



## Section 5

# Education, employment and leisure



In Wakefield, there is a wide variety of opportunities for people with learning disabilities to take part in employment, education, training, social, leisure and sporting activities provided by public and voluntary services. Often, the difficulty is knowing what is available and how to access the different opportunities. This section explores some of the different options, and helps you to find out how to get in touch with them.

This section includes information about:

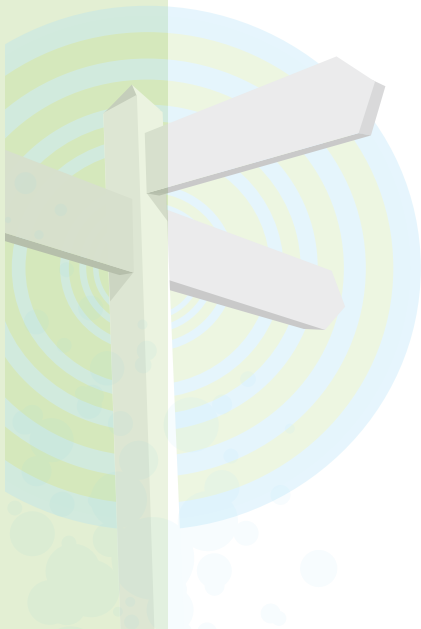
**Making the most of opportunities**

**Work opportunities**

**Education and training opportunities**

**Supported day activities**

**Social, leisure and sporting activities**



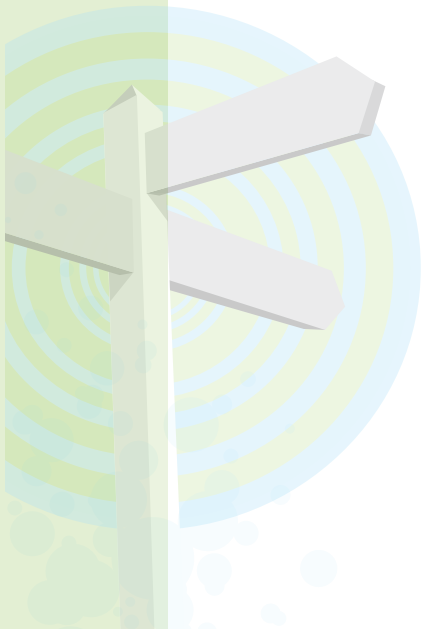


## Making the most of opportunities

It is important for people with learning disabilities to have the opportunity to participate in activities they enjoy during the day, evening, and at weekends. These activities can range from work and training, to social and leisure pursuits.

It is beneficial for many people with learning disabilities to socialise and take part in enjoyable activities. It is also important for carers to have a break, particularly when they know the people they care for are enjoying themselves, are well supported, and safe.

Needs can vary so it is important that activities are tailored around individuals. Some people are able to make their wishes and feelings understood easily. Others may require support from a carer, advocate, or other people who know them in order to make choices.





## Work Opportunities

At the time of publication, Mencap Pathway and Mental Health Matters operate supported employment schemes for people with learning disabilities and/or autism. For all other employment enquiries, contact the Disability Employment Advisor at **Jobcentre Plus**.

### **Mencap Pathway**

**Address: 6a Calder Vale Road, Wakefield, West Yorkshire WF1 5PE**

**Tel: 01924 239955**

**Fax: 01924 363816**

Mencap Pathway aims to give people with a mild to moderate learning disability equal opportunities, to get and keep rewarding jobs that match their individual needs and preferences.

Support starts with an assessment to understand an individual's strengths and find out what they would like to do. From there a learning plan is created, working closely with the individual to build up the confidence and skills they need to achieve their aspirations.

The range of practical support and training Mencap provides includes:

- training on how to get to and from work using public transport
- searching for a job, writing a CV and making job applications
- mock interviews to build confidence and help overcome nerves
- placements for people who will benefit from work experience before searching for a permanent job
- on-the-job training to help people get settled in and understand what the job requires
- ongoing support and advice if any difficulties arise or if any further skills training is needed.





## **Mental Health Matters**

**Address: Ground Floor, Old Town Hall, Crown Court, Wakefield,  
West Yorkshire, WF1 2SU.**

**Tel: 01924 339345/339352**

**Email: [backintouch@btconnect.com](mailto:backintouch@btconnect.com)**

Mental Health Matters supports individuals from the Wakefield district, aged over 18 years, who have a learning disability and/or autism to access work-related activities and gain paid employment.

The service offers an individual package of assessment and support, to enable people to gain work and retain their existing employment. This can include employment rights advice and guidance; assistance to access a range of training, education, voluntary and work placement opportunities; and assistance with job search, application forms, CV writing and interview techniques.

These activities aim to help build confidence and self-esteem, provide up-to-date relevant training and work experience skills, all of which will increase an individual's chances of gaining and retaining employment.

## **Jobcentre Plus (Wakefield)**

**Tel: 01924 322218**

**Textphone: 01977 559225**

**Web: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)**

Jobcentre Plus provides support to people who are having difficulties getting a job because of a disability, and to employed people who are concerned about losing their job because of a disability. Disability Employment Advisers are usually based in Jobcentre Plus offices and can provide specialist support on employment issues.

Jobcentre Plus has strong connections with many employers who make every effort to meet the needs of disabled people who are looking for work.





## Remploy

**Address: Ground Floor, Phoenix House, South Parade, Leeds LS1 5QX**

**Tel: 0300 456 8022**

**Fax: 0845 155 2562**

**Jobseekers: 0845 601 5878**

**Email: [employmentservices.osc@remploy.co.uk](mailto:employmentservices.osc@remploy.co.uk)**

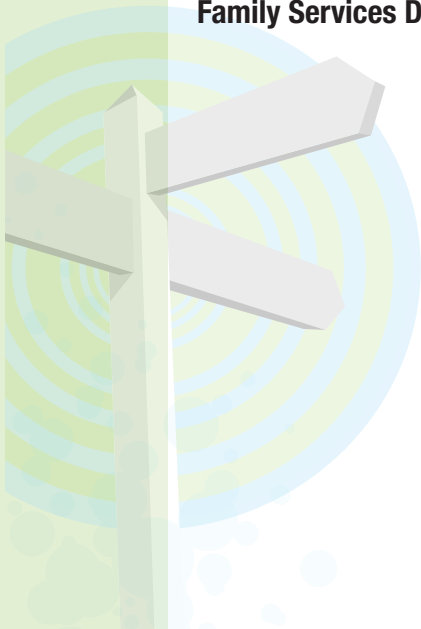
Remploy is one of the UK's leading providers of employment services and employment to people with disabilities and complex barriers to work. Remploy provides a specialist recruitment service for people with a disability.

Remploy help make the most of a person's ability. The employment services are designed to help people get the job that's right for them.

Jobseekers will have the support of a Remploy Employment Advisor to help them with a structured programme of careers advice. This includes help with writing a CV, interview tips, advice about disclosing a disability and benefits advice.

Each year, Remploy help thousands of disabled people and people with a health condition achieve their employment goals, and to find sustainable employment in a wide range of roles with many of the UK's top employers. These include retail and administration roles, contact centre jobs, warehousing and logistics, and catering.

### **Family Services Day Opportunities**





Wakefield Council Family Services are working to increase employment and training opportunities for people with disabilities. People who attend Family Services Day Opportunities can take part in 'work style opportunities' or leisure activities. This includes work experience and accredited training in catering, gardening, making cards and other crafts, woodwork and furniture recycling.

Those who attend Day Opportunities will learn new skills which can then be used to support future employment plans. The type of opportunities available include:

- Furniture recycling
- Shopping Service
- Café
- Corner Shop
- Gardening and cultivation
- Jewellery and card making
- Craft shop
- Repairs for older people

The above services are accessed through **Social Care Direct** or your care manager.

### **Horticare**

**Address: Lindhill Nurseries, Batley Road, Kirkhamgate,  
Wakefield WF2 0SH**

**Tel: 01924 372433**

Horticare provide training and work experience in horticulture for people with learning disabilities. They operate a garden maintenance service, as well as producing and selling a wide range of plants on the nursery.





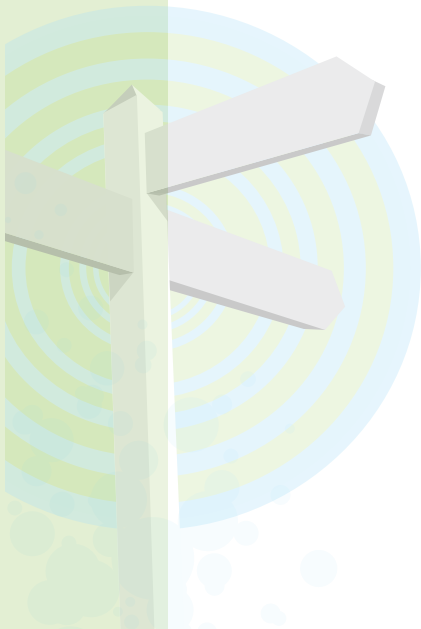
## **AutismPlus**

**Address: St Mary's Community Centre, The Circle, Chequerfield,  
Pontefract WF8 2AY**

**Tel: 01977 705341**

AutismPlus are a charity providing care and support for people with autism and related conditions. Their core service offering includes Residential and Supported Living, Adult Learning, Domiciliary Care, Day Service Provision, Short Breaks and Community Support.

They also can provide a service to individuals with a health related difficulty who are facing barriers into work. Services are designed to build confidence, provide support and encouragement, and help in finding and sustaining employment.





## Education and training opportunities

**Wakefield Connexions, 24 Wood Street, Wakefield WF1 2ED**

**Tel: 01924 371579**

**Email: [wakefield@vtplc.com](mailto:wakefield@vtplc.com)**

Connexions offers advice on education, careers, housing, money, health and relationships for 13-19 year olds in the UK. It also provides support up to the age of 25 for young people who have learning difficulties/disabilities (or both), with help from specialist Learning Disability Advisers.

### **Guidance Services**

**Tel: 01977 552824, 01977 690667, or 01924 371579**

**Email: [castleford@vtplc.com](mailto:castleford@vtplc.com), [pontefract@vtplc.com](mailto:pontefract@vtplc.com), or [wakefield@vtplc.com](mailto:wakefield@vtplc.com)**

Guidance Services is a careers company offering information, impartial advice and guidance about careers and training and learning opportunities to people of all ages in the Wakefield District.

### **Help provided includes:**

- Up-to-date careers information and advice about learning and training
- Your own Personal Adviser
- Confidential, one-to-one interviews
- Help if you have a disability or special need
- Computerised career-matching
- Job vacancies
- Help with application forms, CVs, and interviews





**Skill: National Bureau for Students with Disabilities**

**Address: Chapter House, 18-20 Crucifix Lane, London SE1 3JW**

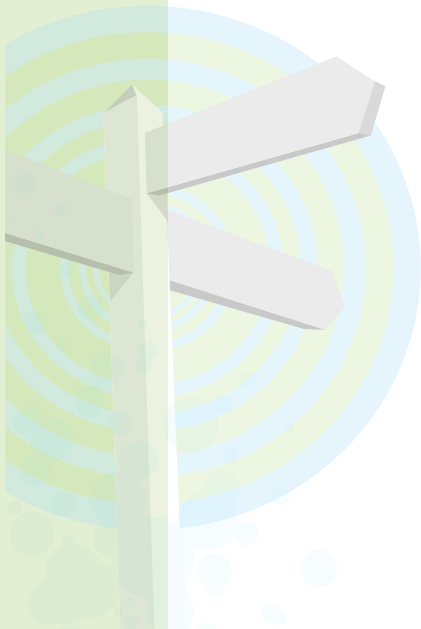
**Tel: 020 7450 0620**

**Textphone: 0800 068 2422**

**Email: [info@skill.org.uk](mailto:info@skill.org.uk)**

**Web: [www.skill.org.uk](http://www.skill.org.uk)**

Skill is a national charity promoting opportunities for young people and adults with any kind of impairment in post-16 education, training and employment.





## Education providers

### **Wakefield Adult & Community Education Service**

**Address: Manygates Education Centre, Manygates Lane, Sandal, Wakefield WF2 7DQ**

**Tel: 01924 303 302**

**Email: [aces@wakefield.gov.uk](mailto:aces@wakefield.gov.uk)**

Wakefield Adult & Community Education Service offers a wide and varied programme of courses available at centres across the district for a wide variety of interests, at all levels from beginners to more advanced.

The service works with community partners, schools and employers to provide a wide range of part-time learning opportunities primarily for people aged 19 and over. There is a strong programme of life-enriching learning activities, which take place in day and evening centres.

In addition, a considerable amount of provision is targeted towards learners who are unemployed, unwaged, and part-time or low-waged workers, as well as people with low qualifications and excluded groups. Its purpose is to increase people's life-chances and choices within the context of the changing economy of the district.

### **Wakefield College (Course Information)**

**Address: Wakefield Campus, Margaret Street, Wakefield WF1 2DH**

**Tel: 01924 789111**

**Web: [www.wakcoll.ac.uk](http://www.wakcoll.ac.uk)**

Wakefield College is currently undergoing curriculum change and is in the process of introducing the Foundation Learning Tier. The courses will be based across the 3 Wakefield College sites at Margaret Street, Wakefield, Thrones Park, Wakefield and Skills Exchange Glasshoughton Castleford. For more information contact Wakefield College.

**Tel: 01924 789789**





## The Additional Support Service at Wakefield College

Wakefield College also has several support tutors who specialise in a particular aspect of support. The specialisms where support is offered include:-

- Autistic Spectrum Disorder
- Blind and Visually Impaired
- Skills for Life and English as a Second Language
- Emotional and Behavioural Difficulties
- Mental Health
- Medical Conditions/Moderate and Severe Learning Difficulties
- Dyslexia, Dyspraxia and Dyscalculia
- Deaf, hard of hearing or deafened

For more information about the support that may be given contact:

**The Additional Support Service on 01924 789120/789239/789262/  
789585**

## Pennine Camphill Community

Pennine is a specialist college offering further education, training and support for young people with special needs, learning, emotional and behaviour difficulties.

Pennine is situated at Chaplethorpe on the outskirts of Wakefield for young people who live in the Wakefield area. Pennine Camphill offers day placements for up to three years depending on funding. Pennine Camphill is registered to take young people from 16, but prefers young people to be over 18 years old. Referrals can be through your Connexions PA, and enquires can be made by Parents, Social Workers, Schools and the Council.

At the moment, Pennine is funded by the Learning and Skills Council (LSC), and in accordance with LSC funding, Pennine Camphill Community can not proceed with an application until the local FE College has confirmed they cannot meet a young person's needs.

For more information, contact **Pennine Camphill Community Admissions** on **01924 255281** or see [www.pennine.org.uk](http://www.pennine.org.uk)





### **Barnsley College**

**Address: PO Box 266, Church Street, Barnsley S70 2YW**

**Tel: 01226 216216**

**Enquiries: 01226 216267 / 216114**

With a wide range of courses from basic education to high level professional qualifications, Barnsley College offers you the opportunity to train for a career, improve job prospects, qualify for university or simply learn a new skill.

### **Kirklees College: Dewsbury Centre**

**Address: Halifax Road, Dewsbury WF13 2AS**

**Tel: 01924 465916**

**Email: [info@dewsbury.ac.uk](mailto:info@dewsbury.ac.uk)**

Kirklees College has courses for all levels and abilities, excellent progression opportunities up to degree level, courses for leisure, professional qualifications, and full and part time flexible study options. Teaching takes place in numerous community venues throughout Kirklees.

### **learndirect**

**Address: PO Box 900, Leicester, LE1 6XR**

**Tel: 0800 101 901**

**Web: [www.learndirect.co.uk](http://www.learndirect.co.uk)**

learndirect provides access to a range of online learning courses for all levels at centres across the country. They are based within communities, from town centres to university campuses.





## Supported Day Activities

### Family Services Day Opportunities

These offer a variety of activities including education, cookery, sport, art, pottery, sewing and other crafts, woodwork and gardening in community based centres across the district.

These can be accessed through **Social Care Direct** or your care manager.

#### **Robinia Support Solutions (North)**

**Address: Unit B, Moor Park Business Centre, Wakefield WF2 8PF**

**Tel: 01924 231020**

**Fax: 01924 364529**

**Email: [LearnAndEd@robinia.co.uk](mailto:LearnAndEd@robinia.co.uk)**

Robinia Support Solutions is a national organisation committed to providing local solutions to meet individual support needs. They offer a wide range of high quality and person centred support services for people with learning disabilities and those on the Autistic Spectrum.

Their purpose is to improve the lives of people and their support network by:

- empowering the person and supporting them in making their own choices to lead fulfilling lives which they are in control of;
- supporting them to live in their preferred environment with as much or little support needed to lead the life they want;
- providing quality, flexible support that makes future hopes, dreams and ambitions a reality;
- creating Person Centred Plans that include: day time activities, social activities, relationships, money management, supported employment, holidays and travel;
- working in partnership with councils, The NHS, families and informal support networks;
- continually striving to provide more for less and ensuring all costs are transparent;
- employing people on the basis of their values and providing training and development opportunities.





### **Millennium Care Services**

**Tel: 01977 602867**

**Fax: 01977 602798**

**Email: [info@mcare.com](mailto:info@mcare.com)**

**Web: [www.mcare.info](http://www.mcare.info)**

Millennium Care Services seeks to provide assistance for all individuals who have a learning disability. The Service offers a variety of provision in an Activity Resource Centre (as well as Residential, Supported Living and Domiciliary).

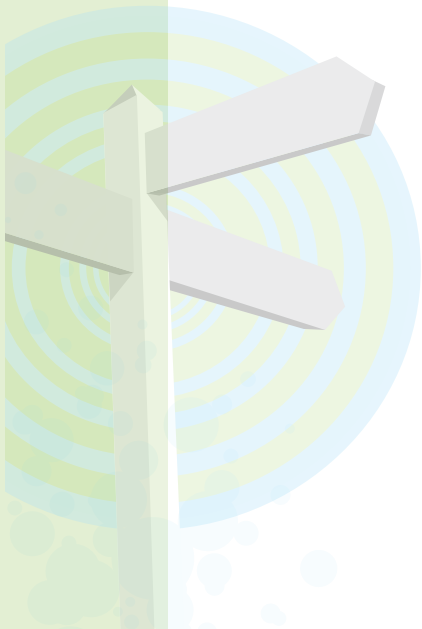
### **Pontefract Family Centre**

**Address: 4 Harropwell Lane, Pontefract WF8 1QY**

**Tel: (01977) 706932**

**Email: [dave@ponfamcen.org.uk](mailto:dave@ponfamcen.org.uk)**

Pontefract Family Centre offers recreational and integrated opportunities to adults who have significant learning disabilities.





## Social, leisure and sporting activities

### Museums and galleries

Museums, galleries, exhibitions and other places of interest are improving accessibility all the time. This includes the way that exhibits and buildings are presented. Visitors can benefit from supported tours and information in simple formats - for example, symbols and pictures alongside text, and information and signage in simple and alternative formats.

As some people with severe learning disabilities have additional sensory, communication and mobility impairments, most larger museums, galleries and buildings now have visual and tactile signs and easily understood symbols. Routes should be clearly marked and there should be easy identification of what each room in the building is for - with clear ways in and out.

### Tours and guides

Many places - especially larger museums and galleries - often give tours or interactive workshops for people who have a learning disability. Tours may include a short introductory talk about the museum or gallery in plain English. This may be delivered via an audio-guide. An audio guide - normally a portable CD or audiotape player - can also help people with dyslexia or who have difficulty reading. You may be able to arrange a 'one-to-one' tour or go as part of a group. Please note that the place concerned may need several days' notice.

**DisabledGo**

**Web: [www.disabledgo.info](http://www.disabledgo.info)**

DisabledGo is an online directory with detailed access information about venues across the UK. You can search the database, and filter results so that you can check whether a venue is suitable for your own individual needs.





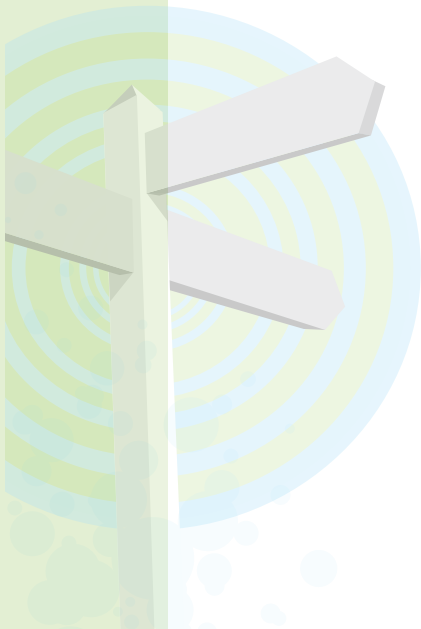
**Learning and Skills Team (Wakefield Council)**

**Address: Clarke Hall Educational Museum, Aberford Road,  
Wakefield WF1 4AL**

**Tel: 01977 722744**

**Email: [learningandaccess@wakefield.gov.uk](mailto:learningandaccess@wakefield.gov.uk)**

The Learning and Skills Team aims to offer high quality services that inspire, enrich and reflect the changing needs of all those who live, work, study in or visit the Wakefield district, from adult events and talks, to workshops for schools and families.





## Some free activities in Wakefield district

### **National Coal Mining Museum for England**

**Address: Caphouse Colliery, New Road, Overton, Wakefield WF4 4RH**

**Tel: 01924 848806**

**Web: [www.ncm.org.uk](http://www.ncm.org.uk)**

The National Coal Mining Museum for England provides a great day out with a unique opportunity to travel 140 metres underground down one of Britain's oldest working mines. Situated in a rural setting, it offers an unusual combination of exciting experiences, while providing a genuine insight into the hard-working lives of miners through the ages. Admission is free.

### **Yorkshire Sculpture Park (YSP)**

**Address: West Bretton, Wakefield WF4 4LG**

**Tel: 01924 832631**

**Email: [info@ysp.co.uk](mailto:info@ysp.co.uk)**

With four indoor galleries and 500 acres of 18th century parkland, YSP is an international centre for modern and contemporary art, experienced and enjoyed by thousands of visitors each year. Admission is free but there is a charge for parking.

### **The Art House**

**Address: Drury Lane, Wakefield WF1 2TE**

**Tel: 01924 377740**

**Minicom: 01924 377310**

**Email: [info@the-arthouse.org.uk](mailto:info@the-arthouse.org.uk)**

The Art House is a unique national membership organisation created by a group of visual artists, to campaign for equality of access to opportunities for work, training and exhibiting for both disabled and non-disabled artists equally.

The Art House works to create purpose-built accessible and supported studio spaces, like its workspace in Wakefield, where artists can work alongside each other on equal terms. It also designs and manages ambitious projects including residencies, exhibitions, commissions and research, nationally and internationally, all in accessible settings.





## Discounts

- **Visiting places of interest**

Many places of interest, including museums, sports venues, National Trust properties and English Heritage sites, offer discounted or free admission to a companion accompanying a disabled person.

- **Cinema Exhibitors' Association Card**

The Cinema Exhibitors' Association Card is a national card for disabled people, which entitles the holder to one free ticket for a person accompanying them to the cinema. The card is valid for one year from the date of issue.

To apply for the card, you will need to meet one or more of the following criteria:

- a) Be in receipt of the disability living allowance or attendance allowance.
- b) Be a registered blind person.

There is a small processing fee. Application forms are available from cinemas across the UK supporting this card. Alternatively, download an application form from the website, print it out and fill it in. Send to the address below along with a passport size photograph.

**For more information, see [www.ceacard.co.uk](http://www.ceacard.co.uk)**

**Address: The Card Network, Network House, St Ives Way,  
Sandycroft CH5 2QS**

**Tel: 0845 123 1292**

**Fax: 0845 123 1296**

**Minicom/Textphone: 0845 123 1297**

**Email: [info@ceacard.co.uk](mailto:info@ceacard.co.uk)**





## **Local disability sport and activity organisations**

### **Wakefield Riding for the Disabled Association (Wakefield RDA)**

**Tel: 01924 241341**

**Fax: 01924 240257**

**Email: [enquiries@wrda.org.uk](mailto:enquiries@wrda.org.uk)**

**Web: [www.wakefieldrda.typepad.co.uk](http://www.wakefieldrda.typepad.co.uk)**

Wakefield RDA is a company limited by guarantee and a charity, which provides horse riding and carriage driving for people with disabilities to improve their general health and wellbeing.

Their clients include small children, young people and adults with a wide range of physical and learning disabilities, mental health and behaviour problems. Riding sessions are based at Pennine Community, a specialist FE residential college for young people with learning disabilities. Students at Pennine Community help with horse care, stable duties and riding.

Carriage driving takes place on the quiet tracks around HMP Newhall at Flockton. Carriage driving offers the opportunity for those who are unable to ride to share the enjoyment and exhilaration of horsepower.

### **Federation of Disability Sports Organisations (FDSO)**

**Address: Unit 9 Milner Way, Osset, Wakefield WF5 9JN**

**Tel: 01924 279305**

**Minicom: 01924 275070**

**Email: [fhall@fdso.co.uk](mailto:fhall@fdso.co.uk)**

**Web: [www.fdso.co.uk](http://www.fdso.co.uk)**

FDSO was formed to create and provide sport and recreational opportunities for disabled people in the Yorkshire and Humberside region. The FDSO is a Benevolent Organisation (not for profit) and is run by a volunteer Executive Committee made up of members from the four sub-regional Disability Sports Organisations.





The FDSO works with its strategic partners, the English Federation of Disability Sport and Sport England to meet their objectives, which will bring greater opportunities for disabled people, more sports, more choices and the chance to have a say in how sport is planned and delivered.

In addition to this development work, FDSO produces an annual calendar of events, activity and sports development days, coaching courses and competitive events for people of all abilities and age groups.

### **Stars in the Sky Yorkshire**

**Address: c/o HFT, Unit 3, Calder Close, Calder Park, Durkar, Wakefield WF4 3BA**

**Tel: 01924 229120/242700**

**Email: [karen.England@hft.org.uk](mailto:karen.England@hft.org.uk)**

**Web: [www.hft.org.uk](http://www.hft.org.uk) or [www.dimensions-uk.org](http://www.dimensions-uk.org)**

Stars in the Sky Yorkshire is a project being run in Leeds, Wakefield and surrounding areas. They are committed to people with learning disabilities having the opportunity to develop and sustain friendships and relationships, and attend social events and take part in leisure activities.

To join you have to:

- Have a learning disability/difficulty
- Be over the age of 18

Members are invited to all events - some events will be free and some may have a cost. Social events include theatre and music nights, club outings, picnics and restaurant meals and sport activities.

### **Gateway Club**

Gateway is a social club for young people and adults with learning disabilities aged 13+. There are two clubs in the district. Both are supported by volunteers and as such places are limited:

#### **1. Cross Keys Young People's Centre**

**Address: Lake Lock Road, Stanley, Wakefield WF3 4HW**

**Contact: Don Teal on 01924 367800**

**The Wakefield Gateway Club meets Wednesdays 6pm-8pm**





## 2. The Oasis Church

**Address: 10a Exchange Street, South Elmsall, WF9 2RD**

**Contact: Ann Bennett on 07964 007182**

**The South Elmsall Gateway Club meets Fridays 6pm-8pm**

### **Wakefield Adult Autism and Asperger Social Group**

The Wakefield Adult Autism and Asperger Social Group is a group run by and for adults with autism spectrum conditions. The group meet fortnightly on a Friday evening, and do a range of activities including cinema trips, bowling, walking and pub/pool nights. They also welcome carers/partners/support workers and others who are affected by/interested in autism.

For more information, please contact **Laura Clayton** at [laura.clayton@wakefieldautism.co.uk](mailto:laura.clayton@wakefieldautism.co.uk) or **Gillian Quinn** on 07827 946901.

### **Beautiful Octopus Club**

**Address: West Yorkshire Playhouse, Playhouse Square,  
Quarry Hill, Leeds LS2 7UP**

**Box Office: 0113 213 7700**

**Email: [info@wyp.org.uk](mailto:info@wyp.org.uk)**

The Beautiful Octopus Club is a cabaret club night celebrating the culture of people with learning disabilities. The club is run by a group of adults with learning disabilities, the Leeds Octopus Crew, with support from staff at West Yorkshire Playhouse.

Club nights are held approximately four times a year and each club night has its own theme and fancy dress is encouraged. Previous themes have included A Pirate Adventure, The Wild West, High School Prom and A Night at the Circus. On the night, activities include interactive dance sessions, music and drama performances, open mic sessions, face painting and interactive arts. The Octopus DJs keep the dance floor buzzing all night with their top tunes! There is even a chill out zone with relaxing massage on offer for those who want to take it easy.





### **Pontefract Pirates Football Club**

**Contact: Trevor Waddington on 07825 418999**

**Web: [www.pontecolls.co.uk](http://www.pontecolls.co.uk)**

The club is for players with learning difficulties. They meet Saturdays at Pontefract Collieries 11am–1pm and play monthly league games on a Sunday. They are affiliated with the Special Olympics through Able2 Special Olympics Club.

### **Wakefield Autism Leisure Club**

**Contact: Claire Stephenson on 01924 820233**

**Web: [www.walc-online.com](http://www.walc-online.com)**

Wakefield Autism Leisure Club is a Wakefield based sports club for children and young adults who have a learning disability and/or autism (minimum age 8 years). The group are affiliated to Mencap and work closely with Wakefield Special Olympics.

### **Able2**

**Address: Featherstone Technology College Pontefract Rd,  
Featherstone, Pontefract, West Yorkshire, WF7 5AJ.**

**Contact: Steve Greatorex**

**Tel: 01977 709576**

**[www.able2.org.uk](http://www.able2.org.uk)**

Able2 has been set up with the aim to increase participation in disability sport, offering coaching and competitive opportunities in sport for people with learning disabilities. They offer the following sports: football, swimming, boccia, new age kurling, table tennis, badminton, gymnastics, tenpin bowling, equestrian, alpine skiing and athletics.

Able2 is affiliated to Special Olympics GB and seeks to raise the performance standards in all aspects of disability sport and promote an awareness of disability sport to the wider community.





## **Sports and leisure facilities in Wakefield district**

**Wakefield District Sport Association for the Disabled**  
**Contacts: Elizabeth Martin on 10924 251591**  
**Don Teal on 01924 367800**

The group meets at Castleford Pool Wednesdays 7-8pm for swimming, and Phoenix Community Centre, Batley Road, Alverthorpe on Saturdays 6-8pm for table tennis, badminton and bowls.

**Thornes Park Athletics Stadium**  
**Address: Horbury Road, Wakefield WF2 8TY**  
**Tel: 01924 302385**  
**Fax: 01924 302387**  
**Email: [thornesas@wakefield.gov.uk](mailto:thornesas@wakefield.gov.uk)**

Thornes Park Athletics Stadium is a fully Inclusive Fitness Initiative Site. This means that the Stadium has both accessible facilities and inclusive fitness equipment for use by both disabled and non-disabled people alike. The aim is for both groups and individual users within the Wakefield community to be able to exercise with full inclusion for all.

The building has been designed to make it more accessible and includes:-

- Ramped access and high visibility steps
- Tactile signage
- Good mobility for wheel chair users throughout the site
- A lift to all floors
- Automatic doors
- Toilets for people with disabilities
- Changing facilities and shower for people with disabilities

Several specialist sessions and activities:

- Cardio Rehab sessions
- Pulmonary Rehab sessions





### **Inclusive Fitness Initiative (IFI)**

As an IFI accredited facility they provide a selection of equipment that ensures a user, regardless of their disability or impairment, will be able to have a full body workout.

For more information about the Inclusive Fitness Initiative at Thornes Park you can download the booklet from the Wakefield Council website, or alternatively you can telephone the centre.

#### **Lightwaves Leisure Centre**

**Address: Lower York Street, Marsh Way, Wakefield WF1 3LJ**

**Tel: 01924 302315**

**Fax: 01924 302337**

**Email: [lightwaveslc@wakefield.gov.uk](mailto:lightwaveslc@wakefield.gov.uk)**

#### **Accessibility:**

- Excellent entry for wheel chair users
- Excellent mobility for wheelchairs throughout the centre
- Minicom telephone
- Toilets for people with disabilities
- Washrooms for people with disabilities
- Public lift to all levels

#### **Specialist sessions:**

- Dis-sport group: various coached activities
- Swimming lessons
- Provision for one to one swimming lessons

#### **Knottingley Sports Centre**

**Address: Hill Top, Knottingley WF11 8EE**

**Tel: 01977 722505**

**Fax: 01977 670567**

**Email: [knottingleysc@wakefield.gov.uk](mailto:knottingleysc@wakefield.gov.uk)**

#### **Accessibility:**

- Access to sports halls for wheelchair users
- Lift access to upper floor and bar area
- Provision for one to one swimming lessons





- Pool entry hoist available
- Changing facilities for people with disabilities
- Pool temperatures can be raised for specialist sessions

### **Featherstone Sports Centre**

**Address: Featherstone Technology College Sports Complex,  
Pontefract Road, Purston, Featherstone WF7 5AJ**

**Tel: 01977 722700**

**Fax: 01977 722809**

**Email: featherstonesc@wakefield.gov.uk**

- a variety of specialist sessions
- Able2 Saturday Club - multi-sports for young people with disabilities
- Wakefield CP Football Club - for young people with physical difficulties
- Able2 Boccia Club - P2P Centre of Excellence for bocci
- Wakefield Whirlwinds Wheelchair Basketball Club

### **Swimming Pool**

- Entry and mobility for wheelchair users
- Disabled toilets and changing facilities
- Direct access to pool
- Pool Hoist available
- Integrated gradient steps to pool
- Disabled parking provided, including dropped kerbs
- Disabled shower facilities
- Pool temperatures can be raised for specialist sessions

### **Specialist Sessions:**

- Lymphodema Class
- Able2 Swim Club - CP Sport, DSE and Halliwick links





### **Normanton Swimming Pool**

**Address: Market Street, Normanton WF6 2AR**

**Tel: 01924 302475**

**Fax: 01924 302477**

**Email: [NormantonLC@wakefield.gov.uk](mailto:NormantonLC@wakefield.gov.uk)**

- Entry and mobility for wheelchair users
- Disabled toilets and changing facilities
- Disabled cubicles in male and female changing rooms
- Direct access to pool
- Hoist available
- Gradient steps in to pool
- Pool temperatures can be raised for specialist sessions
- Tactile Signage
- Disabled parking provided, including dropped kerbs
- Disabled shower facilities

Specialist Session: Joint and Muscle Mobility

Normanton Swimming Pool is currently having significant modifications around disabled access including improved disabled changing cubicles with showers, stretcher benches, and improved hoist and access in to the pool for profoundly disabled people.

### **Minsthorpe Swimming Pool**

**Address: Ash Grove, South Elmsall WF9 2TF**

**Tel: 01977 723200**

**Fax: 01977 723202**

**Email: [minsthorpesp@wakefield.gov.uk](mailto:minsthorpesp@wakefield.gov.uk)**

- Entry for wheelchair users
- One to one swimming lessons available
- Pool Hoist available and gradient steps
- Pool temperatures can be raised for specialist sessions
- Disabled parking provided
- Pool temperatures can be raised for specialist sessions

Specialist Session: Muscle Mobility





### **Pontefract Swimming Pool**

**Address: Stuart Road, Pontefract WF8 4PQ**

**Tel: 01977 722755**

**Fax: 01977 722756**

**Email: [pontefractsp@wakefield.gov.uk](mailto:pontefractsp@wakefield.gov.uk)**

- Entry for wheelchair users
- Disabled toilets available in both toilet and reception
- Changing rooms have hand rails and provide unisex, disabled and family facilities
- One to one swimming lessons available
- Pool Hoist and gradient entry steps available
- Improved signage including Braille
- Disabled parking and dropped kerb
- Pool temperature can be raised for specialist sessions

**Specialist Session: Arthritis Care Club**

### **Castleford Swimming Pool**

**Address: Aketon Road, Castleford WF10 5DU**

**Tel: 01977 722055**

**Fax: 01977 722056**

**Email: [castlefordsp@wakefield.gov.uk](mailto:castlefordsp@wakefield.gov.uk)**

- Entry for wheelchair users
- Disabled toilets are available
- Changing rooms, handrails and large cubicles available
- Pool hoist available and gradient steps
- Pool temperature can be raised for specialist sessions
- One to one swimming lessons