

ACTIVITY CENTRES

Activity Centres can offer a great range of exciting indoor and outdoor activities for children. Many have specialist equipment to adapt the activities to the ability of the participants, and staff who are keen to involve children with disabilities.

1. Avon Tyrrell Outdoor Activity Centre
2. Calshot Activity Centre
3. Marwell Outdoor Activity Centre
4. Minstead Training Project
5. QE2 Activity Centre
6. Southampton Water Activates Centre
7. Woodmill Activities Centre
8. YMCA Fairthorne Group



The Rose Road Association – Avon Tyrrell

1. Avon Tyrrell Outdoor Activity Centre

- ⇒ Avon Tyrrell provides residential trips, day visits, holidays, training courses as well as adventure, environmental and field studies activities
- ⇒ Staff are fully trained to use any additional equipment that may be needed for those with disabilities and groups, including; hoists, changing beds, specialised wheelchairs and inclusion bikes
- ⇒ Avon Tyrrell has been awarded the PosAbility Magazine's Seal of Approval, and we also offer special residential and activity days specifically for those with disabilities and their families
- ⇒ Some of the great feedback from Inclusion weekends and events. 'I have left this weekend with a very happy son whose confidence has improved and who has achieved more than I could have imagined' and 'It was so nice to meet other families, where we were all in one way or another in the same boat. I must admit, we have never been so calm...really'

avontyrrell

The UK Youth Outdoor Activity Centre

Opening Times

Year round, days and times are course dependent



Prices

Activity prices vary, bursaries available which can cover a whole visit



The site, paths, accommodation and activities are all fully accessible to wheelchair users

ukyouth
Positive About Youth



UK Youth, Avon Tyrrell Outdoor Activity Centre,
Bransgore, Hampshire, BH23 8EE



01425 672 347 –Activity Centre or 01425 615 960 –Bike Rides



info@UKyouth.org



www.avontyrrell.org.uk



2. Calshot Activity Centre

- ⇒ Calshot Activities Centre is one of the largest Outdoor Adventure Centres in Britain, offering activities such as rock climbing, snowboarding, track cycling, archery, orienteering, sailing, kayaking, windsurfing, field studies and canoeing
- ⇒ Some adaptive equipment is available including specialist climbing equipment, inclusive cycles, water sports seating, off-road wheel chairs and a fully adaptable archery system
- ⇒ Staff are trained in disability awareness and the use of the specialist equipment
- ⇒ No Limits sessions are partly funded courses specifically catering for young people with disabilities and their siblings, and are adapted to suit each child's needs
- ⇒ They also offer family days and birthday parties
- ⇒ 'We welcome enquiries from groups and individuals with physical and learning difficulties and are happy to discuss which activities are most suitable and adaptable to suit the needs of the participants'



Opening Times

Activity times vary, see website for details



Prices

Activity prices vary, contact for details

No Limits sessions(8-19 year olds) for HCC Gateway card holders:
£20 half day, £35 full day



Specially adapted activity equipment, wheelchairs can be borrowed from reception



Calshot Spit, Fawley,
Southampton, SO45 1BR



02380 892 077



calshot.ac@hants.gov.uk



www.calshot.com



3. Marwell Outdoor Activity Centre

- ⇒ Activities include climbing, archery, quad-biking, kayaking, canoeing, aerial rope courses, assault courses, raft building and a 3G giant swing
- ⇒ Individuals can attend day camps (£27.50 per child) during Easter and Summer holidays
- ⇒ Other sessions must be pre-booked and in groups of at least 6
- ⇒ A buddy system is available providing 1 to 1 support for children who need it (additional rate per hour)



Hurst Lane, Owslebury,
Winchester, SO21 1EZ



01962 777 547



info@marwellactivitycentre.co.uk



www.marwellactivitycentre.co.uk



Opening Times

Morning sessions:

10am-11.30am

11.45am-1.15pm

Afternoon sessions:

1.45pm-3.15pm

3.30pm-5pm



Prices

Activity prices vary,
contact for details

Day Camps: £27.50



Prices

Please contact to discuss prices

Day service is around £55 but varies depending on the level of support required

Respite prices are dependent on length of stay etc.

Price includes a midday meal and refreshments



4. Minstead Training Project

- ⇒ The project is for over 18s with learning disabilities and aims to increase confidence and independence through improving confidence and equipping students with skills for living and working environments
- ⇒ It offers residential (supported living) and day services, with training in social, work and life skills
- ⇒ Activities include: horticulture, woodwork, pottery, photography, art, music, drama, literacy, numeracy, ICT and work experience
- ⇒ Visits can be arranged to see what is on offer
- ⇒ Some activities may have a waiting list and an application process, please contact to



Minstead Lodge, Lyndhurst,
Hampshire, SO43 7FT



02380 812 297



info@minsteadtp.org



www.minsteadtrainingproject.org



5. QE2 Activities Centre

- ⇒ Offers day activities and activity holidays for groups of all ages with learning disabilities, autism, physical disabilities and other specific needs
- ⇒ Activities include climbing, canoeing, archery, bushcraft, raft-building and zipwires -all of which are fully adjustable to the ability of the participants through the use of specialist equipment
- ⇒ The residential accommodation are fully accessible and equipped log cabins
- ⇒ Individual and small group bookings take place on Monday and Friday, larger group bookings are on Tuesday, Wednesday and Thursday. You can take part both individually or alongside others
- ⇒ Prior booking is required
- ⇒ See the website or contact for more activity information

⇒ Regular Clubs

- ◆ **Solent Sportsability:** for children with physical disabilities up to the age of 16 and their siblings. Activities include: ropes course, table tennis, badminton, skittles, rounders, climbing, archery, canoe, motorboat and zipwire
- ◆ **Adventurers:** for children with autism up to the age of 19 and their siblings. As well as sports and activities the club offers an arts and crafts session



Manor Farm Country Park, Pylands Lane,
Bursledon, Southampton, SO31 1BH



02380 404 844



qe2centre@aol.com



www.qe2activitycentre.co.uk



Specially adapted activity equipment



Alternate Saturdays
10am-12pm
£5 per family

Alternate Saturdays
1pm-4pm
£3 per child

Opening Times
10am-5pm everyday
Courses run at specific times

Prices £
1 hour session, up to 3 participants: £30
2 hour session, up to 8 participants: £65
12x2 hour session, for supported individuals on Mondays: £180



Day Services

- ◆ ***The Green House***: a vocational day service for adults with learning disabilities, using green activities as the basis for a variety of learning and creative opportunities. A full programme is offered based around developing work skills, independent living skills and recreation. There's an allotment to run, gardening and woodland management to do, recycling and basic workshop activities. They work on communication, numbers, cooking and creative activities
- ◆ ***Team Q***: an active day service for active people. Every week they have adventure activities -canoeing and boating on the Hamble River; climbing and archery in the Centre's spacious sports hall; orienteering and bushcraft in the Manor Farm Country Park. There's also off site day expeditions and twice a year there are activity based residential visits. Planned for 2014 are trips to the Isle of Wight and Swanage
- ◆ ***GOLD group***: an active day service which provides a mixed timetable with a varied and stimulating programme for adults with learning disabilities and complex needs. A mixture of indoor and outdoor activities including walking, games, baking, arts and crafts. There is focus on developing and nurturing independent living skills through cooking, lunch is prepared and cooked everyday, making a wide selection of dishes. There is also focus on exercise and healthy living, taking advantage of the 400 acre Manor Farm Country Park and working in our very own patch of garden. There are also regular opportunities to take part in some of the more challenging activities including, canoeing, climbing, archery, the ropes course and trips on the Hamble river in the Centre's wheelchair accessible boat. Activities are planned to match individual ability levels to make sure that everyone enjoys and positively experiences what they do with GOLD group

Monday-Friday
9.30am-3.30pm

£50 per day
(lunch included)



Every Tuesday &
Thursday 9.30am-3.30pm

£60 per day
(lunch included &
contribution to
expedition fund)



Monday to Friday

£60 per day



6. Southampton Water Activities Centre

- ⇒ Courses and tuition in sailing, power boating and raft-building.
- ⇒ Boats are adapted with specialist hoists and seats to cater for those with disabilities
- ⇒ Prior booking is required
- ⇒ **Sailability Courses:** sailing sessions for people with disabilities (aged 8+) on the River Itchen with specially trained staff and volunteers. Please contact beforehand to discuss needs, meet the instructors, find out what is involved etc.

Opening Times

Monday-Friday 8.30am-6pm
Saturday 8.30am-4pm
Sunday 10am-4pm

Monday evenings
6pm-7pm &
7.30pm-8.30pm
£8 per person



Floating Bridge Road, Chapel,
Southampton, SO14 3FL



03000 200 135



info@swac.co.uk



www.swac.co.uk



Specially adapted activity equipment



7. Woodmill Outdoor Activities Centre

- ⇒ Adventurous day activities including canoeing, kayaking, high ropes, climbing, raft building, archery and team building challenges for people of all abilities (aged 8+). Most activities adaptable to needs of people with disabilities (call to discuss arrangements prior to booking)
- ⇒ *Paddability Courses:* canoe sessions for those with disabilities (aged 8+). Boats are adapted with specialist seats. Advance booking needed
- ⇒ Minimum age can be reduced to 6 if accompanied by a parent/carer, but charges are per person
- ⇒ Staff are trained in disability awareness and to use the specialist equipment



Woodmill Lane, Swaythling,
Southampton, SO18 2JR



02380 915 746



info@woodmill.co.uk



www.woodmill.co.uk



8.30am-6pm everyday

Activity costs vary, contact or see website for details



Specially adapted activity equipment

Thursday 5.30pm-6.30pm

Saturday 12pm-1pm

£8 per person



8. YMCA Fairthorpe Group

- ⇒ A range of activities with specialist equipment to help less physically able children and young people take part, including an aerial runway, tree abseiling, sailing, canoeing and archery
- ⇒ Experienced instructors with an ethos of inclusion, patience and understanding
- ⇒ Saturday Day camp for children aged 8-16 years (May to October)
- ⇒ Gateway cards provide discount on day camp prices and volunteer buddys for children with moderate support needs are available. They work with the group of children, or 1 to 1 support for more severe needs, and are provided free of charge. With no gateway card, this is around £55 per day
- ⇒ You are asked to complete a personal profile form which will ensure staff understand children's needs

A standard day runs from 9am-4pm

Activity prices vary, contact for details



Family Group Activities:

£25
(per family)

Saturday Day Camp:

£20



Fairthorpe Manor, Curdridge,
Southampton, SO30 2GH



01489 772 215



info@ymca-fg.org



www.ymca-fg.org



Specially adapted activity equipment

ADVENTURE PLAYGROUNDS

Indoor play centres can be a great way to spend a rainy afternoon. Many have soft play areas and sensory/ interactive experiences which are suitable for children with disabilities.



Southampton has 5 outdoor adventure playgrounds for children aged 5 to 14 years, all of which are free to members of the public. Details can be found on the following websites for these:

⇒ Southampton City Council:

 www.southampton.gov.uk/learning/extendedschools/adventure_playgrounds.aspx

⇒ Southampton Children's Play Association:

 www.scapalacy.org.uk



Indoors

1. The Adventure Barn,
Marwell Activity Centre
2. Fun City Fareham
3. Gambado Soft Play Centre
4. JJ's Basingstoke
5. Jungle Jeans
6. Kids2Day Ltd.
7. Moby's Play Centre
8. Play Shack Southampton
9. Play Shack Hedge End

10. Playzone Portsmouth
11. Winchester Science Centre & Planetarium

Outdoors

12. Coxford Adventure Playground
13. Newtown Adventure Playground
14. Thornhill Adventure Playground
15. Weston Adventure Playground
16. Zoe Braithwaite Play Centre

1. The Adventure Barn

- ⇒ A purpose built indoor soft play centre for children up to the age of 10 and an outdoor adventure zone with a climbing frame, trampolines and a slide which can be overlooked from a sunny decked seating area
- ⇒ *Toddler Time:* for under 4's, 10am-11am on weekdays (term time), £3 per toddler which includes juice and a biscuit
- ⇒ *Teatime Fun:* 3.30pm-5pm on weekdays (term time), for £2 extra a meal can be chosen from the teatime fun menu

 Hurst Lane, Owslebury, Winchester,
Hampshire, SO21 1EZ

 01962 777 860

 www.theadventurebarn.co.uk



2. Fun City Fareham

- ⇒ Indoor soft play centre for children aged 1 to 12 years
- ⇒ 2 hour play sessions, each child receives a squash and biscuit voucher
- ⇒ Slides, ball pits, a bouncy castle, climbing frames and a separate toddler zone for under 5's
- ⇒ Children with special needs can be catered for fully
- ⇒ *Toddler Sessions:* 10am-3pm (term time)

 Unit 32-34, Standard Way, Fareham
Industrial Park, Fareham, PO16 8XG

 01329 511 055

 sales@funcityfareham.co.uk

 www.funcityfareham.co.uk



Opening Times

10am-6pm everyday except
Tuesday (closes 3.30pm)

Last entry 1.5 hours
before closing



Prices

Non-walkers: £1

(Free if accompanied
by a paying child)

Under 4's: £4.75

5+ yrs: £5.75

Adults: Free

Opening Times

Monday to Friday 10am-6pm
Saturday & Sunday 9am-6pm



Prices

Under 1's: £1

Under 2's: £2.20

Under 5's: £3.20

5+ yrs: £4

Disabled Children: £2

Adults: Free



3. Gambado Soft Play Centre

- ⇒ A soft play centre aimed at children up to 12 years old
- ⇒ Socks MUST be worn
- ⇒ Café onsite with free WiFi and a wide variety of food and drink
- ⇒ You need to register either online or in person on the day before using the centre, it is a **one-off payment of £2.50**, you receive a swipe card
- ⇒ There are various offers throughout the year so, check the website before your visit

 Unit L10, Swan Leisure Centre,
Eastleigh, SO50 5SF

 02380 011 065

 Eastleigh@gambado.com

 www.gambado.com/clubs/eastleigh



Opening Times

Sunday to Thursday 9.30am-6pm
Friday & Saturday 9am-6pm



Prices (off-peak /peak)

Under 1's:	Free
1-3 yrs:	£5.95 /£6.95
4-12 yrs:	£6.95 /£7.95
Adults:	£1.25

Peak: weekends & school holidays
Off-peak: Mon-Fri term time



4. JJ's

- ⇒ A soft play centre aimed at children up to 12 years old 9.30 to 6.30pm and 14 years old from 6.30pm until close
- ⇒ Socks MUST be worn, long sleeved tops and trousers recommended
- ⇒ Café onsite with free WiFi and a wide variety of food and drink
- ⇒ The toddler area is for 4 years and under
- ⇒ Toddler sessions: 9:30am-2pm, £2.95

 Unit B, Morse Road, West Ham Ind. Est.
Basingstoke, RG22 6NE

 02380 011 065

 Contact form on website

 www.jjsplay.com

  



Opening Times

Sunday to Wednesday
9.30am-6.30pm
Thursday to Saturday
9.30am-10pm

Xmas eve & New years eve
9.30am-6.30pm
(Closed xmas day, Boxing day & New years day)



Prices (off-peak /peak)

Under 1's:	£1.50 /£1.50
(Free if accompanied by a paying child)	
Under 4's:	£3.60 /£4
4+ yrs:	£4.50/£5.20

Adults: Free

Peak: weekends & school holidays
Off-peak: Mon-Fri term time

5. Jungle Jeans

- ⇒ Suitable for children up to the age of 12
- ⇒ 90 minute play sessions
- ⇒ Socks MUST be worn, long sleeves and trousers recommended
- ⇒ Play frame jungle with a 3 storey wave slide, ball pools and a mini indoor sports arena
- ⇒ Toddler area and play gyms with sensory toys, ball pool and soft play shapes as well as a toddler car track open on weekdays
- ⇒ Locker facilities available at reception



Unit N, West Quay Industrial Estate,
West Quay Road, Southampton, SO15 1GZ
02380 638 120
info@junglejeans.co.uk
www.junglejeans.co.uk



Opening Times
Monday to Saturday 9.30am-6pm
Sunday 10am-5pm
Last entry 1 hour before closing



<u>Prices</u>	
Babies in arms:	£1.90 (Free if accompanied by a paying child)
Under 2's:	£2.90
2-12 yrs:	£4.80
Disabled Children:	Free
Adults:	Free



6. Kids2Day Ltd.

- ⇒ An indoor soft play centre for children up to the age of 12 with a 7 metre, 4 lane astro-glide, a fast spiral slide, basketball and football shooting gallery, aerial slide viewing pods, spinning poles and rope bridges
- ⇒ A separate gated under 3's and baby area on the lower level with swings, a crawl tunnel and interactive play panels. The upper level has a slide, spinning pole, large balls and other activities



5 Renown Close, Chandlers Ford
Industrial Estate, Eastleigh, SO53 4HZ
02380 263 999
info@kids2day.co.uk
www.kids2day.co.uk



Opening Times
10am-6pm everyday except
(closed on special occasions
and bank holidays)



<u>Prices</u>	
Under 1's:	£2 (Free if accompanied by a paying child)
1-4 yrs:	£4.25
5-12 yrs:	£5.25
Adults:	Free
Half price entry after 5pm	



7. Moby's Play Centre

- ⇒ Suitable for children up to 12 years old
- ⇒ Interactive under 5's soft play area with a sensory zone that has fibre optic lights and ball pools
- ⇒ Separate toddler zone and a café
- ⇒ Popular for birthday parties
- ⇒ First Time Mums Group: for mums and babies under 6 months, 10am-12pm Mondays (dependent on interest so contact to check if it is running)

 9 Fielder Drive, Fareham,
Hampshire, PO14 1JE
 01329 285 334
 Sharon.mobys@googlemail.com
 www.mobys-playcentre.co.uk



Opening Times

Monday to Friday 10am-6pm
Saturday & Sunday 9.30am-6.30pm

Prices

0-5 months:	Free
6-11 months:	£1.95
1-4 yrs:	£4.95
5+ yrs:	£5.95
Adults:	£1



8. Play Shack Southampton

- ⇒ Newly refurbished secure and enclosed soft play area with slides, climbing frames, ball pools and colouring corner for children aged up to 12 years old
- ⇒ Baby and toddler zone for children aged under 3
- ⇒ Starbucks coffee, food and free WiFi

 6-12 Royal Crescent Road,
Southampton, SO14 3FS
 02380 331 700
 info@play-shack.co.uk
 www.play-shack.co.uk



On street parking opposite, on Albert Road and Ocean village



Opening Times

9.30am-6pm everyday

Prices

Non-walkers:	£1
(Free if accompanied by a paying child)	
Under 4's:	£2.95
5-12 yrs:	£4.75
Adults:	Free



9. Play Shack Hedge End

- ⇒ Large play structure including a toddler astra slide, a spiral slide, tumble rollers, rope bridges, obstacle balls, tube slide, aerial runway and a new football and basketball play area
- ⇒ Separate baby and toddler soft play zone for children aged under 3
- ⇒ Starbucks coffee, café, sofas and free WiFi



28 Solent Trading Estate, Shamblehurst Lane,
Southampton, SO30 2FX



01489 790 795



info@play-shack.co.uk



www.play-shack.co.uk



Opening Times

Monday to Friday 10am-6pm
Saturday & Sunday 9.30am-6.30pm



Prices

0-5 months:	Free
6-11 months:	£1.95
1-4 yrs:	£4.95
5+ yrs:	£5.95
Adults:	£1

10. Playzone Portsmouth

- ⇒ Daytime and early evening sessions for children aged between 1 and 14 years old
- ⇒ Main play arena and separate toddler zone for under 4's
- ⇒ Astra slides, tube slides, tumble rollers, ball pools, spinning poles etc.
- ⇒ Socks MUST be worn
- ⇒ Shop, café and seating area

Opening Times
Monday to Wednesday 10am-7pm
Thursday 10am-4.30pm
Friday 10am-7pm
Saturday & Sunday 10am-4.30pm

(may close early on quiet days,
call ahead to check)



Prices

Under 4's:	£5.25
5-14 yrs:	£6.50
Adults:	£1.25



Unit 4A, Oak Park Industrial Estate, North
Harbour Road, Portsmouth, PO6 3JT



02392 379 999



enquiries@theplayzone.co.uk



www.theplayzone.co.uk



11. Winchester Science Centre & Planetarium

- ⇒ 100 hands on exhibits demonstrating the principles of science and technology in industry as well as in the home in a fun and interactive way
- ⇒ Home to the largest planetarium in the UK, with state of the art digital projection equipment and software

 Telegraph Way, Morn Hill, Winchester, Hampshire, SO21 1HZ

 01962 863 791

 info@winchestersciencecentre.org

 www.winchestersciencecentre.org



12. Coxford Adventure Playground

- ⇒ Outdoor playground with climbing frames, slides, bridges, ladders, an aerial slide, swings, baby swings, a seesaw and rocking seats
- ⇒ A basketball court and large grass area fringed with trees

 Olive Road (in the dip), Southampton, SO16 5FR

Opening Times
Monday to Friday 10am-4pm
Saturday & Sunday 10am-5pm

Extended hours in holidays
(see website but normally
9am-6pm Monday to Friday)

Prices



Adult:	£9
Child (3-16):	£6.50
OAP /Student:	£7.50
Family: (2 adults, 2 children)	£27.90
Carer:	Free

Slightly reduced prices
without Gift Aid



Always open to the public
Free of charge



13. Newton Adventure Playground

- ⇒ Outdoor play area with climbing frames, swings, a slide etc
- ⇒ A play centre with supervised activities (indoors and outdoors) coordinated by play workers, including arts & crafts, imaginative play, sand play and sports
- ⇒ Activities are open to children aged 5 to 14

 Northumberland Road,
Southampton, SO14 0EL

 02380 221 260

Opening Times

Holidays

Monday to Friday
10.30am-1pm & 2.15pm-5.30pm
Term Time
Tuesday to Friday 3.15pm-6pm
Saturday
10am-1pm & 2.15pm-5.30pm

Free of charge



14. Thornhill Adventure Playground

- ⇒ Outdoor play area with zip wire, large sand pit, hammock , buckets and sand toys, slides, climbing frames etc
- ⇒ Play scheme for children aged 5 to 14 years old with messy play, role play, arts & crafts, drawing, books, board games and clay modelling



Hinkler Road, Thornhill,
Southampton



02380 833 101

Opening Times

Holidays

Monday to Friday

10.30am-1pm & 2.15pm-5pm

Free of charge



15. Weston Adventure Playground

- ⇒ Outdoor play area with a sand pit, musical equipment, rotating platform, slides, aerial slide, bridge, climbing frame and paddling pools (in summer)
- ⇒ Play centre with play workers keen to include disabled children in arts & crafts, table football and other games



Hurstbourne Place (behind Canberra Towers),
Kingsclere Avenue, Southampton, SO19 9QE



02380 445 100

Opening Times

Holidays

Monday to Thursday

10am-1pm & 2pm-5pm

Friday 10am-1pm & 2pm-4.30pm

Term Time

Tuesday to Friday 3pm-6pm

Saturday 10am-1pm & 2pm-5pm

Free of charge



Some wheelchair access,
but steep

16. Zoe Braithwaite Play Centre

- ⇒ Outdoor fenced play area for games and sports
- ⇒ Play scheme for children aged 5-14 with creative arts & crafts, water & sand play, cooking and games



Fraser Close (off Burchanan Road),
Lordshill, Southampton, SO16 8GP



02380 740 668



Limited parking

Opening Times

Holidays

Monday to Thursday

10am-1pm & 2.15pm-5pm

Friday

10am-1pm & 2.15pm-4.30pm

Term Time

Thursday & Friday 3.15pm-6pm

Saturday

10am-1pm & 2.15pm-4.30pm

Free of charge