



Hi-Vis Multi-Sports Club (VI)

Toynbee School,
Chandlers Ford SO53 2PL
Club times: Fri 3.15-4.45pm

Rugby

Hampshire Hurricanes

Eastleigh Rugby Club
Club times: Sun 10-12pm
Ages: All ages
Contact: Matt Harvey
hampshiretag@yahoo.co.uk
Tel: 07743 573245

Swimming

EDSAD (Eastleigh & Distract Sports Association For Disabled)

Fleming Park, Eastleigh SO50 9NL
Club times: Tues 8-9pm
Ages: All ages
Contact: Paul Kirkpatrick
paul.kirkpatrick@virgin.net
Tel: 01794 515172

Eastleigh/Oaklands Swimming Club

Various – Fleming Park Leisure Centre,
Eastleigh SO50 9NL
Oaklands School Pool, Southampton
SO16 8BY
Kings School, Winchester SO22 5PN
Club times: Various
Ages: All ages
Contact: Gary Abraham
gary4swim@talktalk.net
Tel: 023 8077 4564
www.eastleigh-oaklands.com

'Come Swim With Me'

Hamble Sports Complex,
Hamble SO31 4NE
Club times: Sun 12.30-1.30pm
Ages: All ages
Contact: Hamble Sports Complex
Tel: 023 8045 2321
www.hamblesportscomplex.com

Table Tennis

Southampton West Table Tennis Club

Barton Peveril College,
Chestnut Avenue, Eastleigh SO50 5ZA
Website www.swttc.co.uk/index.html
Contact Steve White
02380 270551/07815 497254
Email steven@sixwhites.com

Wheelchair Basketball

Hampshire Hornets

Crestwood Leisure Centre,
Eastleigh SO50 4FZ
Club times: Sun 10am-12pm
Ages: 7-17 yrs
Contact: Toni Dare
toni@pulsecashflow.com
Tel: 07767 436340
www.hampshirehornets.co.uk

Basketball

Eastleigh Disability Basketball Club

Wyvern Technology College,
Fair Oak SO50 7AN
Club times: Alt Sat 9.30-10.30am
Ages: 16+ yrs
Contact: Janine Pickering
janine.pickering@eastleigh.gov.uk
Tel: 023 8068 3347

Fareham

Community Football Development Officer

Martina Heath

Tel: 01329 824593
maheath@fareham.gov.uk



Football

Powerchair Football

Portchester School, Fareham PO16 9BD,

Club times: Mon 3-4pm

Ages: All ages

Contact: Martina Heath

maheath@fareham.gov.uk

Tel: 01329 824593

Warsash Wasps FC - Powerchair Football Team

Warsash Wasps Sports and Social FC,

Warsash SO31 9GF,

Club times: Saturdays

Ages: All ages

Contact: Kirstie Fitzgerald

fitzy5173@yahoo.co.uk

Tel: 01489 578864 07713 399992

Imagine Your Goals (for those with Mental Health Issues)

Crofton Community Centre,

Fareham PO14 2PP,

Club times: Tues 1-2pm

Ages: 18-40yrs

Contact: Alex Cawley

alexkawley@pompeyfc.co.uk

Tel: 023 9275 2587

Multi-Sports

Solent Sportsability Club

Henry Cort Community College,

Fareham PO15 6PH

Club times: Sat 12pm-2pm

Ages: 5-15 yrs

Contact: Brett Cooper

enquiries@sportsability.co.uk

Tel 07831 222012

Website: www.solentsportsability.co.uk

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For contact details see Havant

FADSAD (Fareham & Distract Sports Association For Disabled)

Portchester School, Fareham PO16 9BD,

Fareham Leisure Centre, Fareham PO16 7JU

Club times: Mon 7.30pm-9.30pm,

Wed 8-9pm

Ages: 14 yrs +

Contact: Rosemary Titcombe

malcolm.titcombe@hotmail.co.uk

Tel: 01489 584171

Table Tennis

Generation 2 Table Tennis club

Main Sports Hall, Neville Lovett

Community School,

St Annes Grove, Fareham, PO14 1JJ

Website www.gen2tt.com

Contact Charlie Childs

01329 282648/07791 313893

Email ktchilds@ntlworld.com

Gosport

Leisure Development Officer (Sport)

Mark Reynolds

Tel: 023 9254 5723

mark.reynolds@gosport.gov.uk

Multi-Sports

Solent Sportsability Club

Henry Cort Community College,
Fareham PO15 6PH
Club times: Alt' Sat 12-2pm
Ages 5-15 yrs
Contact: Brett Cooper
enquiries@solentsportsability.co.uk
Tel: 07831 222012
Website: www.solentsportsability.co.uk

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For contact details see Havant

GADSAD (Gosport & District Sports Association For Disabled)

GADSAD Clubhouse, Gosport PO12 4AB
Club times: Fri 7.30pm-9.30pm
Ages: 11 yrs +
Contact: Mick Hollis
michaelhollis@talktalk.net
Tel: 023 9258 8209 / 07749 265959

Havant

Sports Development Officer

Richard Wood

Tel: 023 9244 6255
richard.wood@havant.gov.uk

Multi-sports

Community Inclusive Sports Club

Staunton Community Sports College,
Havant PO9 5JD
Club times: Mon 4.15-5.15pm (term time)
Ages: 8-16 yrs
Contact: Maz Savage
Tel: 01243 373120

PALS

Various locations across Fareham, Gosport,
Havant and Portsmouth
Club times: Various
Ages: 6-21 yrs
Contact : Caroline Devlin
pals@enableability.org.uk
Tel: 023 9267 1874
www.enableability.org.uk/services/pals

Isle of Wight

Sports Development Officer

Tom Lyons

Tel: 01983 823818
thomas.lyons@iow.gov.uk

Football

Isle of Wight Inclusive Football Club

Sandown High School,
Sandown PO36 9JH
Club times: Thurs 5-6pm (term time)
Ages: 5-13 yrs
Contact: James Loosemore
jamesloosemore@aol.com
Tel: 01983 864921

New Forest

IFI Facilities

Applemore Health and Leisure

Claypits Lane, Dibden
Southampton SO45 5TN
Tel: 023 8084 4288
Gang Warily Community Recreation
Centre
Newlands Road, Blackfield
Southampton S045 1GA
Tel: 023 8089 3603

Sports Development Officer

Jamie Burton

Tel: 023 8028 5265

jamie.burton@nfdc.gov.uk

Multi-Sports

Applemore Multi-Sports Club

Applemore Leisure Centre,

Dibden SO45 5TN

Club times: Wed 4-5pm (term time)

Ages: 11-20 yrs

Contact: Sarah Schlesinger

sarah.schlesinger@hants.gov.uk

Tel: 023 8066 5435

Sailing

Lymington SailAbility:

Royal Lymington Yacht Club, Lymington

SO41 3SE

Club times: Varies due to tides

Age: All ages

Contact: jon@rlymyc.org.uk

Tel: 01590 672677

www.lymingtonsailability.com

New Forest & District Sailability

Spinnaker Sailing Club, Blashford Lake

BH24 3LY

Club times: Tues & Fri 10-4pm (Apr-Oct)

Ages: All ages

Contact: Eric Blythe

eric_blyth@yahoo.co.uk

Tel: 023 8086 7438

www.new-forest-sailability.org.uk

Swimming

Ringwood Disabled Swim Association

Ringwood Health and Leisure Centre,

Ringwood BH24 1PX

Club times: Sat 12.15-1.30pm

Ages: All ages

Contact: Peter Harper

pjh.hols@btinternet.com

Tel: 01425 474567

Table Tennis

Waterside Table Tennis Club

Testwood Sports College, Southampton

SO40 3ZW

Club times: Mon & Fri 7-10.15pm

Ages: All ages

Contact: John Fox

John@watersidettc.co.uk

Tel: 023 8089 4403

www.watersidettc.co.uk

Wheelchair Basketball

Noadswood Wheelchair Basketball Club

Noadswood School, Dibden Purlieu

SO45 4ZF

Club times: Thurs 3-5pm

Ages: 8-16 yrs

Contact: Tracey Crane

Email tracey.crane@noadswood.hants.

sch.uk

Tel: 023 8084 0025

Portsmouth

IFI Facility

St Luke's Community Sports Centre

Greetham Street, Southsea

Portsmouth PO5 4ML

Tel: 023 9283 8798

Sports Development Officer

Matthew Birch

Tel: 023 9284 1193

matthew.birch@portsmouthcc.gov.uk

Athletics

City of Portsmouth AC

Mountbatten Centre, Portsmouth PO2 9QA

Club times: Tues & Thurs 6-8pm

Ages: All ages

Contact: Bronwin Carter

bronwin.carter@portsmouthcc.gov.uk

Tel: 07958 243579

www.portsmouthathletic.co.uk

Football

Portsmouth FC

Various Venues

Club times:

Ages: All ages

Contact: Neil Jenkins

neiljenkins@psef.org.uk

023 9277 8557

Goalball

Hampshire Goalball

St Lukes Sport Centre, Southsea PO5 4ML

Club times: Sat 4-6pm

Ages: All ages

Contact: Thom Norton

t.norton@hi-vis.org

Tel: 07889 926014

www.hi-vis.org/goalball

Multi-Sports

All Sports Club

St Lukes School, Southsea PO5 4ML

Club times: Fri 5-7pm

Contact: Bronwin Carter

Bronwin.Carter@portsmouthcc.gov.uk

Tel: 07958 243579

www.portsmouth.gov.uk/living/8360.html

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For contact details see Havant

Portsmouth Sportsability Club

Mary Rose School, Portsmouth PO4 8GT

Club times: Tues 5.30-7.30pm Term time

Ages: 11-19 yrs

Contact: Kirsty Troughton

ktroughton@maryrose.portsmouth.sch.uk

Tel: 02392 832330

Sitting Volleyball

Portsmouth Sitting Volleyball Club

Mary Rose School, Portsmouth PO4 8GT

Club times: Thurs 6-8pm

Ages: All ages

Contact: Steve Bailey

steve.bailey919@ntlworld.com

Tel: 07717 733796

Table Tennis

Portsmouth Table Tennis Club

Admiral Lord Nelson School, Portsmouth

PO3 5XT

Ages: All ages

Contact: Brian Hall

b_m_hall@hotmail.com

Tel: 023 9237 1141

www.portsmouthttc.co.uk

Wheelchair Basketball

Charles Dickens Centre,

Portsmouth PO1 4HA

Club times: Tues 5.30-7.30pm

Ages: 6-18 yrs

Contact: Thom Norton

pals@enableability.org.uk

Tel: 023 9267 1874

Rushmoor

IFI Facility

Farnborough Leisure Centre

Westmead, Farnborough GU14 7LD

Tel: 01252 370411

Children and Young People Officer

Debbie Wall

Tel: 01252 398745

debbie.wall@rushmoor.gov.uk

Football

Oak Farm Pan Disability

Oak Farm School, Ballantyne Road,

Farnborough, Hampshire GU14 8SS

Club Times: Wednesday mornings

9.30-11.00am.

Contact Kirk Wheeler 01252 339384

Multi-Sports

Rushmoor Mallards

Farnborough Leisure Centre,
Farnborough GU14 7LD
Club times: Fri 8-10pm, Sun 12.15-1.30pm
Ages: All ages
Contact: Jon Ball
secretary@rushmoormallards.org.uk
Tel: 01252 627021
www.rushmoormallards.org.uk

Wheelchair Basketball

Blackhawk Mallards

Farnborough Leisure Centre,
Farnborough GU14 7LD
Club times: Sun 6-8pm
Ages: All ages
Contact: Vicky Kingstone
vicky@blackhawks.co.uk
Tel: 07554 920701
www.rushmoormallards.org.uk

Southampton

IFI Facility

Chamberlayne Leisure Centre

150 Weston Lane
Weston, Southampton SO19 9SJ
Tel: 023 8043 7668

Sports Development Officer

Lee Page

Tel: 023 8083 3689
lee.page@southampton.gov.uk

Football

Access Football

Chamberlayne Leisure Centre SO19 9SJ
Club times: Wed 10.30am-12.30pm
(term time)
Ages: 16+ yrs
Contact: Jon Randall
jon.randall@southampton.gov.uk
Tel: 023 8043 7668
www.southampton.gov.uk/chamberlayne

Athletics

Southampton Athletic Club

Southampton Sport Centre
Club times: Tues & Thurs 6.30-7.30pm
Ages: 11+
Contact: Michael Coker
michael.coker@hants.gov.uk
Tel 07793 308922
www.teamsouthampton.co.uk/

Football

Southampton FC

Oasis Academy SO19 9LX
Club times: Sun mornings/Mon evenings
Ages: All ages
Contact: Gary Loveridge
community@saintsfc.co.uk
Tel: 0845 6889370
www.saintsfc.co.uk

Swimming

Penquin Club for the Orthopaedically Disabled

Bitterne Leisure Centre, Southampton
Club times: Sun 3.05-4.05pm
Ages: All ages
Contact: Madeleine Henry
mail@m-henry.freesevice.co.uk
Tel: 023 8026 9080

Wheelchair Basketball

Hampshire Harriers

Chamberlayne Sports Centre,
Southampton SO19 9SJ
Club times: Sun 12-3pm
Ages: 7+ yrs
Contact: Annette Marsh
annette.marsh@hampshireharriers.org.uk
Tel 023 9233 2824
www.hampshireharriers.org.uk

Test Valley

Sports Development Officer

Luke Cope

Tel: 01264 368817

lcope@testvalley.gov.uk

Football

Streets Ahead (Charter Standard)

Harrow Way Sports Hall, Andover SP10 3RH

Club times: Alt' Thurs 6-7pm (term time)

Mini Group Thurs 5.30-6.10pm

Ages: All ages

Contact: Sue Simmonds

simmonds.simmonds@btinternet.com

Tel: 01264 350420

www.andoverstreetsahead.co.uk

Swimming

ADSAD (Andover & District Sports Association for Disabled)

Andover Leisure Centre, Andover SP10 1QP

Club times: Sat 5.30-6.30pm

Ages: All ages

Contact: Sharon Sears

sharon.sears@sky.com

Tel: 01264 359277

Table Tennis

Andover Table Tennis League

John Hanson School, Andover SP10 3PB,

The Depot, Andover SP10 3LF

Club times: Evenings. Term time

Ages: All ages

Contact: Brian Dyke

bjdyke@hotmail.co.uk

Tel: 01264 352083

Winchester

IFI Facility

River Park Leisure Centre

Gordon Road, Winchester SO23 7DD

Tel: 01962 848700

Sports Development Officer

Chris Peach

Tel: 01962 848532

cpeach@winchester.gov.uk

Multi Sports

Osborne Multi-Sports Club

Osborne School

Club times: Thurs 3.30-4.30pm (term

time)

Ages: 11-16 yrs

Contact: Wendy Fawcett

wendy.fawcett@osborne.hants.sch.uk

Tel: 01962 897000

WADSAD (Winchester & District Sports Association for Disabled)

River Park Leisure Centre SO23 7DD

Club times: Fri 6.30-8-10pm.

Ages: All ages

Contact: Sue Moody

Nicholas.moody@btinternet.com

Tel: 01962 714819

Table Tennis

Kings Table Tennis Club

Princes Mead School,

Worthy Park House, Worthy Park,

Kingsworthy SO21 1AN.

Website kingstabledtennisclub.

hampshire.org.uk

Contact Adrian Reeves

01962 881839/07756 314141

reeves1@talk21.com

Sport Specific and Other Useful Contacts

Athletics

Michael Coker

Athletics Coaching and
Performance Officer
Tel: 01962 846025 / 07793308922
michael.coker@hants.gov.uk

Badminton

Blake Simmons

Badminton England Regional Officer
Tel: 07725 413548
blakesimmons@badmintonengland.co.uk

Boccia

Richard Evans

Boccia England
Tel: 0115 9678455
revans@bocciaengland.org.uk

Cricket

Greig Stewart

Cricket Development Officer
Tel: 023 8046 5816
greig.stewart@rosebowlplc.com

Football

Sacha Nicholas

County Development Manager (Football)
Hampshire FA
Tel: 01256 853018
sacha.nicholas@hampshirefa.com

Gymnastics

Hayley Buckman

Gymnastics Development Officer
Tel: 07825 982099
hayley.buckman@gymnasticsengland.org

Hockey

Sara Lunn

Hockey Development Officer
Tel: 01962 847285
sara.lunn@hants.gov.uk

Netball

Emily Loftus

Netball Development Officer
Tel: 07595086751
emily.loftus@englandnetball.co.uk

Rugby

Nicola Vaughan

Community Rugby Coach
Tel: 07809 512136
nicolavaughan@rfu.com

Swimming

Kirstie Jackson

Regional Development Coach
Tel: 07881 936588
kirstie.jackson@swimming.org

Table Tennis

Sara Lunn

Table Tennis Development Officer
Tel: 01962 847285
sara.lunn@hants.gov.uk

Watersports

Samantha Jones

Watersports Development Officer
Tel: 01962 846026
samanthajones@hants.gov.uk

Wheelchair Basketball

www.gbwwa.org.uk/gbwwa/index.cfm

For further information contact:

Peter Hull MBE

Disability Sport Development Officer
Sport Hampshire and Isle of Wight
Hampshire County Council
Mottisfont Court, High Street
Winchester SO23 8ZF

Tel: 01962 846021

peter.hull@hants.gov.uk

www.sporthamshireiow.co.uk

School Sports Partnerships

Madeleine Campbell, PDM Priory School
mcampbell@priory.portsmouth.sch.uk
Tel: 07958 965463