



Out of school activities for families and children who have a disability.

Learn to swim: Disability swimming at Ilford County High
Phone: 07791-743158

Horseriding: Open day in Chigwell Sunday July 8th
<http://www.chigride.co.uk/>

Lambourne- End Outdoor activity centre: Open day September 16th
<http://www.lambourne-end.org.uk/html/news.htm>

Redbridge cycling centre, Hainault: Open day September 16th
Many varieties of adapted bikes available.
http://www2.redbridge.gov.uk/cms/news_and_events/events/2012/september/redbridge_cycling_centre_open.aspx

Watch basketball played by disabled athletes July 15th 2pm-4pm off The Drive, Ilford [age 10+]
info@frenfordclubs.org



