



## Disability factsheet Leisure Activities

This factsheet provides details of some leisure activities for disabled people across Scotland, including sports and social clubs.

The list only includes groups or organisations that are specifically run for disabled children or adults and have a national remit or which operate in several parts of the country. For information about local groups in your area, please contact us.

### Sports

**Scottish Disability Sport (SDS)** is the coordinating body for sports for disabled people in Scotland. They have a role in promoting and developing sports, and to help with this they have coordinators based in different areas of the country.

If you are interested in getting involved in a sport – football, athletics, swimming etc - then it is probably worthwhile speaking to the SDS coordinator in your area first. They will have a good idea about the kinds of sports activities that are available near you.

To find the coordinator in your area contact:

Scottish Disability Sport  
Caledonia House  
South Gyle  
Edinburgh  
EH12 9DQ  
Tel: 0131 317 1130  
E-mail: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)  
Website: [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

**The Scottish Football Association** website has information about football for people with different impairments, then you can contact them.

Contact:  
The Scottish Football Association  
Website: [www.scottishfa.co.uk](http://www.scottishfa.co.uk)

### Skiing

#### Disability Snowsport UK

There are groups which meet at Midlothian Ski Centre, Bellahouston Dry Ski Slope, Braehead SNO! zone and Bearsden Dry Ski slope. Adapted skiing equipment is available. They also have an adaptative ski school in Cairngorm and organise skiing holidays to the USA, Canada, France, Italy and Austria. Skiing equipment and tuition is available.

Contact:

Disability Snowsport UK

Glenmore Grounds

Aviemore

PH22 1QU

Tel: 01479 861272

E-mail: [admin@disabilitysnowsport.org.uk](mailto:admin@disabilitysnowsport.org.uk)

Website: [www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

### Horse Riding

**Riding for Disabled** is an association of groups across the UK that offer horse riding for disabled children and adults. There can be a long waiting list. Contact the national office for details of the group nearest you:

Norfolk House

1a Tournament Court

Edgehill Drive,

Warwick

CV34 6LG

Tel: 0845 658 1082

E-mail: [info@rda.org.uk](mailto:info@rda.org.uk)

Website: [www.rda.org.uk](http://www.rda.org.uk)

The website has links to a number of Riding for Disabled groups in Scotland.

### Rambling

There are several disabled ramblers groups active in Scotland. They organise rambles into the countryside on accessible pathways.

Forth & Tay Disabled Ramblers

1 John Knox Gardens

Glenrothes

Fife

KY7 6FJ

Website: [www.forthandtaydisabledramblers.org.uk](http://www.forthandtaydisabledramblers.org.uk)



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West Lothian Disabled Ramblers  
c/o Victim Support West Lothian  
15-16 Waverley Street  
Bathgate  
EH48 4HY  
Tel: 01506 431 422  
E-mail: [info@westlothiandisabledramblers.org](mailto:info@westlothiandisabledramblers.org)  
Website: [www.westlothiandisabledramblers.org](http://www.westlothiandisabledramblers.org)

Highland Disabled Ramblers  
Suite 452, 24 Station Square  
Inverness  
IV1 1LD  
Tel: 07895 066 965  
E-mail: [admin@highland-disabled-ramblers.org](mailto:admin@highland-disabled-ramblers.org)  
Website: [www.highland-disabled-ramblers.org](http://www.highland-disabled-ramblers.org)

**Walks with Wheelchairs** is a free online database of routes that are accessible for wheelchair users. It has routes, ordinance survey maps and reviews from users.  
Website: [www.walkswithwheelchairs.com](http://www.walkswithwheelchairs.com)

**Phototrails** is a website which provides accessibility information about a range of countryside trails throughout the UK. Each trail is mapped and combines photos of potential hazards along with details about terrain, gradient and facilities.  
Website: [www.phototrails.org](http://www.phototrails.org)

**visitwoods.org** allows you to search for woods that are wheelchair accessible.

### Water Sports

**Sailability Scotland** works with sailing clubs across Scotland to develop opportunities for disabled people to take part in sailing. Details of sailing clubs offering facilities and training for disabled people can be found on Sailability's website.

Contact:  
RYA Sailability Scotland  
Caledonia House  
1 Redheughs Rigg  
Edinburgh  
EH12 9DQ  
Tel: 0131 317 7388  
E-mail: [admin@ryascotland.org.uk](mailto:admin@ryascotland.org.uk)  
Website: [www.ryascotland.org.uk](http://www.ryascotland.org.uk)



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**Seagull Trust Cruises** offer free canal cruising for disabled people on the Union, Forth and Clyde, and Caledonian Canals. There are four branches based at Falkirk, Inverness, Kirkintilloch and Ratho. Daily cruising and holiday cruising is available.

Contact:

Seagull Trust Cruises,

Bantasksine Park

Falkirk

FK1 5PT

Tel: 07775 617 969

Website: [www.seagulltrust.org.uk](http://www.seagulltrust.org.uk)

**Fish Scotland** is an organisation which provides detailed information on all aspects of fishing in Scotland. They have information for disabled people on accessible fisheries, adapted equipment and other fishing organisations.

Contact:

FishPal Ltd

Stichill House

Kelso

TD5 7TB

Telephone: 01573 470612

E-mail: [info@fishpal.com](mailto:info@fishpal.com)

Website: [www.fishpal.com](http://www.fishpal.com)

**The Wheelyboat Trust** provides wheelyboats to fisheries across the UK to enable wheelchair users to get out on the water and fish. There are 13 wheelyboats at different locations around Scotland, including Highland, Perth and Kinross and Fife.

Contact:

The Wheelyboat Trust

North Lodge

Burton Park

Petworth

West Sussex

GU28 OJT

Tel: 01798 342222

E-mail: [info@wheelyboats.org](mailto:info@wheelyboats.org)

Website: [www.wheelyboats.org](http://www.wheelyboats.org)

**WaterskiScotland** is the governing body for waterskiing and can put people in touch with clubs.

Contact:



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The Scottish National Water Ski Centre  
Townhill Country Park  
Dunfermline  
KY12 0HT  
Tel: 01383 620 123  
E-mail: [bookings@waterskiscotland.co.uk](mailto:bookings@waterskiscotland.co.uk)  
Website: [www.waterskiscotland.co.uk](http://www.waterskiscotland.co.uk)

**Scottish Swimming** has information about clubs and swimming events for disabled people.

Contact:  
Scottish Swimming  
National Swimming Academy  
University of Stirling  
Stirling  
FK9 4LA  
Tel: 01786 466 520  
Website: [www.scottishswimming.com](http://www.scottishswimming.com)

### Curling

**The Royal Caledonian Curling Club** can give details about wheelchair curling clubs across Scotland.

Contact:  
The Royal Caledonian Curling Club  
Cairnie House  
Ingliston Showground  
Newbridge  
EH28 8NB  
Tel: 0131 333 3003  
E-mail: [office@royalcaledoniancurlingclub.org](mailto:office@royalcaledoniancurlingclub.org)  
Website: [www.royalcaledoniancurlingclub.org](http://www.royalcaledoniancurlingclub.org)

### Dancing

**The Wheelchair Dance Association** can give details about wheelchair dance clubs in Scotland. The clubs participate in competitions and festivals. For more information about wheelchair dancing and to find out whether there is a club near you look at the website: [www.wheelchairdanceassociation.org](http://www.wheelchairdanceassociation.org) or contact Advice Service Capability Scotland.

### Activities for young people

**Fabb Scotland** is a national organisation that promotes inclusion by bringing disabled and non-disabled young people together. They run activity programmes in Edinburgh for school-aged children, as well as summer activities and residential holidays. There are also Fabb clubs for children and young adults across Scotland.



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Contact:  
Fabb Scotland  
Norton Park  
57 Albion Road  
Edinburgh  
EH7 5QY  
Tel: 0131 475 2313  
E-mail: [info@fabb.org.uk](mailto:info@fabb.org.uk)  
Website: [www.fabb.org.uk](http://www.fabb.org.uk)

### **Toy and Leisure Libraries**

There are many toy libraries across Scotland offering toys on loan to families for a small fee, or free. A wide range of toys are available to borrow, including toys to suit disabled children. The Smart Play Network has details for local libraries.

Contact:  
The Smart Play Network  
Gilmerton Community Centre  
4 Drum Street  
Edinburgh  
EH17 8QG  
Tel: 0131 664 2746  
Website: [www.smartplaynetwork.org](http://www.smartplaynetwork.org)

**Cerebra**, an organisation which supports children with brain related conditions, has a lending library of sensory toys. This is a free service but you must become a member of the organisation to be able to use the service.

Contact:  
Cerebra  
Second Floor Offices  
The Lyric Building  
King Street  
Cardiff  
SA31 1BD  
Tel: 01267 244200  
Fax: 01267 244201  
E-mail: [enquiries@cerebra.org.uk](mailto:enquiries@cerebra.org.uk)  
Website: [www.cerebra.org.uk](http://www.cerebra.org.uk)

**The Caledonian Award** is an opportunity for young people and adults with learning difficulties and support needs to participate in an achievement program which will help them reach their full potential while increasing their independence and community involvement.

Contact:  
The Caledonian Award  
Bearsden Public Hall  
69 Drymen Road  
Bearsden



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G61 3QT  
Tel: 0141 931 5678  
Email: [mail@thecaledonianaward.org.uk](mailto:mail@thecaledonianaward.org.uk)  
Website: [www.thecaledonianaward.org.uk](http://www.thecaledonianaward.org.uk)

### Specialist Playgrounds

#### **The Yard Adventure Centre, Edinburgh**

An indoor and outdoor play facility for children with additional needs staffed by play workers. It can be used by individuals or groups. There is a small charge for groups but no charge for parents, carers or families. It is fully accessible and changing trolleys and mats are available.

Contact:  
The Yard  
22 Eyre Place Lane  
Edinburgh  
EH3 5EH  
Tel: 0131 476 4506  
Website: [www.theyardscotland.org.uk](http://www.theyardscotland.org.uk)

#### **Linn Park, Glasgow**

An enclosed staffed adventure playground for children age 5-12 years with or without disabilities. The park includes a multi-sensory room, climbing frames, sandpit, bouncy castle, aerial runway, tractor tyre swing, picnic area, arts and crafts, a variety of sports equipment, games and musical instruments.

Contact:  
Linn Park  
145 Netherlee Road  
Glasgow  
G44 3ST  
Tel: 0141 633 1493

#### **Reidvale, Glasgow**

A supervised indoor and outdoor playground for children with disabilities. It includes sensory room, soft play area, outside fixed play equipment for children with special needs. It also has a bouncy castle, picnic areas, aromatherapy, reading, pool table, computer games, videos, toys and arts and crafts.

Contact:  
Reidvale Adventure Play Association  
62 Garfield Street  
Glasgow  
G31 1DW  
Tel: 0141 550 2320  
Website: [www.rapa.org.uk](http://www.rapa.org.uk)

### Other Leisure Activities



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### Listening Books

Listening Books provides a postal audio book library service for children and adults with a disability which makes it difficult to read in the usual way. Latest best sellers and favourite classics are all available to borrow by post. There is a fee for membership but this covers postage both ways and catalogues.

Contact:

Listening Books  
12 Lant Street  
London  
SE1 1QH  
Tel: 020 7407 9417  
E-mail: [info@listening-books.org.uk](mailto:info@listening-books.org.uk).  
Website: [www.listening-books.org.uk](http://www.listening-books.org.uk)

**Dates-n-Mates** is an organisation which helps people with learning disabilities to find friends and relationships. They organise a lot of social activities and their membership is open to people across Scotland, but most activities take place in the greater Glasgow area.

Contact:

Dates-n- Mates  
Melissa House  
Unit 3 Festival Court  
Brand Place  
Glasgow  
G51 1DR  
Tel: 0141 427 2957  
E-mail: [info@dates-n-mates.co.uk](mailto:info@dates-n-mates.co.uk)  
Website: [www.dates-n-mates.co.uk](http://www.dates-n-mates.co.uk)

**get2gether** is a membership organisation to help disabled people find friends and relationships. They organise social events in Edinburgh and Lothians.

Contact:

get2gether  
Tel: 0131 656 9914 or 0797 000 0454  
E-mail: [info@get2gether.org.uk](mailto:info@get2gether.org.uk)  
Website: <http://get2gether.org.uk>

**Autism friendly film screenings** are held once a month at Cineworld, Odeon, Vue and Showcase cinemas. At the screenings the lights are on low, volume is turned down, no trailers at the beginning of the film, you can take your own food and drink, and you can move around the cinema if you want. Contact the local cinema to get more details.

### Other sources of information

**Enquire's** website has details of after-school/holiday clubs for children in different parts of Scotland. You can search to find what is available in particular areas and what is





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accessible for disabled children.

Contact:

Enquire

Children in Scotland

5 Shandwick Place

Edinburgh

EH2 4RG

Tel: 0845 123 2303

Text phone: 18001 0845 123 2303

E-mail: [info@enquire.org.uk](mailto:info@enquire.org.uk)

Website: [www.enquire.org.uk](http://www.enquire.org.uk)

**Enable Scotland** has local branches across Scotland, some of which provide leisure activities for adults and children with learning disabilities. Their head office and website has information about their local branches.

Contact:

Enable

INSPIRE House

3 Renshaw Place

Eurocentral

ML1 4UF

Tel: 0300 0200 101

E-mail: [enabledirect@enable.org.uk](mailto:enabledirect@enable.org.uk)

Website: [www.enable.org.uk](http://www.enable.org.uk)

**Down's Syndrome Scotland** also has local branches, which provide leisure activities for adults and children with Down's syndrome. Their website has information about the local branches.

Contact:

Down's Syndrome Scotland

158-160 Balgreen Road

Edinburgh

EH11 3AU

Tel: 0131 313 4225

E-mail: [info@dsscotland.org.uk](mailto:info@dsscotland.org.uk)

Website: [www.dsscotland.org.uk](http://www.dsscotland.org.uk)

**Yoga Scotland** is the governing body for yoga in Scotland. They can give details of local yoga teachers and those who are experienced in working with disabled people.

Contact:

Kirsty Davidson

E-mail: [kirsty@yogascotland.org.uk](mailto:kirsty@yogascotland.org.uk)

Website: [www.yogascotland.org.uk](http://www.yogascotland.org.uk)

**The Outsiders Club** is a national support group for people with disabilities. It offers the opportunity to contact other members for friendship and possibly forming romantic relationships. There is a membership fee to join the club.

Contact:  
The Outsiders  
Tel: 07074 990 808  
E-mail: [info@outsiders.org.uk](mailto:info@outsiders.org.uk)  
Website: [www.outsiders.org.uk](http://www.outsiders.org.uk)

**The Aromatherapy and Allied Practitioners Association** has an online directory of aromatherapy practitioners in the UK. This includes practitioners in Scotland.  
Website: [www.aapa.org.uk](http://www.aapa.org.uk)

### **Experience Our Forests in Your Own Home**

The Forestry Commission has a section on their website with videos and audio clips for people who are not able to visit forests themselves. The videos include wildlife, leisure activities and experiencing forests for the first time.

Website: [www.forestry.gov.uk/forestry/INFD-8ANC9B](http://www.forestry.gov.uk/forestry/INFD-8ANC9B)

**Access Scottish Theatre** is a guide produced by the Federation of Scottish Theatre, which gives details of accessible theatre performances. A print edition of the guide is released twice yearly. There is also a monthly e-bulletin and up-to-date online listings on the Federation of Scottish Theatre's website.

Contact:  
Federation of Scottish Theatre  
c/o Royal Lyceum Theatre  
30b Grindlay Street  
Edinburgh  
EH3 9AX  
Tel: 07901 885103  
E-mail: [contact@scottishtheatre.com](mailto:contact@scottishtheatre.com)  
Website: [www.scottishtheatres.com/projects-services/access-guide](http://www.scottishtheatres.com/projects-services/access-guide)

**Kidz Unlimited** run Ambassador clubs in Edinburgh, Dundee and Glasgow for children and young people with a physical impairment and are between the ages of 10 and 25 years old. The clubs are usually at the weekend between 10am and 3.30pm and activities include: disability sports, making short films, music, drama and art.

Contact  
Fiona McNaught  
Tel: 0207 789 6129  
email: [f.mcnaught@Whizz-Kidz.org.uk](mailto:f.mcnaught@Whizz-Kidz.org.uk)

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**UCanDoIt** provides affordable introductory training for disabled people on the use of computers. There is a focus on Internet and email skills. The training takes place in the individual's home on their own computer and is on a one to one basis. There are tutors in various parts of Scotland. Contact UCanDoIT for further information about tutors and costs.

Contact  
UCanDoIT  
1 Taylor's Yard  
67 Alderbrook Road  
London  
SW12 8AD  
Tel: 020 8673 3300  
Fax: 020 8675 9571  
Website: [www.UCanDoIt.org.uk](http://www.UCanDoIt.org.uk)

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### Our Advice Service

Advice Service Capability Scotland is a national disability advice and information service. We specialise in information on cerebral palsy.

### We offer:

- information on Capability Scotland services
- advice on cerebral palsy
- general advice on disability issues

You can get in touch with us by calling, e-mailing, dropping in or writing a letter.

This Factsheet can be made available in other formats e.g. audio, large print



Capability Scotland  
Osborne House  
1 Osborne Terrace  
Edinburgh  
EH12 5HG

Telephone: 0131 313 5510  
Email: [advice@capability-scotland.org.uk](mailto:advice@capability-scotland.org.uk)  
[www.capability-scotland.org.uk](http://www.capability-scotland.org.uk)  
Scottish Charity SCO11330