

APRIL 2022

leisurelink



Croydon

The Leisure Link group meet once a month 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.



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SYMBOLS

These symbols are here to help you see how accessible venues, events and services are.



VENUE



**EVENTS / ACTIVITIES
ONLINE**



**ON SITE
PARKING**



**OFF SITE
PARKING**



THEATRE



FILM



MUSIC



SPORT



ARTS + CRAFTS



**NATURE /
OUTDOORS**



SOCIAL



WELLBEING



**FRIENDLY
STAFF**



FREE EVENT



**COMPANION / CARER
DISCOUNT**



**CASH
PAYMENTS**



**CARD
PAYMENTS**



DONATION

SYMBOLS

These symbols are here to help you see how accessible venues, events and services are.



STAFF TRAINED IN SIGN LANGUAGE



DISABILITY AWARENESS/EQUALITY TRAINED STAFF



CAPTIONED



AUDIO DESCRIPTION AVAILABLE



HEARING LOOP



INFORMATION IN LARGE PRINT



BRAILLE



FACILITIES FOR ASSISTANCE DOGS



LIFTS



WHEELCHAIR ACCESS



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)



SAFE / QUIET SPACE AVAILABLE



SEAT/S AVAILABLE



GENDER NEUTRAL TOILET



ACCESSIBLE TOILET

THE MAP - Where things are happening this month

Croydon Leisure Linkers recommend

1 Stanley Arts, 12 South Norwood Hill, SE25 6AB
SUNDAY MARKET
Vintage clothing, artwork, cake, jewellery, crafts & more
24th April, 11am-4pm
stanleyarts.org



6 Oval Tavern, 131 Oval Road Croydon, CR0 6BR
BLUES AT THE OVAL
Blues music performed live in this popular community pub
10th, 17th & 24th April, 8pm
020 8686 6023
theovaltavern.co.uk



2 Turf, Whitgift Centre, CR0 1UQ
CULTIVATE THAT
Providing artists & local partners with tools to propagate new work
5th March-28th May
turf-projects.com



3 Boxpark, 99 George St, CR0 1LD
SOULFUL SUNDAY
Soulful sounds with resident DJ's in the main space from 1pm
10th & 24th April, 1pm-8pm
You need to register for a Boxpark Black Card for entry to Boxpark
www.boxpark.co.uk



4 The Front Room, 37-39 St George's Walk, CR0 1YL
LIVE JAZZ
Thursday Lunchtime Jazz in Croydon!
April dates TBC
www.frontroom.space



5 Get Fired, 186 Brighton Rd, Coulsdon, CR5 2NF
POTTERY PAINTING
Bookings available online for tables during the Easter Holidays!
020 8660 3188
www.getfired.co.uk/bookings



7 Wheels For Wellbeing
Albert Rd, South Norwood SE25 4QL
INCLUSIVE CYCLING SESSIONS
Sessions for disabled people and their families, carers or friends
020 7346 8482
wheelsforwellbeing.org.uk



I really enjoyed going to see the **Sleeping Beauty** panto in Beckenham.

HOLLY

I went to watch '**The Duke**' at **Vue** cinema in Croydon. I would recommend seeing it.

SEDLEY

I played **football** with Croydon Mencap. It was great fun.

SEDLEY

WHAT HAVE WE BEEN DOING LATELY?



I have been creating artwork in the **MOSS** studio recently.

BRIAN



I led and delivered a creative workshop for a school group at **Turf**.

LORAINE



I created this picture at the **Broad Green Hub** where they had a coffee morning and arts and crafts session.

SEDLEY

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



Watching the FA Cup Semi Final, **Palace v Chelsea** on 17th April.

RACHAEL



This is a photo from when I visited the **garden centre**.

TOYIN



I am looking forward to **seeing what will grow in my garden**.

SEDLEY

WHAT ARE WE LOOKING FORWARD TO?



The first signs of spring are here. Enjoying walks in local parks and woodlands is very important for your physical and mental health. It is a great way to start your day and clear your mind.

What signs of spring have you seen recently?
Share with us some of your photos by emailing them to rachael@clubsoda.org.uk

Films and TV we are looking forward to watching:
Sonic the hedgehog 2 - Release date: 1st April 2022
Fantastic Beasts: The Secrets of Dumbledore - Release date: 8th April
Britains Got Talent - Series 15 - ITV - 9th April

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



LEISURE LINK SOCIALS

What: Leisure Link Social Meeting

Where: Zoom

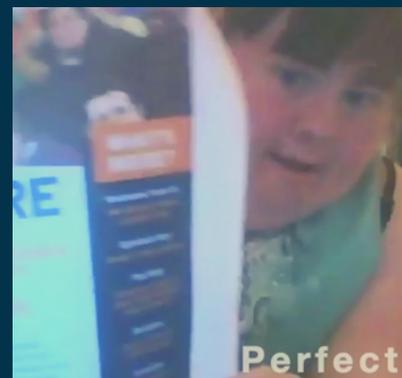
When: Tuesday 12th April 5-6:30pm (monthly)



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 Tuesday 12th April at 5pm

follow this link: [https://us02web.zoom.us/j/84852254459?](https://us02web.zoom.us/j/84852254459?pwd=YWtMUjFMRIhYV0ZnTTdqeDd1Vno3Zz09)

pwd=YWtMUjFMRIhYV0ZnTTdqeDd1Vno3Zz09

Meeting ID: 848 5225 4459

Passcode: 331760

For more information email evie@gigbuddiescroydon.co.uk



On March 7th Club Soda's Soda Crew DJs took over Boxpark Croydon for our first live event of 2022. A massive 109 partygoers joined us and danced to sets from: DJ X, Soul Sista, DJ 4 Blue, B Jonez, Tony cool and DJ Boom.

Here's what our members thought of the event:

“ I had a great time with loads of dancing, a few drinks and seeing my friends ”
Jordan (Gig Buddies)

“ It was great to see loads of new faces and different organisations ”
Sedley (Club Soda)

“ The Boxpark security were really good. All the staff were very helpful, patient and really friendly ”
Leisure Link member

Thanks to their friendly helpful staff and the reasonable adjustment of us not having to use the Boxpark Black card app, the event felt accessible and inclusive. The only thing that could have made it the perfect club night would be a cash bar.

With so many people joining us and so many left on the dance floor at the end, we can't wait to host more inclusive club nights at Boxpark.

www.clubsoda.org.uk



DEVOTED & DISGRUNTLED

In November we hosted an event called **'Devoted & Disgruntled'** as part of Drunken Chorus's A Bit of A Do. We invited local venues, learning disability projects and members of Croydon Council.

We asked the question:
'How can we make Croydon's social scene truly accessible?'

You can read our findings in the report here:

Easy read link:

<https://drive.google.com/file/d/1CIQRG2pa15Ja5xmVHv5rSRMyOIsQia8e/view?usp=sharing>

Full report link:

https://docs.google.com/document/d/1c1C4G6yp3BT7vjERbaoriWwLMC-FE9EKXj_-03O6MhE/edit?usp=sharing

www.gigbuddiescroydon.co.uk



GIG BUDDIES

GIGGING SAFE

Gigs are back! All covid rules have been stopped in the UK. This means that more things are open and you can go out to your favourite places again.

GIGBUDDIES
CROYDON

It is important to us that Gig Buddies are able to enjoy local venues and socialise again!

We encourage Gig Buddies to:

- **Wear your face mask (if you can) on public transport and in crowded places** 
- **Take a free rapid lateral flow Covid test 24 hours before you go to events** 
- **Not go to events or venues if you have cold or flu symptoms** 
- **Still use hand sanitiser and wash your hands often**
- **Keep your distance from people you don't know where you can**
- **Choose venues that are still making their space 'Covid safe'** 
- **Check in with your friends when you meet them. Some people may be nervous about hugging or being in busy places.** 

We must remember Covid-19 is still about and it is very important to stay safe. By doing our best to stay safe when we go out, we can help ourselves and other people to not get ill.

Let's work together to keep our community safe, healthy and happy. **Gig safe!** To find out more click [here](#)

www.gigbuddiescroydon.co.uk



EMMA IS BACK

About All The Media I've Consumed Before

BY EMMA SELWYN

Well, well, well. It's been a good long while hasn't it? But look who's making an attempt at a comeback!

Here's a 'small' sample of all the films/theatre shows/other forms of art and media I've consumed since December. No, I mean "used" when I say consumed. Not eaten!

Anyway... click the link

https://docs.google.com/document/d/1_TxUedeJMjIYowXSvq87CvsbJlqUCaxTDG_Sa6VUuuw/edit?usp=sharing

to read what I've been up to, including:

- Welcome To The Neurospace (theatre)
- Book recommendations
- Films I've loved this year so far
- Mixes I've made on Rave DJ

Part of why I've been away for so long has been because I've been extremely busy preparing stuff for work, including Transforming Leadership on the 10th March, which I aim to write about in a future edition on Leisure Link Large... You can watch the event back here:



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



NICKEL SUPPORT



‘Their vision is to change the way learning disability services are run forever, offering respect and the chance for people with learning disabilities to shine.’

We keep on hearing about Nickel Support from our Leisure Linkers, so we had to find out what they are all about!

We chatted with Sean, Loui and Vicky (who are all part of Gig Buddies Croydon) about this wicked project in Carshalton and what it means to them...



What is Nickel Support and what do you do there?

SEAN: Nickel Support is an enterprise for people with learning disabilities. They run lots of sessions that teach important skills. On Mondays and Wednesdays one of the main things I do is the self cooking class. My favourite thing I’ve cooked is the sausage casserole. On a Friday morning I sometimes make the butter icing for the cakes we sell in the pop up cafe that runs every Friday 1:30pm to 5pm. Also on Mondays and Wednesdays I work in the furniture shop. People bring their furniture they don’t want anymore and some of this goes to upcycle. So we sand them, paint them and then take it to the shop and sell it.

Vicky: We build furniture - we do loads of sanding and painting. We then sell this on ebay and other places. We make old furniture look new. I do a lot of cooking at Nickel’s Support too. I make jams and chutneys and lots of cake. We sell these in our cafe on a friday - I went there with my gig buddy Lucy.

My favourite thing we make is marmalade, it's very gorgeous. On a Tuesday afternoon I do yoga too - I absolutely love it, it's really cool.

Loui: I am new to Nickel Support. I have only been there one day when I did the dancing group with Roy. I also am going to do the furniture and cooking session. I am looking forward to doing the upcycling as I like to do crafts.

What is your favourite thing about the project?

Vicky: The whole thing is absolutely perfect.

Sean: I think my favourite thing at Nickel Support is the cooking sessions because it's a really good skill if you want to live independently or with a partner.

Loui: The dancing makes me feel good. It makes me happy moving around and feeling energetic

What have you learnt that you didn't know before?

Vicky: All the cooking has been brilliant. I do loads of cooking at home now.

Sean: In upcycling we learnt to go over with a hand held sander to go with the grain. When we do this we have to be careful not to scratch the furniture.

What would you say to people who wanted to join?

Vicky: It's Absolutely awesome!!

Sean: I would say to them - you will get shy at first but you need to open yourself up to it. Ask other trainees questions if you need help or feel unsure. I've met some new friends through Nickel and I have also reunited with one of my old friends too. I do 3 days a week and I really like it. I am always learning and doing cool things.

Loui: Check out the cafe! I am looking forward to taking my gig buddy Rosie to the cafe one Friday

Nickel Support have just opened up a second hub as they are getting bigger and better. So now they have the original base in Carshalton and the second hub in Cheam, which means they can let more people join - they have 40 people on the waiting list!

Want to find out more?

Head to their website <https://www.nickel.org.uk/sessions>





CROYDON MENCAP

Last week, members from Leslie Park started a project to collect items for refugees fleeing **Ukraine**. They managed to collect over 25 bags full of clothes, toys and blankets which were taken to the White Eagle Club in Balham to be transported to Poland and other European countries.



After sorting all the items into different groups, they took the items to the depot and waved them off last Friday. We are really proud of the charitable effort they made to help others!



Jade Allaway has nearly finished her **Don't Hold Me Back** project of recording her own music track 'Somewhere Over the Rainbow'. She has laid down the vocals and other members have provided backing tracks. We now need to edit it and make a music video before it's public release!



Leslie Park members have started their own **social media** project where they are uploading information and videos for different social media platforms. Danny is part of this group and he has been made Croydon Mencap's official social media ambassador as he has over 14,000 followers on his TikTok account. He is showing us how it is done!

Treat me well



CROYDON MENCAP

Treat Me Well Campaign

Find out more about the Treat Me Well Campaign here

<https://www.youtube.com/watch?v=89RTsLI9iLY>

<https://www.youtube.com/watch?v=oXeKuA2AyHs>

Volunteering Buddies

The Volunteering Buddies group have just had their interviews with CVA before getting their placements. They are starting to get out into the community and volunteer

There are still spaces in the group, so if you want to join in, contact Rona:

rona@croydonmencap.org

07923 173 005

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





WILLOW LEARNING FOR LIFE

A team of adults with learning disabilities working together to make our lives and our communities better.

Willow offers education, training, and work experience.

Our support staff include qualified tutors and an occupational therapist.

If you are interested in finding out more, contact Tanya:
tanya@willowlearningforlife.org
07515 028382

www.willowlearningforlife.org



SLIDE DANCE

What: Easter Dance Intensive

When: Monday 11th - Thursday 14th April

Where: Coombe Wood School, 30 Melville Ave,
Croydon, CR2 7HY



Fun creative dance workshops for fitness and wellbeing.

10am-12pm: ages 11-15
£8 per session

1:30-4:30pm: ages 16-25
£12 per session

Workshops are suitable for young people with a learning disability/difficulty, autism or support needs.



Limited places, booking essential.

To book/more info: alesha@slidedance.org
07887 781361

www.slidedance.org



Jack

Take 2

SAVVY THEATRE

SAVVY Theatre's March "Member of the Month" is Jack from our Take-2 Drama Group.



In our Grimmly Season Jack took on the role of the Herald in "The Six" however it is his skill as a writer that has really stood out lately and he is currently taking part in our Centre Stage pilot project, developing a brand-new piece of theatre that will be showcased next year. Congratulations Jack!

We can't WAIT to share our exciting new season of Shakespeare with you ... so stay tuned to SAVVY Theatre's social media as we will be announcing details soon!

@savvytheatre (Facebook, Twitter, Instagram, TikTok)

www.savvytheatre.co.uk/take-2





SODA JAM SESSIONS

What: Music workshop for young people with learning disabilities aged 15-25

When: Mondays during term time, 5-6pm

Where: Rockbottom, 68-70 London Rd, Croydon CR0 2TB

Cost: £5 per session (about £55 a term)



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

‘Soda Jam 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

**CLUB
SODA**



DJ SOUL SISTA

What: Strictly Clubbing “U.K. Garage”/“Funky Soulful House” (Easter Special)

When: Saturday 9th April, 7pm

Where: Zoom

[https://us02web.zoom.us/j/84622891287?
pwd=WTdFZ0Nid3pEVUhhK2hPRGtwSjd0QT09](https://us02web.zoom.us/j/84622891287?pwd=WTdFZ0Nid3pEVUhhK2hPRGtwSjd0QT09)

Meeting ID: 846 2289 1287

Passcode: 324689



**Want a boogie?
Join DJ Soul
Sista on Zoom
for her FREE
monthly virtual
party. This time
it's an Easter
special.**



HUSTINGS EVENT

What: Music, food and questions

When: Saturday 23rd April, 2:30-4:30pm

Where: St Mildreds Parish Church,
30 Bingham Rd, Croydon CR0 7EB

Cost: FREE no need to book



'get it right for us!' so Croydon can be the best place in the world to live, if you have a learning disability. 'If you get it right for us, you get it right for everyone'

Come and meet the people who want to be Mayor of Croydon.

A social event for people with learning disabilities and autism.





CROYDON AUTISM SERVICE

What: The Pub Experience Group

When: Thursday 28th April, 6-8pm

Where: The Green Dragon, 60 High Street, Croydon CR0 1NA



The Croydon Autism Pub Experience Group is for people with Autism who would like to explore Croydon's pubs and cafes with other people.

Come and meet us to spend some time with us and discuss future events.

All meetings will be held on the last Thursday of the month.

A facilitator will be at the venue between 6pm-8pm.



To find out more, contact Maria Esteban:

maria.esteban@croydon.gov.uk

07742 405 348

020 8255 5473

DIRECTORY - The Leisure Link List

ACCESSIBLE AND/OR INCLUSIVE EVENTS / VENUES / SERVICES

Turf Projects - Art Space

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

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

186 Brighton Road, Coulsdon, CR5 2NF

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/Coaching/Adult



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

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.



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

TERRY

"I love **TURF Projects**"

LORAINE

"I love **Our Space**"

KHUSH

"I love **Boxpark**"

JOE

"I love **Broad Green Hub**"

SEDLEY

"I love **Fun House**"

HOLLY

"I love **Ludoquist**"

RACHAEL

"I love **Oval Tavern**"

EVIE