

Ability Bow

Description

Service Description

Short breaks enable disabled children and young people to do many of the activities non-disabled children take for granted. They help them have fun, try new activities, gain independence and make friends.

Short breaks are one of the services most commonly requested by parents of disabled children. These services also offer parents and carers the much-needed break that they deserve from their usual caring responsibilities.

Additional Information

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Ability Bow provides inclusive fitness facilities and expert help from highly-qualified instructors. They strive to attract people to the fitness facility who have never used a gym before, or who would not normally take part in exercise. They particularly focus on people who have disabilities or those who would not be able to afford to use a gym. Some projects may be organised aimed at young children. Contact Ability Bow for information on specific sessions for young people with disabilities and for information on how to access their provisions.

Suitable for ages

Age of Users

From **16 years** to **99 years**

Costs

Cost per Session

£5.50

Questions & Answers

Can Families Self-Refer To The Service? Yes

Do You Have A Waiting List? No

Do You Have Child Protection Policies And Procedures Yes

Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers Yes

Further Information

Provider Type	Suitable For	Delivery Channels	Referral Criteria
Sports And Recreation Sports And Recreation	Downs Syndrome Visual Impairment Attention Deficit Hyperactivity Disorder (ADHD) Social, Emotional, Behaviour Difficulty (SEBD) Complex Needs Dyslexia Severe Learning Difficulty (SLD) Speech, Language & Communication Needs (SLCN) Tourette's Long Term Medical Conditions Epilepsy Moderate Learning Difficulty (MLD) Multi-Sensory Impairment (MSI) Physical Disability Profound & Multiple Learning Difficulties (PMLD)	Office / Premises	None (Self-referral)

Provider

Sports And Recreation

Sports

Contact Details

Telephone No

020 8980 7778

Website

<http://www.abilitybow.co.uk>

Email Address

reception@abilitybow.org

Address Details

Street Number

St Mark's Church

Street

St Stephens Road

Town

London

Postcode

E3 5JL

Opening Times

Monday	from	to
	09:30	17:00
Tuesday	from	to
	09:30	18:00
Wednesday	from	to
	09:30	17:00
Thursday	from	to
	09:30	17:00
Friday	from	to
	09:30	17:00

Visit service website

Similar Organisations

Changing Faces

Early Bird

Short Breaks (Discovery Home)

Magic Care Moments

Children with Disabilities