



# ACCESSIBLE ACTIVITIES



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

**NHS**  
Pennine Care  
NHS Foundation Trust

**healthwatch**  
Stockport



# HI THERE!

Together with the NHS Pennine Care and Stockport Council, Healthwatch Stockport have pulled together this booklet. This booklet includes a variety of the accessible activities available to you across Stockport.

Take a look and share this with others.  
Thank you.

# MOOCH & MINGLE WALKING GROUP

A walking group for those with limited mobility who would like to get out a bit more and meet new people in a safe and supportive environment.

Some attendees go for a mooch round Alexandra park and some stay and mingle with one another.

Thursdays at 12:30pm - 2pm

Alexandra Park, Cheadle Old Road, Edgeley, SK3 9R

- Meet by picnic benches next to the car park
- In winter months meet in the pavilion
- Not open on Bank Holidays

## Contact:

Email: [communityhub@pureinnovations.co.uk](mailto:communityhub@pureinnovations.co.uk)

Call/text/whatsapp: 07841 747352

# SUPPORTABILITY WHEELERS

Supportability (Stockport CP Wheelers) offer weekly cycling opportunities during the year for disabled and able bodied adults, children and young People. Their adapted cycles enable individuals of all abilities to experience and fully enjoy cycling. No need to book, just turn up!

- Woodbank Park, Turncroft Ln, Offerton, SK1 4JR

**Visit: [wheelsforall.org.uk/locations/stockport-cp-wheelers](https://wheelsforall.org.uk/locations/stockport-cp-wheelers)**

	Session time	Details
Thursday	11am – 12pm 12.30pm – 1.30pm	£3.50 per session. Please pay by card for the cycling when you arrive. Get in touch if you need help.
Friday	11am – 12pm 12.30pm – 1.30pm	£3.50 per session. Please pay by card for the cycling when you arrive. Get in touch if you need help.
Saturday	1pm – 2pm 2:30pm – 3:30pm	£3.50 per session. Please pay by card for the cycling when you arrive. Get in touch if you need help.

**Contact:**

0161 432 1248

Email: [wheelers@supportability.org.uk](mailto:wheelers@supportability.org.uk)



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# LIFE LEISURE ACCESSIBILITY

## Leisure Key Companion/Carer Card

Some families/individuals may be eligible for a Leisure Key which is delivered by Stockport Council. This provides discounts to swimming and other activities across Life Leisure.

In addition, if you're eligible you will be able to access the activity for free when accompanying an individual to a session. Take the following steps to access this:

- Check your eligibility criteria with Stockport Council at [www.stockport.gov.uk/leisure-key](http://www.stockport.gov.uk/leisure-key)
- Complete any of the relevant information and submit proof of eligibility if required.
- Once you have your Leisure Key and or Leisure Key Companion card, bring this into a Life Leisure centre and register for a Casual Leisure Key Bookings account at reception.
- Once this has been registered, you can book activities online

Please read on for details of local Life Leisure facilities and activities

# LIFE LEISURE AVONDALE (CHEADLE HEALTH)

## Accessible facilities

- Accessible changing rooms with shower & toilet
- Hoist on poolside
- Lift
- Wheelchair access
- Accessible parking
- Ground floor fire exits

All matrix equipment has extra adjustments for accessibility purposes. Users may also be able to use the StarTrack DAP depending on circumstance.

## Equipment for people who cannot leave their wheelchair include:

- Matrix – Seated Row
- Matrix – Chest Press
- Matrix – Shoulder Press
- Matrix – Lat Pull Down
- Stair Master Air Fit UB – Hand Bike
- Other equipment for participants who can leave their wheelchair:
- Matrix – Leg Curl
- Matrix – Leg Extension

## Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

## Activities: Swimming Pool:

Life Leisure Avondale provide a SEND family swim session and supported swim lessons.

Supported swimming lessons will run from 3.50pm – 5.30pm and the SEND family swim will be running alongside it 4pm – 5.25pm.

Bookings must be made in advance to avoid disappointment.

**Visit: [www.lifeleisure.net/centre/avondale/](http://www.lifeleisure.net/centre/avondale/)**

# LIFE LEISURE BRINNINGTON PARK LEISURE COMPLEX

## Accessible facilities

- Accessible changing rooms with shower & toilet
- Lift
- Wheelchair access
- Accessible parking
- Ground floor fire exits
- Wheelchair accessible toilets/showers with panic alarm cord

## Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

**Visit:** [www.lifeleisure.net/centre/brinnington-park/](http://www.lifeleisure.net/centre/brinnington-park/)

# LIFE LEISURE CHEADLE

## Accessible facilities

- Accessible changing rooms with shower chairs & toilet
- Gradual stairs going into the small pool
- Pool hoist for entry into the main pool
- Wheelchair access to the building
- Accessible parking
- Wheelchair accessible toilets/showers

## Gym Equipment:

Users may be able to use the StarTrack dual adjustable pulley and StarTrack pull up/chin up/dip assist machine depending on ability.

## Equipment for people who cannot leave their wheelchair include:

- StarTrac – Seated Row
- StarTrac – Chest Press
- StarTrac – Shoulder Press
- StarTrac – Lat Pull Down
- StarTrac – Pec Fly/Rear Delt

## Equipment for other for participants who can leave wheelchair include:

- StarTrac – Leg Curl
- StarTrac – Leg Extension
- StarTrac – Leg Press
- StarTrac – Hip Abduction/Adduction

Continued....



## LIFE LEISURE CHEADLE CONTINUED

### Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

### Activities: Swimming Pool:

There is a free Disability Swim Session on a Wednesday evening 8pm – 8.45pm at Life Leisure Cheadle.

Suitable for 11+ years and must be able to swim at least 25m unaided.

**Visit:** [www.lifeleisure.net/centre/chedle/](http://www.lifeleisure.net/centre/chedle/)

## LIFE LEISURE GRAND CENTRAL, STOCKPORT

### Accessible facilities

- Accessible pool changing rooms with shower chair & toilet
- Lift down to poolside
- Wheelchair access
- Accessible parking in NCP multi-storey (short walk from building entrance).
- Wheelchair accessible toilets/showers
- Gradual slope into the oasis splash pool
- Chair or a sling hoists for access to the main pool

### Gym Equipment:

Ramp access to the ground floor level of the gym. The upstairs gym area can only be accessed via stairs.

### Equipment suitable for those who can leave their wheelchair:

- Star Trac - Leg Curl
- Star Trac - Leg Extension

### Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

### Swimming:

Life Leisure Grand Central provides disability access to both the main pool and small pool. No bespoke disability sessions; may be introduced in the future.

**Visit:** [www.lifeleisure.net/centre/grand-central/](http://www.lifeleisure.net/centre/grand-central/)

# LIFE LEISURE HAZEL GROVE

## Accessible facilities

- 2 x accessible changing rooms
- 4 x accessible showers
- Gradual steps to enter pools
- 2 x pool hoists (main and small pool) Inc, wheelchair access to these.
- Accessible toilets
- Lift
- Accessible parking
- Tracking hoist for changing bed. Please note a sling will have to be provided by the user as these are fitted individually.

## Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

## Activities: Swimming Pool:

Life Leisure Hazel Grove offer therapeutic warm water sessions in the small pool on the following days:

- Monday: 2.45pm – 3.45pm
- Wednesday: 2.45pm – 3.45pm
- Thursday: 11am – 12pm

Stockport Sharks Swimming Club also host an accessible swimming session every Wednesday from 7:30pm – 8:30pm for anyone with physical or sensory disabilities.

For more information on how to join these sessions, please visit their Facebook

**Visit: [www.lifeleisure.net/centre/hazel-grove/](http://www.lifeleisure.net/centre/hazel-grove/)**

# LIFE LEISURE HOULDSWORTH VILLAGE

## Accessible facilities

- Accessible parking.
- Accessible toilets.
- Flat entrance ways and ramped exits for emergencies

Equipment available suitable for wheelchair users (dependent on circumstance).

- Life Fitness – Smith Machine
- London 2012 Olympic Lifting Racks
- Cable Rig
- Battle ropes
- Air Fit UB – Hand Bike.
- DAP's (dual adjustable pulley)

## Gym Equipment:

Please note, the upper gym area can only be accessed via stairs.

## Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

## Activities: Stockport Arnie's Powerlifting Club

Stockport Arnies Powerlifting Club is an established Accessible Powerlifting Club, affiliated to BWL, based at Life Leisure Houldsworth Village.

The club is one of only a few Paralympic Clubs in the North West and provides opportunities for anyone with a disability who wants to take part in the sport to continue as a member of a local club.

Current sessions:

- Monday: 5pm – 8pm (drop in session)
- Wednesday: 5pm – 8pm (drop in session)
- Friday: 10am – 12pm (club session)

For more information, please email Norman Elthorpe or call 07703 668670.

Visit: [www.lifeleisure.net/centre/houldsworth-village/](http://www.lifeleisure.net/centre/houldsworth-village/)

## LIFE LEISURE ROMILEY

### Accessible facilities

- Accessible parking
- Accessible changing rooms
- Access to poolside
- Accessible toilets
- Flat entrance ways

### Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

### Swimming:

Life Leisure Romiley provides disability access to both the main pool and small pool. No bespoke disability sessions; may be introduced in the future.

**Visit:** [www.lifeleisure.net/centre/romiley/](http://www.lifeleisure.net/centre/romiley/)

## LIFE LEISURE STOCKPORT SPORTS VILLAGE

### Accessible facilities

- Lift and wheelchair access to the fitness suite
- Flat entrance ways
- Accessible parking

### Gym Equipment:

For participants who can leave their wheelchair, all resistance machines can be accessed, with some cardio equipment (Recumbent bikes, Octane bikes).

The hand bike can be accessed easily for a wheelchair user. For more equipment options, we would recommend visiting Life Leisure Avondale, Life Leisure Cheadle or Life Leisure Houldsworth Village.

### Accessibility at Life Leisure

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

**Visit:** [www.lifeleisure.net/centre/stockport-sports-village/](http://www.lifeleisure.net/centre/stockport-sports-village/)

# ACCESSIBLE SPORTS GROUPS

## ST ALBAN'S CHURCH

St Alban's Church are a day centre supporting adults with Learning Disabilities. Each week they offer a sports session at their church Hall in Offerton.

- Starting from Tuesday 1 October, 10:30am - 11:30am
- £2.50
- St Alban's Church, Salcombe Road, Offerton, Stockport, SK2 5AG

### Contact:

Email: [stalbanofferton@gmail.com](mailto:stalbanofferton@gmail.com)

Call: 0161 477 0456

Visit: [www.stalbanofferton.org.uk/](http://www.stalbanofferton.org.uk/)

## SEASHELL ACTIVE

Seashell Active offers a range of inclusive sports, wellbeing, health and leisure activities for supporting people with learning disabilities.

They offer autism sports and activities for disabled children and young adults alike, with the aim to keep people active, have fun, make new friends and live a happier, healthier life.

[Inclusive Activities for People with SEND | Seashell \(seashelltrust.org.uk\)](http://seashelltrust.org.uk)

# ACCESSIBLE SPORTS GROUPS

## COUNTY COMMUNITY TRUST PAN DISABILITY PROGRAMME

The CCT PAN Disability Programme offers a fun, safe and inclusive programme for all. It provides an opportunity to meet others, develop physical and mental health and play for one of the Trust's Stockport County teams in competitive matches (sessions open to those who wish to train but not play) and attend County matches together.

### **Adults (ages 16+): Wednesday 5:30pm – 6:30pm**

Stockport Powerleague, Heaton Mersey SK4 2AP

### **Juniors (ages 8-16): Mondays 5.00pm-6.00pm**

Club Cheadle Hulme, Cheadle Hulme High School, Woods Lane, SK8 7JY

Players of all genders and abilities, who have a disability which may prevent them from participating in mainstream football, are welcome to the training sessions.

### **How To Get Involved**

Please contact Adrian Rigby-Bates at [a.bates@stockportcounty.com](mailto:a.bates@stockportcounty.com) for details of our Adults Training Sessions.

Call 0161 266 2700



# HEALTHWATCH STOCKPORT

Healthwatch Stockport is your local and independent health and care champion. To us, you come first, especially if you find it hard to be heard elsewhere.

We strive for better care and act on feedback to drive change. We have the power to influence, make recommendations and ensure decision makers hear your views to improve the quality of care for us all. We also help you to get the advice and information you need so you receive the support you deserve.

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