



**THE NEW**

# LEISURE LINK

**APRIL  
2021**

The Leisure Link group meet once a month (currently on Zoom) to talk about arts and leisure: things we have done and things we are looking forward to.

The Leisure Link newsletters will share with you information about accessible and inclusive activities and events. we hope you find it interesting and that you have the opportunities to take part in some of the things we have featured.

Please also share this information with others and let's make 2021 a good year for everyone!



**LEISURE LINK #06**

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# SYMBOLS



**VENUE**



**WHEELCHAIR  
ACCESS**



**ON SITE  
PARKING**



**OFF SITE  
PARKING**



**FILM**



**THEATRE**



**SPORT**



**MUSIC**



**ARTS + CRAFTS**



**NATURE / OUTDOORS**



**SOCIAL**



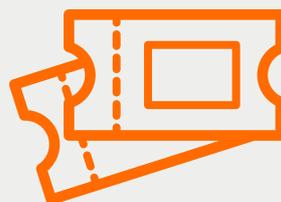
**WELLBEING**



**EVENTS / ACTIVITIES  
ONLINE**



**FREE EVENT**



**COMPANION / CARER  
DISCOUNT**



**FRIENDLY STAFF**

# SYMBOLS



**STAFF TRAINED IN  
SIGN LANGUAGE**



**DISABILITY  
AWARENESS/EQUALITY  
TRAINED STAFF**



**SAFE / QUIET  
SPACE AVAILABLE**



**AUDIO DESCRIPTION  
AVAILABLE**



**HEARING LOOP**



**INFORMATION IN  
LARGE PRINT**



**BRAILLE**



**FACILITIES FOR  
ASSISTANCE DOGS**



**CAPTIONED**



**LIFTS**



**LEVEL ACCESS AND  
AUTOMATIC DOORS  
(OR NO DOORS)**



**RAMPED/SLOPED  
ACCESS, AND/OR  
MANUAL DOORS**



**RAMPED/SLOPED ACCESS  
THAT IS LONG/STEEP (MAY  
HAVE MANUAL DOORS)**



**SEAT/S AVAILABLE**



**ACCESSIBLE TOILET**



**GENDER NEUTRAL  
TOILET**

# THE MAP - Where things are happening this month

## Outdoor activities that we enjoy to improve our health?

**1 WHEELS FOR WELLBEING**  
**Inclusive cycling**  
Cycles that include two, three or four wheels, hand cycles and wheelchair cycle  
Croydon Sports Arena, SE25 4QL  
020 7346 8482  
[wheelsforwellbeing.org.uk](http://wheelsforwellbeing.org.uk)

**2 WILLOW LEARNING FOR LIFE**  
**Football sessions**  
678 London Road, CR7 7HU  
020 8684 5890  
[www.croydonmencap.org.uk](http://www.croydonmencap.org.uk)

**3 LLOYD PARK**  
**A good place to walk with step free access**  
Coombe Road, CR0 5RA  
**Lloyd Park**

**4 TENNIS - Tennis sessions**  
**Sessions for players with disabilities**  
Purley Bury LTC,  
Purley Bury Avenue, CR8 1JF  
mdlcoaching@hotmail.com  
07761 602014  
[clubspark.lta.org.uk/MDLCoaching](http://clubspark.lta.org.uk/MDLCoaching)

**5 GOOD FOOD MATTERS**  
**Gardening and cookery sessions**  
Learning about what is good for our health  
Mickleham Way, CRO OPN  
[goodfoodmatters.org.uk](http://goodfoodmatters.org.uk)

**6 OUTDOOR FITNESS AREA**  
**Fitness site for the whole community to use**  
Goldcrest Way, CR0 0HG  
[www.kompan.co.uk](http://www.kompan.co.uk)

**7 ADDISCOMBE RAILWAY PARK**  
**Getting out and being part of the local community feels good**  
Morland Road, CR0 6NE  
[park.addiscombe.net/support.asp](http://park.addiscombe.net/support.asp)

Crystal Palace & Upper Norwood  
Norbury  
Thornton Heath  
Broad Green & Selhurst  
South Norwood  
Addiscombe  
Shirley  
Waddon  
South Croydon  
Addington  
Purley  
Selsdon  
Sanderstead  
Coulson  
Kenley & Old Coulson

Icons: person running, heart with pulse line, tree, group of people, laptop.



“ It was great fun. I did ache after though. ”

TERRY

## WHAT HAVE WE BEEN DOING LATELY?



I recently had a face mask printed with the **Gig Buddies Croydon** logo on it.

SEDLEY

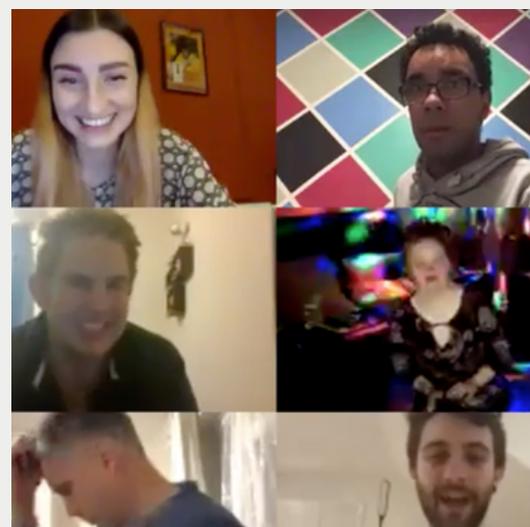
I went cycling with **Wheels For Wellbeing** at Croydon Arena.

TERRY



I enjoy **reading** unicorn fairy books and have been painting scenes from the stories.

VICKY



I have been enjoying the **Gig Buddy socials** we run online. They are so much fun.

EVIE

SEND US YOUR PHOTOS & TELL US WHAT YOU'VE BEEN DOING



I am really pleased that I have now had my vaccine.

ESE

I celebrated my birthday and had a lovely dinner with Nanny Pat.

VICKY

## WHAT HAVE WE BEEN DOING LATELY?

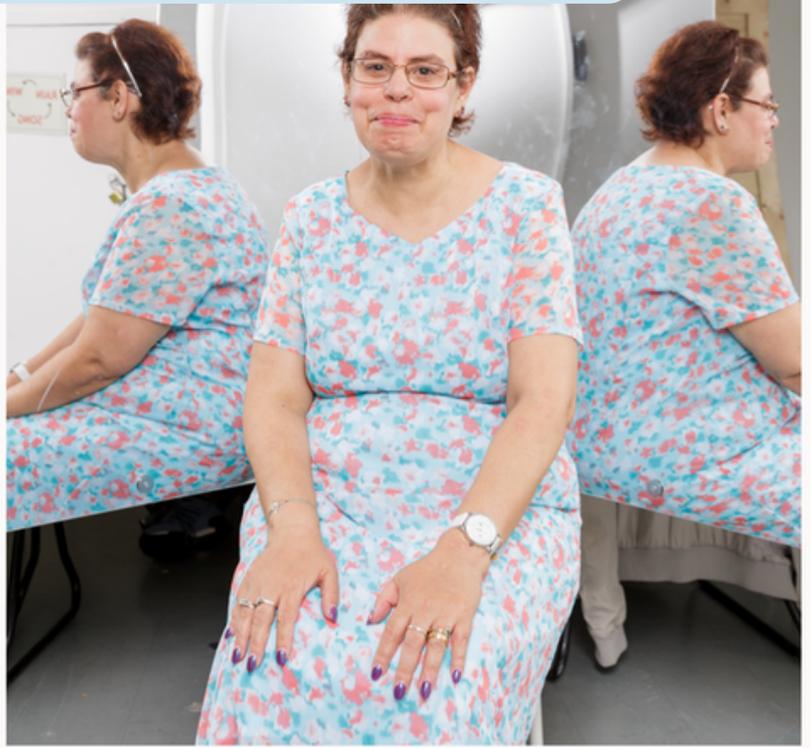


I have been creating a lot of artwork. These are some of the pieces that I have made recently.

TOYIN



SEND US YOUR PHOTOS & TELL US WHAT YOU'VE BEEN DOING



## Textile printing

# WHAT ARE WE LOOKING FORWARD TO?



I can't wait to go back to college with **CALAT** after Easter.

**EMMA**

I recently ran an online **textile printing workshop** with **MOSS** artists. It went really well and I would love to have the opportunity to do it again.

**LORAINE**

**Autism Awareness Day**  
Friday 2nd April

**Easter Day**  
Sunday 4th April

**St George's Day**  
Friday 23rd April



I am looking forward doing my college course next week. I do cooking with the **Good Food Matters** project.

**KHUSH**

SEND US YOUR PHOTOS & TELL US  
WHAT YOU'VE BEEN DOING



# LEISURE LINK SOCIALS

**What: Leisure Link Social Meeting**

**Where: Zoom**

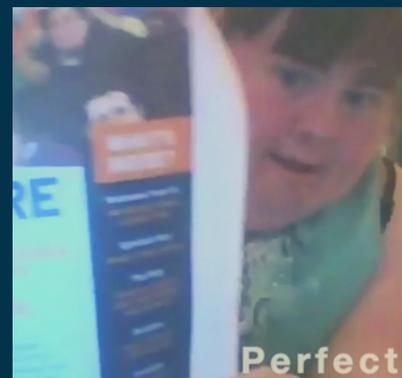
**When: Tuesday 6th April 11:30am-1pm (monthly)**



To make this newsletter, we have monthly socials where we chat with people in Croydon who have Learning Disabilities and/or Autism about what's important to them.

## And we want to invite you!

Come and join to tell us what you've been up to, what you're looking forward to and have your say about what should be in the Leisure Link magazine.



Want to write a review of a show you've seen? Have a favourite pub you want to tell us about? Taken some cool pictures recently? Come to Leisure Link social meetings!

At the moment these meetings are small and on zoom, but we want these to grow into a big social where you can meet new people and learn about cool things to do in Croydon.

**To join the next meeting on Tuesday 6th April at 11:30am**  
**[CLICK HERE](#)**

For more information email [evie@gigbuddiescroydon.co.uk](mailto:evie@gigbuddiescroydon.co.uk)



# EMMA'S REVIEW

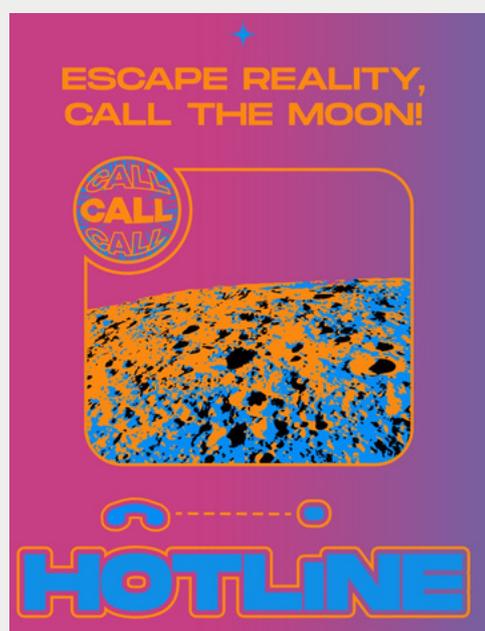
BY EMMA SELWYN

## Near and Far and Some Cabaret for Good Measure

In March, I had a conversation with people from the moon while sipping mocktails, met an Egyptian trans man via Alexandria and Glasgow and got caught up in a mystery in Brighton.

“How?”, I hear you asking. “We’re in lockdown”.

On Saturday the 6th, I dialled 0808 196 8619 and got through to **HOTLINE**, an imaginative choose-your-own-adventure phone piece by theatre company **Produced Moon**. Read what I thought of the adventure [here](#).



I also watched a new thriller/mystery/crime show. ‘**Grace**’ is the first episode of a thriller/mystery/crime series based on the **DSI Grace books by Peter James**. One of the characters (Davey Seabrook) is played by autistic actor Cian Binchy (Doctors, The Misfit Analysis, The Level). Read what I thought [here](#).

Emma's review continues on the next page...



**With Down Syndrome Day on Sunday 21st March, and Trans Day Of Visibility on Wednesday 31st March I have chosen to share some work from these communities to celebrate.**

### **Adam**

Content warning - sexual assault  
**'Adam'** - based on the true story of and starring Adam Kashmiry - had originally been performed at the National Theatre of Scotland way back in 2016/17 and was then adapted for TV. I was involved in the choir for Adam when it was originally show in theatre and so was invited to a pre-show and post-show screening. Although not always an easy watch and with some upsetting scenes (Adam is sexually assaulted at one point, a lot of the show is about him waiting to claim asylum, and he's shown injecting his first dose of testosterone at the end), it's honestly one of the most beautiful and human shows I've ever seen. It truly felt like I was watching a theatre show rather than a TV programme. If you watch it and are affected by anything that it brings up, the BBC has a link for that. Many of the cast and choir members who I met that evening on Zoom and Whatsapp said it was the best thing they'd ever been involved in, and I believe it shows **trans life** in a very accessible way.

### **Drag Syndrome**

To end things on a lighter, more glamorous note:  
I love **Drag Syndrome!** I don't want to call them inspiring or inspirational... but I really think they are. I'm inspired by how much energy, charisma, fearlessness and sexiness they bring to everything they do, even when faced with discrimination. They're fierce, feisty and they slay wherever they go, and really know how to shake up the cabaret and drag scenes. If you get the chance to see them: Do it! Just do it!



Check out what they did for Pride in **London in 2019!**  
Here's their Instagram; **Facebook; Twitter and Tiktok**

# GIG BUDDIES CROYDON

## Gig Buddies look back on our first 2 years

This month we are celebrating 2 years of Gig Buddies Croydon. Take a look at what we have achieved since we began.

You can watch videos of our socials and the fun we have together on our [YouTube channel](#)



We can't wait to welcome even more buddies and volunteers and get back out into the Croydon community when it is safe to party together again!

Are you an adult with a learning disability in Croydon who likes to socialise, go out and try new things? Come and join us!

If you want to find out more check out our website or email [chez@gigbuddiescroydon.co.uk](mailto:chez@gigbuddiescroydon.co.uk)

““ I love Soda Jam  
it's so rock n roll. ””  
MEMBER

## SODA JAM ONLINE



Do you love making music? Maybe you play an instrument or love to sing?

CLUB  
SODA



**What:** Online music workshop for young people with learning disabilities aged 15-25

**Where:** Zoom

**When:** Mondays during term time 5-6pm

'Soda Jam online has spaces for new members!

At Soda Jam you can:

Write and record songs

Meet and make music with other young people

Make music in a relaxed environment

Have fun and be creative

To find out more click [here](#).

or contact [olly@clubsoda.org.uk](mailto:olly@clubsoda.org.uk)



““ During lockdown the members recorded an album of new songs which sound amazing. ””

MUSIC LEADER

““ I really enjoy my DJing  
and MCing. I'd be lost  
without Soda Crew. ””

DJ

## **SODA CREW ONLINE**

Do you have a passion for dance music or retro tunes? Maybe you want to find new music you've never heard before? You might have DJ decks at home or you might want to learn a new skill.

**What:** Online DJ workshop for adults with learning disabilities in Croydon

**Where:** Zoom

**When:** Mondays during term time 2-3pm

**Cost:** £50 a term



Soda Crew Online has spaces for new members!

At Soda Crew Online you can:  
Play your favourite music  
Meet other people and talk about your favourite songs  
Learn more about being a DJ  
Try MC'ing  
Have fun and be creative

To find out more click [here](#).

or contact [olly@clubsoda.org.uk](mailto:olly@clubsoda.org.uk)



# DISCO DISCO

## DRUNKEN CHORUS



### Disco Disco is back!



DISCO DISCO is a theatre company of adults with mild to moderate learning disabilities and those on the autistic spectrum. DISCO DISCO create their own pieces of theatre to perform to public audiences. We meet on Monday evenings during term time and are currently running our sessions online.

### Joe tells us a bit about what they're up to

'We are doing a project on zoom which I am part of. It hasn't been on for a really long time because of covid. We are playing drama games at the moment and we are starting to develop a little performance...I can't tell you much about that just yet...But it is a lot of fun! It's all on zoom this time so it's a bit different but definitely worth it.

My favourite game we play is charades where we mime certain tv programmes or books or films. My favourite thing to mime is films.

I do love dressing up and acting out different scenarios in the group. That's 2 of my favourite things. I personally would really love to play a king or superhero. Those would be my dream roles.

I've been part of the group many years now since they first started...right back when they were 'Big White Lights'. I would like to say they're absolutely brilliant fun to be with. They're all really friendly, we all get along really well and we have fun.



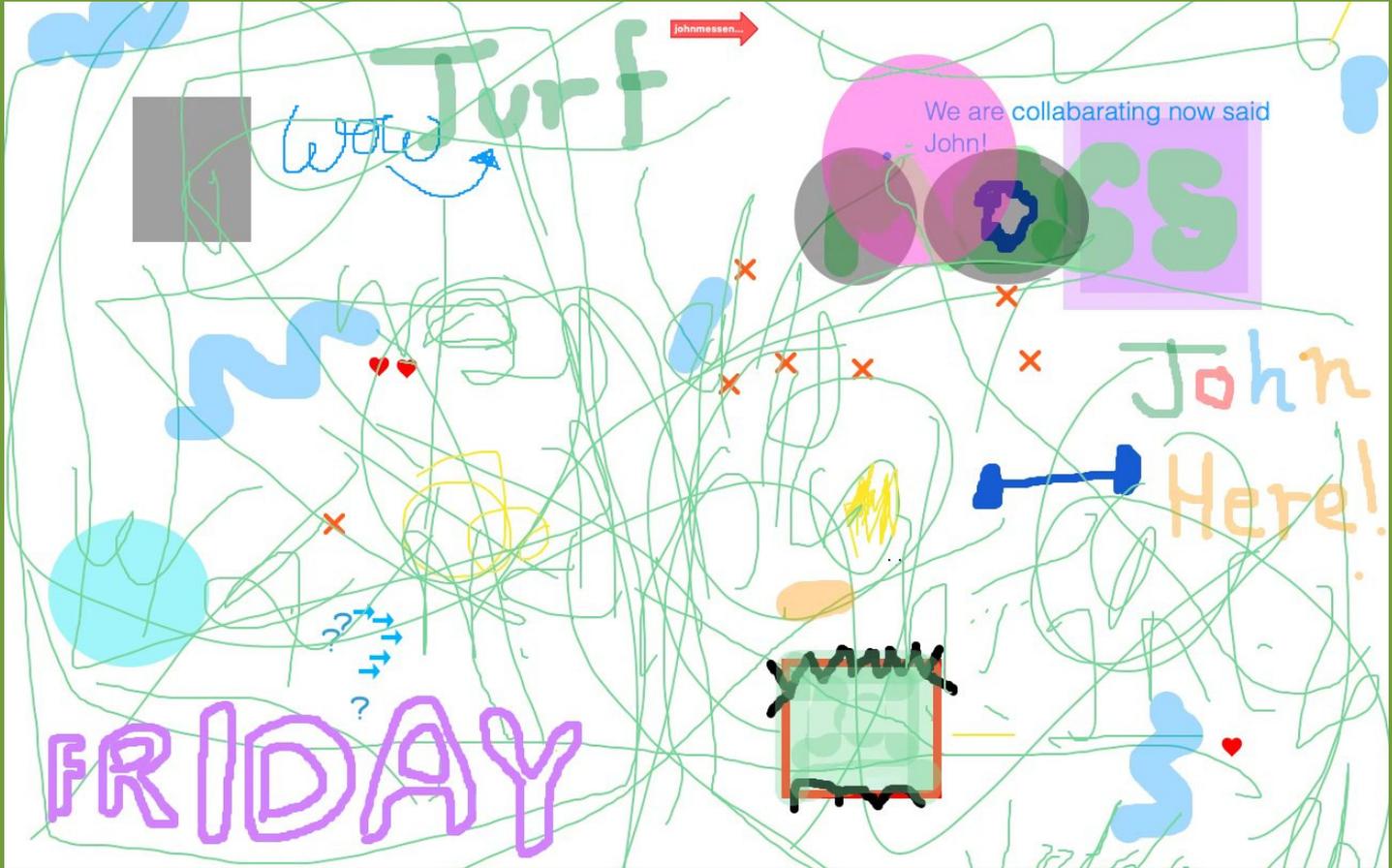
If you are interested in joining the group please email Chris and Sheena at [info@drunkenchorus.co.uk](mailto:info@drunkenchorus.co.uk)

# MOSS

MAKERS OF STUFF SQUAD

The past year has been so difficult for loads of our friends in Croydon.

Check out this blog post from Jhinuk at MOSS talking about #MOSSonline and what the artists have been doing this year during lockdown - including this piece of 'zoom art' made collaboratively together using the annotation tool to explore abstract art.



MOSS' new friends 'Hart Club' are looking for funding and support to set up an inclusive arts school. MOSS hope to work with them in future once they set up the school...so watch this space. Click this link to support the project and help make it happen!: [www.spacehive.com/hart-school-lambeth](http://www.spacehive.com/hart-school-lambeth)

## What are Willow Learning for life looking forward to?:

We are starting a litter picking group with Croydon Champions. Our first is on April 1st and we are looking forward to getting out into the community!

We are starting a 'Walk, Talk, Support' walking group. Khush is looking forward to leading one of the groups and loves to walk fast. Holly is organising a slower paced group for people who like a more chilled stroll.

We are looking forward to our football group 'Croydon Knights' starting up again'

If you want to know more about Willow Learning For Life's projects contact **Tanya Rhodes**  
**07515 028 382**  
**tanya@willowlearningforlife.org**

### Gita the Bollywood diva!

Hello my name is Gita Nandra, Willow Learning for Life's very own Bollywood diva! I danced at the Croydon Mela with my dance group Beeja. To keep myself flexible in order to do the Bollywood dance, every morning I follow yogic exercises by Ramdev. Every Friday on zoom, Anusha Subramanyam from Beeja trains us with all the Bollywood steps with Hindi music, at the same time she teaches us Bhangra which is a Punjabi Folk Dance. You can contact her on this [Website](#).

If you would like to watch some Bollywood films I recommend 'Yeh Jawaani Hai Dewaani', and 'Khabhi Khushi Khabhi Gham'. The Bollywood film Bride and Prejudice, made by Ashwariya Rai Bhachan has English Subtitles.



# The 'Don't Hold Me Back' Project

## Croydon Mencap clubs @ Leslie Park

'Leslie Park is a day service for adults with learning disabilities in Croydon... But we are a whole lot more than that. We want to prove that adults with learning disabilities can do anything.'

So this year we are introducing our 'Don't Hold Me Back' project. This project will push our members to the absolute limit of what they can do, physically, mentally or both!

People on the project will choose a challenge they never thought they could do. This can be anything to do with something they love like sport, music, film, dance or something else. The only rule is that it must be something they have never done before.



Leslie Park is a day service for adults with learning disabilities in Croydon

Some ideas already are: a charity skydive, perform a live DJ gig, lead a Harry Potter tour and organise a fancy dress ball...so watch this space

'Croydon Mencap members are fearless...so don't hold them back!'

You can find out more about the project and all the people getting involved by watching their video

<https://www.youtube.com/watch?v=VYLv4DbqMGE>

# CROYDON MENCAP



## Strictly Come Walking Lockdown Challenge



**What:** Walking challenge to keep active and motivated. Let's work together to reach our step goal. Email to get your step counter and record sheet. We will meet on zoom weekly to chat about the walking we have done!

**When:** Walk in your local park whenever you like.

Meet on Zoom Sundays 12pm-1pm

**Where:** In your favourite park and on Zoom.

**Want to join in?**

Email [deneshia@croydonmencap.org.uk](mailto:deneshia@croydonmencap.org.uk)

## Volunteering Buddies



**What:** Get matched with a buddy who will support you to re-access the community before getting started in a volunteering role.

Croydon Mencap have 12 spaces for adults with learning disabilities in Croydon who want to learn how to Volunteer in our community.

Get matched with a volunteer buddy and gain new skills! Holly says: 'I enjoy getting experience and building confidence'



**Want to join in?**

Contact [rona@croydonmencap.org](mailto:rona@croydonmencap.org)  
07923 173 005

Croydon Mencap run lots of activities you can get involved with. To see the full list click [here](#).



# TENNIS COACHING



**What:** Adult disability tennis sessions

**When:** Fridays 5:45pm-6:30pm

**Where:** Purley Bury Tennis Club

**Want to try a new sport? Want to get outside and get active?**

**MDL coaching** run weekly tennis sessions for adults with disabilities at Purley Bury Tennis club.

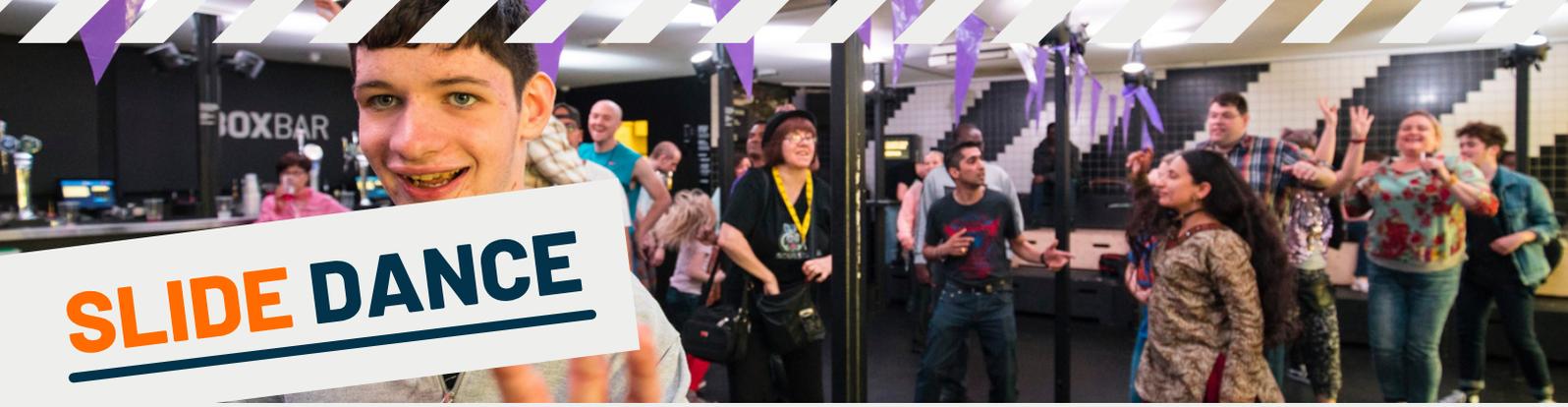
The sessions are FREE each week. Once you've settled in and go more often, you can join the tennis club for £35 a year. This means you can use the tennis courts outside of class times to play with your carer or family member.

'Our coaches and volunteers work closely with parents and carers to provide the best experience possible week in and week out for all attendees. In normal times the bar is open and many of the adults stay for a drink and to socialise after the session which is great to see.'

Those players who need extra support are given 1:1 sessions and those who have created friendship groups work together with a coach/volunteer. The sessions are fun and all our volunteers are full of energy each week and the sessions are enjoyable for everyone.

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To give it a try and book a session visit [clubspark.lta.org.uk/MDLCoaching/Disability](http://clubspark.lta.org.uk/MDLCoaching/Disability)



# SLIDE DANCE

## SLiDE invites you to their Easter party!

The SLiDE champions are planning an online party on Saturday 10th April and would love you to be there!



## SLiDE's Easter Party

An eggsciting afternoon  
filled with fun music and  
a special hunt!

Saturday 10th April 2021

2pm - 4pm

Zoom

312-959-6279

Want to get moving and grooving? Click [here](#)



## Disco into your Day!

**What:** A boogie for everyone! No routines...Just fun!

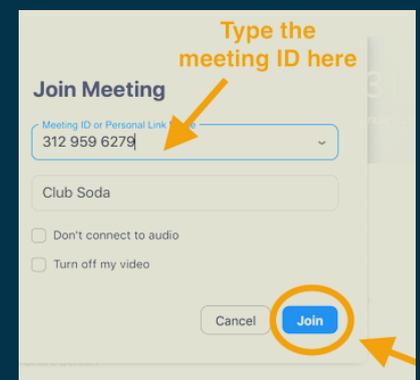
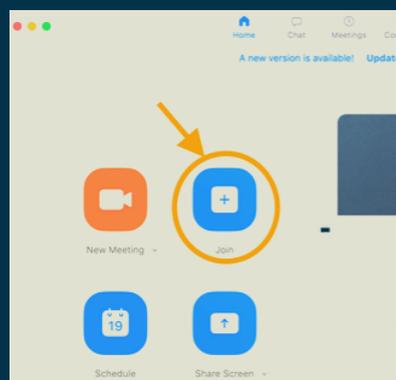
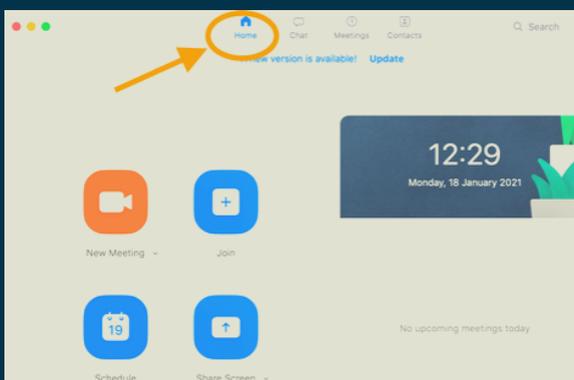
**Where:** Online on Zoom: (Meeting ID 858 0282 8311)

**When:** Saturday 10am-11am,  
Tuesday + Thursday 9:30-10am

**How much:** Suggested donation £1 per session

“ I love SLiDE, it is such an important part of my life. ”  
HOLLY

To join SLiDE's online sessions, open zoom, click home and then 'join'. Then type the Meeting ID number for that session.



To find out more information, contact [info@slide.org](mailto:info@slide.org)

SLiDE//Online is supported by the National Lottery Community Fund

## DIRECTORY - The Leisure Link List

### ACCESSIBLE AND/OR INCLUSIVE EVENTS / VENUES / SERVICES

#### **Turf Projects - Art Space (open 2 in 2 out)**

46/47 Trinity Court (Ground Floor) Whitgift Shopping Centre, Croydon, CR0 1UQ

020 3251 0108

[turf-projects.com](http://turf-projects.com)



#### **Makers Of Stuff Squad (MOSS) - Art Workshops**

46/47 Trinity Court (Ground Floor) Whitgift Shopping Centre, Croydon, CR0 1UQ

020 3251 0108

[turf-projects.com/moss/](http://turf-projects.com/moss/)



#### **Drunken Chorus + Disco Disco - Theatre Group**

37-39 St George's Walk, Croydon, CR0 1YL

07813 409304

[www.drunkenchorus.co.uk/discodisco](http://www.drunkenchorus.co.uk/discodisco)



#### **SLiDE - Dance (online)**

The Recreational, Park Lane, Croydon, CR9 1DG

07860 763799

[slidedance.wordpress.com/](http://slidedance.wordpress.com/)



#### **Ludoquist - Board Game Café**

63-67 High Street, Croydon, CR0 1QE

020 3011 2295

[www.theludoquist.com/](http://www.theludoquist.com/)



#### **Limitless-VR - Bar and Gaming Lounge**

79 High Street, Croydon, CR0 1QE

020 8680 7775

[www.limitless-vr.com](http://www.limitless-vr.com)



#### **Get Fired! - Pottery**

914 Brighton Road, CR8 2LN

020 8660 3188

[www.getfired.co.uk](http://www.getfired.co.uk)



# DIRECTORY - The Leisure Link List

## ACCESSIBLE AND/OR INCLUSIVE EVENTS / VENUES / SERVICES

### The Oval Tavern - Pub with regular community events

131 Oval Road, Croydon, CR0 6BR

020 8686 6023

[theovaltavern.co.uk](http://theovaltavern.co.uk)



### Frames Sports Bar - Pool/Darts/TV

202 Brighton Road, Coulsdon, CR5 2NF

020 8660 7660

[www.framesportsbar.co.uk](http://www.framesportsbar.co.uk)



### Club Soda

TURF Projects - 39-40 Keeley Road, Croydon, CR0 1TF

07309 750 283 - [info@clubsoda.org.uk](mailto:info@clubsoda.org.uk)

[www.clubsoda.org.uk](http://www.clubsoda.org.uk)



### Gig Buddies Croydon

TURF Projects - 39-40 Keeley Road, Croydon, CR0 1TF

07309 750 283 - [Info@gigbuddiescroydon.co.uk](mailto:Info@gigbuddiescroydon.co.uk)

[www.gigbuddiescroydon.co.uk](http://www.gigbuddiescroydon.co.uk)



### New Addington's Community and Leisure Centre

88 Central Parade, New Addington, CR0 0JB

01689 842 553

[better.org.uk](http://better.org.uk)



### Cherry Hub - Community Space

171, St James Road, Croydon, CR0 2BY

020 8689 2625



### MDL Coaching - Tennis

Purley Bury Tennis Club, 53A Purley Bury

Avenue, Purley, Surrey, CR8 1JF

[clubspark.lta.org.uk/MDLCoaching/Disabilty](http://clubspark.lta.org.uk/MDLCoaching/Disabilty)



### Stanley Arts - Arts and Performance Venue

12 South Norwood Hill, South Norwood, SE25 6AB

020 8251 0184

[stanleyarts.org](http://stanleyarts.org)

 (to half the venue)  (to the society room)



# SOMETHING MISSING?

Do you know a great place or service in Croydon who should be on the list?

**We want our list to show off the best accessible and inclusive venues for:**

Music / Theatre / Film / Sport / Arts n Crafts / Wellbeing / Outdoors/Nature / Socialising

**We want to hear** what is important to you

**Our list is small right now, but we know there are loads of accessible and inclusive things to do in our community... so get in touch!**

Email us at [evie@gigbuddiescroydon.co.uk](mailto:evie@gigbuddiescroydon.co.uk)

We work hard to make sure that all the information in this newsletter is correct - In these unusual times, please always check with venues and services before heading out.

Prefer a printed version? We hope to have printed copies of Leisure Link soon. Check out our next Leisure Link newsletter for more updates!



"I love **Wheels For Wellbeing** in Croydon Arena"

TERRY

"I love **SLiDE** dance"

HOLLY

"I love **CALAT**"

ESE

"I love **Certitude**"

SEDLEY

"I love **The Oval Tavern**"

RACHAEL

**Our New Podcast!**



**Do you think you would be a good host?**

**What would you like to hear on the podcast?**

**What do you think we should call the podcast?**

**Get in touch and let us know.**