



Personal Assistants for Life Skills
0845 428 0790

PALS Ltd

Activity Directory

Autumn Term 2010



A directory of local places to visit and things to do!

Overview of Activities

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Makin' Steps Performing Arts – HARLOW

Outdoor things to do

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Colchester Zoo – COLCHESTER
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Gibberd Gardens – HARLOW
Hedingham Castle – CASTLE HEDINGHAM
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Indoor things to do

Mountfitchet Castle, Norman Village of 1066 and House on the Hill Toy Museum –
STANSTED MOUNTFITCHET
Oaklands Museum – CHELMSFORD
Harlow Museum – HARLOW
Braintree District Museum – BRAINTREE
Youth Plus Youth Club – ONGAR
Harlow Leisure Zone – HARLOW
Xtreme Gaming – COLCHESTER
Duxford Imperial War Museum – DUXFORD

One off Events

Woodfest – HATFIELD FOREST
Mersea Island Festival – MERSEA ISLAND



Sports

Inclusive 10 Pin Bowling Group and Lunch - BRAINTREE

A bowling group that is run by and for people with learning difficulties. The group meet up at Number 10 in Braintree at 2.15pm the first game at 2.30pm and the second game at 4pm. Anyone interested can join for any part of the day that they wish. The games cost £2.70 per game. Please let Carley or Kirk know if you are interested so that we can let the group know you're coming.

Inclusive Gym Group – XPECT GYM, BRAINTREE

A gym group that is run by and for people with learning difficulties. The group meet up at the gym at 12 noon. The session costs £1. Please let Carley or Kirk know if you are interested so that we can let the group know you're coming.

Riverside Ice and Leisure – CHELMSFORD

A sports centre in Chelmsford that offers swimming, gym and ice skating. Details can be found at <http://www.chelmsford.gov.uk/index.cfm?articleid=8411>

Harlow Outdoor Centre – HARLOW

Harlow Centre for Outdoor Learning is an intimate site providing an amazing amount of activities! Situated on the River Stort at the edge of Harlow Town centre, it has excellent access to the M11 and A414, and is just a minute's walk from Harlow Town Railway station.

Land based activities include Climbing, High and Low Ropes, Scramble Net, Mountain Biking, Mountain Boarding, Problem Solving, Orienteering and Archery. The newest facility is the Harlow Climbing Wall.

Water based activities include Canoeing, Kayaking, and Raft-Building, as well the unique experience of the 'Bumble'!

For more information <http://www.essexoutdoors.org/harlow.php>

Bentley Fishery – Nr BRENTWOOD

A quiet and peaceful location mainly used for night fishing. Booking is necessary. For more details visit <http://www.bentleyfishery.co.uk/> or call 07939074089.

Claverhambury Carp Lakes – GALLEY HILL, WALTHAM ABBEY

Includes two coarse fishing lakes on farmland, one for match & pleasure, the other for specialist carp angler. For more information visit

<http://www.ukfisherman.com/fisheries/east/essex/374-claverhambury-carp-lakes-waltham-abbey.html> or telephone 01992 890150

Tudor Road Archers – CHELMSFORD

Archery sessions suitable for all. For more information visit

<http://www.chelmsford.gov.uk/index.cfm?articleid=15544> or call John Mansell on 01621 858383. 4 week beginners course is £20 per person.

Barrow Farm Riding – CHELMSFORD (Highwood)

Our aim at Barrow Farm is to enable people with special needs and disabilities to develop their abilities and enrich their lives through riding.

Barrow Farm is a specially equipped riding centre in Mid Essex providing the opportunity for people with special needs and disabilities to ride. Barrow Farm is a registered charity.

Why not take a look round our website and meet the wonderful team that makes it all possible, the instructors, ponies, riders, supporters and volunteers. Web address <http://www.barrowfarmrda.org.uk/>

Rochford Disability Football Academy – RAYLEIGH

The Rochford Disability Football Academy comprises Adult and Youth sections and are the first and so far only Charter standard Disability football club in Essex.

We are dedicated to the promotion of Football for people with special participation needs and pride ourself on being a safe and friendly environment where anyone regardless of sex,race or ability can come make friends and learn skills.

For more details visit <http://www.rochforddfa.co.uk/>

Harlow Judo Club – HARLOW

Part of the Essex Disability Sport Academy. Harlow Judo Club recently celebrated its 30th birthday and is growing stronger all the time. We are a diverse club with around 50 members, male and female, with ages of active players ranging from 5 to 55. We cater for all levels and interests.

For more information visit <http://www.harlowjudoclub.com/index.html>

Sitting Volleyball – CHELMSFORD & BRENTWOOD

The award of the 2012 Olympic and Paralympic Games to London has sparked a revival in this version of the game. Although at Paralympic level it is played only by athletes classified as having physical disability, outside this the game is a great leveller and men, women, able bodied and disabled can and do play together over the lower net sitting on the ground. It is also a great sport for rehabilitation. For more details visit <http://www.volleyball.co.uk/Essex/Essex%20Pirates%20-%20Sitting%20Volleyball/sitting.htm>

London Wheelchair Rugby Club – BRENTWOOD

Wheelchair Rugby is a team sport for male and female wheelchair users. It is a unique sport created by athletes with a disability that combines some elements of Basketball, Handball, and Ice Hockey. The object of the game is to carry the ball across the opposing team's goal line. Two wheels must cross the goal line for a goal to count, and the player must have firm control of the ball when he or she crosses the line. All Wheelchair Rugby players compete in manual wheelchairs. Players must meet the minimum disability criteria of the sport and must be classifiable under the sport classification rule. For more information visit <http://www.lwrc.org.uk/home.html>

Essex Outlaws Wheelchair Basketball Club – CHELMSFORD

We play in the National League Division 1 and 2. The club was formed to offer competitive wheelchair basketball matches. We train very hard and have total commitment. It is very physically demanding both in skills and fitness. New members welcome to come and try. Contact Alan Mansell on 01621 858 383 for further details.

Everyone Active Gyms – LOUGHTON, ONGAR, EPPING and swimming pool in WALTHAM ABBEY

Inclusive gyms, for more information visit <http://www.everyoneactive.com/>

Top Golf – CHIGWELL

TopGolf is the revolutionary sports entertainment facility that's fast becoming a favourite destination for all occasions.

It's great fun, competitive, totally interactive and best of all you don't need to be a golfer! Microchips in each ball record individuals' performances and scores are instantly displayed on screen in your all-weather bay. Play with family, friends, colleagues... whatever your age and ability, we'll get you started and guarantee you'll be hooked.

For more information visit

<http://www.topgolf.co.uk/Locations/UK/Chigwell/Default.aspx>

Pitch and Putt – CHELMSFORD and NORTH WEALD

Currently we manage one 9 hole golf course in north London, 9 pitch and putt courses (6 in London, 2 in Essex and one in Lincolnshire) and 2 golf ranges.

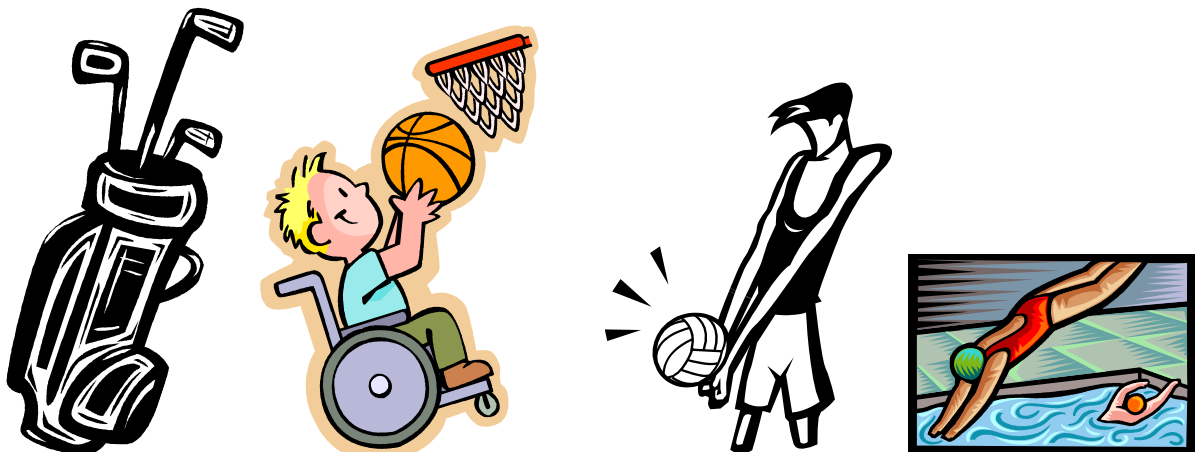
For more information visit <http://www.pitchnputt.co.uk/about%20us.htm>

High Beech Golf Club – HIGH BEECH, EPPING

Welcome to High Beech Golf Course. Situated in the heart of the Epping Forest, this beautiful public golf club has everything a golfer could need. We have two 9-hole par 3 courses, which cater to the absolute beginner to the more intermediate player looking for a challenge.

Extra facilities at the club include set of nets, so you can practice your tee shots and we also have a 18-hole putting green. A selection of refreshments are available from the club house and we have a golf shop stocking everything from tees, balls, gloves and a complete range of clubs suitable for juniors and also adults.

For more information visit <http://www.highbeechgolf.com/>



ARTS and DRAMA

Theatre Resource – ONGAR

We believe 'passionately' in the right of all people to enjoy and benefit from what the arts has to offer, creatively, educationally and economically. All of the activities and events we run are designed to open up 'pathways' into the arts for people who traditionally have the least opportunity to learn about, or take up employment in the creative industries.

For more information visit <http://www.theatre-resource.org.uk/> or call 01277 365 626

Actability Inclusive Theatre Company – BISHOP'S STORTFORD, BRAINTREE, BRENTWOOD

Actability exists to provide inclusive opportunities for people with and without disability to use their creativity to explore and celebrate difference through theatre.

For more information visit http://actabilityinclusive.org/index.php?option=com_content&view=section&layout=blog&id=3&Itemid=59 or call Paul Bamlett on 07984112289

First Steps Dance School – CHELMSFORD

Welcome to First Steps UK, for dancing lessons and dance classes in Chelmsford, Essex. A dance school for people who want to dance, run by people who love to dance!

So whether you are interested in Latin and Ballroom, Street Dance, Hiphop or Salsa dancing then First Steps - as Chelmsford's premier dance centre - is the place to go! For more information visit <http://www.firststepsuk.co.uk/> or visit 01245 602395

Makin' Steps Performing Arts – HARLOW

Makin' Steps is Harlow's premier performing arts school and holds over 50 classes a week at Potter Street Community Centre. Classes include hip hop/street dance, ballet, modern, national, tap, singing, Salsa, Latin, acting/voice technique, and pas de deux, making it the biggest school in the area offering this range of classes.

For more information visit <http://www.makin-steps.co.uk/> or call 01279 304937

Outdoor Places to Visit

Colne Valley Railway – CASTLE HEDINGHAM

Award winning period country railway. Includes details of events and activities, educational visits and other attractions.

For more information visit <http://www.colnevalleyrailway.co.uk/> or call 01787 461174

Hanningfield Reservoir – WEST HANNINGFIELD

A warm welcome will always greet you at Hanningfield reservoir visitor centre. The visitor centre is set in mature woodland and offers superb views over the 870 acre Hanningfield Reservoir.

It is an ideal place to view the wildlife within the nature reserve and to receive the latest sightings news. The centre has full disabled access as does the Lyster Bird hide that is a short distance away.

There are lots of gifts in the centre shop and a full range of binoculars and telescopes as well as books and refreshments. So while you're enjoying a nice warming drink you can take time to enjoy the stunning view over the water and browse the display.

For more information visit http://www.essexwt.org.uk/eventsactivities/hanningfield_reservoir_visitor_centre_events/

Hylands House and Estate – CHELMSFORD

Hylands House

Rescued from ruin and steeped in history, Hylands House is a fascinating and beautifully restored country house, dating from 1730

Park & Gardens

Open every day from 7.30am, the park provides an idyllic place to take a walk. The estate has much to offer and includes recreational ancient woodland, grassland, lakes, ponds and gardens.

Stables Visitor Centre

Recently restored, the Grade II listed Stables Visitor Centre offers a focal point for visitors to the park and provides a wonderful retreat in the winter months.

For more information visit <http://www.chelmsford.gov.uk/index.cfm?articleid=6155>

Colchester Zoo – COLCHESTER

Colchester Zoo is now one of the finest Zoos in Europe due to a constant programme of development and has won the coveted "Large Visitor Attraction of the Year" Award and the "Sustainable Tourism Award" for its efforts in recycling and green practices from the East of England Tourist Board.

With over 260 species to see, set in 60 acres of beautiful parkland and lakes, Colchester Zoo is well worth a visit. There are over 50 daily displays, an undercover soft play area, 4 adventure play areas, 2 road trains and much more, Colchester Zoo promises everyone a great day out!

For more information visit <http://www.colchester-zoo.com/>

High Woods Country Park – COLCHESTER

370 acres of woodland, grassland & wetland with path network, including 2 circular walks & easy access trail. Visitor Centre and interactive displays, Rangers organise a range of activities throughout the year.

Just a few minutes from Colchester's bustling town centre discover this award winning Country Park. With its woods, wildflowers, lake and ponds it's a real breath of fresh air. A great place to picnic, walk and cycle, fish, feel close to nature or simply unwind and relax.

For more information visit

<http://www.visitcolchester.com/thedms.asp?dms=13&venue=0654060>

Danbury Commons and Blake's Wood – DANBURY

Large open expanse of heathland, gorse and coppice, and adjoining ancient woodland.

A myriad of paths to explore along the commons and through the woodland. Diverse habitats attracting a wealth of wildlife, Millions of bluebells carpet the woodland floor in spring, Ancient woodland of wooded banks, streams and valleys, Traditionally managed open common landscape.

For more information visit <http://www.nationaltrust.org.uk/main/w-danburycommonsandblakeswood>

Lee Valley Regional Park – EPPING

The award-winning Lee Valley Regional Park stretches an incredible 26 miles along the leafy banks of the River Lee, from Ware in Hertfordshire, through Essex, to the Thames at East India Dock Basin.

Regional sports centres, urban green spaces, heritage sites, country parks, farms and nature reserves provide a unique leisure experience for everyone. Whether it's athletics, golf, horse riding, ice skating, fishing, cycling, bird watching, camping or simply exploring the countryside, Lee Valley Regional Park is a hidden gem just waiting to be discovered.

For more information visit <http://www.leevalleypark.org.uk/>

North Weald Airfield – NORTH WEALD

North Weald Airfield was the famous Battle of Britain fighter base - RAF North Weald - near to the Essex town of Epping and easily accessible from London. The airfield is still very active, and on most summer week-ends visitors may see some of the veteran and classic aircraft based on the airfield, such as the Spitfire, Mustang, Invader, Vampire, Hunter, Dakotas, Yaks and Jet Provosts, land and take-off.

For more information visit <http://www.northwealdairfieldhistory.org/>

Gibberd Garden – HARLOW

Glades, groves, pools and alleys provide settings for some 80 sculptures, architectural salvage, large ceramic pots, a gazebo and a moated castle. The Gibberd Garden Trust was formed to realise a wish that the garden should be available to the people of Harlow for their recreation and education. The Gibberd Garden Trust eventually secured the garden with the generous help of the Heritage Lottery Fund and other donors, and now maintains the land and sculptures with the help of an enthusiastic band of volunteers.

For more information visit <http://www.thegibberdgarden.co.uk/home.htm>

Hedingham Castle – CASTLE HEDINGHAM

Hedingham Castle's Norman keep, 110 feet high, was built c.1140 by Aubrey de Vere and is still owned by one of his descendants, Jason Lindsay and his wife Demetra. There are four floors to explore, including a magnificent Banqueting Hall spanned by a remarkable 28 foot arch, one of the largest Norman arches in England. A good view of this splendid room can be obtained from the Minstrels' Gallery, built within the thickness of the 12 foot walls.

For more information visit <http://www.hedinghamcastle.co.uk/>

Wat Tyler Country Park – BASILDON

The Wat Tyler Project is transforming the Park, with its legacy of historic buildings and fascinating wildlife, into a centre of excellence and regional destination of choice for over 350,000 visitors each year, where people and families can relax, play and learn.

For more information visit <http://www.wattylercountrypark.org.uk/>

Royal Gunpowder Mills – WALTHAM ABBEY

Set in 170 acres of natural parkland and boasting 20 buildings of major historic importance, the site mixes secret history, exciting science and beautiful surroundings to produce a magical day out for all. Established in the 17th century and acquired by the Crown in 1787, the Royal Gunpowder Mills has a very important place in both the history of Great Britain and its home town of Waltham Abbey.

For more information visit <http://www.royalgunpowdermills.com/>

Secret(!) Nuclear Bunker – ONGAR

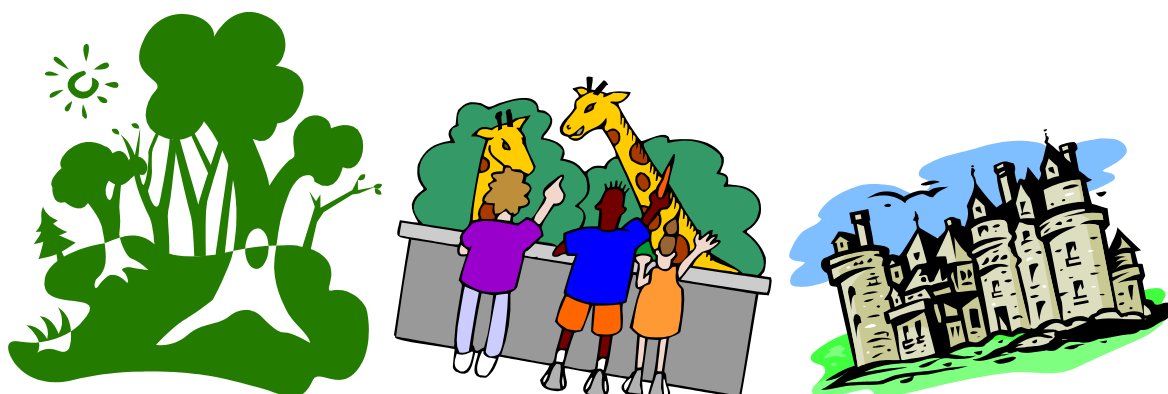
Come and witness the three lives of the bunker starting with its role as an RAF ROTOR Station, then a brief period as a civil defence centre through to its most recent life as a Regional Government HQ.

For more information visit <http://www.secretnuclearbunker.com/>

Rope Runners – KELVEDON HATCH

Welcome to Rope Runners - based at The Secret Nuclear Bunker at Kelvedon Hatch. We are the only high ropes adventure park in Essex that is open to the general public all year round! Whether you just want a day out, to get some exercise and fresh air or celebrate a special event we have everything you need for a great time.

For more information visit <http://www.roperunners.co.uk/>



Indoor (Rainy day) places to go

Harlow Museum – HARLOW

The Museum of Harlow uses objects, text and pictures to tell the story of the area now known as Harlow from ancient times to the present day.

Situated in the picturesque former Mark Hall stable block and kitchen gardens the museum offers a unique opportunity for visitors to discover the rich history of the town they see around them

For more information visit <http://www.harlow.gov.uk/Default.aspx?page=7116>

Oaklands Museum – CHELMSFORD

Chelmsford Museum was founded in 1835 by the members of the Chelmsford Philosophical Society and started life in the parlour of Chelmsford Gaol, then situated by the Stone Bridge in the centre of the town.

For more information visit <http://www.chelmsford.gov.uk/index.cfm?articleid=6785>

Braintree District Museum – BRAINTREE

The Museum's galleries interpret the diverse local industrial heritage: the production of fabrics for state occasions during the past 200 years and innovations in metal window design and man-made textiles in which our District led the world.

For more information visit <http://www.enjoybraintreedistrict.co.uk/Museums-And-Culture/Braintree-District-Museum/Introduction.aspx>

Mountfitchet Castle, Norman Village of 1066 and House on the Hill Toy Museum – STANSTED MOUNTFITCHET

A unique all-in-one, all weather heritage entertainment complex where prehistory, history and nostalgia combine to make one great full exciting day for all the family. Three fabulous attractions for one admission price.

For more information visit <http://www.mountfitchetcastle.co.uk/>

Youth Plus Youth Club – ONGAR, Thursday Evenings

Are you 14 - 25 years old? Do you want to make friends and always have something to do? Then Youth Plus is for you.

For more information visit <http://www.youthplus.net/>

Harlow Leisure Zone – HARLOW

Your spectacular new leisure centre is ready and we cannot wait to show you around! Leisurezone will offer an all-round leisure experience beyond compare, with the chance to come along with family or friends and learn new skills, have fun, get fit, relax and unwind.

For more information visit <http://www.harlowleisurezone.co.uk/>

XTREME GAMING – COLCHESTER

Based in Colchester Essex Xtreme Gaming is the first dedicated XBOX 360 gaming centre in England. Enjoy the latest games in the ultimate comfort using the highest spec equipment.

We are proud to be the First and the best dedicated XBOX 360 gaming centre in the UK and our goal is and always will be to give you the ultimate experience be it in one of our themed arenas or just online with your friends and family sat next to you. So come along and bring your friends because this place is made by gamers for gamers.

For more information visit <http://www.xtremegaminguk.co.uk/>

Duxford Imperial War Museum – DUXFORD

The aerodrome at Duxford was built during the First World War and was one of the earliest Royal Air Force stations.

For more information visit <http://duxford.iwm.org.uk/>



One-off Events

Woodfest – HATFIELD FOREST

Small intimate weekend Festival set in the heart of the Forest adjacent to the Lake. Sale of timber and woodland produce with craft and forest machinery demonstrations and stalls. Live music on Saturday and Sunday on the green in our open air arena.

September 11th and 12th 2010. 11am – 5pm.

For more information visit <http://www.nationaltrust.org.uk/main/> or call 01279 870678

Mersea Island Festival – MERSEA

Starting in 1981, the Mersea Island Festival has been an annual event each August at Essex Outdoors Mersea (East Mersea Youth Camp). Made up of two camping breaks running back to back, the Festival aims to bring together young people with or without a physical or learning disability. The camps are ideal for Inclusive clubs, Phab and Gateway clubs, Youth Groups and families with disabled young people. They provide an opportunity to try out new activities, make new friends and have loads of fun!!! Over 300 people come from all over the UK and sometimes abroad. Participants come to the 5 day camp, 3 day camp, or both!

NOTE: there is also an option to go to Mersea Island Festival for a one day visit – speak to Carley on 0845 428 0790 for details.

For more information visit <http://www.merseafestival.org.uk/>



If there is anything that is not included in the directory that you think should be please let Carley know so that she can put it into the next edition.

Contact Carley on:

Tel: 0845 428 0790

Email: cpease@pals-ltd.com