

Leisure Information Pack

The details within this pack are groups, clubs, and general sources of support for children with additional support needs. They are subject to change due to many groups running by volunteers, or with short term funding.

Not all included organisations are based in Renfrewshire as it may suit some families to travel.

Parents/Carers should contact groups directly for more information.

This pack is provided for information and to support inclusion, it does not represent council endorsement/recommendation of the organisations or the services they provide.

- **Able 2 Sail**

The Children with Disabilities Team have an established link with the Able 2 Sail charity. The charity provides the opportunity for children and adults with disabilities and their families to sail a cruising yacht. The charity has its own specially adapted yacht with a hoist to make it accessible for children and adults with a physical disability.

Contact: Tel 0141 266 0202

Location: Sailing from Inverkip Marina

Time: Various days from May to September

Website: <https://www.able2sail.org.uk/>

- **Autastic Club**

Local charity organisation running various activity sessions for children on the autistic spectrum. Parents stay for the session. Siblings also welcome to take part.

Various activities planned through the year as well as a regular weekend club. Autastic can also host birthday parties for children, contact them on Facebook for more information.

Waiting lists may be in operation.

Contact: Facebook – Autastic Club

Location: Johnstone Community Sports Club (weekly club), various locations across Renfrewshire

Time: Saturday club, various events throughout the year

Website: <https://www.facebook.com/pages/category/sports-club/Autastic-Club-108848078222011/>

- **Bouncy Bees**

Exclusive hire of a private play space for children with additional support needs including sensory playroom, cosy corner and trampolines. Sessions must be booked in advance with a maximum of 5 children.

Contact: Contact via website.

Location: Unit 1, 60 Mollinsburn Street, Glasgow, G21 4SF

Time: Tuesday-Sunday 9.30-6.30

Cost: £30 for 1 hour hire

Buddies Clubs and Services

Glasgow-based charity providing after-school, weekend and holiday clubs for children and young people with disabilities aged 5-13 but can cater for up to 19 years old. Adult services also available.

Please note there will be costs attached to the services offered. Fees are based on the individual needs of service users following an assessment.

Contact: Tel 0141 434 0201 E-mail buddies@buddiesglasgow.org.uk

Location: Southbrae Centre, 190 Southbrae Drive, Glasgow G13 1TX

Time: After school club – weekdays 3-5.30

Sunday club – 10.30-12.30 (morning session), 2-4 (afternoon session)

Holiday clubs – weekdays 10-2 during Easter, Summer and October holidays

Website: <https://www.buddiesglasgow.org.uk/>

• **Cerebral Palsy Scotland**

Charity aiming to help people with cerebral palsy build skills, knowledge, confidence, and relationships.

Better Start: Fully funded, individualised therapy for children aged 2-14.

Part-funded individual therapy: specialist and intensive therapy for children up to the age of 18 with a primary diagnosis of cerebral palsy. Part-funded by Cerebral Palsy Scotland fundraising.

Baby Buds: fortnightly group for children aged 0-24 months and their families run by a team of therapists.

Bugzi clinic: a loan scheme offering small indoor powered wheelchairs to children up to 6 years old free of charge. The Bugzi chair is returned when the child grows out of it, or it is no longer suitable.

Contact: Tel 0141 352 5000 E-mail info@cpscot.org.uk

Location: Bradbury House, 10 High Craighall Road, Glasgow, G4 9UD

Website: www.cerebralpalsyscotland.org.uk

• **Charlotte's Tandems**

Charity which lends out tandem and tag-along bikes free of charge to people with disabilities and additional support needs who cannot ride a bike safely on their own.

Fill out a contact form on the website to be put in touch with your nearest volunteer.

Contact: https://www.facebook.com/groups/CharlottesTandems/?locale=en_GB or via contact form on website

Location: Volunteers across the UK

Website: <http://charlottetandems.weebly.com/>

- **Create Paisley**

CREATE is an innovative youth arts project aiming to reduce loneliness and inequality. Their vision is to see all young people aged between 12-18 transformed through creativity, community, confidence, and finding their voice. Various groups in Paisley, Linwood and Johnstone. Projects include free creative workshops, youth drop in sessions and volunteering opportunities.

Contact: Tel 0300 365 0321

Location: FYF Charity Hub, St James House, 25 St James Street, Paisley, PA3 2HQ

Website: www.createpaisley.org.uk

- **Creatovators**

Playschemes: Monthly Saturday sessions in Bearsden and Kirkintilloch (term-time only). Families welcome, at least one carer must stay for full session. Open to all children with additional support needs.

Buildovators: Lego-based therapy for primary-aged children on the autistic spectrum. Next session dates and costs to be confirmed, most recent session was a 7 week block running on Wednesdays from 4.30-5.30 in Bearsden, £280 for all sessions.

You Are Not Alone: support group with sessions covering different topics, times vary.

Check website or social media for further information.

Contact: Tel 0141 401 0560 **E-mail** info@creatovators.com

Location: Bearsden Baptist Church, 14 Roman Road, Bearsden G61 2SL

St Columba's Hillhead Church, Old Aisle Road, Kirkintilloch G66 3HQ

Time: Various

Website: <https://creatovators.com/>

- **Clydeside Music Therapy**

Music therapy provided by Laura Corrigan, qualified music therapist offering services to both individual clients and community organisations within Glasgow and the West of Scotland.

Private music therapy takes place in her clinic room in the Southside of Glasgow, or in the client's home in certain circumstances.

Contact: Tel 07896759456

Location: St Margaret's Episcopal Church, 353 Kilmarnock Road, Glasgow, G43 2DS

Website: www.clydesidemusictherapy.com

- **Crossreach**

Daisy Chain Early Years Project

Play activities and interventions to improve the lives and chances of children under 5.

Little Marvels: free toddler group specifically for children with additional support and/or complex needs and their families.

Contact: Tel 0141 423 4777 **E-mail** daisy.chain@crossreach.org.uk

Location: Glasgow Elim Pentecostal Church, 42 Inglefield Street, Glasgow G42 7AT

Time: Fridays 10-11.30

Website: <https://www.crossreach.org.uk/our-locations/daisy-chain-early-years-project>

Go2

Day care service offering 1:1 support in enabling young people aged 7-25 to access hobbies and learn independence skills. All areas are wheelchair accessible, and this service includes access to resources such as a hydrotherapy spa pool, sensory room, and large garden area.

Please note there may be costs attached to this service.

Contact: Tel 0141 558 7575 **E-mail** GO2@crossreach.org.uk

Location: Go2, 100 Morrin Street, Springburn G21 1AW

Time: Various

Website: <https://www.crossreach.org.uk/our-locations/go2>

The Mallard

Short breaks service for children and young people with disabilities. Overnight breaks with access to multiple resources within the centre and a designated key worker.

Please note there may be costs attached to this service.

Contact: Tel 0141 558 7575 **E-mail** mallard@crossreach.org.uk

Location: The Mallard, 100 Morrin Street, Springburn G21 1AW

Time: Various

Website: <https://www.crossreach.org.uk/our-locations/the-mallard>

- **Epilepsy Scotland**

A variety of online and in-person support groups for children and young people with epilepsy. Also offer 1:1 support, primary school epilepsy awareness talks, youth ambassadorship and informal advice.

Contact: Tel 0141 427 4911 **E-mail** admin@epilepsyscotland.org.uk

Location: 48 Govan Road, Glasgow G51 1JL

Time: Tuesday Evening – Virtual Youth Group (12-21)

Thursday Evening – Virtual Youth Group (8-12), Glasgow Youth Group face-to-face (12-21)

Friday Evening (fortnightly) – Film night (12-21)

Website: <https://www.epilepsyscotland.org.uk/support-for-you/youth-service/>

- **The Fairway Club**

Social club for over 16's with a learning disability. Various activities and tea/coffee/snacks offered. £1 entry fee.

Contact: Tel 07491675730

Location: Glenburn Community Centre, Fairway Avenue, Paisley PA2 8DX

Time: Tuesdays 6.30-8.30

Website: <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/52c5c1ef543642caad2e77ac72ad1e6b%201>

- **Family Fund**

The UK's largest grant-making charity for families raising a disabled or seriously ill child on a low income. Grants are available for days out and family breaks, household goods and furniture, garden equipment, sensory toys and more. Families can apply for a grant every 18 months. Applications can be made via their website.

Contact: Tel 01904 550 055

Website: www.familyfund.org.uk

- **Glasgow Disabled Scouts**

Scout group for boys, girls and young adults with disabilities and life-limiting conditions aged 6 to 25. 1:1 support for a wide range of needs in an inclusive space.

Waiting list applies to all sections currently.

Please note there may be costs attached to this service.

Contact: <https://glasgowdisabledscouts.org/contact/>

Location: Various locations across Glasgow

Time: Monday evenings

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

- **Gravity Trampoline Park**

Dedicated hour-long bounce sessions for children and young people with additional support needs. Prices start at £5, carers go free.

Contact: Book online or in person

Location: Gravity Active Entertainment, XSite Braehead, King's Inch Road, Renfrew PA4 8QX

Time: Monday 6-7, Wednesday 6-7, Sunday 9-10

Website: <https://gravity-global.com/active/glasgow/activities/sen-sessions>

- **Include Me 2 Club**

Variety of clubs and activities for children and young people with a disability, additional support need or mental health condition. Also offer holiday clubs and trips seasonally.

Children's Services (0-12) – Barrhead, Cardonald & Haghill

Little Stars (0-5) pre-school play and support sessions

Juniors (6-12) indoor and outdoor activities for children with additional support needs

Street Play (6-12) outdoor play service

Youth Services (12-24) – Barrhead & Cardonald

Youth Club (12-18) ASN youth group supporting young people to take part, thrive and direct activities

StreetGames (12-18) multi-sports sessions

Young Leaders (14-18) support with volunteering and training

Explorer Group (16-24) for those transitioning to adult services. Support with learning life skills and accessing opportunities.

Contact: Tel 0141 881 0544 **E-mail** info@includeme2club.org.uk

Location: The Hub at James McGuire Building, 124 Main Street, Barrhead G78 1SG

Time: Various

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

- **Indepen-dance**

Inclusive dance company with face-to-face, online and hybrid classes. Creative weekly sessions for 5 to 20-year-olds with an emphasis on sharing and having fun.

Please note there may be costs attached to this service.

Contact: Tel 0141 552 3555 **E-mail** admin@indepen-dance.org.uk

Location: Various locations around Glasgow

Time: Monday – Saturday, various times

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

- **National Autistic Society**

Charity providing a range of support and services to autistic people and their families online and in-person. Monthly in-person support group in Glasgow.

Online Social Groups

Youth Social Group (12-16) every 2nd Tuesday (waiting list in operation)

Girls Group, LGBTQ+, Craft, NAS Café, Film, Quiz, Lego (16+) fortnightly

Politics (16+) monthly

Contact: Social Groups – ScotlandSocialGroups@nas.org.uk

Glasgow Branch – NASGlasgowBranch@nas.org.uk

Time: Various

Location: Clockwise, 77 Renfrew Street, Glasgow, G2 3BZ

Website: <https://www.autism.org.uk/>

- **OneRen**

Renfrewshire's local charitable trust providing leisure, sport and cultural opportunities.

Weekly club, holiday sessions and sports leadership programme for S5 and S6 pupils.

Active Families Disability Sport and Activity Community Club

Weekly club for P1-S6 with bouncy castle and sports and activities led by qualified coaches. Siblings welcome. Parent/carer must stay for duration but are encouraged to take part.

Please note there may be costs attached to this service.

Contact: Tel – 0300 300 0250

Time: Contact for information or check the OneRen website

Location: Various locations around Renfrewshire

Website: <https://www.oneren.org/sport/disability-sport/>

- **Paisley Ozanam Club**

Social club for young people aged 16 and over with additional support needs. Various activities week-by-week, party nights and outings.

Contact: Tel – 07722445109

Location: St Mirin's Cathedral Halls, Incle Street, Paisley PA1 1HR

Time: 2nd and 4th Friday of the month, 6.30-9.30

Website: https://www.facebook.com/paisleyozanamclub/?locale=en_GB

- **PAMIS (Promoting a More Inclusive Society)**

Supporting children, young people and adults with profound and multiple learning disabilities and their families. Services include family support, holiday/respite breaks, digital passports, help with self-directed support and more. PAMIS also campaign for increased access to changing places toilets and have a map of changing places in Scotland on their website.

Visit website for more information.

Contact: Tel 01382 755 392 **Email** elizabeth.platt@pamis.org.uk

Location: Glasgow and Clyde

Website: www.pamis.org.uk

- **Project Ability**

Visual arts workshops and exhibitions for people with disabilities. Accessible to children and young people with any additional support needs including complex disabilities.

Create: 8-week blocks featuring a wide range of creative activities for children and young people aged 5 to 28. Join their mailing list to be kept updated on when the next block will take place -

<https://project-ability.us11.list-manage.com/subscribe?u=11236de0008cd84c2162cc8b1&id=90dd49ac2a>

Contact: Tel 0141 552 2822 **E-mail** info@project-ability.co.uk

Location: Project Ability, 103 Trongate, Glasgow G1 5HD

Time: Tbc

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

- **Rare Conditions Glasgow**

Information and support for people and families affected by rare conditions. Provides information, signposts to appropriate resources and other organisations and connects people with rare conditions to each other. They host, co-host, and support a number of events throughout the year, offering a variety of education and support events & initiatives as well as fun events for families.

Contact: Tel 0141 451 5899 **Email** info@officeforrareconditions.org

Location: Zone 1, Office Block, 1345 Govan Road, Glasgow, G51 4TF

Website: <https://officeforrareconditions.org/>

- **R-Cade Console Arcade**

Quiet Time gaming sessions with reduced audio and visual stimulants and a maximum capacity of 10. All ages welcome. Under 12's must be accompanied by an adult. Must be booked in advance, prices start at £7.50 with free passes for registered carers.

Contact: team@rcadeglasgow.com

Location: 121 Saltmarket, Glasgow G1 5LF

Time: Thursday 12-2

Website: www.rcadeglasgow.com

- **Renfrewshire Carers Centre**

A large variety of services for young and adult carers including support groups, advocacy, training and respite. Various support sessions are offered both in person and online via Zoom. Occasional short breaks and days out also available.

Many other services offered, check website or get in touch to find out more.

Contact: Tel 0141 887 3643 **E-mail** enquiries@renfrewshirecarers.org.uk

Location: 25 St James House, St James' Street, Paisley PA3 2HQ

Time: Various

Website: <https://renfrewshirecarers.org.uk/>

- **Right2Dance**

Community dance organisation based in Renfrewshire offering creative dance classes for all abilities. Classes £4 per week.

Contact: Tel 07508 884 760 **E-mail** info@right2dance.com

Location: West Primary School, Newton Street, Paisley, PA1 2RL

Time: Saturday 9.30-10.15 (age 3-7)

Saturday 1-1.45 (age 8-18)

Website: www.right2dance.com

- **The Scottish Centre for Children with Motor Impairments**

Charity which specialises in providing support for children and their families affected by acquired brain injury, complex and multiple learning disability and rare congenital and genetic disorders. They have particular expertise in working with children and families affected by Cerebral Palsy and Rett Syndrome. Short term programmes and interventions are provided, as well as full or part time educational placements.

Early intervention programme (0-3): Teaching movement and communication skills through play. The programme aims to empower parents to integrate learning and therapeutic activities into their day-to-day family life and support their child to acquire functional skills in all areas of development. Includes 1:1 and small group activities, play, access to hydrotherapy pool, sensory room and accessible outdoor playground. A group for siblings runs at the same time. Full funding available for blocks of sessions.

Contact: Tel 01236 456 100 **Email** admin@craighalbert.org.uk

Location: Craighalbert Centre, 1 Craighalbert Way, Cumbernauld, G68 0LS

Time: Various programmes - contact for more information

Website: www.craighalbert.org.uk

- **Scottish Disability Sport**

The Scottish governing and co-coordinating body of all sports for people of all ages and abilities with a physical, sensory or learning disability. They have links with several sports clubs across Scotland. SDS are currently running a referral system where they match children and young people to local clubs based on their interests, needs and abilities. Please contact the Children with Disabilities Team if you would like your child to be referred to Scottish Disability Sport.

- **Sense Scotland**

Scottish charity supporting people with communication support needs. Pre and post diagnosis support also available, as well as different events throughout the year.

Early years (0-8): Online and face-to-face family play sessions, home activities, toy library, peer support and courses.

Stride (16-19): Transition programme based in Ayrshire and Lanarkshire. Also offer ASDAN awards courses to recognise development and work towards independent life skills.

Sensatronic Lab: An experimental music, art and technology project where young people design new types of digital musical instruments.

Contact: 0300 300 9292

Time: Various

Location: Sense Scotland, 43 Middlesex Street, Kinning Park, Glasgow G41 1EE

Website: www.sensescotland.org.uk

- **Sensory Adventures**

Free play sensory experience for children of all ages with additional support needs. State-of-the-art sensory equipment and toys.

£12 per session.

Contact: Website or social media

Time: 45 minute sessions, various times throughout the week

Location: Sensory Adventures, 419 Balmore Road, Glasgow G22 6NU

Website: www.sensoryadventures.co.uk

- **Shitokai Karate**

Disability/ASN karate class at Shitokai Karate Academy.

Contact: Tel 07736 934 210

Time: Thursdays 5-5.45

Location: Renfrew Leisure Centre, Paisley Road, Renfrew, PA4 8JL

Website: <https://www.facebook.com/ShitokaiScotlandKarate/>

- **SPRED (Special Religious Development) Paisley**

Catholic organisation encouraging the inclusion of people with disabilities of all ages in liturgical life. Youth group, family mass and events throughout the year.

Contact: Tel 0141 884 8866 **E-mail** spred@rcdop.org.uk

Time: Youth group Wednesday evenings, contact for further details

Location: 150 Braehead Road, Paisley PA2 8NG

Website: <https://www.facebook.com/people/SPRED-Paisley/100064708751806/>

- **Star Project**

Community organisation in Paisley focusing on tackling the impacts of poverty, deprivation and stigma through wellbeing, connections and creativity. They offer counselling, community pantry, workshops, outreach, volunteering, cultural events and more.

Contact: Tel 0141 889 5850 **Email** enquiries@star-project.org.uk

Location: 12-14 Wallace Street, Paisley, PA3 2BU

Website: www.star-project.org.uk

- **Strathgryffe Tennis Club**

Tennis club based in Houston offering classes for children with disabilities and free indoor court hire. Classes cost £8 per session.

Contact: Tel 01505 615 100 E-mail info@strathgryffe.net

Time: Mondays 6.30-7.30

Location: 51 Fleming Road, Houston, Renfrewshire, PA6 7EU

Website: www.strathgryffe.net

- **Twist and Hit Cheerleading**

Cheer squad for children and young people with additional support needs aged 5 to 14. Participants can try all aspects of AllStar cheer including tumbling, stunts, jumps and dance in a state-of-the-art gym facility.

Parents welcome to stay in waiting area which has a live TV feed of the gym.

Please note there may be costs attached to this service.

Contact: Message 'Twist & Hit Cheerleaders' on Facebook

Time: Thursday 5-6

Location: Twist & Hit Cheer and Dance Gym, 53 Clark Street, Paisley PA3 1QS

Website: https://www.facebook.com/twistandhit/?locale=en_GB

- **Twisters Gymnastics**

Typhoons gymnastics class for children and young people aged 5-16 with additional support needs. £24.50 p/month. Open play sessions also available in purpose-built gymnastics facility, £8 for 2 hours.

Contact: 07842 505 206 / 07515 926 458

Time: Saturday 12.45-1.30

Location: Muirshiel Lane, Port Glasgow PA14 5XH

Website: www.twistersga.co.uk

- **Ultimate Warriors**

Paisley based charity supporting children with autism and their families. Weekly informal support group with various activities for children.

Contact: weareultimatewarriors@gmail.com

Time: Thursday evenings

Location: Contact for more information

Website: <https://www.facebook.com/ultimatewarriorspublic/>

- **Whizz Kidz**

A UK-wide charity supporting young wheelchair users. They provide specialist equipment not available on the NHS, as well as running activity programmes for children, online parent groups, and training. Get in touch for up-to-date information on their latest programmes in Scotland.

Contact: Tel 0207 233 6600 **E-mail** info@whizz-kidz.org.uk

Website: www.whizz-kidz.org.uk

- **YMCA Renfrew**

Various ASN-inclusive and ASN-specific after-school and weekend clubs.

In It Together: designed specifically for children and young people with additional support needs. Wednesdays 4-6.

Various other ASN inclusive groups available through the week, contact for more information.

Contact: Tel 0141 886 3030 **Email** contact@renfrewymca.com

Time: Various

Location: 3 Canal Lane, Renfrew, PA4 8QS

Website: <https://www.ymca.scot/renfrew/>