



# 7 DAYS OF FOCUS

DISABILITY  
& INCLUSIVE  
ACTIVITIES

Saturday 18th June - Friday 24th June 2022

WORKING IN PARTNERSHIP  
Leisure Focus and Maidenhead United FC Community Trust

LEISURE  FOCUS



## WHAT IS ON OFFER?

Disability & Inclusive activities week offers a variety of sporting and physical activity sessions for those individuals living with disabilities. The aim of the week is to encourage those who are living with disabilities to take part in sport and physical activity on a weekly basis.

Over the week, local sports clubs and activity providers are opening their doors to give the public an opportunity to see what is on offer and to try out various sporting activities. Please see age groups, specific requirements and booking information for each activity detailed within this leaflet.

All activities run over the week will be **FREE of charge**.

**Leisure Focus Trust and Maidenhead United FC Community Trust** are organising the Disability & Inclusive Week in partnership with Sports Clubs and activity providers.

## HOW TO GET INVOLVED?

1. Look through the timetable and choose your activities
2. Contact the activity providers to book your place
3. Take part in the session
4. Join the club

### PLEASE NOTE:

- At the time of print, sessions are as set out in the timetable. Sessions can be subject to change and may be cancelled due to unforeseen circumstances. Please contact the relevant clubs to book a place and also to confirm the session is running. We apologise in advance for any alterations to the stated dates and times.
- Leisure Focus Trust is not the agent of the business(s) / sports clubs mentioned nor affiliated with them in any way and makes no claims as to the capabilities of those service providers. You should make your own enquiries as to the suitability, safety etc by checking on membership of trade associations and other relevant bodies and where applicable on adequate insurance cover. It is also prudent to seek independent references as appropriate.

## ENQUIRIES / FEEDBACK

If you have any further enquiries or any feedback regarding Disability & Inclusive activities week, please feel free to contact Leisure Focus.

We welcome all feedback and use this feedback to evaluate, plan and improve for future programmes.

**Email:** [jatinder.rakhra@leisurefocus.org.uk](mailto:jatinder.rakhra@leisurefocus.org.uk)

**Telephone Number:** 01753 778559



"Having participated in multi sport events myself it's a fantastic opportunity to try lots of different activities in a supportive environment.

When I went to my first multi-sport event I was unsure of what to expect and what I would be capable of. I had an amazing experience as everyone was friendly and enthusiastic. This gave me confidence to try lots of different sports and I soon found the ones that I really enjoyed.

If I hadn't made that first step it wouldn't have led me on to specialise and subsequently achieve what I did first in para swimming and then in paracanoe.

My advice is to come along and try the sports out. You never know what your potential is".

**Jeanette Chippington MBE OBE**

**7 x Paralympian**

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- Twin Seat Accessible Karting
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### SUNDAY 19TH JUNE

- Cricket
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- Wheelchair Basketball- Windsor Monarchs

### MONDAY 20TH JUNE

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- Inclusive Short Mat Bowls
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- Inclusive Social Walk
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- Inclusive Seated Exercise
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- Indoor Archery 25 yards inclusive

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<b>Free Gym Open Day</b> <b>Free Programmes</b> <b>Free use of Gym</b> <b>Free Fitness Advice from Qualified Instructors</b>  (Leisure Focus)	Adults 16+	Saturday 18th June 9:00am - 5.00pm	Charters Leisure Centre, Charters Road, Sunningdale, SL5 9QY  Cox Green Leisure Centre, Highfield Lane, Maidenhead, SL6 3AX  Furze Platt Leisure Centre, Furze Platt Senior School, Maidenhead, SL6 7NQ  Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN  Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Charters Leisure Centre 01344 628686 (Mon – Fri 4:30pm to 10pm)  Cox Green Leisure Centre 01628 685311 (Mon – Fri 4:30pm to 10pm)  Furze Platt Leisure Centre 01628 308296 (Mon – Fri 4:30pm to 10pm)  Braywick Leisure Centre 01628 685333  Windsor Leisure Centre 01753 778577	Wear clothing that is suitable for exercise. Free, please quote 7 days of Focus when booking.
<b>Twin Seat Accessible Karting</b> (Absolutely Karting)	6 years to Adults	Saturday 18th June 9.00am - 11.00am	Absolutely Karting, Stafferton Way, Maidenhead, SL6 1AY	David Brind smiles@absolutely-group.co.uk	Experience the thrill of karting in a specially adapted twin seat kart. Driving with an instructor, participants will be able to control elements of the kart or just sit back and enjoy the ride. <b>SESSIONS MUST BE PRE-BOOKED</b>
<b>Wheelchair Rugby</b> (Berkshire Banshees Wheelchair Rugby CIC)	7 - 12 years Primary School ages	Saturday 18th June 11.15am - 12.45pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Craig Hunter 07798844202 chrugbyltd@gmail.com	Berkshire Banshees Wheelchair Rugby is open to anyone who has a physical disability as long as you are able to propel a wheelchair with their arms. Please note you do not have to be a wheelchair user to take part. Banshees will provide a wheelchair and gloves for you to give this sport a go.
<b>Wheelchair Rugby</b> (Berkshire Banshees Wheelchair Rugby CIC)	13 - 16 years Secondary School Ages	Saturday 18th June 11.15am - 12.45pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Craig Hunter 07798844202 chrugbyltd@gmail.com	Berkshire Banshees Wheelchair Rugby is open to anyone who has a physical disability as long as you are able to propel a wheelchair with their arms. Please note you do not have to be a wheelchair user to take part. Banshees will provide a wheelchair and gloves for you to give this sport a go.
<b>Wheelchair Rugby</b> (Berkshire Banshees Wheelchair Rugby CIC)	Adults 16+	Saturday 18th June 1.00pm - 4.00pm	Reading Blue Coat School Sonning Lane, Sonning, Reading, RG4 6SU	Craig Hunter 07798844202 chrugbyltd@gmail.com	Berkshire Banshees Wheelchair Rugby is open to anyone who has a physical disability as long as they are able to propel a wheelchair with their arms. Please note you do not have to be a wheelchair user to take part. Banshees will provide a wheelchair and gloves for you to give this sport a go.

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

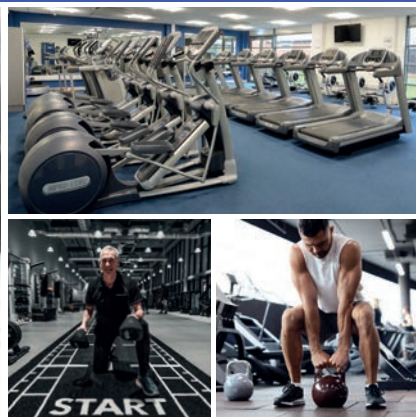
ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<b>The Electric EELs Swimming</b> For young people with Down's Syndrome	8 years - Adults	Saturday 18th June 5.30pm - 6.30pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Pauline Walker 07794 546799 <a href="mailto:p.walker42@outlook.com">p.walker42@outlook.com</a>	Pay & Display Parking and Blue Badge Parking on site. Please bring swim suits and towels.
<b>The Electric EELs Synchro Session</b> For young people with Down's Syndrome	8 years - Adults	Saturday 18th June 6.30pm - 7.30pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Pauline Walker 07794 546799 <a href="mailto:p.walker42@outlook.com">p.walker42@outlook.com</a>	Pay & Display Parking and Blue Badge Parking on site. Please bring swim suits and towels. This session is for individuals who are able to swim well.
<b>Disability &amp; Inclusive Pool Party</b> (Leisure Focus) Exclusive use of leisure pool Music Pool Features	All Ages  Swimming supervision ratios apply	Saturday 18th June 6.30pm - 7.30pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	To register your interest 01753 778559 <a href="mailto:Jatinder.rakhra@leisurefocus.org.uk">Jatinder.rakhra@leisurefocus.org.uk</a>	Pay and Display Parking and Blue Badge Parking on site. Please bring water, swimming costume, towel, padlock. Free, please quote 7 days of Focus when booking.
<b>Cricket</b> (Holyport Cricket Club)	Adults and Juniors 7yrs+	Sunday 19th June 9.00am - 10.00am	Holyport Cricket Club, Moneyrow Green, Holyport, SL6 2NA	Tristan Head 07774 243850 <a href="mailto:tristan@329marketing.com">tristan@329marketing.com</a>	Free disability cricket (April to August) every Sunday for any child (7+) or adult with any disability or SEN. Plenty of parking. Just need sports clothes and a drink.
<b>Autism Friendly Football</b> (Magpies in the Community)	5 - 14 years	Sunday 19th June 9.00am - 10.00am	Dedworth Middle School Windsor SL4 5PE	Mark Nisbet 01628 636314 (option 3) <a href="mailto:mark.nisbet@maidenheadunitedfc.org">mark.nisbet@maidenheadunitedfc.org</a>	Please wear suitable sports clothing and bring a bottle of water. FREE Parking.
<b>Wheelchair Basketball</b> (The Rockets Wheelchair Basketball Club)	Adults 16+	Sunday 19th June 12:00pm - 1.50pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Keith Pamment <a href="mailto:rocketsscience.cic@gmail.com">rocketsscience.cic@gmail.com</a>	Jewellery and watches should be removed and no open-toed shoes if participating. Pay & Display Parking and Blue Badge Parking on site. Please bring water and wear clothing suitable for exercise. Free, please quote 7 Days of Focus when booking.



# GYM OPEN DAY

Saturday 18th June, 9:00am - 5:00pm

Special  
Membership  
Offer on  
the day



Come down to one of our gyms on Saturday 18th June, 9:00am - 5:00pm to try out our state-of-the-art equipment and find out more.

Facilities include 158 station gym at Braywick Leisure Centre and 101 station gym at Windsor Leisure Centre with a range of cardio and resistance machines.

Whether you want to exercise for the first time, get back into sport or are a fitness fanatic we have a programme to suit you.

**FREE** programmes

**FREE** use of the gyms

**FREE** fitness advice from qualified instructors

Braywick Leisure Centre  
Braywick Road, Maidenhead, SL6 1BN

**01628 685333**

Windsor Leisure Centre  
Clewer Mead, Stovell Rd, Windsor, SL4 5JB

**01753 778585**

Furze Platt Leisure Centre  
Furze Platt Senior School 101 Furze Platt Rd,  
Maidenhead, SL6 7NQ

**01628 308296**

Cox Green Leisure Centre  
Highfield Lane, Maidenhead, SL6 3AX

**01628 685311**

Charters Leisure Centre  
Charters Comprehensive School, Charters Rd,  
Sunningdale, Ascot, SL5 9QY

**01344 628686**

# PARALLEL WINDSOR

WINDSOR GREAT PARK & LONG WALK  
SUNDAY 26TH JUNE



PARALLEL  
WINDSOR



Parallel Windsor is bringing its flagship event to the iconic Windsor Great Park & Long Walk. The award-winning national celebration of disability inclusion features a free family Festival of Inclusivity & a series of challenge events.

## 'START TOGETHER, FINISH WHENEVER'

Walk, run or push - everybody can take part together in our challenge events, regardless of age or ability. There are no cut off times and mobility aids are welcomed. There is a distance for everyone - 100m, 1k, 5k & 10k; plus Parallel's very own SuperSensory 1K which includes lots of sensory fun.



## FREE FAMILY FESTIVAL OF INCLUSIVITY

Our fully accessible Festival of Inclusivity is free and perfect for a fun family day out. There is a live music stage, food and drink, picnic area and a range of sports, games, activities, arts, crafts, entertainment and lots of surprises.

## SIGN UP

To register for any of our challenge events, go to **www.parallellifestyle.com** & click onto the red 'Book Now' button. Or just come along to our free family Festival of Inclusivity - no need to register in advance.



## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<b>Wheelchair Basketball</b> (The Rockets Wheelchair Basketball Club)	Adults 16 +	Sunday 19th June 12:00pm - 1.50pm	Braywick Leisure Centre, Braywick Road, Maidenhead SL6 1BN	Keith Pamment <a href="mailto:rocketsscience.cic@gmail.com">rocketsscience.cic@gmail.com</a>	Jewellery and watches should be removed and no open-toed shoes if participating. Pay & Display Parking and Blue Badge Parking on site. Please bring water and wear clothing suitable for exercise. Free, please quote 7 Days of Focus when booking.
<b>Wheelchair Basketball</b> (Windsor Monarchs Wheelchair Basketball Club)	11 - 80 years	Sunday 19th June 3.00pm - 5.00pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Ben Harris 07790 485659 <a href="mailto:Hello@windsormonarchs.co.uk">Hello@windsormonarchs.co.uk</a>	Please wear comfortable sports clothing, bring drinks with you (no fizzy drink or sports drinks permitted). Our Session is inclusive session and welcomes all. Pay & Display Parking and Blue Badge Parking on site.
<b>Fun Fitness 4 All</b> (Optalis Community Lives Learning Disability Team)	Adults 18+	Monday 20th June 11.00am - 12.00pm	Studio 1 Braywick Leisure Centre Braywick Road Maidenhead, SL6 1BN	Vicki Holt 07795 665732 <a href="mailto:Victoria.holt@rbwm.gov.uk">Victoria.holt@rbwm.gov.uk</a>	An inclusive Chair Based exercise group for people of all abilities. Supported by the team from Community Lives Learning Disability services. We encourage peer support, encouraging communication and developing friendships as well as maintaining good physical and mental health. Wear something comfortable and bring some water. There are lifts available to the Studio level and a Changing Places facility at Braywick and Disabled parking near the entrance.
<b>Midday Mile Walk</b> (Magpies in the Community)	All Ages	Monday 20th June 12.00pm - 1.00pm	Oaken Grove Park Oaken Grove, Maidenhead, SL6 6HL	Helen Park 01628 636314 (option 3) <a href="mailto:helen@maidenheadunitedfc.org">helen@maidenheadunitedfc.org</a>	Meet in car park off Oaken Grove Road. FREE Parking. Please wear shoes and clothing suitable for walking in.
<b>PAN Disability Session</b> (Magpies in the Community)	13 - 18 years	Monday 20th June 7.00pm - 8.00pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1S,	Mark Nisbet 01628 636314 (option 3) <a href="mailto:mark.nisbet@maidenheadunitedfc.org">mark.nisbet@maidenheadunitedfc.org</a>	The session is held on a covered 3G AstroTurf (no studs). Town Centre Parking. Please wear suitable sports clothing and bring a bottle of water.
<b>Inclusive Short Mat Bowls</b> (Leisure Focus)	Adults 16+	Tuesday 21st June 10:00am - 12:00am	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Jatinder Rakhra 01753 778559 <a href="mailto:jatinder.rakhra@leisurefocus.org.uk">jatinder.rakhra@leisurefocus.org.uk</a>	Please bring water and wear clothing suitable for exercise. Free, please quote 7 days of Focus when booking. Pay & Display Parking and Blue Badge Parking on site.
<b>Glow with the Flow</b> (Optalis Community Lives Learning Disability Team)	Adults 18+	Tuesday 21st June 10.30am - 12:00pm	Studio 1 Braywick Leisure Centre Braywick Road Maidenhead, SL6 1BN	Vicki Holt 07795 665732 <a href="mailto:Victoria.holt@rbwm.gov.uk">Victoria.holt@rbwm.gov.uk</a>	This session is suitable for people with a learning disability and additional needs. Supported by our energetic team to be inclusive and focussing on fitness and fun. Enjoy meeting new people and building new friendships. Wear something comfortable and suitable for a lively group activity and bring some water. Parking is available at the leisure centre, disabled spaces near the entrance. There is also a Changing Places facility and lifts to the 1st Floor Studio.



# THE BERKSHIRE BANSHEES

WHEELCHAIR RUGBY CLUB CIC

BERKSWR.CO.UK

## SATURDAY JUNE 18 - WINDSOR LEISURE CENTRE FREE TASTER SESSIONS

### 9.30am to 11am - Primary School ages

(7 years to 12 years)

For children with a physical disability who can propel a wheelchair with two arms

### 11.15am to 12.45pm - Secondary School ages

(13 years to 16 years)

For young adults with a physical disability who can propel a wheelchair with two arms

### 1pm to 4pm - Young Adults and Adults

(16+)

for anyone over 16 years with a physical disability and can propel a wheelchair with two arms, who would like to train alongside the Berkshire Banshees Wheelchair Rugby team.

**PLEASE NOTE:** You do NOT have to be a wheelchair user to participate. Gloves can be provided.

### WINDSOR LEISURE CENTRE

Stovell Road, Windsor SL4 5JB

(Disabled Parking/Pay & Display Available)

For further information, please email

berkswr@gmail.com

or call Craig Hunter 07798 844 202



in partnership with

LEISURE FOCUS

## Volunteer Opportunities

Volunteers are key to running many of the activities included in the 7 days of focus Disability and Inclusive activities week.

Benefits of volunteering include:

- Meeting new people in the community, increasing your social circle and making new friends
- Learning new skills
- Increasing your confidence and self esteem
- Being part of a team that contribute to making a positive difference to other people's lives

There are a range of current volunteer roles within the organisations below. If you are interested in finding out more please contact the organisation/s you would be interested in supporting directly, by emailing using the contact information below. Please title the email "7 days of action-volunteer enquiry".



Organisation	Contact
Absolutely Together	David Brind smiles@absolutely-group.co.uk
Berkshire Banshees Wheelchair Rugby CIC	Craig Hunter chrugbyltd@gmail.com
Leisure Focus Trust	Jatinder Singh Rakhra jatinder.rakhra@leisurefocus.org.uk
Maidenhead United FC Charitable Trust	Helen Park helen@maidenheadunitedfc.org
Marlow Rifle and Pistol Club	James Brown jamesmarshbrown@gmail.com
Optalis Community Lives Learning Disability Team	Victoria Holt victoria.holt@rbwm.gov.uk
The Electric EELs Swimming & Synchro Club	Pauline Walker p.walker42@outlook.com
The Rockets Wheelchair Basketball Club	RocketsScience.cic@gmail.com
Windsor Monarchs Wheelchair Basketball club	Hello@windsormonarchs.co.uk

**PLEASE NOTE:** Leisure Focus Trust is not the agent of the business(s) / sports clubs mentioned nor affiliated with them in any way and makes no claims as to the capabilities of those service providers. You should make your own enquiries as to the suitability, safety etc by checking on membership of trade associations and other relevant bodies and where applicable on adequate insurance cover. It is also prudent to seek independent references as appropriate.

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<b>Boccia Inclusive</b> (Leisure Focus)	Adults 16+	Tuesday 21st June 11.00pm - 12.30pm	Braywick Park, Braywick Road, Maidenhead, SL6 1BN	Jatinder Rakhra 01753 778559 <a href="mailto:jatinder.rakhra@leisurefocus.org.uk">jatinder.rakhra@leisurefocus.org.uk</a>	Please bring water and wear clothing suitable for exercise. Free, please quote 7 days of Focus when booking. Pay & Display Parking and Blue Badge Parking on site.
<b>Midday Mile Walk</b> (Magpies in the Community)	All ages	Tuesday 21st June 12.00pm - 1.00pm	Braywick Park Braywick Road Maidenhead, SL6 1BN	Helen Park 01628 636314 (option 3) <a href="mailto:helen@maidenheadunitedfc.org">helen@maidenheadunitedfc.org</a>	Meet in car park in front of Toby Carvery (this is a Pay and Display car park). Please wear shoes and clothing suitable for walking in.
<b>Air Rifle &amp; Air Pistol Precision Target Shooting</b> (Marlow Rifle & Pistol Club)	14 - 80 years	Tuesday 21st June 12.00pm - 4.00pm	Court Garden Leisure Centre, Pound Lane, Marlow, Bucks SL7 2AE	James Brown <a href="mailto:Jamesmarshbrown@gmail.com">Jamesmarshbrown@gmail.com</a>	Pay & Display Parking and Blue Badge Parking on site. No special dress or equipment required as all equipment will be provided.
<b>Inclusive Seated Exercise Class</b> (Leisure Focus)	Adults 16+	Tuesday 21st June 12.30pm - 1.30pm	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Rakhra <a href="mailto:braywickwellbeing@leisurefocus.org.uk">braywickwellbeing@leisurefocus.org.uk</a> 01753 778559	A Par-Q will need to be completed prior to attending the class. Please bring water and wear clothing suitable for exercise. Free, please quote 7 days of Focus when booking. Pay & Display Parking and Blue Badge Parking on site.
<b>Flex &amp; Flow</b> (Optalis Community Lives Learning Disability Team)	Adults 18+	Tuesday 21st June 1:30pm - 2:30pm	ZEN Studio Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Vicki Holt 07795 665732 <a href="mailto:Victoria.holt@rbwm.gov.uk">Victoria.holt@rbwm.gov.uk</a>	Flex & Flow is a chair based yoga session set to music suitable for people with a learning disability and additional needs. Supported by members of our team to be inclusive and focussing on fitness for all abilities. Enjoy meeting new people and building new friendships. Wear something comfortable and suitable for a group activity and bring some water. Parking is available at the leisure centre, disabled spaces near the entrance.
<b>Inclusive Dance - ONLINE</b> (seated or standing) (Dance with Anisha)	Adults 18+	Tuesday 21st June 7.15pm - 8.15pm	Zoom Class Online Once booked you will be sent the link	Anisha <a href="mailto:zumbawithanisha@yahoo.co.uk">zumbawithanisha@yahoo.co.uk</a>	Wear comfortable clothes, suitable footwear, have some water to hand. The class can be done seated or standing and is suitable for wheelchair users, people with mobility issues and people with health conditions.
<b>Inclusive Social Walk</b> (Magpies in the Community)	Adults 18+	Wednesday 22nd June 10.00am - 12.00pm	Desborough Bowling Club, 10 Green Lane, Maidenhead, SL6 1XZ	Helen Park 01628 636314 (option 3) <a href="mailto:helen@maidenheadunitedfc.org">helen@maidenheadunitedfc.org</a>	Meet in the Bowling Club car park ready to leave at 10am. FREE Parking. Please wear clothing suitable for walking in.



## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<b>Have a Ball</b> (Optalis Community Lives Learning Disability Team)	Adults 18+	Wednesday 22nd June 10:30am - 11:30am	Badminton Courts, Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Vicki Holt 07795 665732 <a href="mailto:Victoria.holt@rbwm.gov.uk">Victoria.holt@rbwm.gov.uk</a>	'Have a Ball' is an inclusive session suitable for people with a learning disability and additional needs. Supported by members of our team to be inclusive and focussing on fitness and FUN for all abilities. Enjoy meeting new people and building new friendships. Wear something comfortable and suitable for a group activity and bring some water. Parking is available at the leisure centre, disabled spaces near the entrance.
<b>Midday Mile Walk</b> (Magpies in the Community)	All Ages	Wednesday 22nd June 12.00pm - 1.00pm	Imperial Park, Imperial Road, Windsor, SL4 3RU	Helen Park 01628 636314 (option 3) <a href="mailto:helen@maidenheadunitedfc.org">helen@maidenheadunitedfc.org</a>	Meet in car park. Please wear shoes and clothing suitable for walking in.
<b>Walking Football</b> (Magpies in the Community)	Adults 18+	Wednesday 22nd June 1.30pm - 2.30pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Mark Nisbet 01628 636314 (option 3) <a href="mailto:mark.nisbet@maidenheadunitedfc.org">mark.nisbet@maidenheadunitedfc.org</a>	This is suitable for people with a learning disability and additional needs. The session is held on a covered 3G AstroTurf (no studs). Town Centre Parking. Please wear suitable sports clothing and bring a bottle of water.
<b>Twin Seat Accessible Karting</b> (Absolutely Karting)	6 years to Adults	Wednesday 22nd June 4.00pm - 6.00pm	Absolutely Karting, Stafferton Way, Maidenhead, SL6 1AY	David Brind <a href="mailto:smiles@absolutely-group.co.uk">smiles@absolutely-group.co.uk</a>	Experience the thrill of karting in a specially adapted twin seat kart. Driving with an instructor, participants will be able to control elements of the kart or just sit back and enjoy the ride. SESSIONS MUST BE PRE-BOOKED.
<b>Inclusive Seated Exercise Class</b> (Leisure Focus)	Adults 16+	Thursday 23rd June 12.30pm - 1.30pm	Windsor Leisure Centre, Stovell Road, Windsor, SL4 5JB	Jatinder Rakhra <a href="mailto:braywickwellbeing@leisurefocus.org.uk">braywickwellbeing@leisurefocus.org.uk</a> 01753 778559	A Par-Q will need to be completed prior to attending the class. Please bring water and wear clothing suitable for exercise. Free, please quote 7 days of Focus when booking. Pay & Display Parking and Blue Badge Parking on site.
<b>Wheelchair / Inclusive Dance</b> (Wheelz in Motion Inclusive Dance Group)	8 to 80 years	Thursday 23rd June 4.00pm - 6.00pm	St Luke's Community Hall, Norfolk Road, Maidenhead, SL6 7DN	Jennie Bouron <a href="mailto:wheelzinmotiondance@gmail.com">wheelzinmotiondance@gmail.com</a>	Wear comfortable clothing, bring water bottle with you to keep hydrated. We are an inclusive session, so whatever mobility equipment you use daily will be perfect. Parking is on street in local residential roads.
<b>Indoor Archery</b> <b>25 Yards Inclusive</b> (Marlow Rifle & Pistol Club)	14 - 80 years	Friday 24th June 7.00pm - 9.00pm	Court Garden Leisure Centre, Pound Lane, Marlow, Bucks SL7 2AE	James Brown <a href="mailto:Jamesmarshbrown@gmail.com">Jamesmarshbrown@gmail.com</a>	Pay & Display Parking and Blue Badge Parking on site. No special dress or equipment required as all equipment will be provided.



## Pan Disability Football Session



### *PAN Disability Football @ Maidenhead United*

Magpies In the community are proud to offer PAN Disability Football sessions at Maidenhead United FC. These sessions are for individuals to enjoy a variety of different football games/drills and to have fun in a safe environment.

**Every Monday @ The Cage from 7pm— 8pm**

**For ages 13 – 18 years**

**FREE Taster Session for '7 Days of Focus'**

For further details contact: Mark Nisbet  
mark.nisbet@maidenheadunitedfc.org

***WWW.MAGPIESINTHECOMMUNITY.ORG***



## Autism Friendly Football Session



Magpies In the community are proud to offer Autism Friendly Football sessions at Dedworth Middle School. The soccer school is available to anyone with autism or their siblings and friends that would like to join in and learn new football skills in a safe and fun environment.

**Every Sunday from 9am – 10am**

**Dedworth Middle School, Smiths Lane, Windsor, SL4 5PE**

**For ages 5 – 14 years**

**FREE Taster Session for '7 Days of Focus'**

For further details contact: Mark Nisbet  
mark.nisbet@maidenheadunitedfc.org

***WWW.MAGPIESINTHECOMMUNITY.ORG***

# 7 DAYS OF FOCUS

DISABILITY  
& INCLUSIVE  
ACTIVITIES

Saturday 18th June - Friday 24th June 2022

## GET INVOLVED

Discover more at:  
[www.leisurefocus.org.uk/disabilityinclusive-week/](http://www.leisurefocus.org.uk/disabilityinclusive-week/)



WORKING IN PARTNERSHIP

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