EALING
FAMILY LINK SERVICES

ACTIVITIES
&
PLACES TO GO
We hope this information gives some ideas about activities and places to go in Ealing and around London. A number of the listings are specifically for disabled children or adults and others are mainstream opportunities that positively welcome people with disabilities.

Many of the activities listed here are free, others may have a charge. However, some places may have reduced charges for people with disabilities and several give free entry to a carer. Always ask!

Whilst some of the activities are offered on a drop in basis, others you would need to ring or book beforehand.

Thank you to the Family Link carers and sitters of June 2008 for all their ideas.

If you have suggestions for other information that could be included, please ring Alison on 0208 825 5797 or email blakeal@ealing.gov.uk
CLUBS FOR CHILDREN WITH SPECIAL NEEDS & DISABILITY

PESTS
Heller House, 124 Norwood Road, Southall
Tel 020 8578 8794
This group holds two weekly sessions every Tuesday and Friday from 10.30am – 12.30pm for parents with children aged 0-5 years old with special needs and disabilities. Experienced play leaders provide a variety of stimulating play activities. Visiting professionals regularly run training workshops for parents. Transport is available for families from all over the borough to come together for mutual support.

Me Too & Co
The CrossWay Centre, 306 Richmond Road, East Twickenham
TW1 2PD
07946 646033  www.metooandco.org.uk
A new voluntary organisation in Richmond providing play sessions for children with additional needs. Families from surrounding areas are welcome.
Play sessions on Friday mornings and Tuesday afternoons during term time. Other activities include some therapy sessions, counselling, support and advice.

Gateway Saturday Club for 5-12 year-olds
Ealing Mencap Enterprise Lodge, Perivale
Tel. 020 8567 9185    www.ealingmencap.org.uk
Saturday Club for 6-12 year-olds from 1pm till 4.45 pm in term time. Indoor activities and large grassed area outside for sport and active games.

Gateway Wednesday evening club for 12-19 year-olds
Ealing Mencap Enterprise Lodge, Perivale
Tel. 020 8567 9185  www.mencap.org.uk
Activities for 12-19 year-olds between 6.30pm and 8.30pm. Transport provided.

The W13 Social Club
West Ealing Youth Centre, Churchfield Road, London, W13.
020 8567 2821 email: W13scyp@ealing.gov.uk
This is a youth and social club for young people with disabilities and special needs aged 13 plus. The club takes place on Wednesday evenings from 7 - 9pm. Brothers, sisters and friends are also welcome. The centre also runs an After School Club on Thursdays from 4 - 6pm for young people with disabilities only.
The Log Cabin – Adventure playground
259 Northfield Avenue, W5
Tel. 020 8840 3400 www.logcabin.org.uk
info@logcabin.org.uk  Manager Sharon Flynn sharon.flynn@logcabin.org.uk

After school club and holiday play schemes for children aged 5-15.
The Log Cabin gives the opportunity for play and adventure to children with special needs. Outdoors there are bikes, lots of exciting structures, such as climbing frames, slides, moving walkways and swings. Inside the Log Cabin itself, there is a soft play area and space for activities such as painting, dressing up, badge making and cooking.

The Log Cabin - new Saturday Service.
Sessions will run from 1pm - 5pm each Saturday.
This service is aimed at children aged 5-13 who need a 1:5 or 1:8 staff ratio, specifically Children & Young People who are:

* unable to attend mainstream clubs
* living in areas of high deprivation, particularly estate based areas
* or
* with behaviour difficulties
* with additional needs

Parents whose children need a 1:1 staff ratio are advised to contact their Social Worker to see if they are able to support attendance.
One minibus will provide a limited amount of transport each week. We will be organising this on a rota basis and cannot guarantee transport to your area every week.
A nominal charge of £2 per session is payable.

Reversed Youth / Children’s Club for deaf children
South Acton W3
Tel. 020 8311 4082
Contact Project Co-ordinator for more details
Children’s and youth club for deaf children under 16 years. Takes place the second Saturday of every month. Regular sessions for under 8’s.

London South and West Deaf Children’s Society Drop in group
Brunswick Club, 34, Haldane Road, Fulham, SW6 7EU
Tel: Vickie Ambrose  07956 874688  vkambrose@hotmail.co.uk
The drop in will run every 3rd Saturday of each month 12.30pm - 3pm
Exists to help families with deaf children across the south and west of London. Their aim is to support families with deaf or hard of hearing children of all ages through social events and by providing a support group of people with similar experiences. Activities for young children and teenagers.
2000 Club
Heston Community Sports Hall, Hounslow TW5
Tel: Alan Stacy 020 8572 8901
Social club offering activities indoors and out for adults and children with disabilities. 2\textsuperscript{nd} Sunday each month. Membership £10 per annum.

**SENSORY ACTIVITIES**

**Heathrow Gym Sensory Room**
Green Lane, Hounslow
Tel. 020 8569 5069   www.heathrowgymnastics.org.uk
Incorporated into the main gym is a sensory room with light and sound sensory equipment, ball pond and a soft play area. It is available in the evening, free of charge, to special needs children and their families, but needs to be booked in advance.

**Moberly Sports and Education Centre**
The Quadrant, Kilburn Lane, W10 4AH
Tel. 020 7641 4807
Multi-Sensory Unit. Suitable for physically disabled people and for those with special needs. Light and sound sensory equipment, soft play area, and provision for under 5’s.

**Reflections Project**
C/o Hounslow Urban Farm, Faggs Road, Feltham TW14 0LZ
Tel: 020 8893 2429
A multi sensory environment for disabled children that is both stimulating and relaxing. Users take control of sounds, smells, light, colours and movement, or can play in the soft-play area, which includes a ball pond, and giant tubes and tunnels. Pre book sessions Tues 10 -3, Thurs 10-3. Drop in sessions the 1\textsuperscript{st} and 3\textsuperscript{rd} Saturday of every month.
PLAY PLACES

**Fantasy Island**
*Vale Farm, Watford Road, Wembley*
*Tel. 020 8904 9044*
Indoor adventure playground. Multi-level, brightly coloured, soft foam, slides, ball ponds, fenced-in with netting so children can climb, roll and slide to their hearts content, in safety. Filled with surprises, step on a log and it talks to you! Socks must be worn, and arms and legs should be covered. Open daily 10am – 7pm. Sessions start on the hour and half hour. Under 5s are admitted to the main climbing frame in school term time only. Reasonably priced café from where you can watch the under 5s play area.

**Snakes & Ladders**
*Syon Park, Brentford, TW8*
*Tel. 020 8847 0946    www.snakesandladders.co.uk*
A giant supervised adventure playground. There are areas for older children 6 – 10, an intermediate area for ages 2 – 5, a toddler area and an outdoor assault course. A mini motorbike circuit (small charge) provides an additional activity. Adults can relax in the café area overlooking the play frames. Open daily 10am – 7pm.

**Brentford Fountain Leisure Centre - Play Centre**
*658 Chiswick High Road, Brentford TW8 0HJ*
*0845 456 6675                             info@cip.org.uk*
Three stories high, suitable for 5 - 11 yrs, with slides, mountain challenge, wobbly bridge and amazing aerial runway over a waterlogged pitch. There’s a separate toddler area for 2 - 4 yrs, and an additional Mini Tots Play Pit for the under 2's. Tuesday, Wednesday & Thursday 10.00am - 4.00pm, Saturday & Sunday 9 am - 11.15am

**Climbers and Creepers at Kew Gardens**
*Royal Botanic Gardens, Kew, Richmond TW9*
*www.kew.org/climbersandcreepers*
Climbers and Creepers’ is Britain’s first interactive botanical play zone. Climbers and Creepers teaches children from around 3-9 years about plants and their relationships with animals and people. Kew Gardens are open between 9.30am and 5.30pm and provide plenty of space for exploring and picnics. Children under 17 accompanied by an adult can get into Kew Gardens for free. Adults pay £13. However, essential carers of wheelchairs users or blind or partially sighted visitors get in for free.
Wacky Warehouse at Mylett Arms
Western Avenue, Perivale (on Westbound A40).
Also access via Perivale Lane
Tel. 020 8997 4624
Adjacent to the Mylett Arm pub, this indoor play area is open to the public without having to enter the pub. It is small but far cheaper than many of the larger play frame venues. Open daily 10am – 7pm. The pub does two for one meals throughout the day.
SPORTING ACTIVITIES

Extreme Ability Paralympic sport sessions
West London Academy, Bengarth Road, Northolt UB5 5LQ
Tel : Peter Shears 0845 262 9495 or email pshears@brentfordfccst.com
For young people of secondary school age and adults.
Sports include wheelchair football / basketball and multi sports
including kurling, tri-golf and boccia.
Held Saturdays 9.30am until 11am.

PACE - Physical Activities Club in Ealing.
Havelock Community Centre, Trubshaw Road, Southall, UB2
Tel Krishna Birdy 079307 48280 www.pacezone.org.uk
PACE is a voluntary organisation promoting the inclusion of young
disabled people, their friends and siblings between the ages of 13 and
25 years old in sports and leisure activities.
PACE also runs inclusive dance and art workshops. The club meets
every 2nd and 4th Saturday of the month, 2pm to 4:30pm

Gym training (special needs and recovery session)
Greenford Sport Centre
Ruislip Road, Greenford, Middlesex UB6 9RX (see map)
Tel: (020) 8575 9157 Email: greenfordsc@ealing.gov.uk
This session is ideal for people with disabilities or those recovering
from injury or serious illness. Suitable for wheelchair users. Users can
enjoy quality time in the gym with an instructor on hand to offer help
and advice on training programmes.
Saturday 10 -11.30am

Judo
Grange Judo Club
Hayes Rugby Club, Kingshill Avenue, Hayes
Tel. Mike on 07802 425 711 Email: mike@grangejudo.com
Judo classes for children and adults with special needs and disabilities.
Every Thursday in term times from 18.00 to 19.00. Can drop in for
sessions.

Football on Saturdays
Elthorne Sports Centre, Westlea Rd, off Boston Rd Hanwell W7
Tel 0208 579 3226
Football training sessions – drop in - for young people age 6 -16 with
special needs or disability. Run by Brentford Football club. Saturday’s
11-12noon.
Football on Sundays
Ealing Mencap Gateway club
Mick 020 8575 2634
Football training in Greenford

Sports Training/Special Olympics
Mencap Gateway Club
Perivale Track and Southall Sports Centre.
Contact Sharon Cudjoe 07983 400 094
Athletics, Boccia, multisport activities on Monday evenings

Heathrow Play Gym
Green Lane, Hounslow
Tel. 020 8569 5069  www.heathrowgymnastics.org.uk
A play environment and fully equipped gym for under 8s which encourages children to swing, jump, run, balance, bounce and climb. Includes a bouncy castle and foam pit, but the favourite feature must be a full-sized trampoline, which has been sunk into the floor. Sessions begin and finish on the hour so turn up on time. Mon – Fri 10am – 4pm, Sat 9am – 12pm. Entrance charge.

Tuesday Sports Club
Heston Community Sports Hall
Heston Road, Hounslow TW5 QQR
Tel. 0845 456 6675
A sports and activity session for young people with learning and physical difficulties takes place on Tuesdays from 5.30pm – 7pm.

Basketball
Kensington Sports Centre, Walmer Road, London W10
Tel: Jaspal Dhani 020 8550 1794
Wheelchair Basketball is one of the fastest growing sports for disabled people in the World. Action for Disability in Kensington and Chelsea has a wheelchair basketball team, The Raiders. The team is competing in the second division of the Great Britain Wheelchair Basketball Association. They welcome anyone who would like to come and join the team.

They train every Monday evening from 7.30 p.m. until 9.30 p.m. at the Kensington Sports Centre. Men and women of all levels of playing ability, including beginners, are welcome.
Companion Cycling
General enquiries, tel: 07961 344 545
Membership enquiries: Nancy Marks 020 8979 2003
Gives people of all abilities the chance to cycle on specially adapted bicycles. As you are riding with another person it doesn’t matter if you can’t ride a bike by yourself.

Multisports
Greenhouse Schools Project
St. Paul's Girls' School. Brook Green, Hammersmith W6
Programme Manager, Eleanor Coker 07773 038437
Weekend swimming and sports activities for young people (11 - 16) with special educational needs who live or attend special schools in Hammersmith Fulham and Ealing.

Active Ealing
(020) 8825 6675 or www.ealing.gov.uk/services/leisure/events/leisure_activities/disabilities.html
Active Ealing organises activities and competitions for people with disabilities of all ages and abilities. For further information contact the sports development officer on the above number.
SWIMMING

Extreme Ability Swimming Project
Gurnell Leisure Centre, Ruislip Road East, Ealing W13 0AL
Tel: Christie Moloney 0208 825 6675 or moloneych@ealing.gov.uk
A structured swimming/aquatics session in the main shallow pool, led by qualified teachers. Caters to the needs of young people (14+) with disabilities. Check dates and limited spaces, so need to book. Every other Saturday 2pm - 4pm

Swimming Club
Greenhouse Schools Project
St. Paul's Girls' School. Brook Green, Hammersmith W6
Programme Manager, Eleanor Coker 07773 038437
Weekend swimming and sports activities for young people (11 - 16) with special educational needs who live or attend special schools in Hammersmith Fulham and Ealing.

Gurnell Leisure Centre
Ruislip Road East, W13
Tel. 020 8998 3241
Three pools. A warm walk in recreation pool and two for regular swimming. Cafe.

Dormers Wells Leisure Centre
Dormers Wells Lane, Southall UB1
Tel. 020 8571 7207
Swimming sessions for children with special needs and disabilities Friday afternoons 5.30pm – 6.30pm; siblings welcome. Cost is £1 per child; parent or carer goes free, although they must be over 18 years.

Chiswick Pool
Edensor Road, Chiswick W4B 2RG
Tel: 0845 456 6675
Swim sessions for people with disabilities Tuesdays 6pm – 10pm

Brentford Fountain Leisure Centre
658 Chiswick High Road, Brentford TW8 0HJ
Tel. 020 8994 9596
Two pools. A walk in pool with waves and slide and a shallow pool for regular swimming. Cafe area overlooking pool. Playcentre (see above).

Acton Swimming Baths
Salisbury Street, Acton W3
Tel: 0208 992 8877
Has hoist to enable people with physical disabilities enter pool.
MUSIC, MOVEMENT AND DRAMA

Creative Movement
Methodist Church, Pitshanger Lane, Ealing W5
Lynne Humpeson 020 8569 9816 Margaret Ingrassia 020 8740 0727
A group that welcomes children with disabilities or special needs and their siblings and friends. Classes are run on Fridays during term time. 17.00-18.00  Can drop in. Children £3.50 per class, carers free.

Waves Freedom Arts Company
Feltham Airparcs Leisure Centre
www.wavesfreedomartscompany.co.uk TEL
Waves Freedom Arts is a company that offers Singing, Dance, Drama and Art to both children and adults with special needs. Classes are Saturday morning from 09:00am – 11:00am.

Inclusive Performing Arts Network for Young People
Isleworth and Hampton
07939 208 234 Mike McNulty
Interact works with young people aged 10-16 (or 18 for young people with special needs) in creative drama sessions using dialogue and stagecraft as well as music and movement. The group consists of up to 30 young people, 3 teachers, 2 helpers and a qualified nurse. Each year the group performs in a show created to use some of the skills gained through the experience. The sessions are free. Thursday evenings from 4pm to 6.30pm at St John’s Centre, St John's Road, Isleworth, and Friday evenings from 4pm to 6.30pm at United Reformed Church Hall, Hampton Hill, Hampton,

Paddington Arts
32 Woodfield Road, W9 2BE
T: 020 8964 5060
E: shaun@turtlekeyarts.org.uk
Planet X – A unique walk-in sensory installation space with the intention to stimulate the senses of 3-16 year old disabled children through sound, light, colour and texture. The space offers many areas and interactive gadgets to explore and are all themed around space travel and planets. Held on a Saturday once a month, there will be facilitators ro help and encourage participation on the different areas and you can stay as long as you want in each space. £1 per person When: 11:00am and 4:00pm
Sat 31st January, Sat 28th February, Sat 28th March 2009
The Key Club  
Paddington Arts, 32 Woodfield Road, London, W9 2BE.  
Tel: Charlotte 020 8964 5060  www.turtlekeyarts.org.uk  
Performing Arts sessions (drama). For young people aged 16+ who have Aspergers Syndrome or autism.  
Meet once a month on a Saturday morning from September to June.  
10.00am – 1.00pm. 2hr workshop followed by break and a discussion.  
£10 to become a member for a year. After this all the sessions are free.

Ealing Music Therapy Project  
149a Argyle Road, Ealing W13 0DB  
Tel. 020 8248 2258  
Music therapy for children with learning disabilities and special needs.  
They run Saturday group music sessions and other activities linked to preschool and school settings. For information contact the number above.

Waterman’s Art Centre  
40 High Street, Brentford W8  
Tel. 020 8232 1010  www.watermans.org.uk  
Waterman’s is a multipurpose arts centre situated in the heart of Brentford. It offers an extensive programme of Asian Arts, Children’s Events, and Cinema. It also has a bar and a restaurant that specialises in Nepalese cuisine.  
Waterman’s runs a lively programme of events for children including Sunday afternoon theatre, music and drama workshops, and a half term special and annual Xmas show. There are exclusive cinema screenings for Parents and their Babies up to one year old and Saturday morning Family Cinema. The Saturday morning Drama Zone is for 5-14 year olds and uses improvisation, mime, storytelling, voice and physical exercises.  
Open Monday-Friday 12pm-11pm, Saturday 10am-11pm, Sunday 12pm-11pm

Pandemonium  
Waterman’s Art Centre  
40 High Street, Brentford TW8  
Tel. 020 8232 1010  
Fun with music for children under 5, every Wednesday morning (10.15am for under 2’s, 11.15am for 2-4 year olds). These lively sessions aim to introduce children to music, and help them build up a repertoire of songs to enjoy at home. Pay by the session. Concessions are available for unwaged parents.
SNIPS Music and Movement  
The Crypt, St. John’s Church, Mattock Lane W13  
Tel. 020 8840 0651  
Open Tuesday and Thursday term times 10am – 1pm. Entrance to Snips is only £1.50 (75p after 12pm)  
Snips includes a Children’s Second Hand Shop selling clothes, toys, books and videos; a 'Buy and Sell' board for larger items; a Hairdresser, (make an appointment on the day); a Café, Art and Crafts activities, Ride-on-toys and play activities for ages 0-5.  
Lively ‘Music and Movement’ sessions are held each Tuesday (10.00am, 10.45am and 11.25am), and Thursday (10.00am and 10.45am) during term-time. All ages are welcome; pay by the session.

ARTS AND THEATRE

Oily Cart  [www.oilycart.org.uk](http://www.oilycart.org.uk)  
Theatre Company that devise shows specifically for children with disabilities. They tour to a variety of London venues.

Liberty Festival  [www.london.gov.uk/gla/events](http://www.london.gov.uk/gla/events)  
This year’s festival is scheduled for Saturday, 30 August 2008.  
Annual arts festival held in Trafalgar Square to celebrate disability arts. A range of performances can be seen and the event is fully accessible. Transport can be arranged if you contact the organisers.

Greenwich and Docklands International Festival  
[www.festival.org](http://www.festival.org)  
Happens in and around Greenwich in June of each year. Each year disabled artists are commissioned. For 2008, there is an exciting commission between Australian company ‘Strange Fruit’ and deaf artists, The Alexandras.

Lyric Theatre and Arts centre  
Hammersmith, W6  
[www.lyric.co.uk](http://www.lyric.co.uk)  
Arts Centre based in Hammersmith that has a very exciting programme of events including a strong Children’s programme.
PM Gallery
Walpole Park, Mattock Lane, London W5 5EQ
Tel: (020) 8567 1227  www.ealing.gov.uk/pmgalleryandhouse
Ealing’s local gallery hosts a variety of exhibitions throughout the year. Admission is free. Opening hours: Tues-Fri 1-5pm and Sat 11am-5pm. Sunday openings 2008 1-5pm: May 18 - September 21

CINEMA

Free Cinema Tickets
Cinema Exhibitor’s Association
Tel: 0151 348 8020  http://www.ceacard.co.uk
The Cinema Exhibitor's Association offers a concessionary card to people with a disability. To qualify you need to be getting Disability Living Allowance, registered blind or hold a disability rail card. The card means the carer of the person/child with a disability gets in free! Download an application from the website or ring.

Saturday Cinema - Reduced price tickets.

Empire Odeon
59 Uxbridge Road, New Broadway W5
CLOSED FOR REFURBISHMENT

Vue Cinema
Park Royal Leisure Park, Western Avenue, Acton w3
08712 240 240
Saturday morning Kids Club screening of a film at about 11am where alls seats are £1.50.

Waterman’s Cinema
40 High Street, Brentford TW8
Tel; 020 8232 1010  www.watermans.org.uk
Saturday morning cinema screenings for parents and babies up to one year old.

CIRCUS

Albert and Friends Youth Circus
Riverside Studios, Crisp Road, Hammersmith  W6 9RL
Tel: 020 8237 1170  020 8237 1030  www.albertandfriendsinstantcircus.co.uk
Youth Circus based in Hammersmith that offers a variety of workshops for children and young people. They are experienced in enabling disabled children and young people take part in their workshops.
**BOWLING**

Tenpin Bowling  
Park Royal Leisure Park, Western Avenue, Acton W3  
Tel: 0871 873 3150  
Twenty-eight bowling lanes. Also, an amusement arcade – so can get expensive and can be very noisy. Macdonalds on site.

**COOKERY**

Kids Cookery School  
107 Gunnersbury Lane, Acton W3  
Tel: 020 8992 8882    www.thekidscookeryschool.co.uk  
The school provides cooking experiences for children including those with special needs. Children are also encouraged to develop healthy eating and an awareness of different cultures through food. They run after school and holiday clubs. Wheelchair friendly. Subsidised fees for families on income support.

**NIGHTCLUBS**

Moon River Club  
Waterman’s  
40 High Street Brentford, London, London TW8 0DS  
A nightclub for people with learning difficulties, their friends, family & supporters.  
Takes place 3 times a year at Waterman’s in a beautiful club space overlooking the Thames. DJs, MCs, bar, buffet food from the Guru Tandoori restaurant, UV art & groovy dance-floor. Cost: £5

Paddington Arts  
32 Woodfield Road, W9 2BE  
T: 020 8964 5060  
Holds a disco / club event for young people with learning difficulties aged 16 – 25 approx three times a year. Check their website for details of forthcoming events. Cost £3
LIBRARIES AND STORYTELLING SESSIONS

Baby bounce ‘n’ rhyme
An opportunity for little ones aged 0-2 to enjoy rhymes and songs in three library’s across the borough each week.

Hanwell Library, Cherington Road, W7
Thursday 10.30am-11am

Southall Library, Osterley Park Road, Southall, UB2
Wednesday 11.30am-12pm

Wood End Library, Whitton Avenue West, Greenford UB6
Friday 10am-10.30am

Toddler’s story time
Time for children to enjoy sharing stories each week. Suitable for children aged two and over at 9 libraries across the borough.

Acton Library, High Street, W3
Story time Friday 10am-10.30am

Greenford Library, Oldfield Lane South, UB6 9LG
Tuesday 2.30pm-3pm

Jubilee Gardens Library, Jubilee Gardens, UB1 2TJ
Thursday 10.30am-11am

Northfield Library, Northfield Avenue, W5
Story-time Saturday 11am-11.30am

Northolt Library, Bengarth Road
Story-time Tuesday 2pm-2.30pm

Perivale Library, Horsenden Lane South, UB6 7NT
Thursday 10.30am-11am

Pitshanger Library, Horsenden Lane South, Perivale
Story time Thursday 2.30pm-3pm

West Ealing Library, Melbourne Avenue, W13
Story-time Tuesday 10.30am-11am

Southall Library, Osterley Park Road UB2 4BL
Monday 11.30am-12pm
PARKS AND OPEN SPACES

We have listed a couple of parks in Ealing and surrounding boroughs that have unusual features that make them worth a special visit.

However, many of the boroughs local parks have play centres with outdoor and indoor equipment and toys. There are often craft activities supervised by a trained play leader although parents and carers need to remain with their children. The centres are open during the days for preschoolers and often run sessions after school at weekends and during holidays for 5-12 year olds. Visit the local park play centre to find out about opening times.

Brent Lodge River Park (Bunny Park)
End of Church Road, Hanwell W7, Tel: 07940 021 183
Two playgrounds and an Animal Centre that houses a wide variety of animals including exotic birds, mammals such as rhea and mongooses, domestic species including goats and guinea pigs and an indoor area with monkeys, reptiles, spiders and more. The park also has a small café, bowling green, putting green, maze and picnic area. Telephone in advance for the animal centres opening times

Gunnersbury Park
Popes Lane, Acton W3
Large Park with two playgrounds, one for under 5s, both with lots of equipment and safe surfaces. Boating lake and duck pond, tennis courts, pitch and putt, mini-golf and fishing. The fishing lake is very deep and although fenced in is not childproof – beware! Excellent small free museum. Café, toilets, parking.

Northala Fields
Between Kensington Road and Church Road (Target roundabout) alongside the A40.
Large earth mounds form a unique landmark for the park and borough. The tallest of these mounds reaches up to 26m and all are great for climbing, running and rolling down! Water features include separate lakes for model boating, fishing, and wildlife. There are also woodland, meadow and wetland habitats. Children’s play facilities for children up to 14 years of age are adjacent to Dolphin Road.

Ravenscourt Park
Hammersmith W6
Two playgrounds, one with a large paddling pool (summer only) and a large sand pit. Café with home cooked food. There’s also an all weather sports pitch, lake and rose garden.
Dukes Meadows - Chiswick
The Pedestrian entrance is through wrought iron gates in Edensor Road into Promenade Approach Road, Chiswick W4.
A new play area alongside the River Thames, open every day 10am – 6pm. It includes a shallow paddling pool with a fountain, sandpit and a refreshment kiosk. Adjacent to the play area there is a Farmers Market every Sunday 10am to 2pm.

MUSEUMS /EXHIBITIONS / TOURS

Gunnersbury Park Museum (FREE)
Gunnersbury Park, Popes Lane, Acton W3
Tel. 020 8992 1612
An excellent small, local, history museum with a display of, among other things, carriages, costumes and Victorian kitchens. There are a lake two playgrounds and a mini-golf course. Open daily in the afternoons.

Kew Bridge Steam Museum
Green Dragon Lane Brentford TW8 0EN
020 8568 4757 www.kbsm.org
The museum is housed in a magnificent steam powered 19th century waterworks, built to supply Londoners with water.
The collection includes working steam, diesel and water powered engines. Other attractions include the waterworks railway and the "Water for Life” Gallery; an interactive exhibition that explores the fascinating story of London's water over the years.

Natural History Museum (FREE)
Cromwell Road, South Kensington, SW7 5BD
Tel. 020 7942 5000 www.nhm.ac.uk
As well as the famous dinosaurs, dragons and blue whale this magnificent museum has a whole range of permanent exhibitions in the Earth and Life galleries about Mammals, Creepy-crawlies, Ecology, British fossils and Story of the Earth. You can feel an earthquake and see a volcano! Activity sheets available and a wide range of events and workshops organised. In the Discovery Centre children over 7 can enjoy hands-on experiences. The museum is open daily 10am – 5.50pm. Closed 24-26 Dec.
Science Museum (FREE)
Exhibition Road, South Kensington, SW7 2DD
Tel. 0870 870 4868  www.sciencemuseum.org.uk
The story of innovation and achievement. Exciting collections where you can touch, feel and experience the major scientific advances of the last 500 years.
Lots of hands-on and interactive exhibits in the ‘Garden’ designed for 3 – 6 year-olds, the ‘Pattern Pod’ for 5 – 8 year-olds and the ‘Launch Pad’ for all ages.

There is an IMAX cinema within the museum showing 3D films (tickets are available at the cinema or pay as you enter the museum) Open daily 10am – 6pm, closed 24-26 Dec. Disabled access to most galleries, wheelchairs available by prior request.

Heathrow Academy - Airport Visitors Centre (FREE)
Newall Road, Off Northern Perimeter Road (close to Renaissance Hotel in Bath Road), Hounslow UB3
Tel. 020 8745 6655
Formerly the Visitor Centre, the Heathrow Academy re-opened in January 2007. It includes a coffee shop, aviation model shop and the ‘Explore Heathrow’ exhibition. There are great views of the northern runway and airfield. The exhibition will be closed until summer 2008 so that it can be relocated to another area of the building. It will reopen for the summer holidays from 10:00 to 16:00 at weekends and school holidays.

CBB’s tour
Wood Lane, White City W12
Tel: 0870 603 0304 www.bbc.co.uk/tours
All tours must be pre booked, suitable 7 years and over. The CBBC tour gives an insight behind the scenes of Children’s BBC with a chance to visit the Blue Peter Garden, see the CBBC studios and have a play in the interactive areas. Admission charge.
OUTINGS

Thames Valley Adventure Playground
Bath Road, Taplow, Maidenhead, BERKS SL6 0PR
Tel: 01628 628599
Playground for children with disabilities and special needs. Siblings and friends welcome.
Indoor and outdoor play equipment and activities suitable for children with disabilities. A secure 2-acre site with a log cabin that houses a multi sensory room, sound and music room, and large interactive soft play area. Opportunities for playing with arts and craft materials and a computer. Outdoors there is a sensory garden; sand pit and water play in the summer, swings and bikes suitable for children with physical disabilities.
No café facilities but there are picnic tables for eating your own food. Small charge for children, but you can stay all day. Open Tuesday – Saturday, 10am till 3.30pm. Must be booked in advance

Ruislip Lido Railway
Ruislip, Northolt
Tel. 020 8863 2069
Info Line 01895 622 595 www.rir.topicities.com
Enjoy a ride from Ruislip Lido Station to Woody Bay Station beside the beach! Great value miniature train rides through woods and around the lake. Santa specials at Christmas.
After you ride you can stop off at Charlie Chalk’s pub / restaurant and indoor play area, by the Lido, for tea. Play area suitable for wheelchair users. Trains run Sunday all year, Saturdays April – Oct and daily during school holidays.

Bekonscot Model Village
Warwick Road, Beaconsfield, Bucks
Tel 01494 672 919 www.bekonscot.com
The oldest model village in the world, portraying rural England in the 1930’s where time has stood still. A miniature wonderland with six villages, each with their own tiny population going about their daily routines. Subtle humour in some delightfully named shops and businesses.
Many moving models including a model railway which runs right through the 1½-acre site. Picnic area and well-equipped small playground. The narrow paths around the villages will not take double buggies but are suitable for wheelchairs. Open daily from mid Feb-end Oct, 10am – 5pm
The Look Out Discovery Centre
Nine-Mile Ride, Bracknell, Berks RG12 7QW
Tel. 01344 354400 www.bracknell-forest.gov.uk/lookout
Hands on interactive science and nature exhibition suitable for all ages. Alongside woodland with picnic area and adventure playground. Also mountain bike hire and walks. Accessible for wheelchair users. Open daily 10am till 5pm.

Coral Reef Leisure pool.
Nine-Mile Ride, Bracknell, Berks RG12 7QW
Tel. 01344 354400 www.bracknell-forest.gov.uk/lookout
Opposite the Look out Discovery Centre
Large pool with waves and slides. Accessible for people with mobility difficulties.

Didcot Railway Centre
Didcot, Oxfordshire OX11
Tel: 01235-817200 Email: info@didcotrailwaycentre.org.uk
Railway museum for dedicated train fans. Open Saturdays and Sundays and most school holidays from 10.30 – 5pm. On certain days you can drive a steam train or see Thomas the Tank engine. There is a flight of stairs into the centre that could be difficult for people with mobility difficulties. Ring or email to book assistance to help carry wheelchairs up the stairs.

FARMS, ANIMALS AND WILDLIFE

Hounslow Urban Farm
Faggs Road, Feltham TW14, Tel. 020 8751 0850
Sheep, cows, horses, pigs, hens, turkeys, goats. Children can help with feeding 3-4pm. Pet rabbits can be bought here. Children’s play area, picnic tables and reasonably priced café with a range of hot snacks and cakes (café closes at 3pm on weekdays). Excellent location for plane spotting too. Small entrance charge. Open daily 10-4

Odds Farm Park
Wooburn Common Road, High Wycombe, Bucks HP10
Tel: 01628 520 188 www.oddsfarm.co.uk
A combination of fun play and education at this farm. Puppet show at weekends and lots of seasonal activities such as sheep racing, Easter egg hunt, pumpkin carving, Santa visiting and more. Also a very nice website with some good animal orientated games.
London Wetland Centre
Queen Elizabeth Walk, Barnes, SW13 9WT
Tel: 020 8409 4400 www.wwt.org.uk
The Centre provides ‘hides’ to view the wildlife and has significant educational literature available to help identify and report sightings. Pondzone, is an interactive Discovery Centre, there is a children’s farmyard, art gallery, observatory activities and events. Television screens show nests and give visitors chance to closely view some of the rarer animals, without disturbing them.

Aquatic Experience
Syon Park, Brentford, Middlesex TW8, Tel. 0871 560 9499
Set in the grounds of Syon Park, the Aquatic Experience is an exhibition of rescued and endangered species that live in or near water - especially in rain forest areas. You will find piranhas and other exotic fish, snakes, crocodiles, and amphibians ranging from the huge marine toad to the poison arrow frog, housed in a tropical environment complete with waterfalls and lush vegetation. At peak times there are trained, experienced and friendly staff that will let you hold or touch some of the creatures. Open daily, summer 10am – 6pm, winter 5pm, closed 25/26 Dec.

Tropical Forest
Syon Park, Brentford, Middlesex TW8, Tel: 0208 847 4730
Poisonous frogs, tropical snakes, jumping fish, forked tongued snakes and exotic birds are all lying in wait to introduce families to the fascinating world of the rainforest. Many of the creatures are rescued and endangered species and there's a chance at 4.30pm every Tuesday (at no extra charge) for children to join the Mini Keepers Club and learn how the animals are looked after. Other highlights include feeding times, pond dipping and animal encounters. Open daily 10am – 5pm

London Zoo
Outer Circle. Regents Park NW1, Tel 020 7722 3333
Daily 10am – 5.30pm
Children under 3 free, children 3-15 years old £11.90. Free entry for essential carer.

See also Brent Park Animal Centre under parks.
TOYS AND GAMES

Charity shops and toy libraries are a good source of toys, games, books and DVD’s for children. If buying second hand do ensure that the toys are safe and in good order with no risky, sharp edges, missing bits or small parts that could be swallowed.

SNIPS
The Crypt, St. John’s Church
Mattock Lane, West Ealing W13, Tel. 020 8840 0651
Open 10 am to 1pm on Tuesdays and Thursdays during term times only SNIPS stocks good quality, reasonable priced second hand children’s clothes, toys, games, books and videos.

The children will also enjoy the other attractions the crypt has to offer, including freshly cooked food, toys to play with, and even a haircut.

TOY LIBRARIES
The Council-Run nursery centres listed here offer a toy library facility, which is open to the public. Toys and books can be borrowed for one or two weeks for a small charge per item.

Disraeli Nursery Centre
111 Hamborough Road, Southall UB1
Tel. 020 8813 8078

Hanbury Nursery Centre
Park Road North, Acton, W3
Tel. 020 8992 0724

Hanwell Library
Cherington Rd, Hanwell, W7
Tel. 020 8566 2545

Windmill Nursery Centre
135-139 Windmill Lane, Greenford
Tel. 020 8813 1295

PESTS Special Needs Toy Library
Heller House, 124 Norwood Road, Southall
Tel. 020 8571 9954
This toy library is for children with special needs or a disability. It is open every Tuesday morning during term-time.
HOLIDAY PLAYSCHEMES

Contact-a-Family (CaF) www.cafamily.org.uk
They offer days out during the holidays for members and their families. Transport is provided. Contact the offices below to join and receive newsletters.

CaF - Southall
St. George’s Community Centre
8-12 Lancaster Road
Southall UB1 1WW
Tel. 020 8571 6381

CaF – Ealing
St Andrews Church Centre
Mount Park road
Ealing W5 2RS
Tel: 020 8810 8151

The Log Cabin
259 Northfield Avenue, W5
Tel. 020 8840 3400
After school club and holiday play schemes for children aged 5-15. The Log Cabin gives the opportunity for play and adventure to children with special needs. Outdoors there are bikes, lots of exciting structures, such as climbing frames, slides, moving walkways and swings. Inside the Log Cabin itself, there is a soft play area and space for activities such as painting, dressing up, badge making and cooking.

Extended Schools Team
Special Schools Co-ordinator: Mavis Crawford 07940 021 120
email: mcrawford@ealing.gov.uk
Works with special schools in Ealing to help develop after school and holiday activities. Holiday newsletter produced. Contact Mavis for more info.

TRANSPORT

Freedom Pass.
This pass allows people with disabilities to access London Transport buses, underground and trains, free of charge. To apply, contact your local Social Services reception point.

Blue Badge.
This allows a parent or carer of a child with disabilities to park their car in places others are not permitted to park. Your child needs to receive the higher mobility rate of the Disability Living Allowance. To apply, contact your local Social Services reception point.
London Dial A Ride.
Tel: 0845 999 1999 or www.tfl.gov.uk/gettingaround
Dial a ride is a pre booked door-to-door bus service. Your child must be receiving the higher rate mobility component of Disability Living Allowance or be registered as blind to be eligible for Dial a Ride. You need to be a member of the Dial a Ride scheme. It works better for regular trips that are booked well in advance. Generally can’t be booked for one off or last minute journeys.

Taxi card
Tel: 020 7484 2929 or http://www.taxicard.org.uk
Taxi card is a door-to-door transport service for people with serious mobility impairments and to whom public transport is not usually accessible. The scheme provides subsidised trips in licensed London taxis. Your child must be receiving the higher rate mobility component of Disability Living Allowance or be registered as blind to be eligible for Dial a Ride. Generally Taxi card members pay a flat fare of £1.50 upwards per trip.

ADVICE AND SUPPORT FOR FAMILIES

EALING HELP www.ealinghelp.org.uk
This site has been designed for the parents/carers of children with disabilities and the professionals who work with them in the borough. Its main purpose is to provide information on the services available and to enable people to share ideas and seek advice through its Discussion Area.

Ealing Service for Children with Additional Needs (ESCAN)
Carmelita House, 21-22 The Mall, Ealing London W5 2PJ.
Reception 020 8825 8700. Main email: carmelitahouse@nhs.net
The Ealing Service for Children with Additional Needs (ESCAN) formerly known as the Integrated Services for Children and Young People with Disabilities is a joint initiative between Ealing Primary Care Trust and Ealing Council. ESCAN aims to:

• Provide one central referral point.
• Have a single referral process for easier access to the right services.
• Combine assessments so families do not have to repeat their information to several different professionals.

• Co-ordinate appointments, so children can have a number of appointments at the same site on the same day if appropriate.

There are four disabled parking bays available for visitors with blue (disabled) badges. To secure one of these spaces, parents will need to phone in advance. For other visitors there is pay and display parking in streets close to the building or in the Springbridge Multi Storey Car Park. Buses (E1, E2, E7, E8, E9, E10, E11, 427, 83,207 and 65 stop on Uxbridge Road or Haven Green and Ealing Broadway tube is a short walk away.

**Early Support Key workers - Working for Children 0-5 with complex needs**
**Carmelita House, 21-22 The Mall, Ealing W5 2PJ**
**020 8825 6269**  E-mail: capella@ealing.gov.uk

Early Support is a government initiative that provides the opportunity to develop new and more coordinated ways of working with young children with disabilities and their families. A key worker can be allocated to families who meet with a lot of professionals for their child.

**PESTS (Parents of Ealing Self Help Training Scheme)**
**Heller House, 124 Norwood Road Southall, Tel 020 8578 8794**

P.E.S.T.S. is a support group for under 5’s with a disability, and their families. Support is offered through advice, information and befriending. The helpline is available out of office hours. There are playgroups on Tuesday and Friday mornings (see section on Play)

Once every six weeks there is Parents (adults only) evening where working parents are able to hear a speaker and talk to other parents in a friendly and informal atmosphere.

**Contact-a-Family Ealing**
**St Andrews Church Centre, Mount Park Road, Ealing W5**
**Tel: 020 8810 8151 ealing@cafamily.org.uk**

Contact a Family Ealing provides advice, support and information to families with disabled children. They provide advice on disability living allowance, carers allowance and other benefits, on housing and education; and provide free Internet access to members. They run support groups and offer family outings during the summer and a Christmas party.

**Contact-a-Family Southall**
St Georges Community Centre, 8-12 Lancaster Road, Southall UB1, Tel. 020 8571 6381 Southall@cafamily.org.uk

Southall Contact a Family provide support and information about benefits, help with form filling and run parent workshops. They have a Tuesday Carers' Group where relevant speakers are invited and lunch is provided. Every Thursday they have a Young Mothers' Group where mothers come to support each other, enjoy relaxation therapies and meet speakers from other voluntary and statutory organisations.

Southall CaF organises an annual Carer's Break to places like Butlin's and Pontin's. This is a 4-day break for the whole family. During summer they arrange day trips for the whole family to theme parks, historical landmarks and seaside resorts.

Southall Contact a Family holds cultural events such as Eid, Diwali, Vaisakhi and Christmas to celebrate the cultural diversity of Southall and members.

Staff at the Southall group can speak many of the languages of the area.

Contact a Family Autism Group
St Andrew’s Church Centre, Mount Park Road Ealing W5 2RS
Tel; 020 8810 8151

The Autism group continues to grow in membership and attendance. Meetings are held at the Contact a Family office every month or so. Ring to find out more.

Ealing Mencap
173a Uxbridge Road, Hanwell W7
Tel. 020 8567 9185 www.ealingmencap.org.uk

Ealing Mencap represents the interests of people with learning disabilities and their carers within the London borough of Ealing. They are a voluntary organisation, which successfully combines committed volunteers and paid staff. They run a range of projects:

3Cs Counselling Service
3C is a free, confidential service for families of all children with special needs, living/working in Ealing, Hounslow, Hammersmith & Fulham. They provide counselling at venues in Ealing, Hounslow & Chiswick; all are wheelchair accessible. They offer individual, couple and family work.

Information and Advocacy Project
This project is for adults and children with learning disabilities, and their carers, whether they are parent carers or others.

Service-User Empowerment Project
The project supports groups of adults with learning disabilities to speak up in Ealing. It supports the Ealing Partnership Group – a group of ten people with learning disabilities who speak up on the Ealing Learning Disability Partnership Board.

**Transition**
This project supports young disabled people and their families aged 13-25 years in their transition to adulthood.

**Travel Training to School or College**
Giving one-to-one support, they teach young people with a learning disability how to travel to and from school or college from home independently, and to cope with problems that may arise on the journey.

**Club Activities**
Based at Enterprise Lodge, Stockdove Way, Perivale. See clubs section above for more information.

**Ealing Carers Centre**
46 South Ealing Road W5 4QA
020 8840 1566, 020 8840 5688 (textphone)
E-mail ealingcarerscentre@yahoo.co.uk
A centre for carers where they can meet, relax, socialise, and receive specialist support and advice. The centre has the following facilities: Counselling service, with a separate entrance, Holistic therapies 3 days a week, space for special events, cafe.

Holistic Therapies are available Tuesday, Wednesday & Thursday. Booking for all these is essential. They include Swedish massage, Aromatherapy massage, Manual lymphatic drainage, Sports massage, Indian head massage, Shoulder, neck and back massage, reflexology.

Open Monday to Thursday 9am-5pm, Friday 10am-3pm

**Ealing Crossroads – Caring for carers**
Hillview Surgery, 179C Bilton Road, Greenford, UB6 7HQ.
020 8728 7000. E-mail: info@ealingcrossroads.org.uk
Provide a ‘respite’ service for carers in their own homes, usually for three hours once a week. They aim to “dovetail” with the Family Link Sitting Service, so in the main support children aged 11-19.

Crossroads also run 2 after-school club sessions a week at the Greenford Community Centre, Oldfield Lane South, for children with a range of needs aged 11-16. At club, children are able to form new friendships, develop skills for daily living and to try new activities. Families use either the home based service, or after school club, but not both, in order to provide a service to as many families as possible.
KIDS Ealing Young Carers Project
Perceval House, 14-16 Uxbridge Road, Ealing W5 2HL
0208 825 5105, 07891 941 478 E-mail: sarah.clark@kids.org.uk
The Kids Ealing Young Carers Project offers support through 1-1 meetings, peer support groups, advice and advocacy and activities through the holidays. At this present time the age range is 9-16 years.

The project's main aim is to give the 'young carer' time away from caring responsibilities and the opportunity to have fun!! By taking part in activities and support groups the young person will meet with other young carers who will have an understanding of what it’s like to be a young carer. 1-1 support will give the young person an opportunity to talk freely about any issues in their lives and ask for advice or advocacy.

Ealing Families Information Service
020 8825 5588 www.childrenscentres.org.uk/cis_index.asp
Ealing Children’s Information Service (CIS) provide relevant information on childcare - nurseries, playgroups, holiday play schemes, childminders, after school clubs for children aged 0-13, and activities, funding, information for young people aged 14-19. Also, info about other support services for parents and carers, children and young people.

Ealing Parent Partnership Service - ContinYOU
The Lido Centre
Tel: 020 8825 9669
This is an advice service for parents, pupils and schools providing advice and support on special educational needs, choosing a school, and exclusions.

Sure Start Acton
Castle Close, South Acton W3 8RX
020 993 4049 Email: surestartacton@btconnect.com
http://www.surestartacton.org.uk
Family support service for families with children under 4 years old living on the South Acton Estate, Acton Vale Estate or Rufford and Moreton Towers. Groups include Bumps and Babies group, Stay and Play group, Move Start, keep fit for mothers, Family Book club, toy library, health groups, talk start, ante-natal and postnatal groups, breastfeeding support group, smoking cessation, infant massage and yoga and parenting classes. Home visiting service offering family support on particular developmental issues. Information service on
benefits, education, employment and training for parents, childcare, leisure activities.

Sure Start South Northolt
Sure Start Drop In Centre, 1 Academy Gardens, Northolt UB5
Tel: 020 8842 0220
Sure Start Local Programme funded by Government to work in areas deprived of services and support networks, with families who have children under 4 years. Baby Massage sessions. Roll & Rumble group for 6 – 12 months. Parent and toddler Stay and Play session. Ready Steady Go! Physical play group for 2 years and up. Actions Songs Stories and Rhymes. Communication group.

Whizz-Kidz
www.whizz-kidz.org.uk
A charity that gives disabled children the chance to lead a more independent life. Their service meets children’s individual mobility needs and ensures they get the right mobility equipment, advice and training at the right time.

National Autistic Society –
Autism Helpline 0845 070 4004. www.nas.org.uk
Provides information and advice about autistic spectrum disorders and Asperger Syndrome. Autism Helpline: general information service for all those affected by autism spectrum disorders in the UK; includes a Welfare Rights Service. Parent-to-Parent Line: volunteer-run telephone support for parents by parents. Advocacy for Education is volunteer-run: Education Advice Line offers advice and information on special educational needs; the Tribunal Support Scheme is for parents wishing to challenge LA decisions.
NAS also runs a London and South East Befriending Service
Tel: 020 7704 3813 Email: LondonBefriending@nas.org.uk

Epilepsy Action
Free phone Helpline – 0808 800 5050
www.epilepsy.org.uk email: helpline@epilepsy.org.uk
Provide information and advice and telephone helpline about epilepsy and living with children who have epilepsy. There is a local Ealing branch that meets on the first Monday of every month in Ealing Town Hall. Ring the Epilepsy Action Free phone number for more information.
Benefits & Funding
There are various benefits that can help children and their families
Information can be found on the following websites:
www.dwp.gov.uk: information on benefits www.inlandrevenue.gov.uk:
information on tax including tax credits.

Benefit forms can be obtained from:
- the Benefits Enquiry Line: 0800 882200
- from your local Benefits Agency: (020) 8258 3000

Law for All
E-mail: infor@lawforall.org.uk
Website: http://www.lawforall.org.uk Tel: 020 8758 0668
Not for profit Community Solicitors in Acton, Ealing, Northolt & West
Ealing. They deal with the following: Debt, Housing, Family, Education,
Employment, Social Security, Immigration & Mental Health. They can
provide anything from initial advice to representation in the highest
courts. All drop in centres work on a 'first come first served' basis.
Ring to find out where the drop-in centres are and the opening times.