

No Limits - Disabled Fitness Activities in Bedford.





Biggleswade Disability Session

Who is this for? All disabilities between 10 – 17 years old

Where? Saxon Pool & Leisure Centre, Biggleswade SG18 8SU

When? Every Friday 5-7 pm (only runs during school term time)

How much? £3 a session

Who do I contact? Robin Osborn on 07580 330853
robin.osborn@centralbedfordshire.gov.uk



Central Bedfordshire Council work with teamBeds&Luton and “No Limits Inclusive Sport for all” to create more **sustainable opportunities** for people with disabilities to take part in regular sport, physical activity & exercise in Bedfordshire. Primarily targeting teenagers and adults with learning disabilities our project aims to develop a network of multi sports clubs to enhance individual opportunity and improve whole family wellbeing.

All clubs are run on a ‘drop in’ basis. The activities vary from week to week, using different sports or just general FUN games, for example, ‘Stuck in the Mud’. The clubs are pan disability, so all are welcome, and we encourage people to come along to see if it’s for them. We try to create a very relaxed and fun atmosphere very much like a ‘Youth Club’ where adults and children can come and see / meet their friends away from schools and their local Day Centres.

Please see following pages to find out where these clubs run and when.



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“Mummy, I’m having a good time!”

Logan is 9 and has Asperger’s and Dyspraxia. Over the last few years we have tried many clubs outside of school for him, each of them led to him feeling unhappy as he struggled to join in or follow the pace or style of instructions being given to the group, always ending in the words “Mummy, I don’t want to go...”. Until we were introduced to No Limits, where from our first session Logan and I were made to feel welcome and at ease. I watched as Logan joined in with the action helping him to get more mobile, learn about team working and having fun!! Logan ran up to me, said with a smile “Mummy I’m having fun” and ran back to the group. An overwhelming moment for me and Logan continues to look forward to the group every week. Thank you Deena and the No Limits team, you really have made a difference for us!

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Biggleswade Disability Session

Who is this for? All disabilities over the age of 18

Where? Saxon Pool & Leisure Centre, Biggleswade SG18 8SU

When? Every Thursday 10am-12pm (only runs during school term time)

How much? £3 a session

Who do I contact? Robin Osborn on 07 580 330853
robin.osborn@centralbedfordshire.gov.uk

Houghton Regis Disability Session

Who is this for? All disabilities between 10 – 17 years old

Where? Houghton Regis Leisure Centre, Parkside Drive, Houghton Regis LU5 5PY

When? Every Tuesday 5-6pm (only runs during school term time)

How much? £2 a session

Who do I contact? Robin Osborn on 07580 330853 robin.osborn@centralbedfordshire.gov.uk



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A brilliant session for my daughter to be able to access! My daughter attends the Saxon No Limits session with enthusiasm. She looks forward to Tuesdays so much!

As parents we look upon this session as “Therapy with the Therapist”

This session is giving her the much needed exercise, stretching of her muscles, communication as well as social interaction with her team mates; therefore applying physiotherapy and speech therapy without realising.

The activities are suited to her abilities enabling her to be the same as her peers taking part being included and looked upon as a “normal person”

Thanks to the brilliant staff that run this session for their time, patience and understanding of each individual participant.

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I would like to congratulate Central Bedfordshire Council and Robin Osborn on this club in Houghton Regis. My daughter has a fantastic time. It provides her with exercise, fun and a chance to socialise with friends.

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10-17 year olds

My daughter, Olivia Quinn is 15 years old and has Global Developmental Delay. Due to her disability she is unable to do the activities mainstream children do without an adult with her.

Only a few reasons my daughter needs and enjoys this club:

This club gives her opportunity to socialise with other children who have differing needs – with a child with learning difficulties it is very difficult to

find social groups that they can attend and be like any other child.

The club gives her the opportunity to learn new skills including the sporting activity itself as well as communicating with others.

I believe this gives her opportunity to mix with pupils from other schools rather than just her school friends, which is invaluable.

I believe it has increased her confidence and self-belief.



The club gives her the opportunity to learn new skills including the sporting activity itself as well as communicating with others.



Trampoline Club at Sandy

Who is this for? All disabilities between 10 – 17 years old

Where? Sandy Sports Centre, Engayne Avenue, SG19 1BL

When? Every Thursday 6-7pm

How much? £2 a session or £12 for 6-week block booking

Who do I contact? Melanie Brooker on 0300 300 8075 melanie.brooker@sll.co.uk

Please note – This group runs in 6-week blocks so please call the above number to find out when these are running.



Flitwick Disability Group

Who is this for? All disabilities over the age of 18

Where? Flitwick Leisure Centre, Steppingley Road, MK45 1TH

When? Every Friday 10am-12pm (only runs during school term time)

How much? £3 a session

Who do I contact? Robin Osborn on 07580 330853 robin.osborn@centralbedfordshire.gov.uk



Did you know there are adapted bikes at Marston Vale Forest Centre available to anyone in the community to use at any time throughout the year? The hire cost is £5 per bike per hour.



Please note you need to book 24hrs in advance Please see details are below.

**The Forest Centre, Station Rd, Marston Moretaine, Bedford MK43 0PR
Phone: 01234 767037**

QUADCYCLE Split Frame Double Hand Cycle



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|---------------------|-------------------------|
| Chair Users | Visual Impairment |
| Mild Cerebral Palsy | Lack of co-ordination |
| Poor Balance | Physical Disabilities |
| Health issues | Learning Disabilities |
| Hand use only | Downs Syndrome |
| Reduced strength | Autistic Spectrum |
| Obesity Issues | Also good for beginners |

TRACER Recumbent tricycle Adult or Junior



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|---------------------|--|
| Good for beginners | Visual Impairment |
| Mild Cerebral Palsy | Lack of co-ordination |
| Poor Balance | Physical Disabilities |
| Health issues | Learning Disabilities |
| Autistic Spectrum | Downs Syndrome |
| Reduced strength | Consider for back, spine and muscle issues |
| Obesity Issues | |

VELOPLUS Wheelchair platform Risers



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|---|-----------------------|
| Chair users
(unable to transfer) | Lack of co-ordination |
| Profound health issues | Impaired Vision |
| Profound ability issues | Restricted Hearing |
| Profound and Multiple Learning Disabilities | Attention deficit |
| Severe Cerebral Palsy | Obesity Issues |
| Poor balance | Mobility Impairment |
| | Reduced strength |

SPEEDER Adult or Junior Split Frame Hand Cycle | Lap strap



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|-----------------------------------|-------------------------|
| Chair Users
(Able to transfer) | Obesity Issues |
| Mild Cerebral Palsy | Lack of co-ordination |
| Poor balance | Learning Disabilities |
| Health Issues | Downs Syndrome |
| Hand use only | Autistic Spectrum |
| | Also good for beginners |

TRICYCLE Adult/Youth | 24" Wheel | Free Wheel from £500 Three wheeled cycle (different wheel sizes)



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|----------------------------|-----------------------|
| Poor Balance | Autistic spectrum |
| Mild Cerebral Palsy | Physical disabilities |
| Mild learning Disabilities | Learning disabilities |
| Health Issues | Obesity issues |
| | Downs Syndrome |