

Activities

For Adults



Autism
Hampshire

This list was created on 28/9/19. For more detail, and the most up to date entries, please look on the Local Autism Directory - <https://www.autismhampshire.org.uk/local-autism-directory/>

Autism Hampshire Serendipity Social Groups, for Adults on the Autism Spectrum

Network of small, friendly groups across the county

Contact:

078 23344302

serendipity@autismhampshire.org.uk

<https://www.autismhampshire.org.uk/how-we-can-help/serendipity-groups>

A Million Senses. Holidays for People on the Autism Spectrum and their Families in Greece

Unforgettable holiday experiences fully adapted to people on the autism spectrum and their families

Contact:

Greece + 30 6936690182

hello@amillionsenses.com

<http://www.amillionsenses.com/>

Animal Touch: Miller's Ark

One-to-one therapeutic and fun times with animals in Hook

Contact:

Animal Touch, Hook, Hampshire, RG27 9PH

01256 767596

elizabeth@millersark.co.uk

<https://animaltouch.org/>

Anvil Theatre, Basingstoke

Relaxed performances, carer concessions, visual stories and other accessibility information

Contact:

The Anvil and The Forge, Basingstoke, Hampshire, RG21 7QR

Box Office: 01256 844244. Group booking, (10 people or more), 01256 366935

box.office@anvilarts.org.uk

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<http://www.anvilarts.org.uk/visit/access/relaxed-performances>

Atmosphere - Basingstoke

Jumping sessions for those with disabilities

Contact:

Atmosphere, Unit B, Rutherford Road, Basingstoke, Hampshire, RG24 8PD

01256 327 772

info@jumpfactory.co.uk

<https://activenation.org.uk/venues/atmosphere/timetable/>

Avon Tyrrell Outdoor Activity Centre - New Forest

Providing outdoor learning, development training and activity holidays

Contact:

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

01425 672347

info@ukyouth.org

<http://www.avontyrrell.org.uk/page/disability%20introduction.html>

Basingstoke Aquadrome

Free swimming for those with disabilities

Contact:

Basingstoke Aquadrome, Basingstoke, Hampshire, RG22 6PG

01256 472 343

<http://www.basingstokeleisure.com/aquadrome/>

Basingstoke Firefoxes

Social group run by and for people with Asperger's syndrome

Contact:

basingstokefirefoxes@outlook.com

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Bivol Trust: Promoting Inclusion for Children and Adults with Disabilities

Social opportunities for young people and adults aged 11-45

Contact:

21 The Thicket, Southsea, Hampshire, PO5 2AA

07588657315

hope-bivoltrust@hotmail.com

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

Blue Apple: Theatre. Dance. Film.

Theatre company for talented people with disabilities

Contact:

Blue Apple Theatre, Faculty of Arts, St Edburga Building, University of Winchester, Winchester, Hampshire, SO22 4NR

01962 827352

admin@blueappletheatre.com

<http://blueappletheatre.com>

Bodster Equine Assisted Learning Centre - Isle of Wight

Interaction with ponies

Contact:

Sandford Farm, Gore Lane, Godshill, Isle of Wight, Hampshire, PO38 3EX

07887876138

joandgi@googlemail.com

<http://www.eaqbodster.co.uk>

Brockenhurst Gateway Club, New Forest

For young adults aged 16+ with learning difficulties

Contact:

Village Hall, Brockenhurst, Hampshire, SO42 7RY

Pauline French, club leader, on 07756 257241

pafrench@yahoo.co.uk

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<http://www.brockgateway.org.uk/>

Capable Creatures Guides for the Mind - The Common, Southampton

Peer support dog walking meet up for dog owners with a mental health condition

Contact:

023 80559163

capablecreatures@btinternet.com

Chaos Support

Wide range of services for adults with learning disabilities

Contact:

Stonecroft, Havant, Hampshire, PO9 2ET

02392 472061

info@chaosupport.co.uk

<http://chaosupport.co.uk/>

Choice Support: Launchpad

Activities for disabled and disadvantaged adults around Havant

Contact:

Unit 200, Havant, Hampshire, PO9 1TR

02392 499485

<http://www.choicesupport.org.uk/>

Cornloft Creative and Therapeutic Arts Studio, Stockbridge

Sessions to help adults and children with complex issues and their families

Contact:

Cornloft Art Studio and Consultancy, Creative and Therapeutic Art, Stockbridge, Hampshire, SO20 6DJ

Jeff - 07714 182071

Jeff@cornloft.org

<http://www.cornloft.org.uk/creative.html>

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Dis-Play Portsmouth CIC

Sport & social club for adults 16+ with disabilities and/or additional needs

Contact:

Havelock Community Centre, Southsea, Portsmouth, Hampshire, PO4 0LQ

07783 946609

displaycic@gmail.com

Dis-Play Sport and Social Club - Southsea

For adults (aged 16+) with disabilities and/ or additional needs

Contact:

Havelock Community Centre , Southsea, Hampshire, PO4 0LQ

07783 946 609

displaycic@gmail.com

<https://en-gb.facebook.com/displaysportandsocialclub/>

Down to Earth Community Farm - Southampton

Activities for adults and children with learning disabilities

Contact:

Down to Earth Community Farm, Oasis Academy Lord's Hill, Southampton , Hampshire, SO16 9RG

023 80 522706

downtoearthfarmlordshill@oasisuk.org

<http://www.downtoearthfarm.org/>

Eastleigh Disability Leisure Access Group (EDLAG)

Free service helping people with a disability access sports and leisure

Contact:

<https://www.eastleigh.gov.uk/sport-health-parks-and-open-spaces/sport-and-health/sportworks/disability-sport>

EdSad - Eastleigh and District Sports Association for the Disabled

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Exclusive swimming evening

Contact:

Places Leisure Eastleigh, Eastleigh, Hampshire, SO50 9NL

01794 515172

swimedsad@gmail.com

https://www.facebook.com/pg/eastleighdisabilityswimming/about/?ref=page_internal

Enable Ability - For Portsmouth and the Surrounding Area

Independent charity for the care, welfare and advancement of disabled people

Contact:

311-313 Copnor Road, Portsmouth, Hampshire, PO3 5EG

02392 671846

richard@enableability.org.uk

<http://www.enableability.org.uk>

Enable Ability Multi-Sports Club - Portsmouth

For those with mild to moderate disabilities, aged 5-25

Contact:

311-313 Copnor Road, Portsmouth, Hampshire, PO3 5EG

07429596822

pals@enableability.org.uk

Enham Trust

Supporting disabled people to live, work & enjoy life

Contact:

Enham Trust Head Office, Enham Place , Andover, Hampshire, SP11 6JS

01264 345800

info@enhamtrust.org.uk

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

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Equinable - Romsey

Working with animals, horticulture and the environment

Contact:

Dean Wood Barn Farm, Romsey, Hampshire, SO51 0JE

07976 594967 or 01794 340020

info@equinable.co.uk

<http://www.equinable.co.uk>

Fir Tree Farm Equestrian Centre - Fordingbridge

A riding school and livery yard that is proud to be different

Contact:

Fir Tree Farm Equestrian Centre, Ogdens, Hampshire, SP6 2PY

01425 654744

firtreefarm@btconnect.com

<http://www.fir-tree-farm.org.uk/id10.html>

Forest Forge Theatre Company

Touring theatre company offering relaxed performances

Contact:

The Theatre Centre, Ringwood, Hampshire, BH24 1SF

01425 470188

hello@forestforgetheatre.co.uk

<https://forestforgetheatre.co.uk/>

Frozen Light Theatre

Multi-sensory theatre for audiences with Profound and Multiple Learning Disabilities (PMLD)

Contact:

Roxholme, Bawburgh, Norwich, Norfolk, NR9 3LT

frozenlighttheatre@gmail.com

<http://frozenlighttheatre.com/>

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Furzey Gardens - New Forest

A haven of peace/tranquillity

Contact:

Furzey Gardens, School Lane, Minstead, , Hampshire, SO43 7GL

023 8081 2464

Sally.Derrick@furzey-gardens.org

<http://www.furzey-gardens.org>

Fuzzyclear: All Male Dance Company - Hedge End

For young men aged 8-25 on the autism spectrum

Contact:

Wildern School, Hedge End, Southampton, Hampshire, SO30 4EJ

lizanne@zoielogic.co.uk

<https://zoielogic.co.uk/about/>

Get Moving! Dance and Fitness - New Milton

Dance and fitness class for those with disabilities, aged 16-25

Contact:

New Milton Health and Leisure Centre, New Milton, Hampshire, BH25 6RR

Sarah Newman on 01425 611199

sarah@isaacson.org.uk

<https://www.facebook.com/Getmovingsayso>

Gig Buddies - Portsmouth Branch

Project designed to match adults with a learning disability or autism with a volunteer with similar interests to attend events together

Contact:

<https://gigbuddiesportsmouth.org.uk/become-gig-buddy/>

Go Provence

autismhampshire.org.uk

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Supported holidays in the sun

Contact:

ian@goprovence.co.uk

<http://www.goprovence.co.uk/>

God Unlimited Outdoor Therapy Centre (GUL)

Caters for people with mental and physical disabilities of all ages, faiths and backgrounds

Contact:

God Unlimited Outdoor Therapy, Shrewton, Wiltshire, SP3 4DU

01980 621 712

office@god-unlimited.org.uk

<http://www.god-unlimited.org/about.html>

Hampshire County Council Local Offer

Online directory of all services available to children and young people with special educational needs and/or disabilities

Contact:

0300 303 8603

<https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>

Hampshire Riding Therapy Centre - Eastleigh

Riding for ages 4+, providing confidence, coordination and fun

Contact:

Hampshire Riding Therapy Centre, Morelands Copse Farm, , Eastleigh, , Hampshire, , SO50 7HH

01962 777714

hrtc@btinternet.com

<https://hrtcconline.wordpress.com/>

Harbour Lights Picturehouse, Southampton

Relaxed cinema screenings for those on the autistic spectrum and their families, friends and carers.

Contact:

autismhampshire.org.uk

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Harbour Lights Picturehouse , Southampton, Hampshire, SO14 3TL

Box office: 0871 902 5747 (calls cost 13p per minute plus your telephone company's access charge)

enquiries@picturehouses.co.uk

https://www.picturehouses.com/cinema/Harbour_Lights

Holiday Pirates

Autism Friendly Holidays

Contact:

<http://www.holidaypirates.com/holidaypackages/autism-friendly-holidays-our-guide>

Horizon Leisure Centre, Havant, Waterlooville

Organised activity sessions for people with additional needs

Contact:

Waterlooville Leisure Centre: 023 9247 6026; Havant Leisure Centre: 023 9224 5900

info@horizonlc.com

<http://www.horizonlc.com/activities/disability-sports/>

Independent Arts - Therapeutic Arts in the Community, Isle of Wight

Using arts to improve health, well-being and quality of life for older people

Contact:

Furrlongs, Newport, Isle of Wight, PO30 2AX

01983822437

info@independentarts.org.uk

<http://www.independentarts.org.uk>

James's Place - Andover

Opportunities to achieve - Day respite for young people and adults aged 16+

Contact:

James's Place, Penton Lodge, Andover, Hampshire, SP11 ORD

01264772400

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info@james-place.co.uk or guy@james-place.co.uk

<http://www.james-place.co.uk/>

John's Club - Isle of Wight

Supporting people with disabilities in the community

Contact:

John's Club, Shanklin, Isle of Wight, PO37 6JJ

07702 340 193 / 01983865865

john@johnsclubiow.org.uk

<https://www.johnsclubisleofwight.com/>

JollyDays

Supported holidays

Contact:

JollyDays Supported Holidays Ltd, P.O. Box 10948, Ingatestone, , Essex, , CM4 0XB

01277 35 55 65

enquiries@jollydaysholidays.co.uk

<http://www.jollydaysholidays.co.uk/>

Key Changes Music Engagement and Recovery Services - Winchester

For children and adults who have social, behavioural, personal, developmental, learning and emotional issues

Contact:

Winnall Community Centre, Winchester, Hampshire, SO23 0NY

+44 (0)20 7549 8172

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

Listening Books

Audiobook library service for adults and children who find it difficult to read or hold a book due to an illness, disability, learning or mental health difficulty

Contact:

0207 407 9417

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info@listening-books.org.uk

<http://www.listening-books.org.uk/>

Living with Harmony, Music Therapy - Winchester

For children and adults including individual and group music therapy

Contact:

Living with Harmony., South Wonston, Winchester, SO21 3HE

07768 553058

info@livingwithharmony.net

<https://www.livingwithharmony.net/>

Making Space - Havant

Creative experiences for people of all ages and abilities in Hampshire

Contact:

2 Bishopstoke Road, Havant, Hampshire, PO9 5BN

023 9247 2491

admin@makingspace.org

<https://makingspace.org/about-us/>

Mayflower Theatre Southampton

First-class entertainment that can be enjoyed by the widest audience possible

Contact:

Mayflower Theatre, Southampton, Hampshire, SO15 1GE

Box Office: 02380 711811 Reception: 02380 711800

customerrelations@mayflower.org.uk

<https://www.mayflower.org.uk/your-visit/accessibility/>

Mencap Southampton

Working for children, young people and adults with learning disabilities

Contact:

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Southampton Mencap, , Southampton, Hampshire, SO17 2NF

023 8058 4088

admin@southamptonmencap.co.uk

<http://www.southamptonmencap.org/what-we-do/>

Minstead Training Trust: Day Opportunities

Work-based skills, life skills, and health and well-being based at Minstead Lodge

Contact:

Minstead Training Trust, , Minstead , Hampshire, SO43 7FT

02380 812 002

info@MinsteadTT.org

<http://www.minsteadtt.org/>

Mixed Ability Rugby - Chobham Rugby Club, Surrey

For children and adults aged 13+ with autism, learning difficulties and/or physical disabilities

Contact:

Fowlers Wells, Chobham, Surrey, GU24 8LD

07808 630053

mike.oregan@waitrose.com

<https://chobhamrugby.co.uk/teams/mixed-ability-rugby/>

My Pottery - Southampton

Workshops for people with learning difficulties

Contact:

Unit 8 on the 1st floor next to Shakeaway,, Southampton, Hampshire, , SO14 7SJ

07830298809

jerzymazur1@hotmail.com

<http://www.my-pottery.co.uk/workshops>

National Autistic Society (NAS) South Hampshire Branch Social Groups

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Social groups for children and adults with Asperger's or autism

Contact:

St Patrick's Church Hall, Woolston, Hampshire, SO19 9BD

023 8043 2612 or 07532 282301

southampton@shantsnas.org.uk

<http://www.shantsnas.org.uk/Home/Sholing>

New Horizons Equine Assisted Learning Centre - Lyndhurst

For children and adults with various needs, including autism and learning difficulties

Contact:

New Horizons EAL, Lyndhurst, Hampshire, SO43 7DE

07815 438613

enquiries@new-horizons-eal.co.uk

<https://www.new-horizons-eal.co.uk/>

ODEON, Cineworld, Vue and Showcase cinemas

Dimensions Autism-Friendly Cinema Screenings

Contact:

0300 303 9062

<https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/>

Oxygen Freejumping - Southampton

Peaceful Play - autism-friendly trampoline sessions

Contact:

Oxygen Freejumping, Southampton, Hampshire, SO19 6NE

020 3846 1386

<http://www.oxygenfreejumping.co.uk>

Pavilion on the Park - Eastleigh

Disability focused projects and activities

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Contact:

Pavilion on the Park , Eastleigh, Hampshire, SO50 9LH

02380 612710

info@paviliononthepark.org

<http://www.paviliononthepark.org/>

PED ALL: New Forest Inclusive Cycling

Guided rides and adapted bikes for people with a disability or learning difficulty

Contact:

New Forest National Park Authority, Lymington, Hampshire, SO41 9ZG

01590 646 640

info@pedall.org.uk

<http://www.pedall.org.uk>

Pompey in the Community

A range of fun and structured sports sessions for people with disabilities

Contact:

Pompey ITC, Portsmouth, Hampshire, PO4 8TB

023 9272 8899

info@pompeyitc.org.uk

<http://www.pompeyitc.co.uk/disability/>

Pony TLC, Therapy, Learning and Confidence - Basingstoke

For children and young adults with special educational and emotional needs

Contact:

Pony TCL, Pyotts Hill, Basingstoke, Hampshire, RG24 8AR

07877 920975

Info@PonyTLC.com

<https://www.ponytcl.com/>

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Portsmouth Local Offer

Information for those with special education needs or disabilities (ages 0-25) and their families

Contact:

<http://www.portsmouthlocaloffer.org/>

Psychagogia Sensory Integration Holidays

Quality, bespoke, inspirational holidays for people on the autism spectrum, their families and friends

Contact:

Suite T0332 , Darlington, Co Durham, DL1 5SF

Tel.: 01522857284 | Mob.: 07513488332

info@psychagogia.co.uk

<http://www.psychagogia.co.uk>

QE2 Activity Centre Southampton

Providing outdoor activities for people of all ages with learning/physical disabilities

Contact:

River Hamble Country Park, Hedge End, Hampshire, SO31 1BH

02380 404844

qe2centre@aol.com

<http://www.qe2activitycentre.co.uk/>

Relaxed Performances at Local Theatres and Cinemas

A more relaxed performance environment for those with sensory and communication difficulties, or a learning disability

Safehands Holidays - Blackpool, Wales

Accessible short breaks for disabled people, their families, friends and carers

Contact:

Safehands Holidays, , ,

0333 999 8888

sales@safehandsholidays.co.uk

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<http://safehandsholidays.co.uk>

Sailing Therapy - Hayling Island

A sensory activity aimed at the learning disabled

Contact:

Northney Marina, Hayling Island, Hampshire, PO11 0NH

07773 849747

info@sailingtherapy.org.uk

<http://www.sailingtherapy.org.uk/>

SaintsAbility Football, based in Southampton

Football for people of all ages with physical and cognitive impairment

Contact:

St Mary's Stadium, Southampton, Hampshire, SO14 5FP

0845 6889370

<https://saintsfoundation.co.uk/charitable-projects/saints4all/saintsability/>

Scarf (Supporting Special Children and their Relatives and Friends) – New Forest

Parent-led charity

Contact:

07874 221249

scarfnewforest@gmail.com

<http://www.scarfnewforest.org>

Sensory Sundays at the Swan Centre, Eastleigh and The Marlands, Southampton

To help people with sensory issues on a shopping trip

Contact:

<https://www.swanshopping.com/Article.aspx?ArticleID=587;>

<https://www.marlandsshoppingcentre.co.uk/Sensory%20Sundays?AspxAutoDetectCookieSupport=1>

Sensory Traveller Holidays

autismhampshire.org.uk

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Specialising in holidays for people with access needs, including autism

Contact:

S18 Enterprise Building, Rope Walk, Lincoln, Lincolnshire, LN6 7DQ

01522857284

info@sensorytraveller.co.uk

<http://www.sensorytraveller.co.uk>

Sing For Fun - Lee-On-The-Solent

Sing for fun music group for adults with autism and other disabilities

Contact:

St Johns Catholic Church, Lee-On-The-Solent, Hampshire , PO13 9AS

07811140188

phil6131@sky.com

<https://www.facebook.com/Sing-for-fun-345930755562750/>

Solent Youth Action (SYA) - Eastleigh, Southampton, Havant

Empowering young people to develop as individuals

Contact:

Unit 1, 32 Leigh Road , Eastleigh , Hampshire, SO50 9DT

(023) 8065 0514

info@solentyouthaction.org.uk

<http://www.solentyouthaction.org.uk>

Songbeat - Dorset

Music for well-being

Contact:

Coda Music Centre, Christchurch, Dorset, BH23 5QL

01425 276 161

contact@coda.org.uk

<http://coda.org.uk/our-classes-groups/music-for-health-wellbeing/music-for-wellbeing/>

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Southampton OTARS: Dance Sessions

Dance exercise sessions for people with learning disabilities

Contact:

Southampton OTARS, Freemantle and Shirley Community Centre, , Southampton. , Hampshire, SO15 3HE

Nicki Berry: 023 8083 4751

<http://www.freemantlecommunitycentre.co.uk/otars.html>

Southampton Water Activities Centre (SWAC)

Learn to sail for adults and children 8+

Contact:

02380 915753

info@swac.co.uk

<http://www.swac.co.uk>

Special Olympics - South East Hampshire

Providing opportunities in sport and training for people with intellectual disabilities

Contact:

07926 830054

sosehants@gmail.com

<https://specialolympicsseh.org/>

Special Yoga - Milford on Sea

Yoga workshops suitable for people with autism

Contact:

Halnaker House, Milton on Sea, Hampshire, SO41 0RP

0789 458 8002

info@novamilesk.com

<https://novamilesko.com/special-yoga-for-special-people/>

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Spectrum Breaks - Shanklin, Isle of Wight

A holiday for families of people of any age on the autism spectrum, where autism is understood and catered for

Contact:

Hartlands, Shanklin, Isle of Wight, PO37 6LT

01983 864885

support@spectrumbreaks.co.uk

<http://www.spectrumbreaks.co.uk/index.html>

The Cinema Exhibitors' Association (CEA) Card

Complementary ticket for disabled person's parents or carer

Contact:

The Card Network, Network House, Sandycroft, Flintshire, CH5 2QS

01244 526 016

info@ceacard.co.uk

<http://www.ceacard.co.uk/>

The Fortune Centre of Riding Therapy - Bransgore

Where people learn through horses

Contact:

Avon Tyrrell, Bransgore, Hampshire, BH23 8EE

01425 673297

enquiries@fcrt.ac.uk

<http://www.fortunecentre.org/home/>

The Friday Night Project - Hedge End

Youth project for young people (11-21) with ASDs, (Autism Spectrum Disorder) LDs, (Learning Disabilities) and/or mild to moderate physical difficulties

Contact:

The Community Hub, Southampton, Hampshire, SO30 4EJ

01489 789638/ 07534563424

Donna.brewer@hedgeend-tc.gov.uk

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<https://fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=zbwwBoA4in0>

The New Royal Theatre Portsmouth

Relaxed Performances and Disability Information

Contact:

New Theatre Royal, Portsmouth, Hampshire, PO1 2DD

+44(0) 23 9264 9000

info@newtheatreroyal.com

<https://www.newtheatreroyal.com/visiting/access/>

The Phoenix Project IOW - Ryde

Services for adults with learning disabilities and autism

Contact:

The Phoenix Centre, Ryde, Isle of Wight , PO33 3HS

01983 810172

enquiries@phoenixprojectiow.org

<http://phoenixprojectiow.org/>

The Point, Eastleigh: Dance Classes

For people with disabilities

Contact:

The Point, Eastleigh, Hampshire, SO50 9DE

02380 647 090

thepoint@eastleigh.gov.uk

<https://www.thepointeastleigh.co.uk/participate/dance-and-wellbeing-classes/access/>

The Quivers Archery Club - Denmead

For disabled people in the Waterlooville area

Contact:

Ashling Gardens, Denmead, Hampshire, PO7 6PR

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<https://haa.org.uk/clubs/all-clubs/34:the-quivers>

The Royal Air Force Museum - London

Autism Access Award

Contact:

Royal Air Force Museum , London , , NW9 5LL

020 7566 7800

info@museumsassociation.org

<http://www.museumsassociation.org/museums-journal/news/21072014-raf-museum-autism-award>

Wight BlueSkyArts

Community interest company

Contact:

The Old School, Wotton, Isle of Wight, PO33 4HX

07794 307647

info@blueskyarts.co.uk

<http://blueskyarts.co.uk/>

Winchester Science Centre and Planetarium

Interactive, science and technology centre with planetarium

Contact:

Telegraph Way, Winchester, Hampshire, SO21 1HZ

01962 863791

info@winchestersciencecentre.org

<http://www.winchestersciencecentre.org/>

Windward Day Services - Southampton

For adults with a learning disability

Contact:

Unit 8 Netley Marsh Workshops Ringwood Road, Southampton, Hampshire, SO40 7GY

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02380 860005

windward@windward-dayservices.co.uk

<http://www.windward-dayservices.co.uk/index.php?page=2>

Woodmill Outdoor Activities Centre - Southampton

Paddleability - canoeing, kayaking and other activities for adults/children (Minimum age 8)

Contact:

Woodmill Lane, Southampton, Hampshire, SO18 2JR

02380 915746

Info@woodmill.co.uk

<http://www.woodmill.co.uk/>