

| Session Name | Description | Age Range | Open or Impairment/ Disability specific? | Location | Day | Time | Term time or all year? | Cost | Main Contact Details | Referral needed? | Equipment provided? | Any other relevant info |
|--------------------------|---|---|--|--|-------------------------------------|--|--|---|--|---|--|---|
| Fulham Memories | Fulham Memories session is an opportunity to have a cup of tea, a biscuit and a chat followed by light physical activity and games. The aim is to get the inactive community active, whilst providing a safe space for sharing and tackling loneliness. | Open to any age but typical age for this session is 55+ | Open session for all abilities | Manresa Clubroom Alton Estate Fontley Way SW15 4LU | Thursday | 11am to 12.30pm | All Year | Free | Laura Everton leverton@fulhamfc.com Kaity Hall khall@enablelc.org 02039590040 | No | Yes | |
| Women's Only Yoga | Yoga is a gentle way to improve your posture, balance, and coordination. Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. | Open to all ages | Open session for all abilities | Newlands Community Hall Roehampton SW15 3EP | Thursday | 9.30am to 10.30am | All Year | First Session Free followed by a weekly payment of £3 | activefestives@enablelc.org | No | Yes but you can bring your own mat if you wish | This is a womens only session |
| | | Open to all ages | Open session for all abilities | Alton Activity Centre Ellisfield Drive Roehampton SW15 3EP | Tuesday | 9.30am to 10.30am | All Year | First Session Free followed by a weekly payment of £2 | activefestives@enablelc.org | No | Yes but you can bring your own mat if you wish | This is a womens only session |
| 55+ Stretch and movement | Light and low intensity movements designed to improve mobility and increase range of movement | 55+ | Open session for all abilities | Newlands Community Hall Ellisfield Drive SW15 3EP | Thursday | 10.30am to 11.30am | All Year | First Session Free followed by a weekly payment of £3 | activefestives@enablelc.org | No | Yes but you can bring your own mat if you wish | This is a womens only session |
| Watersports | These sessions give children and young people with special educational needs and or disabilities, the opportunity to try a variety of watersports such as sailing, kayaking and canoeing | 8-18 years | Pan Disability | Wimbledon Park Watersports Centre | Saturdays Wednesdays Thursday | Saturdays 10am to 11am Wednesdays 10am to 11am Thursday 4.30 to 5.30pm | Saturdays and Thursdays vary during term time Wednesdays are Summer Holidays only | £5 per session | Kaity Hall khall@enablelc.org 02039590040 | Please contact Kaity Hall if you want to book on. | Yes | We do have hoists available if needed to get in and out of the boats please specify in advance if needed. |
| FC Porto Football | FC Porto are a local Battersea football club who have recently branched out to develop a disability sector to their club. The session is run by volunteers of the club who are all enthusiastic and passionate about growing the game in Wandsworth | 5-16 years | Pan Disability | Battersea Park Millennium Arena | Tuesdays | 5 to 6 pm | Term Time | Free | Josh Lino DeCosta enquiryfcpld@hotmail.com 07734050261 | No referral needed | Yes | |
| Chi Gung | A Chinese Martial Art Chi Gung focuses on gentle exercises, synchronised with relaxed breathing to help relieve stress and improve mindfulness | 18 years + | Inclusive Activity | Penfold Centre Wandsworth High Street SW18 4TF | Thursdays | 1pm to 2pm | All Year- some weeks of during the holiday periods | £3- first class is free | activefestives@enablelc.org 0203 959 0030 | No referral needed | Yes | |
| Peer Mentoring | Peer mentoring programme gives the opportunity for people with a disability to work with a peer to help them become more active in the community. We are always looking for new members of the community both disabled and able-bodied to join this programme as either participants or mentors | Mentees- 16+ Mentors- 18+ | Open for all abilities | Wandsworth Borough | Any day | Any time | All Year | Free | Kaity Hall khall@enablelc.org 02039590040 | Referrals to be sent to khall@enablelc.org | Dependant on activity | |