

SPORT AND PHYSICAL ACTIVITY OPPORTUNITIES FOR PEOPLE WITH A DISABILITY



SPORT	VENUE	DAY	TIME	DESCRIPTION	TARGET AGE	CONTACT(S)
Archery	Meadowmill Sports Centre, Tranent	Wednesday	10.00-12.00	Archery session for all disability groups	All ages	Richard Vallis rsvallis54@gmail.com
	Blackburn Community Centre, West Lothian	Thursday	10.00-12.00	No Limits Archery session for individuals with a learning disability	All ages	Paul Weddell paulweddell@talktalk.net
Athletics	Forrester High School, Edinburgh	Wednesday	18.00-19.30	Edinburgh Eagles Athletics Club Run, jump and throw sessions for athletes with autism	School aged 8 years +	edinburgheaglesathletics@hotmail.com
	Saughton Sports Complex, Edinburgh	Various	Various	Harmeny Athletics Club Fully inclusive athletics club, welcoming participants with disabilities	All ages	harmenyclubdev@gmail.com
Badminton	Musselburgh Sports Centre	Tuesday	19.00-21.00	Lothian Disability Badminton Club Badminton coaching for all athletes with a physical or learning disability	All ages	Lyndon Williams hbandnw@yahoo.co.uk
	Bathgate Academy	Wednesday	18.00-20.00			
Basketball	Armadale Academy, West Lothian	Tuesday (senior)	19.00-21.00	Lothian Phoenix Wheelchair Basketball Basketball session for athletes with a physical disability (ambulant or wheelchair user)	Senior	https://www.lothianphoenixwbc.org/contact
		Thursday (jnr & snr)			Junior / Senior	
	Craggs Sports Centre, Edinburgh	Saturday	09.00-10.00	Boroughmuir Blaze ASN Basketball sessions Basketball sessions for athletes with a physical or learning disability	8 years +	Eoghann Dover activities@craggsedinburgh.com 07964324848
Boccia	Beeslack Community High School, Penicuik	Sunday	14.00-15.00	Beeslack All Stars Boccia Club Boccia session for athletes with a physical, sensory or learning disability	School aged 8 years +	Lynne Sturgeon Allstars_dsc@hotmail.com
	Gracemount High School, Edinburgh	Tuesday	18.00-19.30	East of Scotland Boccia Club This club is only open to players with a severe physical impairment which affects all four limbs	All ages	Neal Herbert Neal.herbert@scottishdisabilitysport.com
	Gracemount Leisure Centre, Edinburgh	Tuesday	19.00-20.00	Edinburgh Leisure Boccia Club Boccia session for athletes with a physical or sensory disability	8-18 years	https://www.edinburghleisure.co.uk/activities/coaching-courses/boccia

Bowls	Bathgate Academy	Friday	18.00-20.00	No Limits Boccia Club Boccia session for athletes with a physical, sensory or learning disability	All ages	Anne Gurney anne@agurney.com
	Prestonpans Community Centre	Wednesday	13.00-15.00	Prestonpans & District Disabled Bowling Club Bowls session for all disability groups	All ages	Lesley Ross 01875 610280
		Thursday	11.00-13.00			
	Grange Bowling Club Prestonpans	Tuesday	19.00-21.00			
Canoeing	Harrison Road Edinburgh	Thursday	18.30	Forth Canoe Club An inclusive canoe club for individuals with a disability	All Ages	Robert Ailey railey@hotmail.co.uk 07890760304
Climbing	Edinburgh International Climbing Arena, Ratho	Thursday	19.00-21.00	Scottish Paraclimbing Club Climbing for individuals with a physical, sensory or learning disability	All Ages	scottishparaclimbingclub@gmail.com
Curling	Murrayfield Ice Rink, Edinburgh	Friday	12.00 – 13.00	Wheelchair Curling Session Coached wheelchair curling session for individuals with a physical disability (wheelchair users)	All Ages	David Carr davidcarr255@btinternet.com
Dance	Edinburgh Dance Academy EDA 193-195 St John's Rd, Edinburgh	Saturday	4.15-5.00pm	Everybody Dance Now! ASN Dance session	Primary and Secondary	edinburghdance@aol.com 0131 334 4299
	KIC Studios, Ironmills Rd, Dalkeith EH22 1JP	Various	Various	Inclusive Dance Opportunities	Primary and Secondary	0131 654 1213 admin@kicdance.co.uk 07891035698
	Leith Victoria Swim Centre, Edinburgh	Wednesday	11.45-12.45	Edinburgh Leisure Dancability Inclusive dance session for people with a disability	All Ages	Sara Kemp SaraKemp@edinburghleisure.co.uk
Football	Albyn Park, Broxburn	Thursday	17.15 – 18.30	Broxburn Athletic Football Club Session for players with Autism Spectrum Disorder	8 – 16 years	Ahren White a.white@busc.org.uk
	Spartans Community Football Academy	Thursday	10.30-12.00 16.30-18.00	Spartans Connections F.C. Male & Female players with a learning disability	16+ years	Garry Betts 0131 552 7854

Football						garrybetts@spartanscfa.com
	Forresters High School, Edinburgh	Saturday (fortnightly)		Salvesen CFC School aged pupils with a physical, sensory or learning disability		Lynne Sharkey lynnesharkey@gmail.com
	Ross High School, Tranent	Saturday	9.30-10.30 10.45-12.00	Tranent Colts Disability Football School aged pupils with a physical, sensory or learning disability	Primary Secondary	Willie Gilhooley WillieG50@hotmail.co.uk
	Xcite Bathgate	Sunday	10.00-11.00	Bathgate Thistle Participants with a visual impairment aged 8-16	8-16	info@bathgatethistlefc.co.uk
	Various	Various	Various	Team United Participants with autism aged 8-16	8-16	Alex McArthur alex@teamunited.org.uk
Football (Powerchair)	Oriam, Heriot-Watt University	Monday	19.00 – 20.30	Lothian Wolves Powerchair users of all ages and abilities	All ages	Steven Miller steven2203miller@gmail.com
Judo	Gate 55, Westburn PS, Sighthill, Edin.	Saturday (once a month)	10.30-12.30	East of Scotland Physical & Intellectual Disability Judo Group Judo session for players with a physical, sensory and learning disability	8+ years	Jo Imrie jo@essndisabilityjudogroup.com
	Craigswood Sports Centre, Livingston	Monday	18.45-19.30	Jidel Judo 93 Judo session for players with a physical, sensory and learning disability	5+ years	Jo Imrie - 07411722240 jo@jideljudo93.com
	Napier [EN] University [EN]gage sports Centre Edinburgh	Tuesday	18.45-19.30	Jidel Judo 93 Session (in partnership with JudoScotland) Judo sessions for young people with a disability. All sessions led by a qualified judo coach.	5+ years	Jo Imrie - 07411722240 jo@jideljudo93.com
Karate	Napier [EN] University [EN]gage sports Centre Edinburgh	Saturday	11.15 –12.15	Edinburgh ASN Karate Karate session for individuals with a physical, sensory or learning disability with a qualified coach.	All ages	Andy Elliot andyelliott2@yahoo.co.uk
Multi-Sports	Beeslack Community High School, Penicuik	Tuesday	18.45-20.45	Beeslack All-Stars Disabled Sports Club Multi-activity session for children and young adults (and their siblings) with a physical, sensory or learning disability	Children & Young Adults	Lynne Sturgeon allstars_dsc@hotmail.com
		Sunday	13.00-15.00			

Multi-Sports	Inveralmond Community High School	Monday	19.30-21.00	Lothian Disability Sport Learning Disability Multi Sport Club Multi Sport session for athletes with a learning disability	School aged pupils	lothiandsld@gmail.com
	Linlithgow Leisure Centre, West Lothian	Saturday	11.00-13.00	No Limits Sports Club Multi sport session for children and young people with a disability	Children & Young People	Paul Weddell paulweddell@talktalk.net
	Musselburgh Sports Centre	Wednesday	18.30-20.00	Multi Sport session for adults with a physical, sensory or learning disability	18+ years	Musselburgh Sports Centre 0131 653 5208
	Gracemount Leisure Centre, Edinburgh	Saturday	10.00-12.00	Edinburgh Leisure ASN Multi-Sports Multi Sport session for school aged young people with a disability. Includes 2 sports and swimming each week	School aged pupils	Sara Kemp SaraKemp@edinburghleisure.co.uk
RaceRunning	Meadowmill Sports Centre, East Lothian	Wednesday Friday	16.30-17.30 14.30-15.30	Meadowmill RaceRunning Club RaceRunning for children and young people with disabilities that affect balance and mobility	6+ years	Juliet Gold jgold@enjoyleisure.com
Rugby	Raeburn Place, Edinburgh Accies	Wednesday	18.30-19.30	Unified Rugby Rugby session for adults with a physical, sensory or learning disability	Adults	Stephen Main stevietrustrugby@gmail.com
Snowsports	Hillend Ski Centre, Midlothian	Monday Weekends	Various	Disability Snowsports Skiing for people with a physical, sensory or learning disability	All ages	Shaun Murphy shaun.murphy@disabilitysnowsport.org.uk
Swimming	Musselburgh Sports Centre	Tuesday	18.30-19.30	Enjoy Leisure ASN Swimming Club Session for swimmers with a physical, sensory or learning disability	School Aged Young People	Musselburgh Sports Centre 0131 653 5208
	Loanhead Leisure Centre, Midlothian	Thursday	18.00-20.00	Loanhead Dolphins Session for swimmers with a physical, sensory or learning disability	All ages	Loanhead Leisure Centre 0131 444 9033
	Royal Commonwealth Pool, Edinburgh	Thursday	20.00-21.00	Lothian Racers (Edinburgh & Midlothian) Swimming session for all ages and physical, sensory and learning disabilities.	8+	Jacky Yirrell jackyyirrell@aol.com
	Beeslack Community High School, Penicuik	Tuesday	19.40-21.00			
	Musselburgh Sports Centre	Saturdays & Sundays		Learn to swim sessions for school aged young people with a physical, sensory or learning disability	School aged pupils	Musselburgh Sports Centre 0131 653 5208

Swimming (cont.)	West Calder HS, West Calder	Sunday	08.30-13.00	Swim-IT Disability Squads Sessions for swimmers with a physical, sensory or learning disability of all abilities	All ages	Fiona Donald fiona@swim-it.co.uk
	Braidburn School, Edinburgh	Thursday	16.15-18.00	Lothian Waves Swimming session for school aged pupils with a physical, sensory or learning disability	School aged pupils	Carol Douglas Carolnewhailes@hotmail.co.uk
	Musselburgh Sports Centre	Monday	19.00-21.30	Musselburgh Amateur Swimming Club (East Lothian) Swimming session for school aged young people with a physical, sensory or learning disability	6-18 years	MASC Secretary masclubsec@gmail.com
		Wednesday	18.30-20.30			
Sunday	08.00-09.45					
Table Tennis	Corn Exchange, Haddington	Monday & Thursday	Various	Haddington Table Tennis Club	All ages	Pete Lugton lindsay@murrayfieldtt.com
	The Royal High School, Edinburgh	Monday	18.00-19.30	Murrayfield Table Tennis Club Table Tennis session open to all disability groups	All ages	Lindsay Muir lindsay@murrayfieldtt.com
Tennis	Longniddry Tennis Club, Longniddry, East Lothian	Friday	14.00 – 15.00	Longniddry Tennis Club All ability tennis for individuals with a physical, sensory or learning disability	10+ years	longniddrytennis@gmail.com

Lothian Disability Sport
Meadowmill Sports Centre
Tranent
East Lothian, EH33 1LZ

t: 07885 549 173
e: admin@lothiandisabilitysport.co.uk
www.lothiandisabilitysport.co.uk

Scottish Disability Sport
Caledonia House
South Gyle
Edinburgh, EH12 9DQ

t: 0131 317 1130
e: admin@scottishdisabilitysport.com
www.scottishdisabilitysport.com



Disability Organisation Contacts

The Yard

Adventure play centre for disabled children, young people and their families

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

info@theyardscotland.org.uk

Lothian Autistic Society

Provide services and practical support to children and young people on the autistic spectrum, their families and carers in Edinburgh and the Lothian's

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

Down Syndrome Scotland

Charity dedicated solely to supporting people with Down's syndrome and their families and carers

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

Royal National Institute of Blind People (RNIB)

Charity which offers help and support for blind and partially sighted people whilst also being Scotland's largest community of blind and partially sighted people





Key email contact details

Jack Brodie, Branch Disability Sport Officer: admin@lothiandisabilitysport.co.uk

Neal Herbert, Disability Sport Regional Development Manager, East of Scotland: neal.herbert@scottishdisabilitysport.com

Mark Gaffney, Opportunities and Events Manager, Scottish Disability Sport: Mark.Gaffney@scottishdisabilitysport.com

Jill Coleman, Active Schools, Edinburgh: Jill.Coleman@ea.edin.sch.uk

Laura Livingstone, Active Schools, West Lothian: laura.livingstone@westlothian.gov.uk

Anna Potter, Active Schools, East Lothian: apotter@elcschool.org.uk

Jenny Potts, Active Schools, Midlothian: Jenny.Chalmers@midlothian.gov.uk

Sara Kemp, Active Communities Development Officer, Edinburgh Leisure: SaraKemp@edinburghleisure.co.uk

Tommy George, Community Development Manager, Edinburgh Leisure: TommyGeorge@edinburghleisure.co.uk

Alan Oliver, Sport Development Officer for Disability, Borders: aoliver@liveborders.org.uk

