

Clubs and organisations

Able2B Boxing

Facilities: Disabled toilet, disabled parking

Overview: There is equal access for everyone to join in with the activity. The area where the activities take place are safe, accessible and really well supervised, all the people were well supported to access the activity provided. There is specialised equipment such as 'Active Hands' to hold weights, perching stools, harnesses to help people stand, quad sticks, boxes and parallel bars. All of this equipment enabled everyone to participate in the activity provided. Roller doors give access straight into the activity area. The website could be clearer about the activities on offer but it is clear that everyone can access the activities.

The DRAGONS say: "I was a bit nervous at first but everyone was so nice to us and to all the people there."

9 Gilchrist Cl, Bessemer Rd, Norwich NR4 6AT

Telephone: 07920 776434

Attleborough Boxing Club

Facilities: Disabled toilet, disabled parking

Overview: The DRAGONS felt that Attleborough Boxing Club was a friendly, accessible venue, with a team of people who will make the activities as accessible as possible. The club members were friendly to the DRAGONS and were clear in their explanations of what they had planned for them and how the session would be structured. They adapted the session to suit the group's disabilities. The venue is ideal for disabled people as it is all on one level.

The DRAGONS say: ""I would like to join here. It is a great way to keep fit and learn."

Wood Farm, Deopham Rd, Attleborough NR17 1AJ

Telephone: 01953 457329

Boccia at Sewell Park Sports Centre

Facilities: Disabled toilet, disabled parking

Overview: This is a school sports centre so had limited information for the general public. The staff who met the DRAGONS on their arrival were really friendly and helpful to them. The DRAGONS really enjoyed their session with the boccia and were really impressed at how well everyone played and enjoyed themselves during the activity. They felt that the activity was very inclusive and that anyone could join in

whatever their disability. All of the people taking part in the activity were well supervised by Roy, the lead, and volunteers. All were really friendly and supportive of the DRAGONS as they had to learn the rules and understand the game.

The changing areas at the centre are tired but accessible from what the DRAGONS could see. The centre did not have any mention of the Boccia group that meets there, or any flyers for other inclusive sporting activities. There was no other information about accessible sports on the website either.

The DRAGONS say: "I enjoyed the boccia, it's not something I would do every day but for the group it was accessible and enjoyable."

Sewell Park Academy, St Clements Hill, Norwich NR3 4BX

Telephone: 07969 859335

Community Sports Foundation

Facilities: Disabled toilet, disabled parking

Overview: The DRAGONS found the CSF staff friendly, happy and welcoming. They are all specially trained to support people with disabilities. Everyone felt that the range of activities that CSF provided were interesting and that they had learnt new things from coming to the activity.

Everyone felt that there was equal access for everyone to join in with the activity. The areas where the sporting activities take place were accessible and well supervised by the staff. There was adaptive equipment such as soft balls for the activities.

The changing area is small and the DRAGONS had concerns that there was nowhere big enough for people with disabilities to have privacy when they get changed.

There are many activities provided for people with a disability, such as multi sports sessions, water exercise sessions and more. These activities could be easier to find on the website. There were flyers but the staff told the Dragons that they only give them out on school visits to schools.

The DRAGONS found disabled parking within the main football ground which is close by, but there are no disabled spaces in the small car park which is nearer. There is a door with a button for access but when the DRAGONS went to test it, it wasn't working. The DRAGONS also felt that the bell on the door was too high and should be lowered for access for people with a wheelchair. The doors were wide enough for wheelchairs to gain access to the building comfortably.

The DRAGONS say: "Everyone enjoyed playing football which was inclusive of everyone in the session."

Norwich City FC, Carrow Road, Norwich NR1 1JE

Telephone: 01603 761122

East Anglia Tennis & Squash Club

Facilities: Disabled changing, disabled toilet, disabled parking

Overview: The session the DRAGONS took part in was lively and fun and there was constant encouragement from the team that support the session. The team, who were volunteers, were young and enthusiastic and managed the session really well. All of the DRAGONS felt that there was equal access for everyone to join in with the activity. The area was well staffed and there was good supervision when the group were involved with the activity. The changing areas were large but not accessible by wheelchair.

The DRAGONS really enjoyed their session and felt that they had learnt something new from participating.

The DRAGONS say: "Everything was explained clearly so that anyone coming along for the first time would know what they were going to be doing next. The activities planned for the session were very inclusive."

Lime Tree Rd, Norwich NR2 2NQ

Telephone: 01603 453532

Great Massingham Tennis and Multi-sports Club

Facilities: Disabled toilet, disabled parking

Overview: The tennis club was a friendly and open place and the DRAGONS felt that if anyone with a disability were to join everything would be done by the club and committee members to make them welcome and to facilitate them being able to play.

The club members were friendly and receptive and could not have been more supportive when the DRAGON's were playing tennis with them.

The DRAGONS recognised the limits of the building but would recommend some updates to make it more disabled friendly. The club is in the process of raising money for the updates that it needs.

The DRAGONS say: "No one seemed to mind that we weren't very good at tennis. They seemed happy that they could play with us and teach us a bit about the game."

Station Road, Great Massingham, King's Lynn PE32 2HU

Telephone: 01485 520628

Inclusive Bikes at UEA Sportspark

Facilities: Disabled changing room, disabled toilet, disabled parking

Overview: The reception area has a dropped desk for wheelchair users and the staff were happy to talk to the DRAGONS when they had any questions. If the reception staff didn't know the answer themselves they went and asked someone else. All the staff from the Inclusive Bikes support are trained to support people with disabilities. The bikes that are available are suited to most people. There is a bike that has a wheelchair on the front so that someone who would not normally experience the chance to ride a bike can.

The DRAGONS say: "I realise that anyone can experience the bikes. I could ride them all with support."

UEA Sportspark, Norwich NR4 7TJ

Telephone: 07969 859335

Norfolk Boccia Club

Facilities: Disabled changing room, disabled toilet, disabled parking

Overview: The venue for the Boccia group at the University of East Anglia has excellent facilities for anyone accessing the venue. There is plenty of disabled parking close to the venue. There are plenty of disabled toilets that can be used independently. The corridors are wide enough for wheelchairs and there are lifts within the complex making it a very accessible building and venue for sporting activities.

The DRAGONS say: "Everyone was really included, no one was left out no matter what their disability was."

UEA Sportspark, Norwich NR4 7TJ

Telephone: 07969 859335

Norfolk Snowsports Club

Facilities: Disabled toilet, disabled parking

Overview: The DRAGONS were very pleased to see that there was equal access for everyone to join in with the activities. All of the activities were well supervised by experienced and well trained staff. There was a small shower and changing area that the DRAGONS felt wouldn't have been very accessible but as everyone arrived well prepared for their skiing session and they did not worry too much about this. There was a hoist to transfer people from their chairs to the skiing carts. The carts are adapted so that the young person can control the cart if they have the movement in their arms but even if they didn't they could be controlled by the experienced support skier.

The DRAGONS say: "We had 1-1 support which was great. I definitely learned quickly. The instructors and volunteers were polite and welcomed us to the session. When you do make a mistake they are with you until you get it right."

Whitlingham Lane, Trowse, Norwich NR14 8TW

Telephone: 01603 662781

Special Olympics at UEA Sportspark

Facilities: Disabled toilet, disabled parking

Overview: Everyone could join in with the activities at the Special Olympics. There were lots of volunteers to support the activities and they were always encouraging the people taking part in the activity.

The changing areas are accessible but there is no changing place. When the DRAGONS spoke to the reception staff about this they told them that this is something that is being discussed and that they hope to be able to provide a changing place in the near future. The DRAGONS felt that this was really important as there is a hoist to get someone into the pool but not in the general changing area. A changing place would allow for more people to access the sporting facilities and would provide a place for personal care.

The website only promoted the 'Inclusive Sports Club'. The DRAGONS felt that this did not show what was really available to people with disabilities.

The DRAGONS say: "Really good exercise. It was something that everyone could join in with, even people with wheelchairs and walking frames."

UEA Sportspark, Norwich NR4 7TJ

Telephone: 07948 353245

Wensum Table Tennis Club

Facilities: Disabled toilet, disabled parking

Overview: The DRAGONS found on their arrival Bob who was there to give assistance and information. Bob knew everything and was happy to chat to the DRAGONS. All the staff were friendly and polite, and all the coaches are trained to support people with disabilities.

The DRAGONS thought that the table tennis was fun and they all enjoyed their games. They all agreed that the coaches and the people they were playing with was what was good about the activity.

There was equal access for everyone to join in with the sessions and the activity area was safe and well supervised. The changing areas were of a reasonable size

but had been used for storing cleaning equipment and other items so weren't that easy to use.

There were not automatic doors to enter the table tennis hall and the doors opened outwards which could make access tricky for some people. The doors were wide enough to get a wheelchair through but both doors would have to be open. The car park could be better lit to help people with a visual impairment.

There was a noticeboard but the DRAGONS felt that it could be better with clearer notices about the activities provided and the times. The club has a Facebook page with information, although the DRAGONS felt a website may be more useful for people who don't have Facebook.

The DRAGONS say: "I felt very comfortable with the coaches as they adapted things as needed for me."

Catton Grove Primary School, Weston Road, Norwich NR3 3TP

Telephone: 07786 556212

Leisure centre or facility

Dereham Leisure Centre

Facilities: Disabled changing, disabled toilet, disabled parking

Overview: The DRAGONS felt that Dereham Leisure Centre is a good service overall. The venue is accessible and all the staff they met were helpful and were happy to answer any questions they had.

The DRAGONS say: "Most of the time the lifeguards were sitting on high chairs but there was also one walking around the pool. This made me feel really safe as I am not a great swimmer."

Station Rd, Dereham NR19 1DF

Telephone: 01362 693419

Riverside Leisure Centre

Facilities: Disabled changing, disabled toilet, disabled parking

Overview: The DRAGONS really enjoyed their swimming session. All staff are trained around disability awareness and were friendly without being patronising. The disabled changing area was large and had a ceiling hoist and a bed that could be used for changing or personal care. The pool had specialised equipment including pool wheelchairs and pool hoists.

The DRAGONS felt that a toilet in the disabled changing area would be useful and it would be good to have a disabled-only swimming session which wasn't shared with other users.

The group found it easy to manoeuvre a wheelchair on the ground floor, but the lifts and the disabled toilet on the ground floor would be too small for an electric wheelchair. They felt the signage could be made larger and clearer to help people find their way around the building.

The DRAGONS say: "The staff were really helpful and so friendly. I liked that they were interested in what we were doing and asked us questions."

Wherry Road, Norwich NR1 1WX

Telephone: 01603 671390

Splash Leisure and Fitness Centre

Facilities: Disabled toilet, disabled parking

Overview: All the staff the DRAGONS spoke to were really friendly. There are staff who are trained to support people with disabilities and the receptionist told the DRAGONS that they regularly have training and feel confident that they can support people.

There were family changing rooms that could be used but no dedicated disabled changing area. This is a real shame as it means some people would have to lie on the floor to get changed.

The DRAGONS felt that swimming was an inclusive activity as the pool is a very accessible pool and has no steps at the shallow end. They had a special wheelchair that would allow people who struggle to walk to enter the pool. Some DRAGONS did not enjoy the wave machine and felt that it would have been good to have a separate area where they could go whilst it was on.

The DRAGONS only went swimming but they did note that there was a fully equipped gym and a court that could be used for basketball, badminton and netball.

The DRAGONS say: "I had a lot of fun and my swimming is getting better."

Weybourne Road, Sheringham NR26 8HF

Telephone: 01263 825675

Wensum Sports Centre

Facilities: Disabled toilet

Overview: All the staff the DRAGONS met were friendly and fun and were not patronising towards them. Staff are given some training around disability, and the gym instructor was fully qualified to work with people with disabilities.

There are various activities on offer including boxercise, pickleball, netball, basketball, and chair-based exercise, with badminton courts in the main hall as well as squash courts and table tennis. The squash courts are not accessible to wheelchair users as the doorways are too narrow.

All of the doors are manual and have no automatic access to the spaces in the venue. The main sports hall is on the second floor of the sports centre and although there is access for wheelchair users you would need support to gain access and also to be supported to get out of the building in the event of an emergency, as there is no evac chair.

The DRAGONS really enjoyed their session in the gym; they went on the machines and were well supported to use the equipment correctly. The DRAGONS felt that there was equal access for everyone to join in with the session they attended. The area was safe and well supervised at all times whilst they took part in their activity. There was no specialised equipment and most of the time in the gym it is not required. The DRAGONS were told that they are bidding for new equipment all the time.

There are no disabled parking spaces available. If the centre know someone is coming who needs parking they will reserve the two nearest spaces for them so they can gain access to the building more easily.

The DRAGONS say: "The people have been really friendly. I enjoyed going on the machines, it gives you a challenge to get better fitness."

169 King St, Norwich NR1 1QW

Telephone: 01603 568823