



Vale of Glamorgan



Disability Sports Directory



Mental Health

friendly Sport & Physical Activity



Mental Health Friendly Sport and Physical Activity Clubs in the Vale

Barry

Barry Town Utd Pan Disability Football Club
nwlatham65@gmail.com

Barry YMCA Gymnastics Club
01446 724000

Red Dragons Netball Club
carlandmelanie@sky.com

Barry Leisure Centre – Swimming
01446 403000

Barry Leisure Centre – GP Referrals
01446 403000

Forces Fitness
<http://forcesfitness.co.uk/>
info@forcesfitness.co.uk

LiveFIT Wales/Cymru
<http://www.lovelifelivefitness.co.uk/>

Michelle Grant Personal Training
<https://m.facebook.com/thetrainstation2/>
07402 715829

Nija Yoga
nijayoga@gmail.com



Penarth

Breeze Network Cardiff and Vale (Cycling)
<https://www.facebook.com/BreezeNetworkCardiffandVale/>
BreezeSEWales@gmail.com

Forces Fitness
<http://forcesfitness.co.uk/>
info@forcesfitness.co.uk

LiveFIT Wales/Cymru
<http://www.lovelifelivefitness.co.uk/>

Old Penarthians RFC
<http://oldpenarthians.rfc.wales>
[facebook.com/OldPensRFC](https://www.facebook.com/OldPensRFC)

Sully Indoor Bowls Club
<https://www.sullyindoorbowlsclub.org.uk/>

Rural Vale

Breeze Network Cardiff and Vale (Cycling)
<https://www.facebook.com/BreezeNetworkCardiffandVale/>
BreezeSEWales@gmail.com

Cowbridge Leisure Centre – GP Referrals
01446 403000

Forces Fitness
<http://forcesfitness.co.uk/>
info@forcesfitness.co.uk

Llantwit Major Bowls Club
<http://lmbc.wales/>
club.sec@lmbc.wales

Llantwit Major Leisure Centre
01446 403000

Llantwit Major Tennis Club
<https://clubspark.lta.org.uk/>
LlantwitMajorTennisClub

Rhoose Life Saving Club
<https://www.facebook.com/rhooselifeguardsclub/>

The Saints FC U10 and U12's
<https://www.facebook.com/stathanfc/>

Vale Surf Life Saving Club
<https://www.facebook.com/valesurflifesavingclub/>
01446 711745

For more information please contact Simon Jones, Senior Healthy Living Officer, Vale of Glamorgan Council on 01446 704728 or sjones@valeofglamorgan.gov.uk

If you see a coach or volunteer at one of the clubs above wearing a MV Pin Badge or Wrist Band, they will have had Mental Health Awareness Training and are happy to help if needed.



Benefits of exercise:-



Reduces body fat



Lowers blood pressure



Increases life span



Stengthens your heart



Stregthens muscles



Boosts mood



Boosts immune system



Better social life

Sports Clubs in the Vale

Vale of Glamorgan Sports and Play Development

Contact List

Karen Davies

Sports And Play Development Manager

01446 704793

kjdavies@valeofglamorgan.gov.uk

Rachel Shepherd

Active Young Peoples Co-ordinator

07730 749485

Rlshepherd@valeofglamorgan.gov.uk

Simon Jones

Disability Sport Wales Development Officer

01446 704728

sljones@valeofglamorgan.gov.uk

Joanne Jones

Play Development Officer

01446 704809

joajones@valeofglamorgan.gov.uk

Websites

www.valeofglamorgan.gov.uk/sportsandplay

www.disabilitysportwales.com

Facebook

[@valesportsplay](https://www.facebook.com/valesportsplay)

Twitter

Vale Disability Sport Wales - [@ValeDSW](https://twitter.com/ValeDSW)

Vale Sport Development - [@valesportnews](https://twitter.com/valesportnews)

Welcome to the Vale's Disability Sport Directory

Disability Sport Wales is a joint initiative between Sport Wales, the Federation of Disability Sport Wales and local authorities. Our aim is to develop quality community-based sporting opportunities for disabled people in Wales.

This directory lists some of the Vale of Glamorgan based clubs that offer opportunities for people of all ages with a range of different abilities. I would urge you to contact the clubs directly to discuss suitability. If you need any further advice please get in touch.

I can also assist you with information on our Disability Sports Forum, finding more clubs across South East Wales, 'come and try' sessions, accessing funding and much more!

Simon Jones,
Disability Sport Wales Development Officer.
Tel: [01446 704728](tel:01446704728)
email: sljones@valeofglamorgan.gov.uk

Insport

Sports clubs across Wales are being encouraged to sign up to the Federation of Disability Sport Wales 'Insport' accreditation scheme to show how committed they are to providing high quality disability sport opportunities.

The scheme shows parents and potential club members that the club achieves a certain standard of quality, and will hopefully lead to greater numbers of disabled people enjoying regular sport in Wales.



There are four different levels to the Insport scheme, starting from 'Insport Ribbon' up to 'Insport Gold'.

 - **INSPOUR RIBBON**

 - **INSPOUR BRONZE**

 - **INSPOUR SILVER**

 - **INSPOUR GOLD**

ANGLING

Glamorgan Anglers

The club caters for disabled children and adults with different sites throughout the Vale, please contact Disabled Angling Co-ordinator Mrs Amanda Joseph

☎ 07837 130351

✉ disabledangling@glamorgananglersclub.co.uk

ARCHERY

Caerau Dragon Bowman

This Club caters for disabled adults and children, they are based at St Richard Gwyn Catholic High School. Please contact the club on the email address below for more information.

✉ secretary@caeraudragonbowman.wales

ATHLETICS

Barry and Vale Harriers

This club takes place every Wednesday 6.30pm - 7.30pm at Jenner Park between April - October and St Nicholas Community Hall in Barry, from November - March. A range of activities take place each week. Please contact head coach Shawn Sullivan

☎ 07584 011179

✉ biomechanic69@cloud.com

BADMINTON

Barry Junior Badminton Club

Inclusive Badminton club that train at Barry Leisure Centre every Wednesday 7pm-8pm

☎ 07858 951522

✉ barryjuniorbc@gmail.com

Penarth Junior Badminton Club

Inclusive Badminton Club that train at Penarth Leisure Centre every Friday 7pm-8pm

☎ 07515 761522

✉ leywoolley@hotmail.com



BOWLS

Barry Central Bowls Club

A specific bowls wheelchair is available at this club so people can play on the lawn. Please contact the club for further details. Contact Gareth Thomas on

☎ 01446 623049

✉ gareth@google.com

Barry VIP Bowls and Curling Club

This is a bowls club that caters for adults, and if you would like to find out more please contact Daphne Macintyre on

☎ 01446 401612

Rhose Bowls Club

Bowls Wheelchair is available at the club. Contact Jo Hopkins for more information

☎ 01446 710366

Sully Indoor Bowls Club

Lots of opportunities to play, everyone is welcome and there are numerous bowls wheelchairs available

☎ 02920 530999

🌐 www.sullyindoorbowlsclub.org.uk

✉ indoorbowls@sullysportsclub.com

Windsor Bowls Club

This Club is a well established bowls club and can cater for disabled adults. Please contact Brian Rogers

☎ 02920 191129

DANCE

Local Motion Dance Group

Dance group for disabled adults and juniors aged 3 upwards that offer specific or inclusive opportunities. The club is based at the Hub, YMCA Barry. Contact Emma Mallam

☎ 07725 038778

🌐 www.motioncontroldance.com

FOOTBALL

Barry Town Utd PDFC

Training takes place at Jenner Park Stadium on Tuesdays 6pm-8pm. Teams include Under 12's, Under 16's and Adults. Competitive opportunities are also available at the club. For more details please contact Neil Latham

☎ 07827 334818

✉ snapper.latham@btinternet.com



Cogan Coronation

Mainstream inclusive club, please contact club before attending to make sure sessions are appropriate.

☎ 07814 863929

✉ wesleydrew@greenhousecardiff.co.uk

GOLF

Cottrell Park Golf Resort

Ring for information about inclusive sessions. All ages. Call Gareth Bennett

☎ 01446 781781

Glamorganshire Golf Club

All ages. Club Pro - Andrew Kerr-Smith

☎ 02920 707401

St Athan Golf Club

Inclusive opportunities available. All ages. Ring Anita McKinstry for more information

☎ 01446 751043

✉ rafstathan@golfclub.fsbusiness.co.uk

Southerndown Golf Club

All ages. Club Pro – John Peters

☎ 01656 880476



Special Olympics Golf

Sessions take place every Friday 5pm – 6pm at St Andrew Major Golf Club Juniors Upwards. Contact Jeff Savory

 07803165581

St Andrews Major Golf Club

John Hastings who is the Club Pro, has provided disability specific golf lessons for several years. All ages

 01446 722227

 info@standrewsmajorgolfclub.com

Vale Golf Resort

Club Professionals have good inclusive knowledge. All Ages

 01443 667800

GYMNASTICS

Barry YMCA Gymnastics

This club can offer inclusive opportunities from the age of 3 upwards, please ring for more information.

 01446 724000

Penarth Gymnastics Club

Well established Special Olympic affiliated club having over 30 years of disability gymnastics experience. All ages welcome, ring Jeff Savory

 07803165581

Rhythmic at the Academy

An inclusive and creative gymnastic club based in Holm View Leisure Centre, Barry.

 rhythmic@theacademywales.co.uk

 www.facebook.com/Rhythmic-at-The-Academy

HORSE RIDING

Liege Manor Equestrian Centre

For more information please call Sarah Bassett

 01446 781648

 www.liegemanor.com

JUDO

Sully Budokan

Please contact Charlotte Gamble for more information on

 07502 012895

KARATE

Llantwit Major Karate Club

The club is based at the Gathering Place in St Athan every Wednesday and Friday. Suitable from the age of 5 upwards. Contact Simon Dodd on

 07917 441138

 simondodd89@gmail.com

Penarth Karate Jutsu-Kai

The club is based at Penarth Leisure Centre regular classes throughout the week. Suitable from the age of 5 upwards, for more information please contact Lee Costa

☎ 07974 972479

✉ karatejutsu@hotmail.co.uk

Vale Karate

Vale Karate is a well-established club with weekly disability and inclusive classes, suitable from the age of 5 upwards. For more information please contact Rob Copeland on

☎ 07986 872953

✉ Robert@valekarate.com

🌐 www.valekarate.com



KAYAKING

Special Olympic Kayaking

This club takes place at the Mole in Barry, club is aimed at people with Learning Disabilities but everyone is welcome. Contact Jeff Savory to check suitability.

☎ 07803 165581

✉ specialolympicswales@gmail.com

NETBALL

Red Dragons Junior Netball Club

Inclusive Netball Club with a large membership. Training is on Sundays at 3pm onwards. Sessions include Baby Tots, Mini Tots, Under 10's to Under 15's. Ring Mel Helleman

☎ 07793 652300

✉ carlandmelanie@sky.com

PETANQUE

Penarth Petanque Club

Open to adults and children, the club is based at the Kymyn in Penarth. Please contact David Rapley

☎ 07939 610023

✉ dgrapley@yahoo.com

RIFLE SHOOTING

LS Haven Air Target Club

Inclusive Club with the option of Laser Rifle Shooting as well as Pistol and Rifle. Ring Jonathan Gould

☎ 07852216884

✉ sec2.lshavenatc@gmail.com

Penarth Rifle Club

Please contact Eddie Pearce

☎ 02920 706105

✉ penarthrifleclub@googlemail.com

SAILING

Celtic Capability Sailing

Capability Sailing exists to provide opportunities for people of all abilities and backgrounds to experience the joy of sailing. Based at Barry Community Water Activity Sailing Centre in the Vale of Glamorgan, we offer taster sails and courses.

✉ admin@capabilitysailing.co.uk
🌐 <https://www.capabilitysailing.co.uk/>

Sailability, Cardiff Sailing Centre

Sessions taking place on Wednesday mornings between 10am and 12pm at a cost of £7pp, in partnership with the Innovate Trust. This restarts on 8 May 2019. The Cardiff Sailability Volunteer Project, restarts on 8 May 2019 with sessions every fortnight between 2pm & 5pm. Booking Required

📞 02920 877 977
✉ ateractivity@cardiff.gov.uk

Sully Sailing Club

Please contact club in advance as they have limited equipment suitable for disability sailing. Ring Christopher Parr

📞 07771 903523
✉ cparr1@btconnect.com

SLEDGE HOCKEY

Cardiff Huskies

The Club train at Ice Arena Wales. Adults and Children are welcome, please contact the club for more information

✉ contact@cardiffhuskies.com
🌐 cardiffhuskies.com

SWIMMING

Barry Beavers

The club train at Barry Leisure Centre every Saturday from 5pm-6pm. The club is open to adult and children, the club also provide competitive opportunities at local swimming galas. Contact Patricia Finch

📞 01446 747683
✉ patriciafinch@sky.com

Swimability Lessons

Disability Swimming Lessons based at Barry, Penarth and Llantwit Major Leisure Centres. Children aged 5+. For lesson times and to book please call

📞 01446 403000

TABLE TENNIS

Vale Table Tennis Academy

Please call George Evans for more information. Adults and Children welcome.

📞 01446 711297
✉ tanglewoodfive@aol.com

TENNIS

Barry Community Tennis

Inclusive Opportunities including lessons are available at the club, please contact Penny Mickelson,

☎ 07816 311263

✉ info@barryctc.co.uk

Dinas Powys Lawn Tennis Club

Inclusive opportunities including lessons are available at the club, please contact the club to check suitability

✉ dpltc_secretary@hotmail.com



Penarth Lawn Tennis Club

Inclusive opportunities including lessons are available at the club, ring to check suitability. Call Simon Elias

☎ 02920 706392

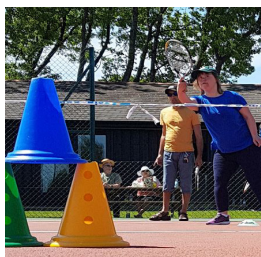
✉ info@pltc.org.uk

Penarth Windsor Lawn Tennis Club

Inclusive opportunities including lessons are available at the club, ring to check suitability. Club coaches have a wide range of disability tennis experience and have been running sessions for several years.

☎ 07923 991833

✉ admin@windsorlawntennisclub.org.uk



Vale Tennis Academy

The Vale Tennis Academy provides quality tennis programmes within The Vale of Glamorgan. Our vision is to develop tennis within the community by making tennis more accessible and affordable with great facilities for everyone to use.

☎ 07909 987359

✉ info@valetennisacademy.co.uk

Tennis Squad

We run disability programmes in the Vale of Glamorgan/Rhondda Cynon Taf and manage the Cardiff Stars Learning Disabilities Club. Alongside our coaching activities run competition programmes, plus Tennis Wales County Challenger Camps for regularly-competing junior tennis players.

☎ 07903 524456

✉ Robert.wedlake@tennissquad.net

TRAMPOLINING

Caerau Vale Trampoline Club

This club takes place at Pen Y Garth School. For more information on suitability of classes please contact Craiger Solomons on

✉ cvtc@hotmail.co.uk

Physical activity opportunities available in the Vale



CYCLING

Vale Accessible Cycling Club

For adults and children, this club takes place at Jenner Park Stadium Wednesday and Fridays 1pm-5pm. There is a very good range of adaptive bikes available for people to use. Please contact Cliff Hayes

☎ 01446 420533

✉ chayes89@btinternet.com

EXTEND

Extend in the Vale

Sessions take place in All Saints Church, Southerndown, Rhoose Community Hall and the Gathering Place, St Athans. Ring Shirley Dodd-Clark

☎ 07990 976160

🌐 www.extendinthevale.com

FITNESS STUDIOS

Vale Leisure Centres

Gyms are situated in Barry, Cowbridge, Llantwit Major & Penarth Leisure Centres.

☎ 01446 403000

🌐 www.leisurecentre.com

Snap Fitness Barry

Inclusive opportunities available, please ring to check for suitability. The Pumphouse, Hood Rd, Barry, CF62 5QN.

☎ 01446 736 328

🌐 barry@snapfitness.co.uk

POWER BOATING

Vale Adaptive Power Boat Club

Takes Place at the Mole, Barry Docks, Power Boat is suitable for one wheelchair user at a time. Call Cliff Hayes

☎ 01446 420533,

✉ chayes89@btinternet.com

ROAD RUNNING

Major Milers Running Club, Llantwit

A friendly running club based in Llantwit Major. We regularly run on Tuesday & Thursday nights. Whatever your goal or ability this club is for you.

🐦 https://twitter.com/Milers_Running

Penarth and Dinas Runners

Ring to check for accessible routes and meeting times. Call Jim McCollach

🌐 www.penarthanddinasrunners.co.uk

Penarth Girls Running

Ring to check for accessible routes and meeting times. Contact Sophie Wilkinson on

✉ geast@valeofglamorgan.gov.uk

Seriously Mad Runners

We have a wide variety of abilities amongst our members ranging from absolute beginner, to seasoned marathon runners. Whatever your ability, you will be welcomed into our group.

✉ Seriouslymadrunners@outlook.com

Women Running Penarth

Ring to check for accessible routes and meeting times. Erika Fitzgibbon on

☎ 07870 796322

✉ e.fitzgibbon@talktalk.net

RUNNING

Park Run – Barry Island

It is a 5km run, every Saturday at 9:00am, takes place at Barry Island Promenade, Barry, Vale of Glamorgan, CF62 5TJ, Free to take part. Not suitable for novice wheelchair users.

🌐 www.parkrun.org.uk/barryisland/

Junior Park Run – Romilly Park

It is a 2k run for juniors only (4-14 year olds), every Sunday at 9:00am, Romilly Park, Romilly Park Road, Barry, Vale of Glamorgan, CF62 6RN, Free to take part. Suitable for wheelchair users.

🌐 www.parkrun.org.uk/barry-juniors

SENSORY ROOMS

Intersensory Club

The interactive Multi-Sensory Room is available Monday – Friday 10am-4pm, Sat and Sun 1pm-4pm at 33 Laleston Close, Barry, CF63 1TZ. Suggested donation of £5 per visit (half a day). Call Cliff Hayes

☎ 014446 420533

✉ chayes@btinternet.com

TAI CHI

Motion Control

Takes place in Rhoose Community Centre.

☎ 07725 038778

✉ www.motioncontroldance.com

VALE YOUTH CENTRES

Boccia and a range of inclusive activities are available at Wick Youth Club, Llantwit Major Youth Club, Byrd Crescent Youth Club, Llandough Youth Club. Contact details at

🌐 www.valeofglamorgan.gov.uk

WALKING

Valeways

Valeways offer guided walks and opportunities for volunteering throughout the Vale of Glamorgan. Please visit our website for more information about the Free Walks they provide

🌐 <http://www.valeways.org.uk>

WALKING FOOTBALL

NEW club starting in Penarth in early 2018. Please contact Sophie Wilkinson for more details on

☎ 01446 704896

✉ geast@valeofglamorgan.go.uk

YOGA

Yogalicious

Sessions take place In Barry, Penarth and Dinas Powys throughout the week. Please contact Rachel Cahalane on

☎ 07884 002910

✉ rachel@yogalicious.co.uk

Volunteers Wanted

The Vale of Glamorgan Council's sports and play development team are always looking for volunteers who can help deliver a range of opportunities across the county.

The team are keen to hear from anyone aged 14 and above who would like to get involved in volunteering and make a difference to other people in the Vale of Glamorgan.

There are roles for everyone, whether you want to train to become a coach, help out in a club, become a sports administrator, drive a vehicle, or buddy up with a disabled person. We provide training, support and mentoring.

To find out more, please call

Simon Jones on **01446 704728**

email: sljones@valeofglamorgan.gov.uk



Disability Sport in Schools

Primary School Sport

The Vale Sports and Play Development Department aim to get primary school children active from a young age by encouraging greater numbers of 4-11 year olds to take part in extracurricular sport or physical activities. We will happily work with any primary school to help support

Admirals Play Together Programme

This is a one hour course for school pupils that was created to improve their knowledge and understanding of inclusion, the two main focus areas are to learn more about what disabled children, young people and adults can do and for pupils to learn how to include their friends in all PE and play activities. The course is open to Primary Schools and local Uniformed Groups e.g. Scouts and Guides.

Secondary School Sport



5x60

The 5x60 Scheme is all about getting secondary school pupils more active more often by encouraging them to exercise for at least 60 minutes, five days a week. See the 5x60 officer in your school to find out about the new timetable of activities available this term.

Holiday Play Schemes

These are run in community buildings such as schools, churches and community centres. They target 5-11 year olds and usually run for 1 hour and 55 minute per session. During the session children can choose to participate in activities such as arts and crafts, board games, water play and sports.

We are able to offer a comprehensive service to ensure disabled children can access playschemes. The support offered includes one to one support, a registered nurse and a personal care assistant.

Contact

Jo Jones, Play Development Officer on [01446 704809](tel:01446704809)
or joajones@valeofglamorgan.gov.uk



VALE of GLAMORGAN



www.valeofglamorgan.gov.uk/sportsandplay

 Find us on Twitter @ValeDSW @Valesportnews

www.disabilitysportwales.com