

# Sport Disability

## Sport and Active Recreation

Programme for disabled children, young people and adults



January 2012



# Sport and Recreation Activities for Disabled People in Leeds

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# Sport and Recreation Activities for Disabled People in Leeds

This programme details all of the regular specific disability sport and recreation opportunities that exist across Leeds, delivered by both Leeds City Council's Sport and Active Recreation department and all key partners. This covers children, young people and adults with any disability, and all ability levels.

There are also many other disability sport events, competitions and festivals, information can be found on the website: [www.leeds.gov.uk/disabilitysport](http://www.leeds.gov.uk/disabilitysport)

A guide to leisure centre access and facilities, a section on useful websites and a guide to transport services is also included in this booklet.

## Leeds City Council carer policy

If you can't take part in an activity without assistance then any individual who is there to assist you will get free admission.

## Leeds City Council policy for the provision of swimming lessons for disabled children.

For our disabled customers, provision can be in the form of group or one to one lessons subject to an individual assessment. For further information please see page 15 or contact your local leisure centre manager.

## Bodyline fitness membership

Bodyline membership offers customers access to a range of activities at all Leeds City Council leisure centres. There are different membership packages depending on which activities you are interested in. We offer a 20% discount to disabled people, for the terms and conditions of the offer please contact the Bodyline office tel: 0113 3950160, email: [bodyline@leeds.gov.uk](mailto:bodyline@leeds.gov.uk)

## Breeze Card (0-18 years)

Breeze Cards are free to all children and young people aged 18 years and under. The card entitles the holder to discounts at all Leeds City Council leisure centres and other facilities.

## LeedsCard (age 19 and above)

If you plan to regularly use any of the council's sport and leisure facilities, then you will be better off with a LeedsCard. LeedsCard is available to you whether you are a resident or non-resident of Leeds (aged 19+). It entitles you to discounts off the usual activity prices. The LeedsCard costs £7.50



The **LeedsCard Extra** is available to Leeds residents in receipt of certain income or disability related benefits. This card needs to be renewed annually. It offers maximum discounts to Leeds City Council leisure centres and other facilities. The LeedsCard Extra costs £2.

Bodyline membership, LeedsCard and Breeze Card application forms can be obtained from all leisure centres and the larger libraries.

## Who to contact.....

### Ross Bibby

#### Disability Sports Development Officer

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text/mobile: 0789 127 0930

Website: [www.leeds.gov.uk/disabilitysport](http://www.leeds.gov.uk/disabilitysport)

Facebook: [www.facebook.com/leedsdisabilitysport](http://www.facebook.com/leedsdisabilitysport)



# Adult Outreach Team (previously DOTSS)

**Outreach Services**  
**Woodsley Green**  
**Burley**  
**LS6 1SD**

**Support and services available:**  
**Monday to Thursday 8.30am to 4.30pm**  
**Friday 8.30am to 4pm**

The Outreach Service is open to adults over the age of 18, who have been referred to the service by a care professional such as a Social Worker, OT or other Health Professional. We work with individuals who require confidence building and wish to develop or maintain their independent skills, following an illness or due to a long term condition

We can support you to:

- Access facilities such as leisure centres, libraries, post offices, banks etc
- Find and join support and community groups.
- Participate in volunteer training and voluntary work placements
- Find a wide range of information about local facilities
- Identify and participate in college courses and other training opportunities
- Gain the confidence to use local and city centre shops.
- Learn the skills to safely use your scooter or powered wheelchair outside.

Team members will meet with you to discuss your interests and the kinds of support you may require. Individual plans are tailored around your specific requirements.

For further information please contact Adult Outreach Team:

Telephone: 0113 3367745. E-mail: [adults.outreach@leeds.gov.uk](mailto:adults.outreach@leeds.gov.uk)



## Athletics

**John Charles Centre for Sport, Indoor Bowls and Athletics Centre**

**Tuesday 6pm to 7pm - 8 to 14 years old** (term time only)  
**Tuesday 7pm to 8pm - 14 years +** (term time only)

- Suitable for adults and children with any disability
- Term time only
- £2 for juniors, £2.50 for seniors
- Run by Leeds City Athletics Club & Leeds Sport Development - [www.leedscityathleticclub.org](http://www.leedscityathleticclub.org)
- Offers a full range of both track and field events.

For further information please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930

## Athletics – Wheelchair Racing



John Charles Centre for Sport, Indoor Bowls and Athletics Centre

Thursday 7pm to 8pm - 8 years +

- Session for wheelchair athletes who want to train and compete on the track.
- Session for ages 8 years plus
- Suitable for both adults and children.
- Run by Leeds City Athletics Club - [www.leedscityathleticclub.org](http://www.leedscityathleticclub.org)

For further information please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930

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## Basketball – Leeds Spiders Wheelchair Basketball Club



Morley leisure centre, Queensway, Morley, LS27 9JP

Wednesdays 8pm to 10pm

- Term time only
- Wheelchair basketball club, open to anyone with or without experience
- Suitable for both adults and children
- Everyone welcome, please contact the club before your first visit
- Cost: £15 subscription per year
- Run by Spider-Y, a registered charity

For further information please contact the club chairman:

Andy Gardner – [andyg@leedsspiders.org.uk](mailto:andyg@leedsspiders.org.uk)

Tel: 07769 938 798

[www.leedsspiders.org.uk](http://www.leedsspiders.org.uk)



## Bowls (indoor flat green)



**Indoor Bowls and Athletics Centre, John Charles Centre for Sport**  
([www.leeds.gov.uk/bowls](http://www.leeds.gov.uk/bowls))

**Opening Times:**

<b>Monday to Friday</b>	<b>10am to 10pm</b>
<b>Saturday</b>	<b>10am to 8pm</b>
<b>Sunday</b>	<b>10am to 6pm</b>

- Suitable for both adults and children
- The centre is fully accessible to all
- Eight rink indoor bowls hall
- Indoor shoes and woods can be hired at the centre

**Casual bookings** - to play on an informal basis bookings can be made seven days in advance or eight days if you have a LeedsCard by ringing the centre.

**Bowls Leagues** run every day of the week Monday to Friday, you have to be a member to join.

For more information or to book a rink please contact the Indoor Bowls and Athletics centre on  
Tel: 0113 395 1500

Email: [JCCS@leeds.gov.uk](mailto:JCCS@leeds.gov.uk)



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## Climbing Wall



**Aireborough leisure centre,**

- Suitable for adults and children
- Self contained room comprising natural rock features and bolt on holds
- Sessions available for individuals, schools and groups.
- All sessions are run by qualified staff who have a minimum SPA qualification

Instructed sessions can be organised for ambulant groups with learning disabilities, sensory impairment or with minimum physical impairments.

For further information please contact Aireborough Leisure Centre on  
Tel: 01943 877131

Email: [LSP.Aireborough.sport@leeds.gov.uk](mailto:LSP.Aireborough.sport@leeds.gov.uk)



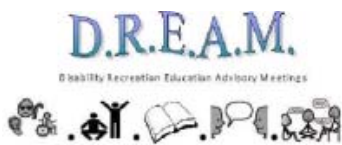
## Cycling - Adapted Bikes

John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

<b>Monday</b>	<b>1.30pm to 2.30pm</b>	
<b>Tuesday</b>	<b>10am to 11am and</b>	<b>11am to 12 noon</b>
<b>Wednesday</b>	<b>10am to 11am and</b>	<b>11am to 12 noon</b>
<b>Thursday</b>	<b>10am to 11am and</b>	<b>11am to 12 noon</b>
<b>Friday</b>	<b>10am to 12pm</b>	
<b>Saturday</b>	<b>10.45am to 11.45am</b>	

- Suitable for both adults and children over the age of 8.
- A variety of bikes are available- quads, trikes, hand cycles and bucket seat dual cycles.
- All cycles have back supports and seat belts.
- A member of staff is available to help at all sessions.
- Hoist available.
- You are welcome to book out a session at any other time for min of 6 people.

For more information and to book please contact the John Charles centre for sport on  
 Tel: 0113 395 0000  
 Email: [JCCS@leeds.gov.uk](mailto:JCCS@leeds.gov.uk)



## D.R.E.A.M- Disability Recreation, Education and Advisory meetings

**Aireborough leisure centre 3<sup>rd</sup> Monday of each month 1.30pm to 3.30pm**

- Social club suitable for adults only
- Dream meet at Aireborough leisure centre for 2 out of every 3 months and the 3rd month go bowling in Kirkstall
- Activities at Aireborough include a chair based exercise session on one Monday and Boccia, Polybat, New Age Kurling and skittles.
- A limited amount of transport provided for people living in North West Leeds and Ilkley (£2). To book transport ring or email Brenda using the contact details below
- Yearly membership £5, weekly session charge £1, no booking required, just turn up
- Carers welcome
- On the other Mondays in the month DREAM meet up for art workshops and talks at St Johns church hall and once a month go out for a meal.

For more information please contact Brenda Taylor on 07708 245 425, email:  
[dreamnwleeds@hotmail.co.uk](mailto:dreamnwleeds@hotmail.co.uk) or visit the website [www.dreamnwleeds.btck.co.uk](http://www.dreamnwleeds.btck.co.uk)

## Exercise - Bodyline Gym

- 12 Bodyline gyms (see centres at a glance section to see which leisure centres have a gym)
- Suitable for age 16+
- 14 to 16 years can attend if accompanied by an adult
- Carers are given free access to the gym.

**New gym users.** If you have never attended a Bodyline gym you will need to book an induction (this is an introduction to the gym finding out what you like and how to use the equipment). Please contact the centre you wish to attend to make the appointment. Safety is really important within the gym and if you are unable to get around safely on your own, the fitness instructor will suggest you bring someone with you to help, **this person will not have to pay to come with you.** Currently it is Leeds City Council policy not to offer one-to-one fitness training, however, if you are unsure of anything when you are at the gym please do not hesitate to ask for assistance.

We deliver regular disability awareness and adapting activities training for all members of staff so that we can offer a better service to disabled users.

**Ergometer bikes** (hand cycle) are available at Armley, Rothwell, Pudsey, Morley, Aireborough, John Smeaton, John Charles centre for sport and Garforth Bodyline gyms.

**Dual assisted pulley machines** which can provide a full body workout and are accessible to wheelchair users are available at: Armley, Aireborough, Rothwell, John Charles centre for sport, Scott Hall, John Smeaton and Pudsey Bodyline gyms.

Details of which centres have a Bodyline gym can be found in the 'centres at a glance' section at the back of this booklet.



## Exercise - Chair Based Exercise

<b>Aireborough leisure centre</b>	<b>Monday</b>	<b>1pm to 2pm</b>
<b>Scott Hall leisure centre</b>	<b>Tuesday</b>	<b>1.30pm to 2.15pm</b>
<b>Armley leisure centre (EXTEND)</b>	<b>Thursday</b>	<b>1pm to 2pm</b>

- Adults only, term time only
- Suitable for people with limited mobility

- Mainly seated exercise aimed at improving your mobility, flexibility and strength
- Just turn up and pay at reception
- A cup of tea, coffee or juice is included in the price at the Scott Hall session

For address and contact details see the "Leeds City Council sport and leisure centres at a glance" section on page 21 to 27.



## Exercise – Weights and Fitness Session

Weights and fitness activity for people with a physical injury or disability, specialising in mobility and co-ordination.

**Armley leisure centre      Monday, Wednesday and Friday      9.30am to 12noon**

- Remedial group
- For people with a physical injury or disability
- 16 years +
- Weights room session
- 2 instructors available

For more information please contact Armley leisure centre:  
Tel: 0113 3367880  
Email: [armley.lc@leeds.gov.uk](mailto:armley.lc@leeds.gov.uk)



## Football – Leeds United Foundation Ability Counts

### Juniors

**Sunday 1pm - 3pm- (all levels) @ Football World**

### Adults

**Friday 10am - 12noon- (participation level) @ Football World**  
**Sunday 1-3pm- (development level) @ Thomas Danby Campus**

- Football coaching and competitive opportunities focusing on 'ability'.
- Opportunities for all disabled people to play football at a level they are comfortable with.
- Play with players of a similar ability regardless of their disability.
- Runs during term time
- Football World- Cross Green Trading Estate, Pontefract Lane, LS9 0RA
- Thomas Danby Campus- Roundhay Road, LS7 3BG

For further information please contact Ross Bibby, Disability Sports Development Officer:  
Tel: 0113 395 0159  
E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)  
Text: 0789 127 0930



## Football- Leeds Deaf Football Club

- Club run in conjunction with Seacroft Colts football club
- Weekly coaching sessions run for deaf children
- Team opportunities for deaf adult players via the Red Triangle league

For further information please visit the Seacroft Colts FC website- [www.seacroftcoltsfc.co.uk](http://www.seacroftcoltsfc.co.uk) or the Leeds Deaf FC website [www.leedsdeaffc.co.uk](http://www.leedsdeaffc.co.uk)

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## Goalball – West Yorkshire Goalball club

**Armley leisure centre, Carr Croft, Leeds, LS12 3HB**

- Open to new, development and experienced players
- Sessions run on Sundays
- Aged 14+
- Sighted players are also welcome

For further information please contact Kathryn Fielding on:

Tel: 07795 263642

E-mail: [Kathryn@achievepotentials.co.uk](mailto:Kathryn@achievepotentials.co.uk)

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## Gymnastics

**Classes are held at the following leisure centres:**

Aireborough, Armley, Fearnville, Garforth, Holt Park, Kirkstall, Kippax, Middleton and Scott Hall.

The Leeds Gymnastics programme delivers gymnastics in ten leisure centres and Carnegie regional gymnastics centre. Children with a physical or learning disability are encouraged to participate in the mainstream programme wherever appropriate.

For further information please contact the Gymnastics co-ordinator on

Tel: 0113 395 0165

Email: [gymnastics@leeds.gov.uk](mailto:gymnastics@leeds.gov.uk)

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## Gym Minis

### Classes are held at the following leisure centres:

Aireborough, Armley, Holt Park, Kippax, Kirkstall, Middleton, Morley, Rothwell and Scott Hall.

- For children aged 1 to 4 years old
  - Pre school gymnastics classes in a soft play environment
  - The parent / guardian works with their child under the instruction of a qualified pre school British Gymnastics Coach
  - Suitable for all children as each child works at their own level
  - Classes usually during school hours, term time only
  - Fees payable termly, enrolment required
  - Please contact the centres directly for class times and spaces available.
  - All parents/carers of participants with Downs Syndrome must contact the Gymnastics Co-ordinator (0113 395 0165) to complete an 'Atlanto Axial Screening Form' prior to participation.
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## Disability Gym Minis

Scott Hall leisure centre, Leeds

Wednesday's, 1.15pm to 2.00pm

- Suitable for children aged 1 to 4 years old with any disability

To book a place contact Scott Hall leisure centre- Tel: 0113 2624721



# Horseriding

## Middleton Park Equestrian Centre- Riding for the Disabled, Middleton Grove, Leeds, LS11 5TZ

- Purpose built centre for the disabled
- Aged 4+
- Suitable for all abilities
- Horse riding and carriage driving available
- Benefits mobility and co-ordination also improves confidence and self worth while having fun
- Lessons held Monday to Saturday, evenings available

Please contact Middleton Park Equestrian Centre.

Tel: 0113 277 1962

E-mail: [middletonparkqctr@btinternet.com](mailto:middletonparkqctr@btinternet.com)

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## Leeds Disabled Sports Association

**Armley leisure centre   Tuesdays   7pm to 9pm**

- Suitable for both adults and children
- Yearly membership - £5 adults; £2.50 under 18 years
- Small weekly session charge
- Activities include swimming, boccia and use of the Bodyline gym
- Social club

For more information please contact Armley leisure centre

Tel: 0113 336 7880

Email: [armley.lc@leeds.gov.uk](mailto:armley.lc@leeds.gov.uk)

or turn up on a Tuesday and meet the group

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## Multi Sports – Number One Club

**City of Leeds High School, Woodhouse Cliff, LS6 2LG**

**Wednesday                      6.00pm to 7:30pm    (term time only)**

- Suitable for children and young people aged 8 to 19 years
- Activities include parachute games, Boccia, New Age Kurling, football, basketball and a range of other sports
- Just turn up (50p per session)

For further information please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930



## **Multi Sports – Priesthorpe Multi Activity Club**

**Priesthorpe School, Farsley, LS28 5SG**

### **CLUB DUE TO RE-START IN 2012**

- Suitable for children and young people aged 8 to 19 years
- Activities include parachute games, boccia, New Age Kurling, football, basketball and a range of other sports

For further information please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930

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## **Multi Sports – Boston Spa Activities Club**

**Boston Spa School, LS23 6RW**

**Monday 6.00pm to 7.30pm (term time only)**

- Suitable for young people aged 11 to 17
- Multi activity session including football, basketball, parachute games and athletics
- Just turn up (£1 per session)

For further information please contact Shaun Mulhern on 01937 846638

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## **Multi Sports – SOS Club (Sport on Saturdays)**

**St Mary's Menston School, LS29 6AE**

**Saturday 10.30am to 12 noon**

- Suitable for children and young people aged 8 to 16 years
- Activities include parachute games, boccia, New Age Kurling, table top games, football, basketball and a range of other sports.
- Just turn up - free session

For further information please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930

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## Multi Sports – Pudsey Gateway Club

Priesthorpe School, Farsley, LS28 5SG

Thursday

6.45pm to 9.15pm (term time)

- Suitable for adults 16+
- Social activities including boccia, bowls, snooker, football.
- Also attend events and competitions through Special Olympics such as bowls, boccia, athletics, swimming, football.

For more information and to register call Ginny Holroyd on 0113 2550018 or e-mail [ginnyyholroyd200452@hotmail.com](mailto:ginnyyholroyd200452@hotmail.com)

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## Multi Sports - Actionnaires

Leeds City College - Thomas Danby Campus,  
Roundhay Road, Leeds, LS7 3BG

**Club runs the second Saturday of every month - 10am to 12noon**

- Multi sport club for blind and partially sighted
- Free session
- Suitable for 8 to 16year olds. Under 8's can attend with a parent
- Run by Action for Blind People
- Activities include: football, goalball, boccia and athletics
- Siblings welcome to attend too

For further information please contact: Karen Boyes, on 0113 3862800  
or email: [Karen.Boyes@actionforblindpeople.org.uk](mailto:Karen.Boyes@actionforblindpeople.org.uk)

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## MUSCSEL - Meeting Up for Social, Community, Sport, Exercise and Leisure

The project is funded and staffed as part of Leeds City Council's Adult Social Care Community Alternatives Team. It offers support to adults living in Leeds, who are experiencing a mental health problem, to encourage a greater independent uptake of opportunities within the community, which aim to increase physical fitness, reduce social isolation and promote social inclusion

MUSCSEL take telephone referrals from within mental health services and take self-referrals. After referral to the project we help people access activities they are interested in. These can be as part of our existing group e.g. football, badminton, walks or on an individual basis with a worker e.g. cycling, gym, swimming. Staff are on hand to safely support people during the activities, thus helping to reduce anxiety and build confidence. The costs of activities are often subsidised by the project. New volunteers to work with the project are welcome

For further information please contact Dan Adams on 0113 271 9851 or e-mail [daniel.adams@leeds.gov.uk](mailto:daniel.adams@leeds.gov.uk)



## Outdoor Activities

Leeds Sailing and Activity Centre, Cemetery Road, Yeadon  
RYA (Royal Yachting Association) Sailability centre

- Suitable for adults and children
- Suitable for individuals or groups
- Individual or multi activity sessions available
- Bookings can be hourly, half or full day, courses or one-off sessions
  
- Sailing
- Kayaking and canoeing
- Off road biking (customers use own bikes)
- Orienteering (level route)
- Traversing wall (low level)
- Climbing – indoor and outdoor
- **Disability outdoor club** – Tuesdays 4pm to 5pm run during the summer. for 8-16 year olds, run in association with RYA Sailability, £5 per session  
A great chance to enjoy sailing, canoeing and kayaking sessions. Places must be booked in 5 week blocks and are limited so booking is essential.

All Leeds sailing and activity centre instructors have National Governing Body awards plus experience working with disabled people and adapting activities to suit individual needs.

There are a wide range of specialised equipment for disability use including kayaks with contoured seats and back supports, sailing boats specifically adapted for disability use and a jetty hoist.

For further information please contact the Sailing and Activity centre:

Tel: 0113 250 3616

E-mail: [sailingcentre@leeds.gov.uk](mailto:sailingcentre@leeds.gov.uk)



## Rugby – Leeds Rhinos Wheelchair Rugby League Club

Morley leisure centre, Queensway, Morley, LS27 9JP

- Wheelchair rugby league sessions, open to anyone with or without experience
- Suitable for both adults and children
- Run by Spider-Y, a registered charity

For further information please contact the club chairman:

Andy Gardner – [andyg@leedsspiders.org.uk](mailto:andyg@leedsspiders.org.uk)

Tel: 07769 938 798

[www.leedsspiders.org.uk](http://www.leedsspiders.org.uk)

[www.leeds.gov.uk/disabilitysport](http://www.leeds.gov.uk/disabilitysport)



## School holiday activities



All the leisure centres offer a wide range of activities for children of all ages during the school holidays. The activities offered are for young people of all abilities however, for those who may prefer, the John Charles centre for sport offers adapted bike sessions specifically for disabled young people.

**Please note:** Some activities need to be booked and paid for in advance.

Copies of all the leisure centre holiday programmes can be found on the Leeds City Council website [www.leeds.gov.uk/leisurecentres](http://www.leeds.gov.uk/leisurecentres)

For more information about the adapted bike sessions please see page 6



## SNAPS- Special Needs & Parent Support

SNAPS provides opportunities for children and adults with special needs as well as information, advice and resources for parents & carers.

The group meet fortnightly on Saturdays 9.15am to 1pm at Pennyfields School, Tongue Lane, Meanwood, Leeds.

Activities include:

- Hydrotherapy sessions
- Swimming lessons
- Dance classes
- Summer scheme programmes

For further information about SNAPS please contact:

Tel: 07964 847775

E-mail: [angie.furminger@snaps-vol.org.uk](mailto:angie.furminger@snaps-vol.org.uk)

[www.snaps-vol.org.uk](http://www.snaps-vol.org.uk)



## Swimming - 1-2-1 lessons

In all our pools we run a learn to swim programme. We try wherever possible to integrate children into mainstream swimming lessons. However we do have a one to one swimming policy which, in appropriate cases, provides disabled children with one to one lessons. This is subject to an individual assessment and is available at most of our leisure centres- please contact the centre manager for details.

'**Adult and toddler lessons**' are the first of 9 levels in the swimming lesson scheme. Instructors lead parents and carers whilst working with their child throughout the class. This provides a safe and enjoyable introduction to the water. Suitable for babies/ children aged 4 months to 4 years.



## Swimming – group sessions for disabled people

There are a number of sessions available throughout Leeds for children and adults to learn to swim/improve their swimming or simply swim for fitness or for social reasons. Leeds City Council runs some of these sessions and private clubs hiring the facilities runs others. Sessions are suitable for both adults and juniors unless stated. A summary of the sessions available is detailed over the page:

**Please note:** Carers for disabled people attending sessions can do so free of charge.

### **Armley leisure centre – Leeds Disabled Sports Association Tuesday 7pm to 8pm**

- Leisure swim with small amount of 'instruction/encouragement'
- ASA qualified teacher in attendance
- Hoist available

### **Fearnville leisure centre Wednesday 6.15pm to 7pm**

- Instruction or leisure swim available
- ASA qualified teachers in attendance, in pool and on side
- Families welcome
- All ages
- Pool hoist

### **Holt Park leisure centre, Leeds Area Disabled Swimming Club – Monday 7pm to 8pm**

- Leisure swim with small amount of 'instruction / encouragement'
- Helpers in water with disabled swimmers
- Adults only 16+
- Small membership fee
- Hoist available
- Contact Christine Shearon 0113 2588224

### **John Charles Centre for Sport Monday 7.15pm to 8.15pm, Friday 12pm to 12.45pm**

- Aquatics centre
- Moving floor and booms
- For adults and children

### **John Smeaton leisure centre Monday 1.30pm – 2.30pm**

- Instruction or leisure swim available
- ASA qualified teachers in attendance
- Families welcome
- All ages
- Pool hoist

### **Kirkstall leisure centre – Leeds Asthmatic Swimming Club Friday 7pm to 8pm**

- Swim coaching
- Qualified ASA teachers
- Contact David Grubb on 01845 567005

- Pudsey leisure centre**                      **Sunday**      **4.15pm to 5 pm**
- Drop-in swimming lessons / leisure swim for disabled people (children and adults)
  - Hoist available

- Scott Hall leisure centre**                      **Thursday**      **2.30pm to 3.30pm** (term time)
- Instruction or leisure swim available
  - ASA qualified teachers in attendance
  - Hoist available

- Morley leisure centre**                      **Sunday**      **5pm to 6pm**  
**Wednesday** **7.15pm to 8.15pm**
- Leisure swim with small amount of instruction / encouragement
  - Qualified ASA club coach staffs the session
  - Hoist available

- Wetherby leisure centre**                      **Monday**      **11am – 12 noon (both pools)**  
**Monday**      **8.15pm – 9pm (small pool only)**
- Leisure swim with small amount of 'instruction / encouragement'
  - ASA qualified teachers in attendance
  - Adults and children welcome
  - Pool hoist

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## General Public Swimming

Armley, Morley, Aireborough, Rothwell, John Smeaton and Scott Hall leisure centres are all ideal for general public swimming, due to good access, for example ramps, handrails, lifts, hoists and changing facilities. Holt Park is also popular with disabled users due to the beach style entry and warmer waters.





## Tennis- Disability and Wheelchair Tennis

**John Charles Centre for Sport (tennis centre)- Fridays**

**Juniors 5.30pm to 6.30pm (term time only)**

**Adults 6.30pm -7.30pm (term time only)**

- Weekly tennis coaching sessions
- LTA (Lawn Tennis Association) qualified coaches deliver the sessions
- Suitable for people aged 8+ with any disability
- Sports wheelchairs available to use or use your own
- £2.90 per session

Disability and wheelchair tennis coaching is one of the outstanding projects granted the London 2012 Inspire mark, the badge of London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.

For further information and to book a place please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930



## Tennis- Visually Impaired Tennis

**John Charles Centre for Sport (tennis centre)- Fridays**

**5.30pm to 6.30pm (term time only)**

- Weekly VI tennis coaching sessions
- Suitable for blind or partially sighted people
- For all ages
- LTA (Lawn Tennis Association) qualified coaches deliver sessions
- £2.90 per session

For further information and to book on please contact Ross Bibby, Disability Sports Development Officer:

Tel: 0113 395 0159

E-mail: [ross.bibby@leeds.gov.uk](mailto:ross.bibby@leeds.gov.uk)

Text: 0789 127 0930



## Volunteering in Disability Sport in Leeds



If you have a disability or would like to get involved in disability sport as a volunteer coach, official, referee or administrator there are plenty of opportunities to do this.

To register as a volunteer in Leeds please visit [www.wysport.co.uk](http://www.wysport.co.uk) and fill in the volunteer registration form.



Are you disabled, or have a long term health condition, and want to be more active? Or, are you a person with or without a disability, with spare time to keep someone company and motivated to do regular sports and exercise?

If so, then join Yoodo Sports, a brand new website linking disabled people with volunteer activity buddies to get fit and have fun. Go to [www.yoodosports.com](http://www.yoodosports.com) or phone 08456 717173 to register.

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## William Merritt Disabled Living Centre & Mobility Service

The William Merritt Disabled Living Centre provides impartial and independent advice for disabled children and adults of all ages. Assessments, carried out by qualified Occupational Therapists, in a wide variety of areas, are free of charge.

They have displays of equipment for daily living and provide training courses and exhibitions.

The team of Occupational Therapists and a Physiotherapist are there to help you retain or increase your independence.

For more information please visit the website at [www.williammerritleeds.org](http://www.williammerritleeds.org) or call 0113 305 5332

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## Yorkshire VIP's- Sports and Social Club for Visually Impaired People

A charity which provides sporting and social activities for blind and partially sighted people and their families. The committee are all visually impaired and new members are always made welcome.

Activities include horse riding, ten-pin bowling, goalball, holidays, day-trips and meals out.

All ages are welcome.

For more information please phone Tricia Dennis on 0113 248 1287

## Useful Websites











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Amateur Swimming Association	<a href="http://www.britishswimming.org">www.britishswimming.org</a>
British Blind Sports & Links	<a href="http://www.britishblindsport.org.uk">www.britishblindsport.org.uk</a> <a href="http://www.goalballuk.com">www.goalballuk.com</a>
British Deaf Sports Council	<a href="http://www.actionforblindpeople.org.uk">www.actionforblindpeople.org.uk</a> <a href="http://www.britishdeafsportsCouncil.org.uk">www.britishdeafsportsCouncil.org.uk</a>
City of Leeds Gymnastics Club	<a href="http://www.cityofleedsgymnastics.co.uk">www.cityofleedsgymnastics.co.uk</a>
D.I.A.L	<a href="http://www.dialuk.org.uk">www.dialuk.org.uk</a>
Disabled Go - provides free detailed access information for disabled people across the UK.	<a href="http://www.disabledgo.info">www.disabledgo.info</a>
Equality and Human Rights Commission	<a href="http://www.equalityhumanrights.com">www.equalityhumanrights.com</a>
Disability Sport Events	<a href="http://www.disabilitysport.org.uk">www.disabilitysport.org.uk</a>
Able Magazine	<a href="http://www.ablemagazine.co.uk">www.ablemagazine.co.uk</a>
EFDS - English Federation of Disability Sport	<a href="http://www.efds.co.uk">www.efds.co.uk</a>
Mencap Sport	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>
FDSO - Federation of Disability Sports Organisations	<a href="http://www.fdsO.co.uk">www.fdsO.co.uk</a>
<b>Leeds City Council- Disability Sport</b>	<a href="http://www.leeds.gov.uk/disabilitysport">www.leeds.gov.uk/disabilitysport</a>
coHearentVision (the working name of Leeds society for deaf and blind people)	<a href="http://www.cohearentvision.org.uk">www.cohearentvision.org.uk</a>
Open Country (gaining access to the countryside)	<a href="http://www.opencountry.org.uk">www.opencountry.org.uk</a>
Great Britain Paralympics	<a href="http://www.paralympics.org.uk">www.paralympics.org.uk</a>
Sport England	<a href="http://www.sportengland.org">www.sportengland.org</a>
Through the Maze	<a href="http://www.through-the-maze.org.uk">www.through-the-maze.org.uk</a>
West Yorkshire Sport	<a href="http://www.wysport.co.uk">www.wysport.co.uk</a>

# Leeds City Council sport and leisure centres at a glance

Leeds City Council are committed to improving access and provision of services within their leisure centres for disabled people. The following is a guide to leisure centre access and facilities with the aim of allowing you to make a more informed choice.

**Key:**

 Reserved parking for disabled people	 Level entrance
 Ramped access	 Steps to entrance
 Lowered reception desk	 Induction loop available
 Lift available	
 Programmes available in large print, tape or Braille	
 Accessible changing and shower facilities	 Accessible toilet

## Centres with improved provision for disabled people:

**Armley leisure centre, Carr Croft, Armley, Leeds, LS12 3HB**

**Tel: (0113) 336 7880**

**E-mail: [armley.lc@leeds.gov.uk](mailto:armley.lc@leeds.gov.uk)**



- Reserved parking for disabled drivers
- Level access
- Automatic entrance doors
- Induction loop
- Lift access to upper floor
- **Changing places standard changing facilities** for aquatics, dry sports and Bodyline, all with H frame hoist – tracking
- Main 25 metre pool with pool hoist access & graded steps
- Teaching / small pool 10 x 10 step access and pool hoist
- **Hydrotherapy pool** 10 x 8 step access and H frame hoist – tracking
- Large fully accessible **Bodyline Gym** (equipment includes hand cycles and dual assisted pulley machine) plus many other IFI accredited machines

Morley leisure centre,

Queensway, Morley, Leeds, LS27 9JP

Tel: 0113 3367890

Email: morley.lc@leeds.gov.uk



- Reserved parking for disabled drivers
  - Level access
  - Automatic entrance doors
  - Induction loop
  - Lift access to upper floor
  - **Changing places standard changing facilities** for aquatics, dry sports and Bodyline, all with H frame hoist – tracking
  - Main 25 metre pool with pool hoist access & graded steps
  - Teaching / small pool 10 x 10 step access and pool hoist
  - Large fully accessible **Bodyline Gym** (equipment includes hand cycles and dual assisted pulley machine)
- 

Aireborough leisure centre, The Green, Guiseley, Leeds, LS20 9BT

Tel: (01943) 877131

Email: LSP.Aireborough.Sport@Leeds.gov.uk

Fax: (01943) 879929



- Reserved parking for disabled drivers
  - Level entrance
  - Automatic entrance doors
  - Induction loop
  - Lift access to cafe & bar facilities
  - Accessible changing and shower facilities
  - Adapted changing room and toilet on poolside
  - Height adjustable changing bed and shower chair
  - Pool hoist (chair – oxford dipper)
  - Hand rails are provided on stairs to the pool spectator areas
  - **Bodyline Gym** (equipment includes ergometer bike and dual assisted pulley machine)
- 

Rothwell leisure centre,

Wakefield Road, Leeds, LS26 8EL

Tel: (0113) 2824110

Email: LSP.Rothwell.Sport@Leeds.gov.uk

Fax: (0113) 2824120



- Reserved parking for disabled drivers
  - Level entrance
  - Automatic entrance doors
  - Induction loop
  - Lift to first floor and crèche
  - Accessible changing and shower facilities (not by the pool)
  - Height adjustable changing bed
  - Shower chair
  - Pool hoist (chair and sling attachment)
  - **Bodyline Gym** – has a range of accessible cardiovascular and resistance equipment (equipment includes ergometer bike and dual assisted pulley machine)
-

**John Charles Centre for Sport, Stadium building, Middleton Grove, Leeds, LS11 5DJ**

**Tel: (0113) 3950000**

**Email: JCCS@leeds.gov.uk**

**Fax: (0113) 3950536**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Lift access to all floors
- Accessible changing and shower facilities
- **Bodyline Gym** (equipment includes ergometer bike and dual assisted pulley machine)



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**John Charles Centre for Sport, Tennis centre, Middleton Grove, Leeds, LS11 5DJ**

**Tel: (0113) 3950010**

**Email: JCCS@leeds.gov.uk**

**Fax: (0113) 3950536**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Accessible changing and shower facilities
- Tactile signage
- Tennis wheelchairs available
- Level access to courts, ramped access to viewing gallery



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**John Charles Centre for Sport, Indoor Bowls and Athletics centre, Middleton Grove, Leeds, LS11 5DJ**

**Tel: (0113) 3951500**

**Email: JCCS@leeds.gov.uk**

**Fax: (0113) 3950536**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Induction loop
- Accessible changing and shower facilities
- Mobile transfer hoist
- Tactile signage
- Level access to all areas



**John Charles Centre for Sport, Aquatics centre, Middleton Grove, Leeds LS11 5DJ**

**Tel: (0113) 2475222**

**Email: JCCS@leeds.gov.uk**

**Fax: (0113) 3950536**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Accessible changing and shower facilities
- Large lockers available
- Accessible toilets
- Height adjustable changing bed
- Ceiling mounted transfer hoist
- Tactile signage
- Lift to first floor
- Pool hoist (chair and sling attachments)



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**Scott Hall leisure centre, Scott Hall Road, Leeds, LS7 3DT**

**Tel: (0113) 2624721**

**Email: LSP.Scotthall.Sport@leeds.gov.uk**

**Fax: (0113) 2623379**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible changing, shower and toilet facility
- Pool hoist (chair)
- **Bodyline Gym** (equipment includes dual assisted pulley machine)



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**Leeds Sailing and Activity centre, Cemetery Road, Yeadon, Leeds, LS19 7UR**

**Tel: (0113) 2503616**

**Email: sailingcentre@leeds.gov.uk**

**Fax: (0113) 2503616**

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible shower, toilet and changing facilities
- Adjustable height changing bed
- Adapted equipment

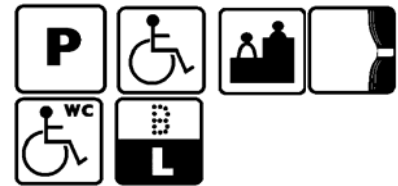


John Smeaton leisure centre, Smeaton Approach, Off Barwick Road, Leeds, LS15 8TA

Tel: (0113) 2141444

Email: [LSP.johnsmeaton.sport@leeds.gov.uk](mailto:LSP.johnsmeaton.sport@leeds.gov.uk)

- Reserved parking for disabled drivers
- Level entrance
- Automatic entrance doors
- Lift to first floor
- Accessible shower, toilet and changing facilities
- Changing bed
- Graded steps into the water (please request use of these at reception)
- Pool hoist (chair and sling attachment)
- **Bodyline Gym** (equipment includes hand cycle and dual assisted pulley machine)



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### Other centres

Holt Park leisure centre, Holt Road, Leeds, LS16 7QD

Tel: (0113) 2679033

Email: [LSP.HoltPark.Sport@leeds.gov.uk](mailto:LSP.HoltPark.Sport@leeds.gov.uk)

Fax: (0113) 2670672

- Reserved parking for disabled drivers (in ASDA car park 80 -100m away)
- Level entrance
- Limited changing and shower facilities
- Adjustable height changing bed
- Pool has beach style entry
- Pool hoist (chair and sling attachment)
- Transfer hoist
- **Bodyline Gym** (first floor - no lift)



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Garforth leisure centre, Ninelands Lane, Garforth, Leeds, LS25 1NX

Tel: (0113) 2860225

Email: [LSP.Garforth.Sport@leeds.gov.uk](mailto:LSP.Garforth.Sport@leeds.gov.uk)

Fax: (0113) 2860793

- Reserved parking for disabled drivers
- Ramped entrance (steeper than 1 in 12)
- Automatic entrance doors
- **Bodyline Gym** (ground floor)



**Kippax leisure centre, Station Road, Leeds, LS25 7LQ**

**Tel: (0113) 2868882**

**Email: LSP.Kippax.Sport@leeds.gov.uk**

**Fax: (0113) 2864170**



- Reserved parking for disabled drivers
  - Ramped entrance (steeper than 1in 12)
  - Automatic entrance doors
  - Ramps on ground floor corridors to provide level access
  - Pool hoist (chair)
  - Transfer hoist
  - Height adjustable changing bed
- 

**Bramley Baths Broad Lane, Leeds, LS13 3DF**

**Tel: (0113) 2146000**

**Email: LSP.Bramley.Sport@leeds.gov.uk**

**Fax: (0113) 2146033**



- Reserved parking for disabled drivers
  - Limited changing and shower facilities
  - Changing cubicles on poolside
  - Pool hoist (chair)
  - **Bodyline Gym**
- 

**Kirkstall leisure centre, Kirkstall Lane, Leeds, LS5 3BE**

**Tel: (0113) 21 44556**

**Email: LSP.Kirkstall.Sport@leeds.gov.uk**

**Fax: (0113) 2144551**



- Reserved parking for disabled drivers (on a slope)
  - Ramped entrance
  - Induction loop
  - Lift down to changing rooms, pool and sports hall
  - Changing cubicles in wetside changing rooms with accessible toilets
- 

**Chippindale pool, Newall Carr Road, Otley, Leeds, LS21 2BB**

**Tel: (01943) 466852**

**Email: LSP.aireborough.sport@leeds.gov.uk**



- Reserved parking for disabled drivers
- Ramped entrance
- Accessible changing and toilets
- Pool hoist

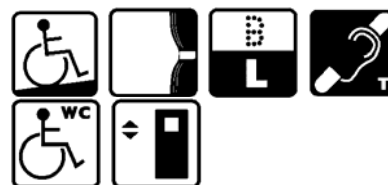
**Pudsey leisure centre,**

**Market Place, Pudsey, Leeds, LS28 7BE**

**Tel: (0113) 2568903**

**Email: LSP.Pudsey.sport@leeds.gov.uk**

**Fax: (0113) 2555171**



- No reserved parking for disabled drivers at present
  - Ramped entrance (steeper than 1 in 12)
  - Induction loop
  - Lift down to sports hall
  - Limited accessible changing and shower facilities – not directly on poolside
  - Pool hoist (chair)
  - **Bodyline Gym** (ergometer bike)
- 

**Fearnville leisure centre, Oakwood Lane, Leeds , LS8 3LF**

**Tel: (0113) 2489349**

**Email: LSP.fearnville.sport@leeds.gov.uk**

**Fax: (0113) 2402233**



- Limited parking for disabled drivers (on a slight slope)
  - Ramped entrance
  - Automatic entrance doors
  - Induction loop
  - Accessible changing / shower facilities and accessible toilet
  - Height adjustable changing bed
  - Pool hoist (chair)
- 

**Middleton leisure centre, Middleton Ring Road, Leeds, LS10 4AX**

**Tel: (0113) 2770021**

**Email: LSP.Middleton.Sport@leeds.gov.uk**

**Fax: (0113) 2770029**



- No reserved parking for disabled drivers at present
  - Level entrance
  - Lift
- 

**Wetherby leisure centre, Lodge Lane, Wetherby, Leeds, LS22 5HA**

**Tel: (01937) 585125**

**Email: LSP.Wetherby.Sport@leeds.gov.uk**

**Fax: (01937) 585126**



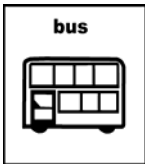
- Limited reserved parking for disabled drivers
- Poor access due to steps to entrance\*
- Adapted changing and toilet facilities on poolside
- Pool hoist (chair)
- **Bodyline Gym**

\*There is an alternative entrance for mobility impaired patrons. The alternative entrance is located at the side of the leisure centre. Please contact the centre with a time of arrival first should you wish to use this facility to allow the centre management time to open the door for you on your arrival.

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# Getting Around - Transport Services

## Public Transport



**Bus and Rail passes:** There are 2 kinds of concessionary permits - for elderly people and for disabled and blind people. For more information or a leaflet please contact metro line **Tel: 0113 245 7676**.

**Bus Travel:** There are now some fully accessible bus routes in Leeds. Details of which bus routes are now running with easy access buses can be found on the metro website at [www.wymetro.com](http://www.wymetro.com) or **Tel: 0113 245 7676**.

**Travel Trainer Scheme:** This provides individual support to people who want to use public transport in the Leeds area. They are open for adults over 18 years old who have: physical or sensory impairments, mental health issues, learning disabilities or anyone who wishes to gain the confidence to travel on buses or trains. For more information please call 0113 247 8987 or e-mail [DOTTSS@leeds.gov.uk](mailto:DOTTSS@leeds.gov.uk)

## Taxis and Community Transport



**Access Bus:** Fully accessible door to door transport for anyone unable to use conventional public transport. Access Bus is provided free of charge to eligible West Yorkshire residents. Services operate between 9am and 5.30pm, Monday to Saturday and from 9am to 5pm on Sundays. A limited evening service is available to groups of five or more. The service is very busy and customers are requested to be flexible in their requests for transport and be prepared to accept alternative

days/times if required. For more information visit the metro website [www.wymetro.com](http://www.wymetro.com). People living in the Leeds District can get a registration form by calling **0113 348 1900** between 7.30am and 4pm, Monday to Friday.



**Taxis:** Taxis and private hire firms in the city with wheelchair accessible taxis and /or minibuses include:

**Streamline:** 0113 244 3322 or  
0113 263 0404  
**City Cabs:** 0113 246 9999

**Moorside:** 0113 263 0136 (cars and minibuses)  
**Flying Colours:** 01977 684384 (minibus)

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## Travel Advice



**Tripscope:** Provides comprehensive travel advice and transport information for disabled and elderly people. Experienced Helpline staff can give journey planning advice, discuss personal travel needs and answer transport related questions.

Tripscope is a registered charity. For more information please visit their website [www.tripscope.org.uk](http://www.tripscope.org.uk) or **Tel 08457 58 56 41** (calls are charged at local rate)

**MetroLine:** Gives information on bus and train times in West Yorkshire and can help you plan journeys. Visit the website at [www.wymetro.com](http://www.wymetro.com) or **tel: 0113 245 7676**.

This booklet is available in any of the following formats:

• audio tape



• as text only



• by e-mail



• or in large print



Please let us know which format you would like.

If you do not speak English and need help in understanding this document, please phone 0113 2243329 and state the name of your language. We will then put you on hold while we contact an interpreter.

Pokud nemluvíte anglicky a potřebujete, aby vám někdo pomohl vysvětlit tento dokument, prosím zavolejte na číslo 0113 2243329 a uveďte jazyk, kterým mluvíte. Potom budete muset na telefonu chvíli počkat, zatímco zkontaktujeme tlumočnicka.

Jeżeli nie mówią Państwo po angielsku i potrzebują pomocy w zrozumieniu tego dokumentu, prosimy zadzwonić pod nr: 0113 2243329. Po podaniu nazwy swojego ojczystego języka prosimy poczekać – w tym czasie będziemy kontaktować się z tłumaczem.

যদি আপনি ইংরেজীতে কথা বলতে না পারেন এবং এই দলিলাটি বুঝতে পারার জন্য সাহায্যের দরকার হয়, তাহলে দয়া করে 0113 2243329 এই নম্বরে ফোন করে আপনার ভাষাটির নাম বলুন। আমরা তখন আপনাকে লাইনে থাকতে বলে কোন দোভাষীর (ইন্টারপ্রিটার) সাথে যোগাযোগ করব।

اگر شما به زبان انگلیسی صحبت نمی کنید و برای فهمیدن این مدرک نیاز به کمک دارید، لطفاً به شماره 0113 2243329 تلفن نمائید و نام زبان خود را ذکر کنید. سپس ما شما را پای تلفن در انتظار نگه میداریم تا با یک مترجم تماس بگیریم.

گەر تۆ زمانی ئینگلیزی نازانیت و بیویستیت به هاوکاری ههیه له تیگهیشنی ئەم به لگه نامه به دا، تکایه ته له فۆن بۆ ژماره 0113 224 3329 بکه و ناوی خۆت و زمانی ناخاوتنت بلی. ئیجەش له سەر ته له فۆنه که دهته ئینیه وه تا به یوه ندی دهکهین به وه رگێریکی زمانه وه.

ਅਗਰ ਤੁਸੀਂ ਅੰਗਰੇਜ਼ੀ ਨਹੀਂ ਬੋਲਦੇ ਅਤੇ ਇਹ ਲੇਖ ਪੱਤਰ ਸਮਝਣ ਲਈ ਤੁਹਾਨੂੰ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ 0113 22 43329 'ਤੇ ਟੈਲੀਫ਼ੋਨ ਕਰੋ ਅਤੇ ਅਪਣੀ ਭਾਸ਼ਾ ਦਾ ਨਾਮ ਦੱਸੋ. ਅਸੀਂ ਤੁਹਾਨੂੰ ਟੈਲੀਫ਼ੋਨ 'ਤੇ ਹੀ ਰਹਿਣ ਲਈ ਕਹਾਂ ਗੇ, ਜਦ ਤਕ ਅਸੀਂ ਦੁਭਾਸ਼ੀਏ (Interpreter) ਨਾਲ ਸੰਪਰਕ ਬਣਾਵਾਂ ਗੇ.

እንግልሽ ዘይትገረብ/ብ. እንተኾንካ/ካግም ነዚ ደኩመንትዚ (ሰነድዚ) ንምርዳእ ኣገዝ ምስ ዘድልዩካ/ካ በጃኻ/ኺ ትገረብ/ብዮ ቋንቋ ብምሕባር ብቆጽሪ ተሌፎን 0113 224 3329 ደውል/ሊ። ብድሕሪኡ ተሌፎን ከይግጸኻ/ክያ ከለኻ?ኺ ናይ ተሌፎን ኣስተርጓሚ ብምድገው ብትርጽኦ/እዮ ቋንቋ ከነዘራርቡካ/ኪ ኢና።

اگر آپ انگریزی نہیں بولتے ہیں اور آپ کو یہ دستاویز سمجھنے کیلئے مدد کی ضرورت ہے تو براہ مہربانی اس نمبر 0113 22 43329 پر فون کریں اور ہمیں اپنی زبان کا نام بتائیں۔ اس کے بعد ہم آپ کو اس پر ہی انتظار کرنے کیلئے کہیں گے اور خود ترجمان (انٹریٹر) سے رابطہ کریں گے۔

To obtain a copy please contact: Ruth Hartley  
Telephone: 0113 2243329  
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# Leeds Disability Sport Youth Panel



- Are you interested in disability sport?
- Do you hold a leadership or sports coaching qualification?
- Do you have an interest in sports development or event management?
- Are you between the ages of 16 and 25?

If you answered 'yes' to any of the above questions, come and be part of the Leeds Disability Sport Youth Panel, where you have the opportunity to have your say on disability sport in Leeds and help organise disability events leading up to the London 2012 Paralympic Games.



*The Leeds Disability Sport Youth Panel* is one of the outstanding projects granted the London 2012 Inspire mark, the badge of the London 2012 Inspire programme which recognises exceptional and innovative projects inspired by the 2012 Games.

**For further information and to apply contact Ross Bibby,  
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**Facebook: [www.facebook.com/leedsdisabilitysport](http://www.facebook.com/leedsdisabilitysport)**



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