

Inclusive activities

Monday – Innoflate (Newport) - 5-6pm (first monday of every month)

Tuesday – Infinity trampoline park – 5-6pm (£6 pay on door)

Fluidity Freerun – 4-5pm - £8 per person (4yrs plus)

Wednesday – Rubicon inclusive dance – 7-11yrs – www.rubicondance.co.uk

Adaptive Karate class – Ely Rafa Club – 7:30 – 8:30pm (10 years plus), 5:15 – 5:45 - (under 10 years)

Sensory stars – (Vale) after school social club – Barry Island Community Centre – 5:15-6:15. £2 per child, £1 for siblings. Meet other parents whilst the kids play (Term time only). See FB page

Victoria park splashpad – relaxed sessions – term time – 11-12pm (everyday), School holidays – 10 – 11 am

Eden Junior softplay (Blackwood) – 15:30 – 6pm (through sparrows charity - FB group Sparrows ALN group)

Thursday - **Funtastic** (Caerphilly) – 18:10 – 19:40 -
fortnightly (through sparrows charity)

Buzz trampoline park – 6-7pm - monthly – pre-book on
website under quiet hour - £8 per session – 5+ (term time
only)

Swimability swimming lessons – Barry and Penarth Leisure
Centre – www.leisurecentre.com

Friday – **Buzz trampoline park** – 9:45-10:45am – pre-book
- £8 per session – 5+ (only during holidays)

Ants inya Pants – 6-7:30pm – weekly – (through Thrive
Cardiff) - £3 On the door (no need to book)

Colliers Adventure Farm (Nelson) – 17:30 – 19:30 (monthly) -
telephone to book (01443 711772) - £6 per person

Saturday – **All Starts Gymnastics** (Treforest)– 2-3pm (£4
pay on door) (Extra sessions during weekdays in holidays –
see FB page)

Family swimming – 2-3pm (**Cefn forest sport centre**) with
Sparrows charity (FB group Sparrows ALN group)

Parc play sessions – 10-12 – often monthly – book under ALN
session on website(Extra sessions during weekdays in
holidays – see website)

Two Rythms (Touch trust) sessions (Wales Millenium Centre)
– monthly – group or 1:1 sessions – join FB page for updates -
£5 per session

Cwtch Together – weekly morning and afternoon sessions –
booking required – check FB page

ALN swim sessions – Star hyb and Llanishen leisure centre –
book courses via better.org.uk or call leisure centre

Sunday - Family swimming – 2-3pm (**Cefn forest sport centre**) with Sparrows charity (FB group Sparrows ALN group)

Jump softplay – 15:45-17:45pm - monthly (Book via Sparrows) £4 per child, £2 per adult
Peaceful play sessions 9:30 –10:30am - £4 per child – book directly with Jump

Techniquet – relaxed sessions first Sunday of month
10/11am slots (carer goes free)

Buzz Trampoline – 4:30 – 6:30 - monthly (Book via Sparrows)
Ages 5 and over. £15 per child

Role play lane (Llantwit Fardre) – monthly morning sessions
– check FB page

KeyCreate (Penarth) – (Vale) Sensory play sessions – weekly
– 10:30 – 12:30 - book via FB page or just turn up. Child ticket
- £2/£5

No fit state – circus class – Four Elm’s Road (Grangetown) –
12-1 and 1:30-2:30 (Currently has W/L to join). Free

Inclusive Kicks football – Ages 5-11 – run throughout term-
time. 9-10am. Groups and also 1:1 sessions available – 10-11
[https://cardiffcityfcfoundation.org.uk/our-
projects/project/disability-football](https://cardiffcityfcfoundation.org.uk/our-projects/project/disability-football)

Cardiff Whales swimming club – 3:30 – 4:30 pm –
Western Leisure Centre, Ely.
Email: swim.whales@yahoo.co.uk to register

General

St Davids shopping centre Cardiff – quiet/sensory room
available – ask at the information desk on the 1st floor
outside H & M for access

Ride access passes and carer goes free – theme parks offer
access passes to guests who may find it difficult or cannot
stand/queue for long periods of time

Dimensions UK cinema – Autism friendly cinema screenings
– www.dimensions-uk.org

Pedal power – inclusive cycling for all abilities based in Sofia gardens and Cardiff Bay – www.cardiffpedalpower.org

National Autistic Society – Coffee mornings – see FB page

Hynt card – national access scheme for carers to go free to Theatres/arts centre – hynt.co.uk

CEA – cinema card – Carer goes free – ceacard.co.uk

Hidden disabilities – can purchase sunflower lanyard or wristband to show hidden disability to use at airports/supermarkets - <https://hdsunflower.com/uk/>

Bristol Airport – sensory room – can book for 1 hr – bristolairport.co.uk

AP Cymru – neurodiversity charity – monthly subscription of £7.50. Lots of inclusive events on offer plus workshops/coffee mornings/parent events

Sparrows ALN group – inclusive ALN events and activities. Join FB group for events

Oshi's world – community organisation in the Vale promoting social inclusion of families with a child with a disability/additional needs

LIFE - L.I.F.E is committed to supporting families residing in The Vale of Glamorgan and surrounding areas that have

children and/or young adults who have a disability and/or additional learning need. Join FB group ALN charity.