



JULY 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



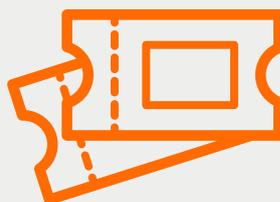
WELLBEING



**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)**



**GENDER NEUTRAL
TOILET**



**ACCESSIBLE
TOILET**



**VENUE USES
TEST AND
TRACE**

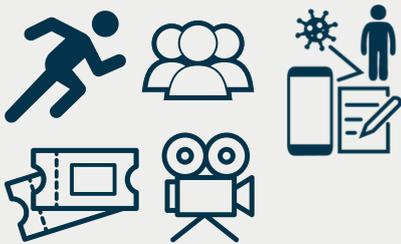


**SEAT/S
AVAILABLE**

THE MAP - Where things are happening this month

Where are the best places to meet up with friends in Croydon?

1 VALLEY RETAIL & LEISURE PARK
Cinema, bowling, restaurants & shopping
14 Daniell Way, CR0 4YJ
TRAM ROUTE 3, BUS 455
www.valleyretailandleisure.com



2 LLOYDS PARK
Great place to exercise, go for a picnic and meet with friends
Coombe Rd, CR0 5RB
TRAM 3
020 8633 1633
lloydsparkcafe.co.uk



3 GET FIRED
You can paint your own pottery while catching up with a friend
914 Brighton Road, CR8 2LN
BUS 60, 166, 407, 466
www.getfired.co.uk



OVAL TAVERN
The pub has a good sized beer garden to sit and relax
131 Oval Rd, CR0 6BR
BUS 197, 312, 367, 410
020 8686 6023
theovaltaVERN.co.uk



BOX PARK
Eat, drink and watch sports on the big screen with friends
99 George Street, CR0 1LD
BESIDE EAST CROYDON STATION
0207 186 8800
croydon@boxpark.co.uk
www.boxpark.co.uk/croydon/





I have made some beautiful art pieces on fabric.

LORAINE

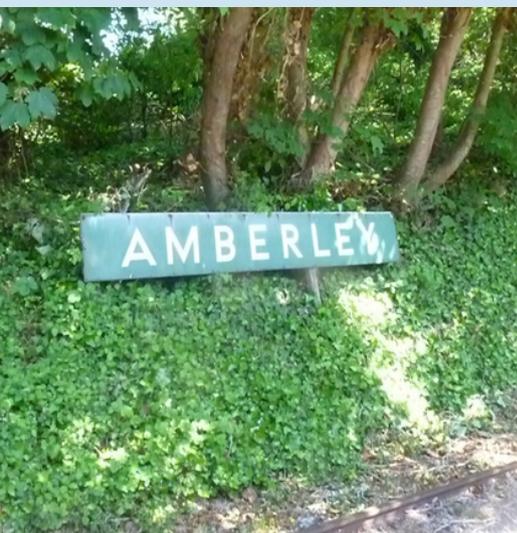
I had a trip to Hastings and had an Ice cream in memory of my nan that was one of her favourites.

TERRY

I enjoyed a day out at Paultons Park. I love going to theme parks.

JOE

WHAT HAVE WE BEEN DOING LATELY?



I travelled by train to Amberley Museum in West Sussex. I went there a long time ago and it was good to go back and see it again.

SEDLEY



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



I hope to go out more in Croydon and **meet up with friends.**

LEISURE LINKER



I am looking forward to some **warm weather** so I can enjoy my garden.

RACHAEL



I am interested in **South Norwood Community Festival.**

SEDLEY

WHAT ARE WE LOOKING FORWARD TO?



International Reggae Day
1st July

UEFA Euros Football Tournament final
Sunday 11th July

South Norwood Community Festival
18th July



Museum of Croydon have some online exhibitions and workshops that I am interested in seeing.

Palace For Life are busy planning their summer activities. Check their website for what they are running this summer!
Do you love a kick about? Contact michaelharrington@palaceforlife.org

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



LEISURE LINK SOCIALS

What: Leisure Link Social Meeting

Where: Zoom

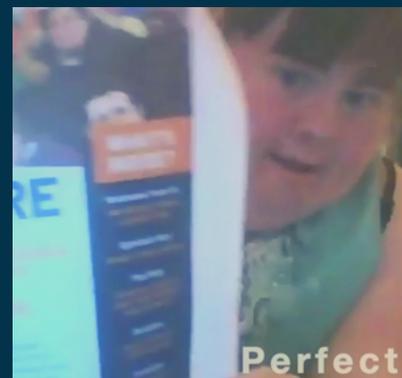
When: Monday 12th July 11:30am-1pm (monthly)



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 monthly social where you can meet new people and talk about all the cool things to do in Croydon.

To join the next meeting on Monday 12th July at 11:30am
[CLICK HERE](#)

For more information email evie@gigbuddiescroydon.co.uk

Live, physical THEATRE! Yay!

EMMA'S REVIEW

Reasons You Should(n't) Love Me



!Swearing! !Sexual content! !Mental illness! !Disability discrimination!

9th June 2021 was a day of many firsts since Covid. My first tube ride, my first ride on the Overground, my first time being hit on by a stranger (ugh)... But! Most importantly, my first time going to a *live, physical THEATRE!* Yay!

My mentor at work had two tickets (£15) and very generously invited me along. We'd both had a meeting, so I had to leave straight afterwards. Unfortunately, I misjudged the time and ended up arriving about 5-10 minutes after the start time (oops!). Even so, it was well worth it because it was so lovely to see her and get a taste of somewhere different than my own local area.

We both did the Track & Trace scan before being let in. Our seats were in the side stalls. All the audience wore masks and there was social distancing, which was reassuring.

Anyway, onto the important bit...
The Play!

It's about a woman with spina bifida (Juno, played by Amy Trigg) who's figuring herself out what she's like throughout her twenties. There was a warm, sparkling, friendly connection between Juno/Amy and the audience, who were all wearing masks and very respectful of the theatre space.

The stage looked a little like a small house, with stars in the ceiling for the bit where she talked about looking at the stars with someone. It had doors and windows that opened and closed like a pop-up book.

She told us about various partners and crushes she'd had; how many people had tried to pray her disability away and how lots of people saw her as a special pet project that needed fixing but would always be left unfinished.

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

EMMA'S REVIEW

Reasons You Should(n't) Love Me



Hearing about the final time she got drunk (Where she ended up peeing on someone as he was carrying her out of the house and vomiting everywhere), while embarrassing, was also very funny and the part where she and one of her closest friends wrote all the things they liked about each other was lovely.

Seeing the audience stand and clap at the end was magical. It answered some questions about love, relationships, and spina bifida that I didn't even know I'd had and got me thinking about body image, love, sex, life and all sorts in new ways. I'll also look at going to the carwash in a new light, because that's what Juno and one of her oldest schoolmates would do to hang out, sharing hopes and dreams and finally sharing that they're Not OK and struggling.

It was also available to stream online, but you definitely can't beat going to the real theatre! This play has ended now but as theatres begin opening up again, I hope there can be more performances by and about disabled people, and more relaxed performances.

Find out more [here](#)

You can also call them on **020 7625 0138**
or email
Access@KilnTheatre.com



Emma outside Kiln Theatre



ACCESS ALL AREAS

PERFORMANCE MAKING DIPLOMA

Yes, I know I go on and on about them a lot... but disabled theatre company Access All Areas are currently accepting applications for their 2021-2023 Performance Making Diploma course! Applications close on July 9th; auditions take place during the week beginning Monday 26 July; and the course begins in October 2021.

ACCESS ALL AREAS

You can find out more by visiting www.accessallareastheatre.org/performance-making-diploma There are Easy Read documents and a video from someone who was in my year of the course (Katy Cracknell) to explain what to do. You don't need to have had any previous experience with acting or theatre, either!

You can send your completed forms by video or voice recording if that's easier than doing the paper form.

Email sophie@accessallareastheatre.org with your application form or post it to:

**Access All Areas,
Bradbury Studios, 138 Kingsland Road, London, E2 8DY**
If you need to phone them, the number is **020 7613 6445**.

If you do decide to apply, this could be your time to truly shine and represent Croydon! I wish you the very best of luck whatever you decide.



GIG BUDDIES CROYDON

Gig Buddies Get Back to Business - Where Are You?

Gig Buddies are back ... face to face! Finally we ditched the zoom screen and got together for a big social event in real life. We may not be back to the pub yet, but we met in LLOYD park for an afternoon of music, games and good old chaotic fun.



Well get in touch!

There are thousands of adults with learning disabilities in Croydon and we want you to be part of the Gig Buddies community. We match you to a volunteer with similar interests to go to events together that you both love. Oh, and we throw the occasional party.



But there was something missing.... You! **#WhereAreYou?**

Are you 18+, have a learning disability and live in Croydon? Do you like to socialise, enjoy going out and want to try new fun stuff? Yes?

We believe everyone should be able to go out, have a good time and stay up late. So if you have a rebellious spirit and want to make a bunch of new friends, join Gig Buddies Croydon.

#WhereAreYou

Find out more

www.gigbuddiescroydon.co.uk



LEISURE LINK PODCAST

System Experience

Episode #3



Catch 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.



July's episode is hosted by Joe and Sedley who welcome BAFTA nominated film maker Rosie Baldwin and System Experience to the podcast.

July's episode will be released on Monday 12th July. Listen to previous episodes [here](#)

“ All creativity is healing and it really brings people together. ”
ROSIE



Ladies and gentlemen, please welcome to the stage... Delta 7.

Delta 7

““ 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



CLUB SODA ARE BACK!

What: Club Soda Event

Where: The Oval Tavern

When: Monday 26th July, 7-10pm

Cost: £5 in advance only



After over a year of no live events, we are back with Soda Beat

Join us at The Oval Tavern for our comeback event, featuring some special guests: **The Carbonators, Transient Visitors and DJ Soul Sista**

SODA BEAT

CLUB SODA **GIGBUDDIES CRO**
 CLUB SODA AND GIG BUDDIES CROYDON PRESENT
 A night of Live Music run by people with learning disabilities
SODA BEAT
 At The Oval Tavern, 131 Oval Road, CR0 6BR
 Monday 26th July, 7pm-10pm
 Featuring The Carbonators, Transient Visitors, System Experience, the Soda Jammers and DJ Soul Sista
 £5 in advance only - from www.sodabeat.eventbrite.co.uk
 Strictly limited tickets available
 For more info see www.clubsoda.org.uk/events
 STAY UP LATE | OVAL | Jack Petchey Foundation | YOUTH MUSIC | ARTS COUNCIL ENGLAND

£5 in advance only - from sodabeat.eventbrite.co.uk/

For more info see www.clubsoda.org.uk/events

WILLOW LEARNING



Willow ramble

Our gentle ramble group meets at Beckenham Junction tram stop every Tuesday at 10am. We walk at Kelsey Park, chat with friends, and feed the ducks. We would love it if new members could join us.

We are having a longer ramble during the summer at Happy Valley in Coulsdon. The walk will take about 4hrs and we will stop at The Fox in Coulsdon for a drink.

Walking is a great way to stay healthy and having a laugh with friends makes us all feel happier.

Please contact Tanya on **0751 502 8382** or **tanya@willowlearningforlife.org** to find out more or book a place.



Gentle ramble Kelsey Park Beckenham

For adults with learning disabilities
every Tuesday
10am-11am

Contact Tanya for more details
0751 5028382
tanya@willowlearningforlife.org



All day ramble Happy Valley Coulsdon

For adults with learning disabilities
Wednesday 04.08.2021
10am-3pm

Contact Tanya for more details
0751 5028382
tanya@willowlearningforlife.org



TREAT ME WELL



Croydon Treat Me Well campaign

Treat Me Well is a Mencap campaign to transform the way the NHS treats people with learning disabilities. Willow and Croydon Mencap are campaigning in Croydon. We have made a video thanks the NHS for all of the great things they do. When Martin went to A&E after hurting his leg playing football the staff at the hospital didn't listen to his support staff and diagnosed the wrong thing. The advice they gave may have made his injury much worse, our second video asks hospital staff to listen to people with learning disabilities and their support staff

You can see our video's [here](#)

Thank you
to everyone working for the NHS

We also met with Dr Peggy Ravoux, from the Community Learning Disability Team about how to improve the Croydon Learning Disability Health Strategy.

We've got lots more work to do to improve health care for people with learning disabilities in Croydon. Including making sure easy read information is available in every vaccination centre.



TURF EXHIBITION

What: 'Play': art exhibition

Where: Turf Projects Units 46-47,
Trinity Court (Ground Floor), Whitgift
Shopping Centre, Croydon. CR0 1UQ

When: Wednesday - Saturday until July 3rd, 11am-5pm

Cost: Free

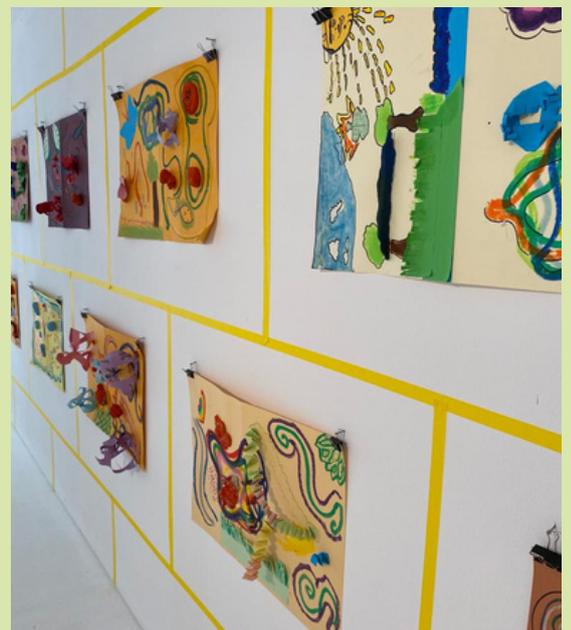


After a year of uncertainty, now it's time to play and bring back our sense of connection, freedom and joy!



'PLAY!' is an exhibition of work from Turf's partner schools; Robert Fitzroy Academy, The Crescent Primary & The Link Secondary.

Artists aged 5 to 16 have responded to the theme of play, feelings and natural soundscapes through a series of online workshops facilitated by Turf.



For more info see turf-projects.com

SLIDE DANCE

walk4SLiDE

Sponsored walk

Saturday 10th July, 10.30am-4.30pm

Join us for one or two laps of Lloyd Park and FUN activities with the SLiDE champions. Each lap is 2.5 miles, you can do one or two laps. Up to you!

You will need to get sponsored by family and friends....no donation too small. All money raised will support SLiDE dance activities in autumn 2021. We hope you can join us, let us know by emailing: info@slidedance.org



SAVE THE DATE:

SLiDE\\Summer dance Jam

**Tuesday 10th- Friday 13th
August 10.30-3pm Stanley
Arts, South Norwood.**

High energy creative dance, get funky and expressive!
Attend as many days as you like: £25 per day or £80 for all 4 days.

Details coming soon but register your interest:
info@slidedance.org





STANLEY ARTS

The Globe Quartet featuring Kitty Whitelaw

What: Nice N Spiky Comedy Night

When: Friday 2nd July doors open 6pm, 7:15pm-10pm

Where: Yard Bar at Stanley Halls

Where: £12.50 in advance £15 on door

Fancy a laugh? We're back with a Fantastically Funny Friday night show full of laughter at the Stanley Arts Yard Bar.

Doors Open 6.00pm and Comedy Show Runs 7.15pm to 10.15pm (includes two breaks)

Reserve your seats now for an evening of the best stand up comedy, where professional comics off the telly try out new jokes and ideas, the only comedy night in Norwood!



STANLEY ARTS

Find out more [here](#)

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



SOUL PARTY

What: Groove Zone 80s Party

When: July 10th, 7pm to 10pm

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

Meeting ID: 849 4711 9362

Passcode: 816919



DJ Soul Sista is inviting you to her 80s Party on Zoom. She 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

 (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

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

TERRY

"I love **Special Blend**"

HOLLY

"I love **Victory Club**"

LORAINE

"I love **Certitude**"

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.