

JUNE 2021

leisurelink



Croydon

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!



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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

What indoor places do we enjoy going to?

1

STANLEY HALLS

Arts and performance venue
Enjoying live theatre, music and arts

12 South Norwood Hill,
SE25 6AB
info@stanleyarts.org
stanleyarts.org



ADDINGTON LEISURE CENTRE

Going swimming

88 Central Parade
CR0 0JB
www.better.org.uk



2

VUE CROYDON GRANTS

Cinema

Watching films at the cinema
(Autism friendly screenings - 10am on last Sunday of each month)

14 High Street, CR0 1GT
0345 308 4620
www.myvue.com



3

CROYDON LOCAL LIBRARIES

Bradmore Green Library

Reading, learning, volunteering and connecting with others

Bradmore Way, Coulsdon, CR5 1PE
020 7884 5220
bradmorgreenlibrary@croydon.gov.uk
www.croydon.gov.uk/leisure/libraries



5

MUSEUM OF CROYDON

Exhibitions, art, workshops and archive

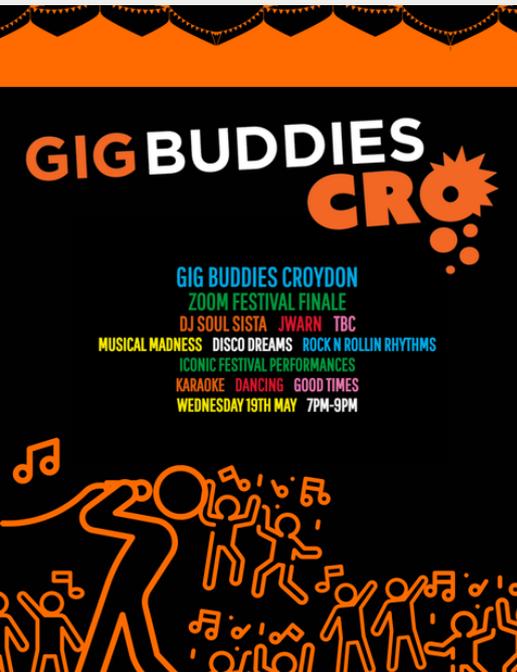
Croydon Clocktower,
Katharine Street, CR9 1ET
020 8253 1022
museum@croydon.gov.uk
museumofcroydon.com





“ It was lovely to get together after so long. ”
RACHAEL

WHAT HAVE WE BEEN DOING LATELY?



I really enjoy the Gig Buddy socials on Zoom. The next one will be like a festival.
HOLLY

I met up with friends at the Oval Tavern. We celebrated their birthdays as I missed them both because of lockdown. The staff made us feel very welcome.
RACHAEL



I went out for a meal in a restaurant. The food was good.
JOE

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



I went to **Camber Sands** and enjoyed flying kites on the beach.

RACHAEL



I have been creating some new **pictures on fabric**.

LORAINE



Parsnips, onions and potatoes are growing well in my garden with all this rain.

SEDLEY

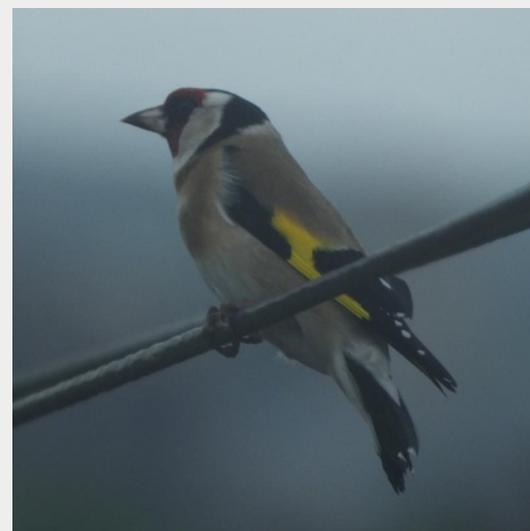


WHAT HAVE WE BEEN DOING LATELY?



A couple of **goldfinches** have been **making a nest** next to my house. They come and sit on the wires and sing before flying to the nest. Their feathers have been getting blown about in the wind lately.

YASMIN



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



I am going to the cinema. I hope to watch Mortal Kombat.

JOE



There has been so much rain lately. I am looking forward to some warmer weather.

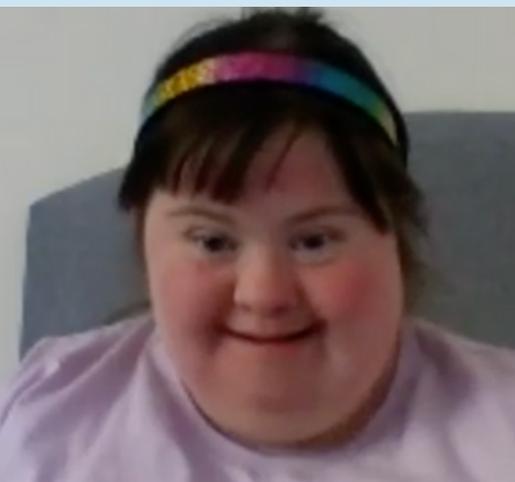
LORAINE



I am looking forward to going for a picnic in Crystal Palace Park.

SEDLEY

WHAT ARE WE LOOKING FORWARD TO?



I am looking forward to interviewing Matthew from **SLIDE dance** for the next Leisure Link Podcast.

HOLLY

National Volunteers week

1st-7th June

UEFA Euros Football Tournament

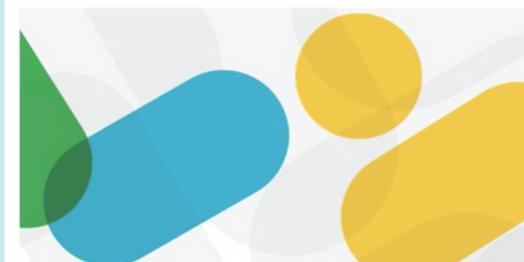
11th June-11th July

Windrush day

22nd June



MUSEUM OF CROYDON



Museum of Croydon have some online exhibitions and live stream events in June, that I am interested in seeing.

RACHAEL

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



LEISURE LINK SOCIALS

What: Leisure Link Social Meeting

Where: Zoom

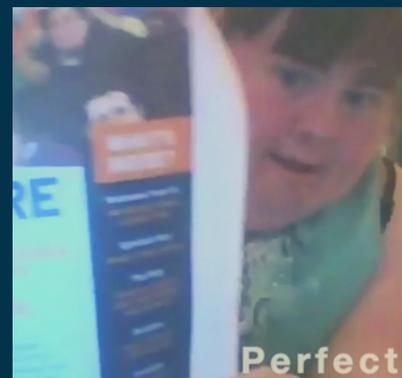
When: Monday 7th June 11:30am-1pm (monthly)



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 Monday 7th June at 11:30am
[CLICK HERE](#)

For more information email evie@gigbuddiescroydon.co.uk

OUT AND ABOUT

BY SEDLEY WILSON



Gustav's Time Travelling Treasure Hunt at Stanley Halls

I came across it by accident. I wasn't supposed to go there. I got off a bus to get onto another one and saw a menu outside Stanley Halls, they do lots of cakes and coffee and stuff. I've read about this cafe for years but never actually gone in there. I went in there and they did a deal for a sandwich with a coffee with it. It was card only but I don't mind paying that way, it's fair enough at the moment. They used to do arts and crafts in there and now they have a beer tent there on a Sunday where people can drink from.

I got talking to the organisers - quite pleasant, nice and very friendly. There was a lady dressed up in a Victorian outfit like in Doctor Who. By Norwood junction station they were all dressed up, giving papers out with clues on. And when everyone went back to Stanley Halls there was a bloke explaining how he made a time machine out of a wardrobe. You had to find a little stone that you put in the side of the wardrobe and you'd go back to the 1800s. There were a lot of families turned up and people coming individually.

I went there for 2 days, Sunday and Monday. I think it is a good way, especially at the moment, for communities to join in and meet other people. That's how you learn about different cultures and interact with different people. I'd love to see more of that out and about, community spirit. You don't get much of that anymore. Years ago you'd have that but now everyone keeps to themselves you see.

“ I'd love to see more of that out and about, community spirit. ”

It is great just getting out of the flat for a couple of hours. Now that I'm allowed to go out I can really explore things. I've just found out how to do Facebook live - I've been doing some of my gardening on live. So maybe the next little day trips I do I could film it live straight to facebook.

Sedley's article continues on the next page...

CHEERS TO CHANGE

BY SEDLEY WILSON

Oval Tavern

Oval Tavern was brilliant. Sitting in the garden was the first time I had been in their garden, I'd never been in it. It's a beautiful lovely feeling sitting in there now and it's all table service now. Some of the barmaids and bar men remember us from our socials there. The access to the garden is alright if you just go down the ramp. And they let you give your name and address if you don't have the covid app. It was beautiful to sit in there and catch up. There's always been a friendly atmosphere...some places you walk in and there isn't one.

Sedley on making change

It's a great feeling seeing the communities come together again and be friendly. My big idea is to set up a poetry group for anyone with a learning disability. I've spoken to Croydon Mencap about it and they said maybe I could use Leslie Park for it. There's a lot of fields that disabled people can't get into or don't have access to so we gotta create our own access to these fields.



It's like what gig buddies were saying the other night about being rebels. We are rebels! I've always been a rebel. I don't look like a rebel because I'm always kind and polite to people and people think rebels aren't polite. Like when I was working for Croydon and I needed to complain about something they would say, 'go to this guy.' But I would bypass him and go straight to the top. I did make a big change back then. They don't invite me to meetings anymore because I ask too many questions.

“ I've always been a rebel. ”



PODCAST



Episode #2



Check out our new Podcast where we hold the mic up to some of Croydon's best artists, performers and musicians with learning disabilities. We will also feature interviews with inclusive arts and leisure organisations from Croydon and we'll drop in at our favourite local venues too.

June's episode is hosted by Joe and Holly who welcome Matthew from SLiDE and The Carbonators to the podcast.

Visit our website to listen:
www.clubsoda.org.uk

leisurelink



podcast

'Premier of 'monstertronics'
a new song from their upcoming
10th anniversary album
'The Decade with the Carbonators'



Matthew from SLiDE

““ 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



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

MUSIC LEADER

The Don't Hold Me Back Project

LESLIE PARK

Don't Hold Me Back

Do you have a big dream that you want to achieve?

Leslie Park are recruiting people to join their Don't Hold Me Back campaign that pushes their members to the absolute limit of what they can do, physically, mentally or both!

You can find out more about the project and all the people getting involved by watching their video [here](#).

Here is Jade Gabriel completing step one of her Don't Hold Me Back challenge with an indoor skydive.





LESLIE PARK

Members making tie dye butterflies for our art room to go on our new 3d tree in the making

Crisp Packet Project

We need your crisps packets!

Leslie Park members have almost finished the bottle top picture and we can't wait to share it with you. So now, we are starting something new....

Please could you save your empty crisps packets (not torn) so we can make foil blankets for local homeless shelters. Any crisps will do!

Thank you!

Kerry Lineker raising £3100 for Leslie Park with a sponsored cycle



Kat running the marathon (any donations VERY welcome!)

Sunday October 3rd 2021

Virgin LONDON MARATHON

Please help me reach my target of £2000!

Members counting out our penny donations for our defibrillator challenge





SLIDE DANCE

Quick update from SLiDE.....

SLiDE are dancing in the park on Tuesday mornings and on zoom Wednesdays and Thursdays.

Find out more about their classes [here](#)

Save the date June 2nd for their Summer party!



JUNE 2ND 1PM

JOIN THE CHAMPIONS AT

SLIDE'S SUMMER PARTY!

PICNIC & MUSIC | FUN GAMES

LLOYD PARK
Guaranteed hot weather!



THE GLOBE QUARTET

WITH KITTY WHITELAW

SUNDAY
6TH JUNE

STANLEY ARTS

MUSIC 3-5PM
FREE ENTRY



STANLEY ARTS - 12 S NORWOOD HILL LONDON - SE25 6AB



The Globe Quartet featuring Kitty Whitelaw

What: Live jazz Gig

When: June 6th, 3pm-5pm

Where: Yard Bar at Stanley Halls

Want to go to a free gig?

Live jazz is back in the Yard Bar at Stanley Arts in June.

Kitty Whitelaw and the Globe Quartet will be bringing you a relaxing, fun afternoon of outdoor jazz to kick off the long weekend.

This is a totally free concert, so no need to book!



STANLEY ARTS

Find out more
[here](#)

You can see Stanley Hall's full list of events [here](#)

STANLEY ARTS



Eden Hunter



Eden Hunter Live



What: Live music gig

When: June 12th, 7:30pm-10:30pm

Where: Yard Bar at Stanley Halls

Cost: £12

After a long time in quarantine, Eden is back performing live with her amazing band.

Eden is a recent graduate of the Brit School and a talented singer-songwriter. After selling out her last two gigs at Stanley Arts before lockdown 3.0 she is delighted to be back at the Yard Bar.

For a social distanced evening of original music and some good drinks this is the event for you!



STANLEY ARTS

Find out more and get your tickets [here](#):

You can see Stanley Hall's full list of events [here](#)

SQUIDZ CLUB

HEART N SOUL

What: Do Your Own Thing house party

When: June 11th, 7pm-9:30pm

Where: Online

'Show the DJs your best dance moves in the Disco Room, hear your favourite songs in the Radio Request Room or chill out in the Draw and Relax Room. There will be something for everyone as we explore all the different rooms and have an online house party!

Also look out for a special performance from Danielle, who will be celebrating the release of her second EP "D.M.S. Lovesheart"

Squidz Club is an evening for young people (aged 10-25) with learning disabilities and autistic people plus their families and friends.



HEART
N
SOUL

You can find out more by visiting their website [here](#)

SOUL PARTY

What: Groove Zone Soul Party

When: June 12th, 7pm-10pm

Where: Zoom - Join on the party on Zoom [here](#)

Meeting ID: 894 7856 3150

Passcode: 831014



DJ Soul Sista will be playing some soulful tunes to keep the party vibe going throughout the evening.

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



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/



Drunken Chorus + Disco Disco - Theatre Group

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

07813 409304

www.drunkenchorus.co.uk/discodisco



SLiDE - Dance (online)

The Recreational, Park Lane, Croydon, CR9 1DG

07860 763799

slidedance.wordpress.com/



Ludoquist - Board Game Café

63-67 High Street, Croydon, CR0 1QE

020 3011 2295

www.theludoquist.com/



Limitless-VR - Bar and Gaming Lounge

79 High Street, Croydon, CR0 1QE

020 8680 7775

www.limitless-vr.com



Get Fired! - Pottery

914 Brighton Road, CR8 2LN

020 8660 3188

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



Frames Sports Bar - Pool/Darts/TV

202 Brighton Road, Coulsdon, CR5 2NF

020 8660 7660

www.framesportsbar.co.uk



Club Soda

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

07309 750 283 - info@clubsoda.org.uk

www.clubsoda.org.uk



Gig Buddies Croydon

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

07309 750 283 - Info@gigbuddiescroydon.co.uk

www.gigbuddiescroydon.co.uk



New Addington's Community and Leisure Centre

88 Central Parade, New Addington, CR0 0JB

01689 842 553

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



Stanley Arts - Arts and Performance Venue

12 South Norwood Hill, South Norwood, SE25 6AB

020 8251 0184

stanleyarts.org



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

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

TERRY

"I love **Special Blend**"

HOLLY

"I love **CALAT**"

ESE

"I love **Spread Eagle**"

SEDLEY

"I love **Croydon Clocktower**"

RACHAEL

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.

We are grateful to Zetetick Housing for funding Leisure Link.



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.