

DISABILITY SPORT CONWY

2015 EDITION



ISSUE 5



GET INVOLVED. GET ACTIVE.

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Introduction

Conwy has a wide range, and some of the best sporting opportunities in Wales for disabled people. This brochure details both club based opportunities and different sessions that take place within leisure centres on a regular basis.

There are both participation and performance outlets available for all impairment groups that allow people of all abilities to take part in appropriate opportunities.

With disability specific sessions and clubs as well as inclusive non-disabled clubs it is a great time to get involved with sport or physical activity in Conwy.

For more information please contact your Disability Sport Wales Development Officer or a member of Conwy's Leisure Development Team on the below details:





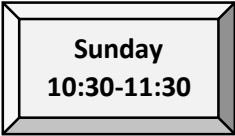






☎ 01492 575593 or 💻 disability.sport@conwy.gov.uk



Information Bar

On each page which details a sporting opportunity, there is an information bar which consists of key information about that club or session. This information bar will help inform you of what impairment group the club or session is for, the cost, the day and time the session takes place, as well as the age group the session caters for.

For any more information please contact the club, session organiser, or your Disability Sport Wales Development Officer.

	All impairments		Cost of session
	Learning Disability		
	Physical impairment		When What time How often
	Wheelchair Sport		
	Inclusive Club		What age Juniors / Seniors
	Hearing impairment		
	Visual impairment		Level of Accreditation

Keep up to date!

There are a number of ways you can keep up to date with what is going on with Disability Sport in Conwy and beyond. So to help you keep on top of local and national development, use any of the ways listed below or contact your Disability Sport Wales Development Officer to add your details to mailing lists.

www.disabilitysportwales.com

The screenshot shows the website's header with 'CYMRAEG' and 'Accessibility: A A A C' options. The main navigation includes 'ABOUT' and 'CONTACT'. The central banner features the 'DISABILITY SPORT WALES CYMRU' logo and the tagline 'Transforming lives through the power of sport'. A 'Swansea 2014 European Championships' logo is also present. Below the banner are three main sections: 'PLAY' (with a cyclist image and text: 'DSW delivers thousands of disability inclusive sport opportunities throughout Wales. Get involved.'), 'PERFORM' (with a tennis player image and text: 'Developing Tomorrow's Champions Today' The athletes that come through our Academy Programme take on the World, and Win!'), and 'LEARN' (with a group of people image and text: 'Our aim is to create a more inclusive Wales, and to do that we deliver many learning resources and workshops.').

Facebook.com/disabilitysportconwy



Find us on
facebook



follow us on
twitter

[@DSConwy](https://twitter.com/DSConwy)



www.disabilitysportwales.com

insport

'insport' is a national accreditation programme that supports clubs, national governing bodies and local authorities to become more inclusive within their delivery.

There are four tiers to the insport process and clubs can achieve ribbon, bronze, silver, or gold status depending on their level of inclusion.

All clubs within this brochure are insport accredited clubs and you will see on their page which insport level they have achieved.



Disability Ffit Card

A free access scheme that helps disabled people become more active by promoting sport and physical activity.

Benefits include; free swimming within public hours, free access to CCBC fitness suites (an induction is required at a cost), free access to fitness classes and half price court hire for squash, badminton and tennis.

To be eligible for a Disability Ffit Card you MUST receive either disability living allowance, personal independence payment, attendance allowance or disability tax credits.



PAN

Centre
opening
hours

£6.80
admin fee

All ages

insport
Club Clwb

Contact any CCBC Leisure Facility or the Leisure Development Team on 01492 5755 63/64 or hamdden.leisure@conwy.gov.uk



www.disabilitysportwales.com

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Supertots

Llandudno Junction Leisure Centre, 6G Road, Llandudno Junction. LL31 9XY.

Supertots is a fun, play based, session for children with physical and/or visual impairments and their siblings.

There is a range of adaptive equipment on hand such as mini sports wheelchairs, rattle footballs and foam javelins. Rebound therapy is also available which helps youngsters strengthen core stability whilst having fun.



PI & VI

Sunday
10:30-
11:30am

£2.50 per
session

2-8 years

insport

Club Clwb



Supertots2012



@ConwySupertots

Contact Natalie Richards on 07824 881185 or email
conwy.roobounders@live.co.uk



www.disabilitysportwales.com

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Conwy Thunder WBC - Development

Creuddyn Leisure Centre, Derwen Lane, Penrhyn Bay. LL30 3LB.

Conwy Thunder's development session is a fun based introduction to wheelchair basketball designed to give youngsters, or adults new to the sport, a taster of a fast paced team sport.

You do not need to be a wheelchair user to place the sport and the club provide sports chairs and all of the support needed to take part with the club offering both participation and performance opportunities.



WS

**Thursday
6:30-7:30pm**

**Club fees
apply**

8 years +



ConwyThunderWBC



@ConwyThunderWBC

Contact Mark Richards on 07733 013004 or email
conwythunderwbc@gmail.com

Conwy Thunder WBC - Squad

Creuddyn Leisure Centre, Derwen Lane, Penrhyn Bay. LL30 3LB.

The squad session allows players to challenge and enjoy themselves whilst learning the skills and tactical elements of wheelchair basketball.

Coaching focuses on the technical aspects of the game that allow players to compete within different outlets including; North Wales events, BWB's National and Junior Leagues and also supports players through the Welsh and Great Britain performance pathways.



WS

Thursday
7:30-9:30pm

Club fees
apply

14 years +

insport
Club Ctwb



ConwyThunderWBC



@ConwyThunderWBC

Contact Mark Richards on 07733 013004 or email
conwythunderwbc@gmail.com



www.conwythunder.co.uk

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Conwy Whales Swimming Club

Colwyn Leisure Centre, Eirias Park, Colwyn Bay. LL29 7SP.

The Conwy Whales are an extremely inclusive swimming club who have been recognised as a model of good practice for many years.

The club have a team of qualified ASA swimming teachers who are supported by volunteers who can assist swimmers on a 1-2-1 basis.

The club host their own annual gala and Christmas disco and welcome swimmers of all abilities.



PAN

**Saturday
4:15-6:15pm**

**Club Fees
apply**

5-18 years

insport
Club Clwb

Contact Angie Board on 07733 013226 or email
angieswim@gmail.com



www.disabilitysportwales.com

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Mochdre Lions DFC

Ysgol Bryn Elian, Windsor Drive, Old Colwyn. LL29 8HU.

The Lions welcome players of all abilities and focus on fun football within a safe environment.

The Lions train in a sports hall between November to March and on the Astroturf during the remainder of the season.

The club are proudly sponsored by SPL – Stabilised Pavements Ltd. and take part in the Welsh Football Trust's regional and national festivals and also host an annual End of Season Barbeque.



PAN

**Monday
6:30-7:30pm**

**£2 per
session**

16 years +



Contact Mark Richards on 07909 610834 or email
mochdrelionsdfc@gmail.com

Abergele Cricket Club

Pentre Mawr Park, Dundonald Avenue, Abergele. LL22 1SS.

With four senior teams in various leagues as well as three junior teams ranging from Under 10s to Under 17s Abergele Cricket Club have a variety of cricketing opportunities.

An inclusive non-disabled club who are proud to have ECB accreditation and insport Ribbon from Disability Sport Wales.



IC

Various

Club fees
apply

8 years +

insport
Club Ctwb

Contact Ben Garnett on 07789 227316 or email ben-garnett@hotmail.co.uk

Colwyn Bay Cricket Club

77 Penrhyn Avenue, Rhos-on-Sea, Colwyn Bay. LL28 4LR.

Colwyn Bay Cricket Club was established in 1923 and currently the 1st, 2nd and 3rd teams play in the Liverpool & District Competition.

The club runs a well-established junior section and has teams in local leagues in the under 9, 10, 11, 13 and 15 age groups.

Providing a cricketing experience to all, irrespective of ability, disability or gender, the club sessions are inclusive and run a specific pan disability session for players aged 14 and over.



PAN & IC

**Friday
5:00-6:00pm**

**Club fees
apply**

14 years +

insport
Club Ctwb

Contact Neil Roberts on 07884 498584 or email
n.roberts@tesco.net / info@colwynbaycricketclub.co.uk



www.colwynbaycricketclub.co.uk

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Colwyn Bay Hockey Club

Eirias Park (LL29 7SP) & Rydal Penrhos (LL29 7BT), Colwyn Bay.

A well-established club with successful Men's, Ladies' and Junior teams playing in North Wales and North West league structures. The club have also been awarded Hockey Wales' three stick award.

Sessions are split by ability with Saturday morning sessions at Eirias for 4-11 year olds. Rydal hosts evening sessions for girls and ladies on a Tuesday and boys and men on a Wednesday (12 years to adult).



IC

Various

Club fees
apply

8 years +

insport

Club Clwb

Contact Rob Williams on 07785 724399 or email
rob@colwynbayhockey.com

Colwyn Bowmen Archery Club

Colwyn Leisure Centre, Eirias Park, Colwyn Bay. LL29 7SP.

An inclusive club for both disabled and non-disabled people the Colwyn Bowmen have qualified Grand National Archery Society coaches who can coach beginners as well as accomplished archers.

You can get involved in archery at grass roots level and pursue it all the way up to Olympic & Paralympic level. Beginners are encouraged to get in touch and the Bowmen offer the first session free of charge.



IC

Various

Club fees apply

13 years +

insport

Club Clwb

Contact Nick Kershaw on 07557 653518 or email nick.colwynbowmen@hotmail.co.uk

Conwy Castles Boccia Club

Ysgol y Gogarth, Nant y Gamer Road, Llandudno. LL30 1YE.

Boccia is an extremely inclusive sport that can be played by everybody, irrespective of age and ability.

A target sport, similar to bowls and boules, boccia is played on an indoor court the same size as a badminton court.

The Conwy Castles welcome both disabled and non-disabled players and have specially designed ramps for severely impaired disabled players.



Conwy Castles



Boccia Club

PAN

Tuesday
6:00-8:00pm

Club fees
apply

8 years +

insport

Club Clwb

Contact Gary Parker on 07841 432333 or email
garyparker60@gmail.com



www.disabilitysportwales.com

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Conwy (Caernarvonshire) Golf Club

Beacons Way, Conwy. LL32 8ER.

The club actively encourages the enjoyment of golf at all levels within a friendly and welcoming environment.

A championship links course that can be enjoyed by golfers of all abilities, from beginners to champions. This stunning location on the North Wales Coastline combined with the challenging links golf course will provide a memorable experience for all golfers.



Conwy-Golf-Club



@ConwyGolfClub



IC

Lessons
arranged

Club fees
apply

8 years +

insport

Club Clwb

Contact The Secretary on 01492 593400 (2) or email
secretary@conwygolfclub.com



www.conwygolfclub.com

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Conwy Monkeys Climbing Club

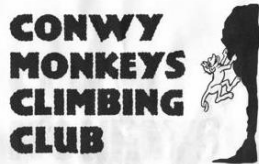
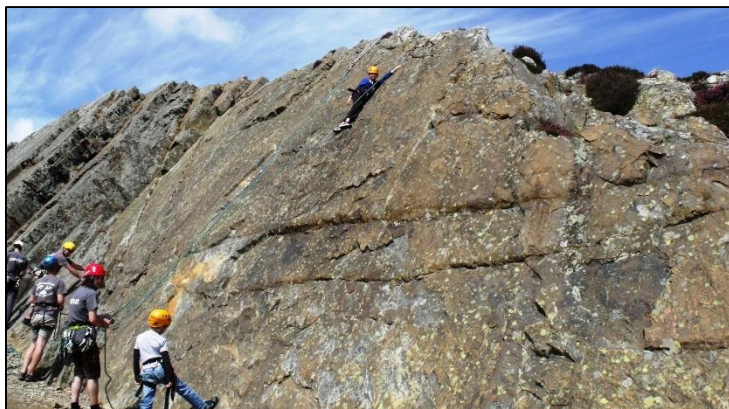
Llandudno Junction Leisure Centre, 6G Road, Llandudno Junction. LL31 9YX

Conwy Monkeys was set up to give disabled youngsters, or youngsters with learning difficulties, the opportunity to climb with or without their siblings. Youngsters of all abilities are welcome.

Climbing allows you to develop socially, gain confidence, improve strength, flexibility, core stability and most importantly have fun!



ConwyMonkeysClimbingClub



PAN

Thursday
6:30-8:30pm

Club fees
apply

8-16 years

insport

Club Clwb

Contact Phil Kelly on 07923 033902 (12pm-6pm) or email Judith Holliman on jaholliman@btinternet.com



www.disabilitysportwales.com

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Conwy Sea Rowers

Penmaenmawr

Conwy Sea Rowers were set up to offer everybody the chance to take part in sea rowing in the beautiful Conwy Bay.

A friendly bunch of volunteers who operate an all inclusive policy meaning anybody with an interest can come along and have a go no matter what their ability or disability!



IC

Various

Club fees
apply

8 years +

insport
Club Club



Contact Jo or Simon Owen on 07855 391755 / 07731448054 or
email maloshi@uwclub.net



www.conwysearowers.co.uk

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Craig-y-Don Tennis Club

Queens Road, Craig-y-Don, Llandudno. LL30 1TE.

Craig-y-Don Tennis Club is a small, friendly tennis club run by its members for its members. The club's ethos is to be accessible to all members of the community without prejudice.

The club host wheelchair tennis sessions during the summer and encourage both disabled and non-disabled people to give it a go. Similar to the 'running' version of the sport with only a few adaptations, such as the ball being allowed to bounce twice.



CYDTennis



@CYDTennis



WS & IC

Various

Club fees
apply

All ages

insport

Club Clwb

Contact Richard Mercer on 01492 873060 or email
info@craigydontennis.co.uk



www.craigydontennis.co.uk

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Disability Skiing Wales

Llandudno Ski Centre, John Nike Leisure Complex, Great Orme. LL30 2LR.

Disability Skiing Wales is an entirely voluntary organisation whose aims are to bring the joys of snow sports to disabled people. DSW achieves this by training volunteers and working with disabled people on the dry ski slopes in Wales with holidays and courses arranged on snow in Europe.

Specialised equipment is used where necessary with helpers being specifically trained in their use. On the social side DSW have Christmas Parties, summer BBQ's, fireworks nights, quizzes and most importantly FUN!



PAN

Various

**Club fees
apply**

All ages

insport

Club Cwib

Contact Gordon Roe on 01824 703384 or email roeski@aol.com
or Peter Harris on 07854 972660 or peter.harris@gmx.com



www.disabilityskiingwales.co.uk

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Kinmel Bay VIPs FC

Y Morfa Leisure Centre, Cader Avenue, Kinmel Bay. LL18 5HU

Kinmel Bay Visually Impaired Players FC are one of few VI football clubs in Wales. The club caters for juniors and seniors whether they are partially sighted or blind and blind folds can be used to help with training when players feel comfortable to do so.

The focus is always on fun and enjoyment and other sports and activities such as table tennis, basketball are played at the end of a session with soft play and a bouncy castle available for youngsters!



VI

Saturday
2:00-4:00pm

Club fees
apply

All ages

insport
Club Clwb

Contact Bill Darwin on 07958 643488.

Llandudno FITC

Llandudno Football & Leisure Stadium, Buider Street West, Llandudno.
LL30 1HH.

Our PAN Disability session is for kids between the ages of 7 to 12 years with any disability who may not be comfortable in attending our other sessions.

We look to improve their confidence and interaction with others through using fun football games to engage them, and hope to send them home with a smile on their faces.



PAN & IC

**Friday
5:00-6:00pm**

**£3 per
session**

7 – 12 years

insport
Club Club



Contact Llandudno FITC on 01492 860945 or email
coaching@llandudnofitc.net

Llanrwst Mini Polo Club

Llanrwst Swimming Pool, Watling Street, Llanrwst. LL26 0LS.

An inclusive water polo club based in rural Conwy that allows disabled and non-disabled juniors and seniors to enjoy sessions in a safe environment.

Water polo involved swimming, treading water (or standing), and passing a ball before shooting at the oppositions goal.



IC

**Friday
5:00-7:30pm**

**Club fees
apply**

8 years +

insport
Club Cwib

Contact David Daltry on 01492 577932 or email
David.Daltry@conwy.gov.uk

Llanrwst Squash Club

Dyffryn Conwy Leisure Centre, Nebo Road, Llanrwst. LL26 OSD.

Offering opportunities to both juniors and seniors Llanrwst Squash Club provides inclusive sessions whether you want to play friendly games or enter senior competitions.

With excellent coaches on hand why not get in touch and give it a go.



IC

Thursday
4:00-8:30pm

Club fees
apply

8 years +

insport
Club Clwb

Contact Sam Griffith on 07557 102837 or email
samgriffith@live.co.uk

Tamashi Karate Club

Colwyn Leisure Centre (LL29 7SP) & Abergele Leisure Centre (LL22 7HT).

Tamashii Karate Club is a family run club and studies the art of Toshido Ryu; and off break of Wado. It is designed to build confidence whilst teaching self-defence.

Training uniform is a standard white, traditional gi. Your first session is free, so why not come to a sessions and give it a go!



IC

Various

Club fees
apply

5 years +

insport

Club Club

Contact Vicky Marginson on 07957 666136 or email
vickymarginson@aol.com

Vi-Ability Fun Football

Colwyn Leisure Centre, Eirias Park, Colwyn Bay. LL29 7SP.

Vi-ability's Saturday morning football session is for adults of all abilities to have fun and take part in football.

Sessions are participation based which allows individuals to develop at their own pace whilst making new friends.

VI / **ABILITY**

PAN

Saturday
10:00-
12:00pm

Club fees
apply

16 years +

insport

Club Clwb



Contact Scott Roberts on 01492 583555 / 07769 274990 or
email scott.roberts@vi-ability.org

Abergele Leisure Centre

Swimming Session

Abergele Leisure Centre, Faenol Avenue, Abergele. LL22 7HT.

Abergele Leisure Centre offer a disability specific swimming session on a Saturday. The session aims to provide disabled people with the opportunity to participate in swimming regardless of their impairment.



PAN

Saturday
12:00-
12:30pm

Centre fees
apply

All ages

insport

Club Clwb

Contact Abergele Leisure Centre on 01492 577940 or
hamdden.abergele.leisure@conwy.gov.uk



www.disabilitysportwales.com

29

James Alexander Barr Tennis Centre Sessions

JAB Tennis Centre, Eirias Park, Colwyn Bay. LL29 7SP.

With the emphasis on fun participants are encouraged to enjoy playing tennis whilst developing skills such as hand-eye coordination and balance. Suitable for all abilities.



PAN

Thursday
5:00-
6:00pm

Centre fees
apply

All ages

insport
Club Clwb

Contact Robella Whitehall on 01492 577922 or
Robella.Whitehall@conwy.gov.uk



www.disabilitysportwales.com

30

Paratriathlon

Colwyn Leisure Centre, Eirias Park, Colwyn Bay. LL29 7SP.

Conwy are making waves in the world of triathlon and paratriathlon. The county already hosts two major events on the tri calendar with the Ffit Conwy Sea Triathlon and the Eirias Middle Distance event.

The leisure development team are now being recognised as ground-breaking in their plans, with adult and paratriathlon development programmes, the first to be offered across Wales.

With coaching in the three disciplines and the complexities of transition, as well as hand-cycles and racing wheelchairs available it is a great time to get in touch and try a new sport.



Contact Mark Richards on 01492 575593 or
mark.richards@conwy.gov.uk



www.disabilitysportwales.com

31

Walking

Various locations across Conwy.

Conwy offer a range of led walks across the county suitable for all abilities. With prams, Nordic walkers and wheelchair users welcome this is an ideal opportunity to socialise whilst improving your health and fitness.

It is advised that you bring plenty of fluids and wear suitable footwear. Groups often meet for a coffee after the walk and additional advice on all aspects of health and wellbeing can be offered via our walk leader, Dr Vicky Marginson, including diet and physical activity plans.



Contact Dr Vicky Marginson on 07826 876992 or
Vicky.Marginson@conwy.gov.uk



Become an inclusive club

For Conwy to become truly inclusive it is vitally important that non-disabled sport clubs open their doors to disabled people and become more inclusive within their delivery.

There are a number of ways a club can become inclusive and all the support, advice & guidance can be supplied from Conwy's Disability Sport Wales Officer.

All inclusive clubs will undertake the same insport accreditation process as disability sport clubs across Wales and will also benefit from the extra exposure, increased club membership and further developed coaches.

Inclusive clubs will all operate differently focusing on the qualities of that club and what impairment groups they can cater for ensuring a safe, positive experience for coaches, participants and volunteers.



UK Disability Inclusion Training

If you and your club would like to offer sporting opportunities for disabled people, or you already do, and would like training to help you, your coaches and volunteers become better equipped to offer quality opportunities then you may be interested in UK Disability Inclusion Training!

UK DIT courses are nationally accredited and available for coaches and volunteers and provide theoretical and practical information of how to be inclusive when delivering.

Theory – 3 Hours

This section focuses on; perceptions and experiences, understanding the participant, models of inclusion, communication, legislation, further information and who is available to help.

Practical – 3 Hours

This section focuses on applying theory elements to practical situations, the Inclusion Spectrum and applying the STEPS principle to a range of sports and games.



Disability Sport Conwy Consultation

Have you ever wanted to be part of a team or get physically active? Not sure what is available or how you could get involved?

Disability Sport Conwy would love to hear your views and find out the best way that we can:

- Developing new, appropriate opportunities
- Getting more disabled people active
- Highlight what is currently available
- Identifying and removing barriers

There are many ways to get involved in this consultation which consists of a short ten question survey. This can be done in a number of ways including:

Online www.conwy.gov.uk/disabilitysportsconsultation

E-mail disability.sport@conwy.gov.uk

Phone 01492 5755 63/64 (request a hard copy in the post)

Sport is a great way to maintain and improve your own strengths and abilities which can help you in your everyday activities.

Volunteering

Volunteers are the life blood of Welsh sport, with over 3.8% of the adult population volunteering in sport, giving an average of 2.5 hours per week.

Volunteering is a brilliant way of developing your confidence, learning new skills, gaining experience and meeting new people.

There are a variety of different roles available locally within; coaching, supporting people, committees, website design and much more. Volunteers are supported and training can be provided allowing you to gain nationally recognised qualifications.

