



WHAT'S HAPPENING IN YOUR AREA - SEND AND DISABILITY SPORTS



Table of Contents

1-3 Middlesbrough Clubs

4-6 Redcar Clubs

7-8 Stockton-On-Tees and Darlington Clubs



Middlesbrough and Redcar Sports Groups

<p>Borocuda - additional needs swimming</p>	<p>The Unicorn Pool 11 Cannon Park Way Middlesbrough TS1 5JU</p>	<p>Thursdays 6:15-6:45pm</p>	<p>Physical disabilities (including cerebral palsy, amputees, spinal injuries, dwarfism, polio, spina bifida, multiple sclerosis or arthrogryposis)</p>	<p>borocudatasc@gmail.com 01642 244140</p>
<p>Bridge Hill Day Service</p>	<p>2 St Pauls Road Middlesbrough Postcode TS1 5NQ</p>	<p>Monday-Fridays 09:30am-3:30pm</p>	<p>Life skills Personal fitness Team work and leadership skills Ball Sports Hockey Swimming Archery Cooking Road Safety Budgeting</p>	<p>bridgehilldayservice_middlebrough@hotmail.com 07903048830</p>
<p>Disability Soft Play and Cycling Sessions</p>	<p>Middlesbrough Sport Village Alan Peacock Way Middlesbrough TS4 3AE</p>	<p>Fridays <u>Soft Play:</u> 5:30-7pm <u>Cycling:</u> 4:30-5:15pm & 5:15-6:00pm</p>	<p>Soft Play and Cycling (pre-booking required)</p>	<p>01642 300777</p>
<p>Riverside Lions AFC - Autism Friendly Football Training</p>	<p>Kader Academy Staindrop Avenue Middlesbrough TS5 8NU</p>	<p>Every Saturday 9:30am-10:30am</p>	<p>For autistic young people and those with neurodiversities. Ages 5-19</p>	<p>Gary Parker 07914 833675</p>

Middlesbrough and Redcar Sports Groups

<p>Borobility Boro</p>	<p>Acorn Centre Middlesbrough TS5 8QB</p>	<p>Cerebral Palsy - Tuesday's 4.45pm- 5.45pm</p> <p>Deaf & Hard of Hearing - Tuesday's 5.45pm-6.45pm</p> <p>PAN Disability (All Disabilities) - Wednesday's 4.45pm- 5.45pm</p> <p>Downs Syndrome - Wednesday's 5.45pm- 6.45pm</p>	<p>Free football sessions for disabled children aged between 6-18</p>	<p>daniel.openshaw@mfcfoundation.co.uk</p>
<p>Tees Valley Sound Tennis</p>	<p>Marton Road Middlesbrough Postcode TS4 3SA</p>		<p>Visually impaired tennis enthusiasts.</p>	<p>Wendy Glasper wglasper2000@yahoo.co.uk</p>
<p>South Park Rangers Football Club - Autism Development Centre</p>	<p>Smith Dock Park Normanby Middlesbrough TS6 0HT</p>	<p>1-1 Coaching 8:30-9am Group Coaching 9-10am Every Saturday</p>	<p>Autism friendly environment for children ages 6-14.</p>	<p>Sam 07773 563325 southparksam@hotmail.com</p>
<p>Tees Valley Titans</p>	<p>Outwood Academy Acklam Hall Drive Middlesbrough TS5 7JY</p>	<p>Wheelchair sports</p>	<p>Wheelchair sports for all (wheelchairs can be provided)</p>	<p>Lee Fawcett - Head Coach 07762 007308 or 01642 278580 l.fawcett@ntlworld.com</p>

Middlesbrough and Redcar Sports Groups

<p>Teesside Karting - Autism Friendly Session</p>	<p>Teesside Karting Dormor Way South Bank Middlesbrough TS6 6XH</p>	<p>Go-karting sessions</p>	<p>Children and young people with ASD</p>	<p>01642 231117 enquiries@teessidekarting.co.uk</p>
<p>Tennis World</p>	<p>Tennis World Marton Road Middlesbrough Postcode TS4 3SA</p>	<p>Wheelchair Tennis</p>	<p>Wheelchair Tennis! Supported by the LTA Tennis, it is an inclusive session.</p>	<p>01642 322388 tennis.world@btopenworld.com</p>
<p>Middlesbrough Sportability Club</p>	<p>Holmwood School Saltersgill Avenue Middlesbrough TS4 3PT</p>	<p>Saturdays during school holidays 10am till 2pm Sports and leisure (may include: wheelchair basketball, net games, ball play, cario and raquet skills)</p>	<p>Ages 7-19 with disabilities. Learning, physical and sensory impairments</p>	<p>Tom Jones 07988201107 tj2408@hotmail.co.uk http://tj2408.wix.com/m-sportabilityclub</p>
<p>Wildcats Girls Football</p>	<p>Middlesbrough Football Academy Normanby Road Middlesbrough TS6 9AE</p>		<p>Free to all children with a disability</p>	<p>01642 757674 Webpage at MFC Foundation</p>

Middlesbrough and Redcar Sports Groups

<p>Ten-Chi Karate Club</p>	<p>8, Cragston Court Mickledales Redcar Postcode TS10 2XD</p>	<p>Thursday - Eston Sports Academy - Eston - 6-7pm Beginners - 7-8pm Higher Grades - 8-9pm Adult onle (16+)</p> <p>Friday - Redcar Leisure Centre - 6-7pm Beginners - 7-8pm Higher grades and adults class</p> <p>Saturday - Eston Sports Academy - Eston - 10-11am Beginners - 11-12 Higher grades and adults class</p>	<p>Dyspraxic, Dyslexic and Autistic - Karate</p>	<p>07947 834 154</p> <p>Jabal.hoque@lucite.com</p>
<p>Stockton Wheelers</p>	<p>Middlesbrough Sports Village, Alan Peacock Wy, Middlesbrough, TS4 3AE</p>	<p>Provides cycling opportunities for disabled people, regardless of age, impairment and ability. 2H30M sessions between 13:00 and 15:30 every Saturday from 01/06/2024 till 30/12/2028.</p>	<p>Hearing impairment, Learning impairment, Mental health, Physical impairment, Social or behavioural, Visual impairment</p>	<p>01642 300777 limitless@stocktonwheelers.org.uk</p>
<p>Wheelchair Football</p>	<p>MIDDLESBROUGH (PRISSICK) SPORTS VILLAGE Middlesbrough TS4 3AE</p>	<p>4H sessions between 17:00 and 21:00 every Thursday, Friday from 30/08/2024 till 30/08/2025</p>	<p>Physical impairment</p>	<p>0777930990 6 mpfc@hotmail.co.uk</p>

Darlington and Stockton Sports Groups

<p>Artic Piranha</p>	<p>The Arc Stockton Arts Centre Dovecot Street Stockton on Tees TS18 1LL</p>	<p>semi-regularly (roughly once every 3 months)</p> <p>Saturday evening 7.30-10.30pm</p>	<p>Music, DJs (people can put their name down to DJ) Dancing</p>	<p>01642 525199 box.office@arconline.co.uk</p>
<p>Cheer Starz Academy - Cheerleading</p>	<p>Yarm, Ingleby Barwick, Eaglescliffe, Middlesbrough, Stockton-on-Tees</p>		<p>Working with Paracheer - promoting and supporting cheerleading for those with physical and sensory disabilities</p>	<p>07979 850 573 cheerstarzacademy@hotmail.co.uk</p>
<p>Go Climb Billingham</p>	<p>Billingham Forum, Town Centre Billingham TS23 2LJ</p>	<p>Every 3rd Saturday of the month 10-11am (arrive 30 minutes early)</p>	<p>Limited noise (no music or wall sound effects) Limited Capacity (max. 16 people) Designated quiet areas within the climbing centre Autism awareness trained staff No queuing (pre-book online)</p>	<p>01642 551381</p>
<p>Boccia - Tees Valley Tigers</p>	<p>UNIVERSITY OF DURHAM QUEENS CAMPUS STOCKTON University Boulevard STOCKTON-ON-TEES TS17 6BH</p>	<p>4H sessions between 10:00 and 14:00 every Sunday from 25/08/2024 till 25/08/2024</p>	<p>Hearing impairment, Learning impairment, Mental health, Physical impairment, Social or behavioural, Visual impairment</p>	<p>07810484077 teesvalleytigersboccia@gmail.com</p>

Darlington and Stockton Sports Groups

<p>SEN Golf</p>	<p>Headlam Hall Country Hotel, Spa and Golf Headlam Darlington DL2 3HA</p>		<p>Parent support group along with Julie Welch - provide golf lessons and equipment if needed</p>	<p>Tree Tops Children's Occupational Therapy 01325 304411</p>
<p>Tees Barage International White Water Centre</p>	<p>Tees Active Ltd, The Whitewater Course, Tees Barrage Stockton-On- Tees TS18 2QW</p>		<p>Working alongside Partner for Change to make the experiences it provides accessible and inclusive for all.</p>	<p>Tees Barage White Water Centre 01642 278000 enquiries@tbi www.com</p>
<p>Bulls Wheelchair Rugby</p>	<p>Sedgefield Community College Sedgefield, County Durham TS21 3DD</p>	<p>Tuesday and Thursday 6-9pm (Experience not necessary)</p>	<p>Men and Women with a disability affecting all 4 limbs</p>	<p>https://nebullswrc.com/contact-us</p>
<p>Walking Netball</p>	<p>Durham Uni Queens campus Stockton University Boulevard Stockton on Tees South Durham and Cleveland TS17 6BH</p>	<p>1H session between 10:00 and 11:00 on 03/02/2025</p>		<p>01509 277850 everybodymoves.org.uk/oa/opportunity/englandnetball</p>



Redcar and Eston School Sports Partnership

We aim to encourage more children and young people to be and stay active. To help achieve this aim, we support schools to increase and improve the quality of physical education, school sport and physical activity opportunities.



Tees Valley Sport

Our vision is that communities across Tees Valley are happy, healthy and resilient, with positive life memories. Our mission is to redefine what it means to be active.



You've Got This

You've Got This is a movement that empowers people to be active in whatever way they can and we all have a part to play.

We want to break down the barriers that prevent people leading active lives to improve well-being in South Tees.