Programmes in Calderdale for disabled children, young people and adults
Any type of physical activity and sport can play a beneficial role in enhancing the health and wellbeing of disabled people, their families and friends. Positive outcomes maybe physical, in terms of strength and fitness, and mentally, in terms of the social benefits. For example promoting and maintaining an independent lifestyle. There are a variety of sport and physical activities for disabled people to take part in and enjoy within Calderdale.

This directory details all of the disability sport and physical activity opportunities that exist across Calderdale. This includes children, young people and adults with all ability levels.

The directory also includes information on all leisure facilities and venues across Calderdale and information on Creating Connections.

If you would like further information about any of the activities or require any advice about disabled people participating in sporting activities or if you know of any additional information, or amendments for future issues of this directory, please contact:

Debbie Greenwood
Tel: 01422 341527
Email: sportsdevelopment@calderdale.gov.uk

Yorkshire Sport Foundation
Tel: 0330 202 0280
Email: info@yorkshiresport.org

Sports Development,
MBI Shay Stadium,
Shaw Hill, Halifax.

Active Classes at Calderdale Council
Details
Calderdale council offer a range of programmes including the following:
- Gentle Keep Fit Class
- Club 50+
- Tai Chi
- Zumba Gold
- Mixenden Activity Centre

Location
Halifax, Brighouse, Sowerby Bridge, Todmorden

Contact Details
www.calderdale.gov.uk/sport

Disability Athletics - Halifax Harriers
Details
Tuesday’s and Thursday’s 7.00 - 8.15pm - age 11+

Running during the Halifax Harriers training days, the ‘disability athletics’ section offers coaching sessions for young people and adults.

Location
Spring Hall Athletics Track, Huddersfield Road, Halifax, HX3 0AQ

Contact Details
Email: burginbrian@hotmail.com
Tel: 07473062763
Halifax Hawks Badminton Club

Details
Sundays 9-10am (pay and play)
10-11am (Beginners Coaching)
11-12pm (intermediate and advanced coaching)
Inclusive badminton sessions that offer coached sessions for beginners to advanced or the option to pay and play.

£2 under 18’s
£3.50 18+
Please contact for coached session prices

Location
Brooksbank School
Victoria Road
Elland
West Yorkshire
HX5 0QG

Contact Details
Alex Foster
Tel: 07836 226545
Email: alex@vivesport.co.uk

Basketball: Calderdale Wheelchair Basketball Club

Details
Thursdays 7pm-9pm
Opportunities to train and play with Calderdale Wheelchair Basketball Club.

Location
Sessions currently at: Calderdale college, Francis Street, Halifax HX1.
(opportunity for sessions to be delivered across Halifax – contact for more details)

Contact Details
Andy Atkinson
Email: andyakowheels@gmail.com
Tel: 0784 978 4084
Michelle Hawkins
Email: shellyshelly76@sky.com

Bowls: Pennine Bowling Club for the Visually Impaired

Details
Pennine bowling club if for visually impaired individuals to play flat green bowls. We cater for young and old, male and female. During summer we play at our own sole purpose built visually impaired flat green bowling green in Brighouse. In winter we play out of Whitcliffe Mount Sports Centre in Cleckheaton. We are always looking for new bowlers and as we have all the equipment so the cost would be minimal. We take part in numerous matches and competitions throughout the year but these are not compulsory, members are welcome to just social bowl as it is a very good form of exercise.

Location
Brighouse (Outdoor Summer)
Wellholme Park HD6 4AF

Contact Details
Tel: 01422 321771

CREW (Cardiac Rehabilitation, Exercise, Walking)

Details
CREW (Cardiac Rehabilitation, Exercise, Walking) is a Registered Charity, affiliated to the British Heart Foundation, run by volunteers based in Halifax, but covering all of Calderdale. We provide exercise, healthy eating/weight loss & Tai Chi classes, educational sessions, social events and walks for people who have had or are at risk of having a cardiac event/problem. Membership is free and is open to those recovering from heart-related events; strokes; cardiovascular disease; or those with high risk factors for CVD and any person who wants to maintain and improve their health and fitness levels to lessen the risk of such diseases.

Location
There are 9 weekly exercise classes at different venues and 7 walks per week from different centres to cater for all abilities.

Contact Details
Tony Gregson
Tel: 01422 321771
Email: crewpartners.hsg@gmail.com
Web: www.crewheartsupport.co.uk
Get into Cricket

Details

Thursday 3-4pm

Want to play indoor cricket? Need a bit of coaching to improve your skills or, just fancy trying something different for a change?

£3 (First session free)

Location
North Bridge Leisure Centre
North Bridge Street
Halifax
HX3 6TE

Contact Details
Mark Wisbey
Tel: 07833 437 561
Email: mark.wisbey@swyt.nhs.uk

Dance: Unlimited Creative and Contemporary Dance

Details

Dance club for physically mobile disabled children. Saturday 1:00 – 2:00pm.
For age 11+

Location
Ravenscliffe High School,
Skircoat Green,
Halifax,
HX3 0RZ

Contact Details
Janet Ingham
Tel: 07866 445598

Dance: The Dance Mill

Details

Arts award* for adults with a disability pilot project is currently running (Feb-May 2015)
The dance mill offer a number of options from informal classes to schooling and also opportunities to be involved with stage performances. Please contact Toni to discuss needs and ensure they can be catered for.

Location
White Rose Mill Holdsworth Road,
Holmfled,
HX3 6SN

Contact Details
Toni Diaper
Email: admin@thedancemill.co.uk
Tel: 01422 248000

Fitness: Gentle Keep Fit Class

Details

Group exercise class for all abilities - Low impact but lively, finishing with mat work. Light hand weights are used.
Tuesday’s 2:00 - 3:00pm
Wednesday’s 1:00 - 2:00pm and 2:00 - 3:00pm

Location
Todmorden sports centre
Ewood Barn,
Ewood La,
Todmorden OL14 7DF

Contact Details
Calderdale Council
Email: sport@calderdale.gov.uk
Tel: 01706 839090
For all class times and information on memberships: www.calderdale.gov.uk/sport
Football: Greetland Goldstars
Disability Football Club

Details
Greetland Goldstars are an FA Charter Standard Community Club. All our coaches are FA level 1 qualified and FA disability football trained. Opportunities available to play in the ability counts league.

Ages 8 + (junior and adults teams)
Saturdays 11am-12am

Location
3GI The Clock Tower,
Shaw Lodge Mills,
Shaw Lane,
Halifax HX3 9ET

Contact Details
John King
Email: goldstarsjfc-enquiry@yahoo.co.uk
Tel: 07982 801988
www.greetland-goldstars.co.uk

Football: Disability Football Training

Details
Weekly football sessions
(Thursday’s 12:45-2:30pm)
1:1 support and wrap around care is also offered here. Football session is delivered by FA coach with a wealth of disability coaching experience. Local ‘ability counts’ competitive league opportunities are also available.

Location
Community Support Services,
Aachen Hall,
Skircoat Moor Road
Halifax, HX3 0HA

Contact Details
Jodie Baird
jodie.baird@communitysupportservices.com
Tel: 01422 359888
Web: www.hebdenbridgerda.org/

Football: Disability Football Training

Details
Weekly football sessions
(Thursday’s 12:45-2:30pm)
1:1 support and wrap around care is also offered here. Football session is delivered by FA coach with a wealth of disability coaching experience. Local ‘ability counts’ competitive league opportunities are also available.

Location
Community Support Services,
Aachen Hall,
Skircoat Moor Road
Halifax, HX3 0HA

Contact Details
Jodie Baird
jodie.baird@communitysupportservices.com
Tel: 01422 359888
Web: www.hebdenbridgerda.org/

Heartbeat

Details
HEARTBEAT is a Registered Charity run by volunteers based in Brighouse which provides exercise, weight loss & Tai Chi classes, social events and walks for people who have had or are at risk of having a cardiac event/problem. Anyone is eligible to join after phase 4 Rehabilitation is completed or graduation from BETTER LIVING or if you meet the criteria with a letter from your GP stating you can exercise. HEARTBEAT supports the role of carers and/or partners and they are also welcome to join our sessions. People at risk of a cardiac event are those with diabetes type 1 or 2, high blood pressure, high cholesterol, over-weight or any combination of these. Member-ship ages range from 30+s to 80+s.

Location
The Brighouse Sports Club,
Russell Way,
Brighouse

Contact Details
Website: www.heartbeat.uk.com
e-mail: heartbeat.bhs@gmail.com

Horse Riding: Hebden Bridge Riding for the Disabled

Details
Currently run RDA specific sessions 4-7pm on a Monday. Each group/individual is needs assessed before being placed in a session, so the best way to get started is to phone/email Judy - All ages.

Location
Hebden Bridge Equestrian Centre.
Allswell Riding School, Wadsworth,
Hebden Bridge, HX7 8TF

Contact Details
Judy Dulson
Tel: 01422 847557 or 01422 842584
Web: www.hebdenbridgerda.org/
**Multi-Sports: Gifted and Talented**

**Details**
suitable for children & young people 6 upwards with any disability. activities include athletics, multi-skills and disability specific games and practices. (Currently FREE).

**Location**
North Bridge Leisure Centre
North Bridge Street,
Halifax,
HX3 6TE

**Contact Details**
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 341527

---

**New Age Kurling: Calderdale Wheelchair Kurling**

**Details**
Saturday 3-5pm £3 per session
we were formed in 2015 and we cater for wheelchair user and non wheelchair users that have a Disability. our aim is to have fun playing a sport that both able-bodied and disabled can play along side each other. we also compete in competitions against other teams.

**Location**
Hannah Cockroft Hall
Calderdale College
Francis Street
HX1 3UZ

**Contact Details**
Mark Wardle
Email: calderdalewheelchairkurling@gmail.com

---

**Mixenden Activity Centre**

**Details**
Tuesday Term time - 17:30 to 18:45 8 to 13 years 19:00 to 20:30 13 to 18 £1 per person per session

Inclusive sessions - climbing, canoeing and archery. all equipment provided. not all activities are provided every session.
Bespoke sessions are available for specific groups, phone for more information.

**Location**
Mixenden Activity Centre
Clough Lane, Mixenden
Halifax, HX2 8SH

**Contact Details**
Clive Ingham/ Jill Barker
Email: mac.activities@calderdale.gov.uk
Tel: 01422 245006

---

**Multi-Sports: Sport Zone 90**

**Details**
Weekly Sessions: 9 – 10:30: low to medium support, 10:30 – 12: high support W/C users
Multi- sports opportunities available. The cost of the sessions is £3.70 per person.
Multi sports opportunities available. once per month there is an opportunity to try some wheelchair sports with coaching provided by Calderdale Community Coaching Trust

**Location**
North Bridge Leisure Centre
Halifax

**Contact Details**
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 264740
Multi-Sports: Aachen Hall

Details
Multiple sports available at Aachen Hall’s Multi-sports group on a Wed evening 6.00pm until 8.00pm. The cost of the session is £3.00 per person.

Location
Community Support Services
Aachen Hall
Skircoat Moor Road
Halifax, HX3 0HA

Contact Details
Jodie Baird
jodie.baird@communitysupportservices.com
Tel: 01422 359888

Over 50’s: Young at Heart

Details
Thursday 2-4pm
Physical and Social activities for people over 50 years of age. Wide range of regular activities and other specific member led projects. £3 entrance fee.

Location
Supporters Bar Lounge
MBI Shay Stadium
Shaw Hill
Halifax
HX1 2YT

Contact Details
Tel: 01422 355059
Email: jeanhep@talktalk.net

50+ programme

Details
If you would like to challenge the aging process and improve your fitness level, our Club 50+ programme has something for you that can help you to maintain an active, independent lifestyle. £5.25

Location
Halifax, Brighouse, Sowerby Bridge, Todmorden

Contact Details
www.calderdale.gov.uk/sport

Phab: Heath Stroke Club

Details
Phab: Heath Stroke Club Care Services offers a range of day services to enhance quality of life for adults with physical disabilities and stroke survivors. The club provides access to a range of group and community activities that; encourage people to live active and fulfilled lives, promote independent living, help people who have become isolated to socialise, provide support on an individual basis to achieve goals. Physical activities on offer include: curling, bowls, chair exercises, various ball and target games, darts and indoor golf.

Location
Health United Reform Church
Manor Drive
Halifax

Contact Details
For more information contact Joanne on 01422 330320 or enquiries@heathstrokeclub.co.uk
Rugby League: Halifax Wheelchair Rugby League Club

Details
Thursdays 7pm-9pm. Halifax RLFC are proud of the associations held with the local and national development of Wheelchair Rugby League. This ever growing sport is played by people of all ages, gender and ability (both with and without disabilities) and has shown to be a tough and exhilarating spectacle.

Location
Sessions currently at: Calderdale college, Francis Street, Halifax HX1 (opportunity for sessions to be delivered across Halifax – contact for more details)

Contact Details
Nicola Slingsby
email: nickisling1966@hotmail.co.uk
Tel: 0784 300 5492
Jack Brown
Email: jackamsss@icloud.com
Tel: 07795441175

Rugby Union: Halifax Magpies

Details
The sessions, for players with learning difficulties, physical disabilities and able bodied players, will run from 10.30 until 12. The sessions are a great chance to play rugby, keep fit, make friends and have fun - all under the guidance of professional coaches.

Location
Ovenden Park
Keighley Road
Halifax
HX2 8AR

Contact Details
Stuart Hill (Coach)
Tel: 07882 014799
Debbie Greenwood
Tel: 01422 341527

Running: Park Run

Details
What does it cost to join in?
Nothing - it’s free! but please register before your first run. Only ever register with park run once. Don’t forget to bring a printed copy of your barcode (request a reminder). If you forget it, you won’t get a time.

How fast do I have to be?
We all run for our own enjoyment. Please come along and join in what-ever your pace!

When is it?
Every Saturday at 9:00am

Location
Shroggs Park,
Lee Mount Rd,
Halifax,
HX3 5BX

Contact Details
It is entirely organised by volunteers
Email: halifaxhelpers@parkrun.com

Adult Swimming Sessions

Details
Monday’s 7.30pm - 8.15pm
£5.10 / £4.40 passport to leisure
Group swimming sessions for adults with additional needs. The weekly sessions take place in the teaching pool at Halifax Swimming Pool. Poolside instruction is available from a qualified instructor.

Location
Halifax Swimming Pool,
Skircoat Road, Halifax

Contact Details
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 366624
Swimming Lessons for disabled children & young people 5+

Details
Brighouse Pool & Fitness Centre, Monday 6.30 – 7.00pm and Halifax Pool, Thursday 5.30 – 6.00pm. Group swimming sessions for disabled children and young people aged 5+, with pool side instruction from a qualified swimming teacher. Cost £4.20 (adult) £2.30 (junior)

Location
Halifax Swimming Pool, Skircoat Green, Halifax
Brighouse Fitness Centre & Pool
Woodvale Rd, Brighouse

Contact Details
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 341527

Swimming: Halifax Swimming Club

Details
Halifax Swimming Club aims to encourage and promote the teaching and coaching of aquatic sports for children throughout West Yorkshire.

All the swimming coaches are volunteers with professional qualifications.

Location
Halifax Swimming Pool, Skircoat Green, Halifax

Contact Details
Mary McLung
Email: mary.mcclung@btinternet.com
Tel: 01484 712285

Fun - swim sessions

Details
Sunday’s 3 - 4pm @ Brighouse Pool & Fitness Centre in the Teaching Pool. Age 5+

Monthly fun-swim sessions for disabled children & young people. Poolside instruction is available from a qualified instructor. Participants to be accompanied by a family member or PA.

Location
Brighouse Pool & Fitness Centre, Woodvale Road, Brighouse

Contact Details
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 288068

Trampoline Sessions

Details
Thursday 3.30-5.30pm (half hour timeslots)

Monthly trampoline sessions for disabled children & young people delivered by a qualified instructor and support coaches.

Location
North Bridge Leisure Centre, Halifax

Contact Details
Debbie Greenwood
Email: debbie.greenwood@calderdale.gov.uk
Tel: 01422 341527
Wheelchair Tennis

Details
Wednesday 6:00pm–7:00pm
Cost: £3.00

Wheelchair Tennis session at Rastrick Tennis club. Session take part in either indoor courts or outdoors when weather is suitable.

Location
Rastrick Tennis Club Carr Green Lane, Brighouse, HD6 3LT

Contact Details
Andy Smith
Email: tennisrastrickandy@hotmail.com
Tel: 07876 718968
What is Creating Connections?
Creating Connections is a service provided by Yorkshire Sport Foundation, operating across South Yorkshire and West Yorkshire. Our aim is to change lives by supporting you to get involved in community sport and physical activity. Over a 12 month period you will be supported to find the right activity that fits your needs. Our team will provide motivation, offer reassurance and make it easy for you to achieve your goals.

By becoming more active you may find that:
Contact your local development officer to find out what’s on there and get a copy of our club directory.
- Your physical health improves
- You can try a range of activities while meeting others and making new friends
- You feel good and improve your confidence
- You have fun and enjoy yourself

We also work with a range of health and social care professionals and disabled peoples organisations who have helped us to design the service.

Who is it for?
Creating Connections could be for you if you would like to become more active, are aged over 5 years old (there is no upper age limit) and consider yourself to have either a
- physical impairment
- sensory impairment
- learning disability
- or a mental health problem

How to access Creating Connections?
You can register in one of two ways:
Visit our secure site where you can enter your details into the online form and one of our team will contact you at www.creatingconnections.org.uk

Or get in touch at:
Yorkshire Sport Foundation
Tel: 0330 202 0280
Email: info@yorkshiresport.org

Join in the fun with our options 50 class
From fun swims to football our extensive membership offer has something for every body.

calderdale.gov.uk/sport