

Activities for children

Inclusive Support

The Inclusive Support team provides a range of social and leisure opportunities for children and young people who have complex support needs.

There are 2 parts to the service:

Holiday programmes

Run for 7 weeks per year during the school holidays with camps running over:

- 2 weeks at spring
- 4 weeks at summer
- 1 week at autumn school break

The programme provides a variety of social and leisure opportunities that encourage peer interaction and support young people to have fun in a safe and stimulating environment.

Clubs

- Run weekly over the term time.

Our Football Club, Eastwood Tigers, and our multisport and play club, The Warriors, are delivered in partnership with coaching staff from East Renfrewshire Culture and Leisure Trust (ERCLT).

Eastwood Tigers offers children the opportunity to be physically active, learn to play effectively as part of a team and develop their coordination and ball skills.

The Warriors provides opportunities for children and their siblings to play and have fun together in a safe and supported environment.

The Inclusive Support team works with SuperERkids who organise a variety of clubs over evening and weekends.

Eligibility criteria

The Inclusive Support services are available to children and young people aged 5 to 18 who have a diagnosed disability and live in the East Renfrewshire area.

How to access the service

[Contact the Inclusive Support team.](#)

How much does it cost?

Holiday programmes cost £35 per day.

There's no charge for term time clubs.

All charges are subject to review and you can call the Inclusive Support team for up to date information on charges.

Help with costs

You can get help with the costs of the holiday programme if you're on a low income or benefits.

A financial assessment will be offered that will determine what (if any) charges are made.

SupERkids Clubs include:

Glee music club
Tennis club
Golf club
Jump club.. bouncy castles
Off grid kids outdoor play, mud kitchens etc
SupERkids.

<https://superkids.org.uk/about-us/>

East Renfrewshire Council

East Renfrewshire leisure can set up support for a kid with additional support needs at Gymnastics

Swimming

GETTING STARTED

You can [apply online here](#) or in person at any East Renfrewshire leisure centre. If you want to register your child for swimming lessons but are not sure which level to choose, contact our Swim Team who will be happy to organise a free swimming assessment for your child.

- Eastwood High - [Jade Conway](#) 0141 577 3665
- Barrhead Foundry - [Alison Carse](#) 0141 577 4050
- Eastwood Park Leisure - [Meta Kelly](#) 0141 577 4955
- Neilston Leisure - [Alison Carse](#) 0141 577 4833

Disability swimming lessons at Eastwood High

Disability swimming on the last Sunday of the month at Eastwood park leisure. The disability swimming is free for the person attending and their carer.

IncludeMe2

<https://www.includeme2club.org.uk/>

Include Me 2 Club will continue to focus our work on serving anyone with an additional support need, learning, physical disability, or mental health condition, suffering isolation or loneliness whatever their age.

Football

Rangers Charity Foundation autism friendly football:-

Wednesday nights

At Pro Soccer Rouken Glen Park

6-7pm for 5 to 9 year-olds and

7-8pm for 10 to 16 year-olds

For more information, or to register a child, email rangerscharity@rangers.co.uk.
<https://www.rangerscharity.org.uk/in-the-community/community-programmes/everyone-and-anyone/autism-football>

Horse riding

Pony Buddies in Johnstone.

<https://www.facebook.com/Pony-Buddies-1090643917812902/>

Linn Park: Horse riding ASN lessons on a Tuesday evening – very limited spaces

<https://www.facebook.com/thenewarkcentre/>

Trampoline

Flip Out trampoline park in Glasgow do an ASD session at 9am on a Sunday for £7 per person instead of £11 and a Tuesday at 7pm. I think the trampoline park at Braehead also do something similar

<https://www.flipout.co.uk/detail/flip-out-glasgow/autism-session>

Gravity @ Soar/Braehead

<https://www.gravity-uk.com/soar-braehead-glasgow/prices-times>

Sensory sessions

1hr session - £5

No Open Jump sessions available during these times

The lights come up and the sounds go down at the relaxed **SEN** sessions when the whole Gravity park is open exclusively for members of recognised disabled groups.

Cycling

Free Wheel North, Glasgow Green

Go karts and trikes

<https://www.freewheelnorth.org.uk/>

<https://www.facebook.com/FreeWheelNorth/>

121 Clarkston Cubs - There is a big waiting list so it would be more for younger children starting with Beavers.

Contact address is Kathryn Schalchi

kathryn.schalchi@gmail.com

Scouts

Glasgow Disabled Scouts

<https://www.glasgowdisabledscouts.org/>

We primarily support young people with physical and sensory needs – including cerebral palsy, spina bifida, muscular dystrophy and visual and hearing impairments. This doesn't mean we are exclusive to these conditions, it's just where our expertise lies. This list is far from exhaustive so please fill in the form below if you would like more information or just to have a chat with one of our volunteers. Click on the 'Join Us' tab.

Off Grid outside with camp fires and dens etc

Off Grid Kids have recently starting offering ASN sessions - more

here <https://www.facebook.com/offgridcommunity/posts/3588662191239215>

Outdoor ASD Sessions

Off Grid Community

Aidan's Brae

Clarkston

These sessions are for autistic children, including those who do not have an official diagnosis but who display signs of anxiety, sensory overload or who can struggle in formal environments, but are able to freely enjoy the woods with minimal support.

These sessions are primarily free play based which will have optional activities, some of which may include fire & sharp tools.

We will be running sessions on a Friday @3.45pm and Saturday @1230 for up to 18 children with 3 members of staff.

Barrhead sporting Judo

<https://www.facebook.com/barrheadjudo/>

Dance

Indepen-dance who run regular dance classes for people with disabilities of all ages: toddlers, youths and adults. Currently most classes are online but they are starting up again shortly with some outdoor classes before returning to the studio when restrictions allow.

<https://www.indepen-dance.org.uk/>

Boccia – Scottish Disability Sport

Boccia (pronounced botcha) is a target sport played indoors on a court. Players propel a boccia ball by rolling, throwing or kicking it towards the target jack ball. As an activity, boccia is similar to boules or pétanque but uses a soft leather ball, which means it can be played at any time in any place and by anyone. Boccia has been a Paralympic sport since 1984.

Who can play? Boccia is ideal for all people with a disability and is popular with wheelchair users and individuals with cerebral palsy, learning disabilities and acquired age-related disability.

[https://boccia.scottishdisabilitysport.com/#:~:text=Scottish%20Disability%20Sport%20\(SDS\)%20is,Progress%20and%20Perform](https://boccia.scottishdisabilitysport.com/#:~:text=Scottish%20Disability%20Sport%20(SDS)%20is,Progress%20and%20Perform)

Art

Project Ability

Create opportunities for people with disabilities and people with lived experience of mental ill-health, aged 5 years to 80 plus, to express themselves and achieve their artistic potential.

<https://www.project-ability.co.uk/about/>

Create+ Young Makers

Create+ is a monthly workshops for young adults aged 18-30 offering a variety of new and exciting creative opportunities to learn new product making skills and participate in enterprising experiences.

Workshops run on the first Wednesday of each month from 10am-2pm.

For more information on our next monthly workshop please email create@project-ability.co.uk

Drama/Theatre

Razzamataz

<https://glasgowsouth.razzamataz.co.uk/locations-times/>

Whitecraigs Lawn Tennis & Sports Club on a Wednesday for various ages

Centre Stage – East Kilbride

<https://www.facebook.com/CenterStageLanarkshire>

Occasion Theatre

<https://theoccasiontheatre.com/>

Open to everyone aged 16+ The Southside Group is an exciting weekly drama group which particularly welcomes adults with learning difficulties.

No previous drama experience is necessary! Just a desire to have fun, create, play, explore and meet new people.

Our Thursday evening group is now full so we would like to start a second group. This will begin after Easter in the week beginning 19th April 2021.

These sessions will run in the **afternoon** and will take place over Zoom – we'll help guide you through any problems in setting this up.

Please let us know, as soon as possible, if you, or someone you know, would like to join the new group and tell us which days of the week would suit you best – we'll take it from there.

Contact Pete or Catherine via info@theoccasiontheatre.com or phone on 07773 370660.