

NOTTINGHAMSHIRE DOWN
SYNDROME SUPPORT GROUP

WELCOME!

Please visit our website at
www.ndssg.org.uk



info@ndssg.org.uk



Nottinghamshire Down's Syndrome Support Group



N.D.S.S.G

WE LOOK FORWARD TO MEETING YOU SOON!

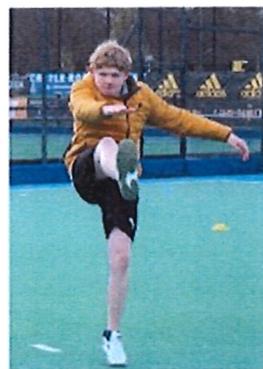
Sports Activities in Notts for Young People with Learning Disabilities

TENNIS

West Bridgford Tennis Club - Access
5 Little Bounds, NG2 7QA
Saturday, 6.30-8.00pm
Ages 15+
£6.50 per session
Contact James on 07572981313



Learning Disability Tennis
Nottingham Tennis Centre, Beeston, NG7 2QH
Friday, 5.00-6.00pm or 6.00-7.00pm
Ages 8+
£5.75 per session
Contact 0115 8761600 to book



MULTI SPORTS

Mansfield Special Olympics
Rainworth Miners Welfare Football Ground,
Kirklington Road, Rainworth, NG21 0JR
Wednesday, 6.00-7.00pm
Ages 8+
£3 per session
Contact Debbie Colledge on 07975 803912 or at
SOMansfield@mail.com



FOOTBALL

Warriors United
Melbourne Park, Aspley, NG8 5HJ
Thursday
6.00-7.00pm = Ages 5-11
7.00-8.00pm = Ages 12+
£3 per session
Contact Helen Coppins on 07743862035 or at
helandy.cop@ntlworld.com



Rainworth Disability Football
Rainworth Miners Welfare Football Ground, Rainworth, NG21 0JR
Monday, 6.00-7.00pm
Ages 8+
£3 per session
Contact Phil Colledge on 07513954786 or at
philcolledge@virginmedia.com

Down's Syndrome Football
Burton Joyce DSActive, The Poplars, NG14 5AN
Friday, 6.00-7.00pm
Ages 14+
£2.50 per session
Contact Andy on 07801129329 or at andyparkinson61@btinternet.com



HOCKEY

Beeston Flyers Hockey Club
Nottingham Hockey Centre, Beeston, NG7 2PS
Monday, 5.00-6.00pm
Ages 12+
£3 per session
Contact Gareth on 07432444902 or at
gareth.griffiths13@gmail.com



BADMINTON

Monty Hind Youth Centre,
Lenton, NG7 2LX
Tuesday, 7.00-8.30pm
Ages 12+
£1 per session
Contact Lisa at lisa@nottscyp.org.uk

BOXING

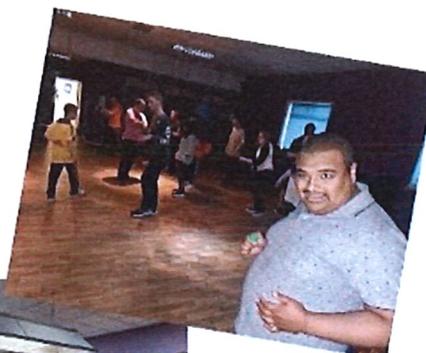
Eastwood Amateur Boxing Association, Off
Church Lane, Eastwood
Last Sunday of every month, 3.00-4.30pm
Ages 12+
FREE
Contact Helen on 07743862035
or at helandy.cop@ntlworld.com



YOUTH CLUBS

Mencap L8s Youth Club
Fridays, 5.00-9.00pm
Ages 12-25
£5 per session
Contact our group leader nic.miller@n-mencap.org

Monty Hind Youth Club
Monday, 7.00-9.00pm
Ages 16+
£1 per session
Contact Lisa at lisa@nottscyp.org.uk



BASKETBALL

Hoods Sporting Stars Basketball
South Notts Academy Sports Hall, Radcliffe on Trent, NG12 2FQ
Wednesday, 6.30-8.00pm
Ages 10+
£3 per session

Hoods Sporting Stars Basketball
Portland College, Rainworth, NG18 4TJ
Saturday
9.15-10.15am = 8-16
10.30-11.30 = 16+
£3 per session

Contact Jo on 0796654325 or at jo@hoodsbasketball.com



DANCE

SummersInTime Studio, Gedling Road, Arnold, NG5 6PD

Monday

7.15-8.00pm

Age 11+

£6 per session

Contact Sarah on 07921251399

EveryoneDance, Beeston Youth & Community Centre, NG9 1GL

Wednesday

5.00-6.30pm

Age 16+

Contact Catherine on 07791842275 or at catherinechivers@gmail.com

CRICKET

Super 1s - All disabilities. Ages 12-25

Monday, 5.30-6.30pm
South Wolds Academy, Keyworth, NG12 5FF

Tuesday, 6.00-7.00pm
Monty Hind Youth Centre, Lenton, NG7 2LX

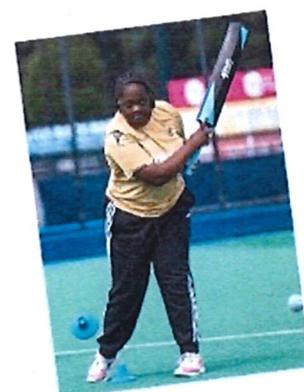
Wednesday, 6.00-7.00pm
Newark Academy, Newark, NG24 3AL

Thursday, 6.00-7.00pm
Vision West Notts College, Mansfield, NG18 5BH

Friday, 6.00-7.00pm
Arnold Hill Academy, Arnold, NG5 6NZ

All sessions are FREE!

Contact Richard on 07980780288 or at richardpreskey@nottsgcc.co.uk

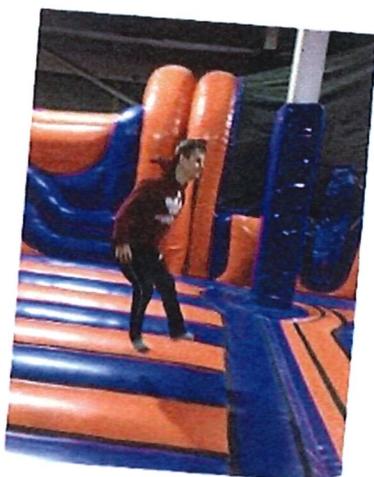


CLIMBING

Clip'n'Climb Climbing - SEN session
Phoenix Park, Nottingham, NG8 6AR
Saturday, 9.00-10.30am
Age 4+
Cost £9.00
www.clipnclimbnottingham.co.uk



Red Kangaroo Trampoline Park - Kangacalm Session
2 Dabell Avenue, Nottingham, NG6 8WA
Sunday, 5.00-6.00pm
Age 2+
Cost £7.95 (Carer bounces for free)
www.redkangaroo.co.uk



Planet Bounce Inflatable Park - SEN Session
Sunday, 9.00-10.00am
Age 2+
Cost £8.50
www.planetbounceinflatablepark.com

SOFT PLAY

Escape Softplay - SEN Session
Giltbrook Industrial Estate, Nottingham, NG16 2UZ
One day every school holiday, 9.30-11.00am
Age 2+
Cost £6.20 (Carer £1)
See website for dates - www.escapeplay.co.uk



DAYS OUT

PHAB Nottingham
Fun activities and days out for young
people with disabilities
Sundays, once a month
Age 13-21
Cost £5.00
www.phab.nottingham.com