



LEISURE LINK

SCAN ME TO



FIND OUT MORE

The Leisure Link magazine will share with you information about accessible and inclusive activities and events.

The Leisure Link group meet in Croydon once a month. (You can still join us online if you prefer)

The Leisure Linkers talk about arts and leisure: things we have done and things we look forward to.

Produced by



DEC 22 – JAN 23



Gigs are back, so are we –

**Where
Are You?**

We hope you find it interesting and that you have the opportunities to take part in some of the things we have featured.

DEC / JAN

WHAT'S INSIDE

Dates for your diary

page 2

Symbols Key

What they mean
page 3

The Map

Where things are happening
this month page 4

Features

Cool things going on
page 5

Reviews

What we've been doing
page 6

Share With Us

Leisure Linkers share
photos and artwork page 8

What's On

Upcoming events
page 10

Get Involved

Leisure Link page 14

DATES FOR YOUR DIARY

December

Dec-Jan Inclusive Online activities
on Zoom

8th Leisure Link @ OurSpace

9th Party @ Frames

11th Christmas Market
@ Leslie Park

12th Soda Crew DJs @ Boxpark

16th Groove Zone on Zoom

17-27th Pantomime @ Stanley Arts

Dec-Jan Croydon Presents
@ Museum of Croydon

January

6th Open Mic @ Ruskin House



TICKETS £5 7 - 10PM OPEN TO EVERYONE 18+

SODA CREW
DJs

A CLUB NIGHT RUN BY PEOPLE WITH LEARNING DISABILITIES

BOXPARK
99 George St
Croydon
CR0 1LD

Accessible Venue

DJ SETS FROM:
4Blue // X // Boom
Soul Sista // Tony Cool
B Jonez // + more

www.clubsoda.org.uk
f t i @clubsodacroydon

CLUB SODA GIG BUDDIES CRO YOUTH MUSIC ARTS COUNCIL ENGLAND JackPetchen Foundation BOXPARK

Club Soda @ Boxpark

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



CARD
PAYMENTS



CASH
PAYMENTS



DONATION



FREE EVENT



COMPANION /
CARER DISCOUNT



FRIENDLY
STAFF



SOCIAL



FILM



WELLBEING



NATURE /
OUTDOORS



ARTS + CRAFTS



SPORT



THEATRE



MUSIC



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)



LIFTS



SEAT/S
AVAILABLE



SAFE / QUIET
SPACE AVAILABLE



DISABILITY
AWARENESS/EQUALITY
TRAINED STAFF



STAFF TRAINED IN
SIGN LANGUAGE



FACILITIES FOR
ASSISTANCE DOGS



BRAILLE



AUDIO DESCRIPTION
AVAILABLE



CAPTIONED



HEARING
LOOP



ACCESSIBLE
TOILET



GENDER NEUTRAL
TOILET



INFORMATION IN
LARGE PRINT



WIFI
AVAILABLE

THE MAP

Croydon Leisure Linkers recommend places where things are happening this month



GIG BUDDIES CROYDON

No one could tell us how many adults with learning disabilities there are right now in Croydon...

So we are shouting from the rooftops:

Where Are You?

Gig Buddies want everyone in our community to have an equal choice in how we live our lives. Everyone with a learning disability should be able to go out and enjoy the things they love.

Gigs are back, so are we -

Where Are You?

Not enough **accessible events**, everything costing more **money** and worry about being out after **lockdown**, means lots of people with learning disabilities are at risk of **social isolation**.

This means: seeing friends less, staying in more and life not being as fun as it should be.

Getting out there can be scary. We know that. **Let us help!**

Community is important, you should be part of it.

Be part of the fun, help us change Croydon for the better and make heaps of friends along the way...

Or.... if you have a friend or family member with a learning disability who could do with some good times after a tough couple of years, we want to hear from them!

Gig Buddies Croydon matches adults with **learning disabilities** to **volunteers** who have similar interests to go to gigs and events **together!**

A "**gig**" can be anything from live music to: art, walks, sports, films, theatre, or just hanging out!

To join Gig Buddies you should:

- Be **over 18** years old
- Have a **learning disability**
- Be a **Croydon** resident
- Be living alone OR live at home with family/carers and **find it hard to go out**

For an application form contact:

cherilyn@gigbuddiescroydon.co.uk



gigbuddiescroydon.co.uk



[gigbuddiescroy](https://www.instagram.com/gigbuddiescroy)



Find out more www.gigbuddiescroydon.co.uk

PAGE 05

EMMA ON NOT F**KIN' SORRY

HEY EMMA! HOW IS LIFE ON TOUR AT THE MOMENT?

Life on tour: As I write this, I'm digesting my breakfast in the Princess Street Premier Inn in Manchester. With touring, you get to see different places even if only for a bit of time. Luckily there's been lots of space and time between places so far, so this feels quite gentle.



The show on mainstage at Soho Theatre felt like a magical moment. You also performed the show at A Bit Of A Do. The audience was very different to Soho. It was mainly made up of people with learning disabilities and a lot smaller venue. Did this feel different to your experience at Soho?

For me, you cannot beat the buzz of being someone other than your every day self for a moment, and inviting people into that universe. Performing to new and familiar faces is great in different ways. Learning disabled audiences are THE BEST because you instantly know whether what you are doing works or not for everyone. It can be scary as well, and sometimes it's a challenge to figure out how to win over a more shy audience... but that's the beauty of this piece. I think, in it's own way, it must be a kind of magic.

“ **...YOU CANNOT BEAT THE BUZZ OF BEING SOMEONE OTHER THAN YOUR EVERY DAY SELF...** ”

Next performance Sat 17th Dec at [Southbankcentre.co.uk](https://southbankcentre.co.uk)

**THERE ARE A LOT
OF POWERFUL
MESSAGES IN NOT
F**KIN' SORRY, IF
YOU COULD
CHOOSE ONE THING
FOR AUDIENCES TO
LEAVE WITH, WHAT
WOULD IT BE?**

One message... Hard to decide.
DJ sells the show as about
standing together and strength in
numbers.



**I'D PROBABLY HAVE TO SAY SOMETHING
LIKE "DON'T APOLOGISE FOR WHO YOU
ARE" OR "DON'T LET THE BASTARDS
GRIND YOU DOWN"**



What is next for Not Your Circus Dog?

Next up: showtime tonight and
tomorrow. Then Southbank on
17th December (We were
meant to perform in the Queen
Elizabeth Hall... 2 days after she
died...)

We got a venue upgrade
because the lifts were out of
order. We're on the main stage!!

WHAT WE HAVE BEEN UP TO...

I went to London with my gig buddy to see **Frozen the musical**, it was fun.

WENDY

I like listening to heavy metal music and writing **poetry**.

ROBERT

I've been enjoying **baking at home**.

I made chocolate brownies.



YOUR PICS

SEND US YOUR PHOTOS & TELL US
WHAT YOU HAVE BEEN DOING

I am looking forward to going to see the **Christmas lights** in London.

JO

I am looking forward to playing bingo at **Eldon PHAB club**. We would love to have new members join.

VALERIE



Other events this Winter:

Museum **Music Heritage Trail** - Share your music memories in Croydon
SAVVY Theatre - Christmas Carol at Fairfield

I went to an **award ceremony** at Westminster Abbey.

SEDLEY



Well done to the **SLiDE Collective** performers. Will and Jack performed at **A Bit of A Do** and **Croydonites Theatre Festival**.

GEMMA

I joined an **Inclusive Online Activities music session**, it was lovely and great for people with autism.

LORAIN

**SHARE YOUR
VIEWS / PHOTOS / FEEDBACK**

**YOUR
PICS**

WHAT WE ARE LOOKING FORWARD TO...



Getting **together with all my friends** in a cosy pub.

LEISURE LINKER

I like going to Croydon Mencap. There is a **Christmas Market** soon.

LOUISE

I can't wait to **see the film Spirited** in the cinema soon.

RACHAEL

I enjoyed the **Soda Beat** event at Stanley Arts.

HANNAH



Soda Beat highlights film is now on **YouTube**

LEISURE LINK SOCIAL

What: Social meeting

When: Thursday 8th Dec,
11am-12:30pm

Where: OurSpace Hub
or online

Join Zoom Meeting

[https://us02web.zoom.us/j/81126468259?](https://us02web.zoom.us/j/81126468259?pwd=MIY4NzVJa0ZlZVFnUGhkWDhXNjgrdz09)

[pwd=MIY4NzVJa0ZlZVFnUGhkWDhXNjgrdz09](https://us02web.zoom.us/j/81126468259?pwd=MIY4NzVJa0ZlZVFnUGhkWDhXNjgrdz09)



Meeting ID: 811 2646 8259

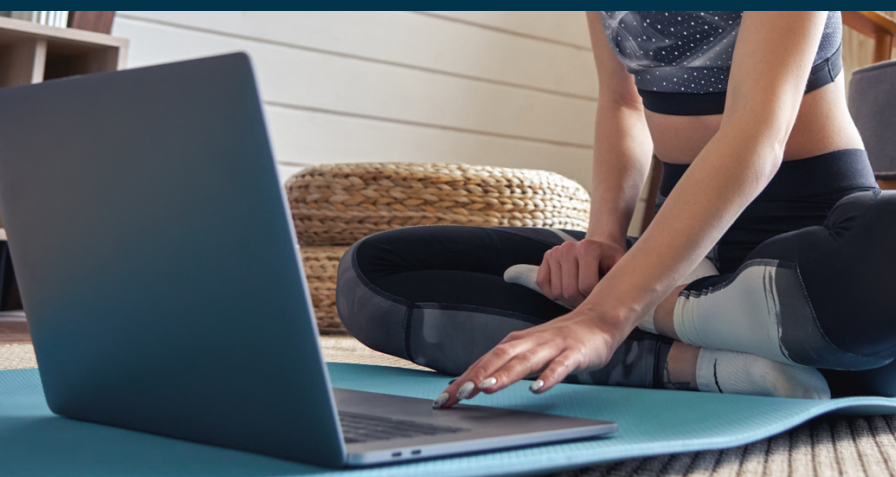
Passcode: 695910

WHAT'S ON

Join us to share with each other accessible events and activities in Croydon that you enjoy.

If you can not come in person then you are welcome to join us online. We look forward to meeting you.

ONLINE INCLUSIVE ACTIVITIES



What: Activities include:
Drumming with Fred,
Tai Chi with Nick,
Jam with Jess & many more

When: Sessions are held on
weekdays starting from
4pm onwards

Where: On Zoom

Cost: Range from Free - £7.50



Activities for people with learning disabilities. The small groups are fully supervised with caring/fun tutors.

Find out more: www.inclusiveonlineactivities.com

https://www.youtube.com/watch?v=xm1qF6s_adA

CHRISTMAS PARTY AT FRAMES

What: Karaoke, Disco, buffet and more

When: Friday 9th Dec, 2pm-6pm

Where: Frames Sports bar, 202 Brighton road, Coulsdon, CR5 2NF

Cost: £20

An afternoon of fun, food and music to celebrate the festive season.



WHAT'S ON

To find out more:

email info@sstpromotions.co.uk

Julie or Elaine **07847 319564** or **07769 696216**

CROYDON MENCAP

THE ENTERPRISE LOUNGE'S CHRISTMAS MARKET

Sunday 11th December 2022
10am to 2pm

Hosted @ 60 Leslie Park Road, Croydon

What: Christmas Market by The Enterprise Lounge

When: Sunday 11th Dec, 10am-2pm

Where: 60 Leslie Park road, Croydon, CR0 6TP

We are hosting a Christmas Market and would love you to come along!

Raffle, homemade decorations and gifts, refreshments and more

To find out more:

call **020 8684 5890**

email info@croydonmencap.org.uk



SODA CREW DJS

What: Soda Crew DJs

When: Monday 12th Dec,
7pm-10pm

Where: Boxpark, 99 George
Street, Croydon, CR0 1LD

Cost: £5 on the door

We are back to Boxpark for
our next party featuring all
our regular DJs and plenty
of Christmas cheer.



DJ sets from:

4Blue // X // Boom // Soul Sista // Tony
Cool // B Jones // + more

WHAT'S ON

Find out more: clubsoda.org.uk

STANLEY ARTS PANTO



What: Sleeping Beauty
Pantomime

When: 17, 18, 20, 21, 22, 23,
24, 26 & 27th Dec

Where: Stanley Arts

Cost: £10-£15

A magical fairy tale full of
silly jokes, fantastic songs,
and LOTS of joining in!

A BSL interpreter will be present for the 7:30pm showing on the 22nd!
The Matinee performance at 3pm on the 27th will be a Relaxed
Performance. So house lights will be left on and volume will be capped.

Find out more: Stanleyarts.org

SLIDE CHAMPIONS

What: Call out for new SLiDE Champions

Where: The Champions meet on Mondays 3.45pm-5.15pm at Turf Projects. This is a paid opportunity.

Are you passionate about dance and arts activities in Croydon?



The SLiDE Champions need you!

Do you want to help run events and give ideas for new projects?

If you would like to hear more please get in touch with SLiDE:

07887 781361 or info@slidedance.org

WHAT'S ON

GROOVE ZONE ZOOM PARTY



What: Groove Zone Christmas Special

When: Friday 16th Dec, at 7pm

Where: On Zoom

Join Zoom Meeting

[https://us02web.zoom.us/j/85742810374?](https://us02web.zoom.us/j/85742810374)

pwd=M2p3MnkzaGtCWm5JQVhBU3dFK2Vqdz09

Want a boogie? Join DJ Soul Sista for her Christmas Special virtual party.

Meeting ID: 857 4281 0374
Passcode: 300149

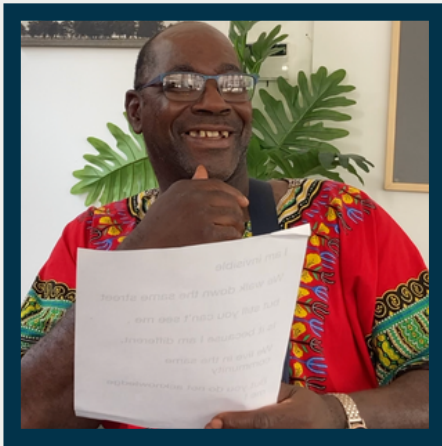
Do you have a learning disability and
want to choose how to live
your life, in your community?



Where Are You?

We want to tell you more...

Come join Leisure Link in Croydon



We run **monthly socials** where you can
join us and:



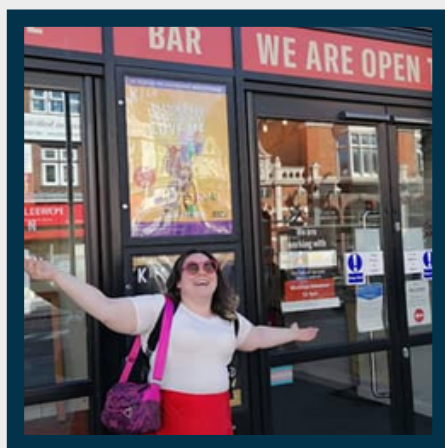
- **Meet people** who are passionate about making Croydon accessible to all
- **Share activities** you have been doing and things you look forward to
- **Recommend events** & venues locally
- **Discover new places** to go

#WhereAreYou?

We create **regular magazines** where you can help to:



- **Review accessible places** in Croydon
- **Provide information** about where to go
- **Discuss what is important** to people in Croydon with learning disabilities



We produce **regular podcasts** where you can help to:



- **Promote local artists** & organisations
- **Feature venues**, events & activities
- **Celebrate inclusive arts** & culture

To find out more
email rachael@clubsoda.org.uk
or visit clubsoda.org.uk

SCAN ME TO



FIND OUT MORE



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 + Crafts / Wellbeing / Outdoors/Nature / Socialising



There are many accessible and inclusive things to do in our community... so get in touch! We want to hear what is important to you.

Email us at loraine@clubsoda.org.uk

"I love David Lean Cinema"

RACHAEL

"I love Savvy Theatre"

HANNAH

"I love Frames"

MARTIN

"I love Victory Club"

LORAIN

"I love Our Space Hub"

SEDLEY

"I love PHAB club"

VALERIE



OUT NOW...Our next Podcast!

Listen to Episode #4

Do you think you would be a good host?
What would you like to hear on the podcast?
Get in touch and let us know
Email evie@gigbuddiescroydon.co.uk

We work hard to make sure that all the information in this newsletter is correct. Please always check with venues and services before heading out.

**CLUB
SODA**

**GIGBUDDIES
CROYDON**

We are grateful to National Lottery Community Fund and City Bridge Trust for funding Leisure Link.

