

General Information:

- 1) Download the “Rough guide to accessible Britain” for free at:

<http://www.accessibleguide.co.uk/the-guide.html>

- 2) Information on accessible countryside:

<http://www.accessiblecountryside.org.uk/southeast>

Heathrow Special Needs Centre:

(recommended to us by parents, the only problem reported is the traffic getting there..)

What do we do

The charity was formed in 1986 to address the considerable benefits for people with disabilities and special needs to be had from contact with animals and plants. It is possible for them to not only derive considerable proven therapeutic benefit but also to develop skills, get education, get work experience and reach personal targets with a sense of personal achievement in so doing.

The charity welcomes visitors and users from 5 years of age with all types of disability and special needs and provides free services which are not available from local authorities or commercial organisations.

Just want to visit

Visitors are welcomed to enjoy the proven benefits of being close to our 70+ animals and nature. Our animals include: horses, donkeys, goats, pigs, sheep, ducks, chickens, rabbits, turkeys and guinea pigs. Maybe watch the horse riding or stroll through the purpose built raised vegetable and plant gardens or browse our charity shop of donated goods. Enjoy the Sensory Garden or explore the Nature Area which is bordered by the River Colne and The Duke of Northumberland's River. Our not profit cafe provides cheap light refreshment.

Activities and Opportunities

Participation is tailored to suit individual needs and abilities. To get involved Email: secretary@heathrowspecialneedscentre.org

Horse Riding: Provides measurable proven therapeutic and tangible benefits which include improved confidence and helps foster a sense of personal achievement which is so important to people with disabilities and special needs. Novices without any experience of riding are welcome and also those with riding experience. We are associated with The Riding For The Disabled Association riding takes place under

the supervision of approved staff and volunteers. Maintaining this activity is hugely expensive so a nominal fee is charged for taking part.

Help look after the 70+ animals: Interaction with the animals is encouraged and some freely roam the site during the day. Opportunities include mucking out, cleaning, collecting chicken eggs, grooming and learning about animal health. This activity, which takes place under the supervision of qualified staff, provides proven benefits which include education, learn new skills, maybe learn to work with others as part of a team, improved self-confidence and helps to foster a sense of personal achievement.

Gardening and Horticulture: Help to plant, grow and harvest plants and vegetables in our purpose built raised garden and large polytunnel. All wheelchair friendly. This activity provides proven benefits which include education, learn new skills, improved self confidence and helps to foster a sense of personal achievement.

Help run our Not For Profit Cafe: This opportunity provides proven benefits of education, learn new skills including cash handling and confidence building. It is an opportunity ideally suited to those looking for genuine work experience as part of our programme of helping to enable people with disabilities and special needs enter the workplace.

No matter what a person's ability there is always an activity that can be participated in and enjoyed at the centre. These activities may be used to support current personal development. We also welcome the elderly and work placement schemes.

With the exception of horse riding, we do not charge for any of our services. The charity is funded entirely by charitable giving and occasional grants. We are grateful for all donations so please give as much as you can afford.

Contact / Find Us

Heathrow Special Needs Centre, Bath Road, Longford, Middlesex, UB7 0EF

Registered Charity Number 1155421

Telephone: 01753 680330

Email:

General enquiries:

New applications for horse riding:

Other horse riding enquiries:

info@heathrowspecialneedscentre.org

newrider@heathrowspecialneedscentre.org

riding@heathrowspecialneedscentre.org

Opening Times:

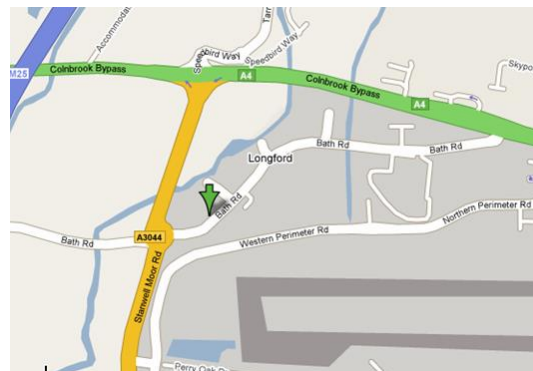
Monday to Friday 10am till 2pm.

Saturday: only for pre booked horse riding

Sunday: Closed

How to find Us

We are located only 5 minutes from Jct 14 of the M25, or alternatively 5 minutes from Junction 5 of the M4.



Thames Valley Adventure Playground

Please see separate program attached to the email. Recommended to us by parents.

Ealing Parent Carer Forum Family Fun Day

Saturday 2nd July 2016 at ENTERPRISE LODGE, Stockdove way, Perivale UB6 8TJ

From 2pm to 5pm, including food, wheelchair accessible fun photo-booth, Mowkee the Clown and more!

No booking necessary

For more information, **email:** info@epcf.org.uk

P.E.S.T.S. SUMMER PARTY

SATURDAY 16th July 2016 at ENTERPRISE LODGE, Stockdove way, Perivale UB6 8TJ

From 2pm to 4pm, including food, Bouncy Castle, Fun entertainers, including Mowkee the Clown and much, much more!

To book, please return the form to the office together with the booking fee, call the office on **0208 571 9954** or **e-mail us on pests-charity@hotmail.com** by FRIDAY 8th July 2016.

£2 per child plus £3 per family if P.E.S.T.S. transport used

Door-to-door transport by mini-bus or cab will be available for those who need it. Child seats but not baby seats will be hired with the minibus.

Parents and carers must accompany their children and are responsible for them at all times.

There will, however, be staff and volunteers from P.E.S.T.S. to support your children and you to make sure you can enjoy the day.

Redlees Play Centre

Location: Redlees Park, Worton Road, Isleworth TW7 6DW

Contact details: redleestrust@gmail.com website: <https://sites.google.com/site/redleestrust>

Tel: 020 8568 3650

Description:

Redlees Adventure Playground Trust has been set up by parents and carers of children with disabilities in Hounslow. To support the development of inclusive play facilities at the Redlees Play Centre at Redlees Park in Isleworth. The trust aims to offer a safe and stimulating environment in which to experience fun, freedom and friendship and the opportunity to develop through play and shared experiences. The trust aims to develop a variety of non-statutory provision for children and young people with disabilities with an age range from 0 -25.

We recommend that you ring before planning a visit.

Contact A Family Ealing and Southall – Summer Trips

You need to be a member of Contact A Family to join these trips. Please ring their office:

Contact a Family Ealing and Southall
St. Georges Community Centre
8-12 Lancaster Road
Southall
UB1 1NW
Telephone 020 8571 6381

- | | | |
|----|---|-----------------------|
| 1. | Ruislip Lido, Ruislip -
Manmade beach | Monday 1 August |
| 2. | Kew Gardens, Richmond - | Wednesday 3 August |
| 3. | Southend-on-Sea Seaside - | Monday 8 August |
| 4. | Snakes and Ladders
adventure playground, Brentford | Wednesday 10 August |
| 5. | Brighton seaside - | Monday 15 August |
| 6. | Ceramics café trip, West Ealing -
Pottery painting | Monday 22 August 2016 |

London Eye - Monday 24 October

Christmas party, Southall – Saturday 3 December