

Inclusive Activities

Monday


- **Innoflate (Newport)** - 5-6pm (first Monday of every month)
- **Boulders** - Inclusive climbing sessions - 4:30 - 6:30pm (last Monday of the month) - £5

Tuesday

- **Infinity Trampoline Park** – 5-6pm (£8 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 – 5:45pm - (under 10 years)
- **Infinity Trampoline Park** – 5-6pm (£8 pay on door – term time only)
- **Sensory Stars** – (Vale) after school social club – Barry Island Community Centre – 5:15-6:15pm. £2 per child, £1 for siblings. Meet other parents whilst the kids play (Term time only). See FB page

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- **Victoria Park Splashpad** – relaxed sessions – term time – 11am-12pm (everyday), School holidays – 10 – 11 am
 - **Eden Junior Softplay (Blackwood)** – 3:30 – 6pm (through Sparrows charity - FB group Sparrows ALN group)

Thursday

- **Funtastic (Caerphilly)** – 6:10 – 7:40pm - 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)

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- **Colliers Adventure Farm (Nelson)** – 5:30 – 7:30pm (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** – 10am-12pm – 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 Inclusive Swim Sessions & Lessons – Star Hyb** – book courses via better.org.uk or call leisure centre

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- **Neurodivergent Friendly Lego Club** – Fairwater Hub – 12-2pm (Siblings welcome)
 - **ALN Relaxed Hour - Museum of Cardiff, The Old Library, The Hayes** – monthly – 10am – 2pm - Lowered sounds in the galleries, dedicated quiet space, ALN resources available

Sunday

- **Family Swimming** – 2-3pm (Cefn forest sport centre) with Sparrows charity (FB group Sparrows ALN group)
- **Jump Softplay** – 3:45-5:45pm - 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 – 6:30pm - monthly (Book via Sparrows) Ages 5 and over. £15 per child
- **Role Play Lane (Llantwit Fardre)** – monthly morning sessions – check FB page

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- **KeyCreate (Penarth)** – (Vale) Sensory play sessions – weekly – 10:30am – 12:30pm - book via FB page or just turn up. Child ticket - £2/£5
 - **No Fit State – Circus Class** – Four Elm's Road (Grangetown) – 12-1pm and 1:30-2:30pm (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>
 - **Cardiff Whales Swimming Club** – 3:30 – 4:30 pm – Western Leisure Centre, Ely. Email: swim.whales@yahoo.co.uk to register
 - **ALN Inclusive Swim Sessions and Lessons** – Llanishen leisure centre – book courses via better.org.uk or call leisure centre

General

- **St David's 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/>

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- **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
 - **Growing Stronger Together** - Building a Stronger ALN Community together. Join FB page for information on ALN events, activities, stay and play and childcare options
 - **Thrive** – Thrive (Cardiff) is a self-funded, registered charity run by parent volunteers supporting children and families with disabilities in South Wales. Join FB page – Thrive Cardiff for more information on exclusive activities