



# 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 different Croydon venues once a month.

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

Produced by



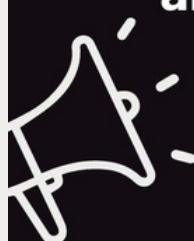
FEB / MAR 2023

**SODADA**

**PERFORMERS  
WANTED**



**Singers / dancers  
actors / musicians  
artists / comedians  
+ people with  
unusual talents!**



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

FEB / MAR 2023

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# DATES FOR YOUR DIARY

## February

**Feb-Mar** Inclusive Online Activities  
on Zoom

**4th** Pool + Disco @ Frames

**9th** Leisure Link social

**20th** Soda Beat @ Stanley Arts

**25th** Live music @ Front Room

**Feb-Mar** Exhibition  
@ Museum of Croydon

**Feb-Mar** Tuesday socials  
@ Victory Club

## March

**9th** Leisure Link social

**11th** Pool + Disco @ Frames

**20th** Soda Crew DJs @ Boxpark



Club Soda @ Stanley Arts

# 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

Resolutions for 2023 - What are you hoping to achieve this year? Where to go in Croydon

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## Turf Projects

**Learn a new skill**

**Makers Of Stuff Squad (MOSS)**

**Whitgift Centre, 46-47 Trinity Court,  
Croydon, CR0 1UQ**

Exhibitions, workshops & more  
020 3251 0108

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



## Grow Wild

**Get out more**

**Outdoor activities**

**Surrey & South London**

Environmental outreach projects  
for people with disabilities

07779 960099

[oconnolly@GrowWild.Life](mailto:oconnolly@GrowWild.Life)

<https://www.growwild.life>

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## The Victory Club

**Socialise more**

**Social club**

**227 Selhurst Road,  
Croydon, SE25 6XY**

Bingo, live music & raffle  
020 8653 2617

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



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## Soda Jam

**Try something new**

**Music sessions**

**Rockbottom, 68-69 London  
Road, Croydon, CR0 2TB**

Music workshops on Mondays

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



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## Eldon Phab Club

**Meet more people**

**Social club**

**Wed 5:30-8pm**

**Dering Place (off  
Southbridge Road)**

**Croydon, CR0 1DT**

Pool, bingo & trips

020 8660 2631



## Croydon Warm Spaces

**Try to save money**

**Free warm places to go**

**Online directory**

Some places listed have free  
hot food, drinks & Wi-Fi

[communityrelations@croydon.gov.uk](mailto:communityrelations@croydon.gov.uk)

[www.croydon.gov.uk/warm-spaces-directory](http://www.croydon.gov.uk/warm-spaces-directory)



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## Willow Learning For Life

**Be more independent**

**Independent living skills**

Managing money, travel

training, staying healthy & more

**Cook and eat healthier food**

**Snack Attack**

Learn health/safety & food hygiene  
for a pop up café

**Portland House, 678 London Road,**

**Thornton Heath, CR7 7HU**

[Guide 2022-23](#)





# PERFORMERS WANTED

# **SoDaDa** 2023

**Singers / dancers / actors / musicians / artists  
comedians + people with unusual talents!**



**We are looking for people to  
share short performances at  
SoDaDa on 28 April  
at Fairfield Halls  
AND at MORE  
SoDaDa events in 2023.**

**SoDaDa is an event  
with different kinds of live  
performances, including  
dance, art and music.**

**Performers can test out  
new ideas at SoDaDa  
and experiment with  
their artform whilst  
having lots of fun and  
receiving feedback  
from a friendly audience.**

**If you are interested please email, call or text Anna from  
SLiDE [anna@slidedance.org](mailto:anna@slidedance.org) 07754 639009 before 23rd March.  
You will then be invited to meet the SoDaDa organisers  
and share your ideas.**

# GIGGING

Buddies and volunteers share the best and worst of recent gigging experiences

## JO + WENDY



## GOOD GIG

My Gigbuddy and I had a good time at **Chessington World of Adventures**. It's really easy to book a ticket for a disabled person and a carer on the website. We took some ID but nobody asked us to show it.

“ ...APPLYING FOR THEIR ACCESS SCHEME AND HAVING TO PROVE WENDY HAS A LEARNING DISABILITY FELT SUPER-STRESSFUL! ”

## BAD GIG

Booking tickets for West End shows is not very easy. I'm not a fan of ATG - applying for their access scheme and having to prove Wendy has a learning disability felt super-stressful! You have to send proof like a PIP letter or a note from the doctor. I didn't like sending personal information about my Gigbuddy to a theatre company! After all that, we could still only afford to book tickets right at the back of the theatre.

## JIM + JORDAN



## GOOD GIG

**The Oval Tavern** is always a stand out - super friendly, really respectful and never patronising.

“ ...FRIENDLY, REALLY RESPECTFUL AND NEVER PATRONISING. ”



Even though the access to the building wasn't easy, a staff member at **Queen Elizabeth Hall** made up for this by being super friendly and kind.

“

...ENDED UP  
HAVING TO LIFT  
JORDAN'S WALKER  
UP THE STAIRS...

”

## BAD GIG

**Grants Cinema** in Croydon - we were running 1 minute late to a film, the escalator was not turned on and there were no staff to assist. Ended up having to lift Jordan's walker up the stairs to then be turned away at the door with staff saying we were too late for the film.

## EMMA + TOYIN



## GOOD GIG

Very friendly and patient staff at **David Lean Cinema**. They even hand wrote a receipt for Toyin when I asked.

**Battersea Arts Centre** prides itself on being a relaxed venue and the access support was excellent.

**Coach House Cafe** has good accessibility once inside, but it's a bit of a walk from tram stops. Friendly and patient staff.

“

A RELAXED  
VENUE ... ACCESS  
SUPPORT WAS  
EXCELLENT.

”

## BAD GIG

Limited options accepted for proof of disability in **London Theatres**.

A member of staff at the **Clocktower** seemed to think it odd that Toyin was in the building on her own while I was in the toilet. He also seemed suspicious that we were in the building before the film, but this was when I was trying to get her on the ATG access list and we needed a quiet space to make the call.

**LIGHTOPIA**. Had to upload physical evidence of disability to get a carer ticket.

## WHAT WE HAVE BEEN UP TO...

"I am part of **MOSS artists**. Our work was put in different places in Croydon."

**ROBERT**

"Club Soda Punk Rock band **The Carbonators** and I were interviewed by the BBC last month."

**OLLY**



**RACHAEL** "I recently learnt about **Books Beyond Words**."

## YOUR PICS

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

"We visited **Battersea Power Station**. There is a shopping centre, eateries, a cinema, minigolf and a lift up one of the chimneys." **GERRY & VICKY**

"I've been making gifts like this **necklace**. I am going to do some embroidery soon."

**WENDY**



"I am looking forward to meeting my friend for a coffee and a chat." **GIG BUDDY**



"I have been cooking **healthy meals** in my airfryer."

WENDY



"We went to a lovely Christmas Market, had churros then a **Close Up Magic Show**. It runs once a month at the Churchill Theatre. The man in the photo is super lovely and very patient with anyone who has SEN."

GERRY & VICKY

SHARE YOUR  
VIEWS / PHOTOS / FEEDBACK

YOUR  
PICS

## WHAT WE ARE LOOKING FORWARD TO...



"I am looking forward to starting a **new job**."

SEDLEY

"I am interested in an event at the **Front Room**, it looks good."

LEISURE LINKER

"I am looking forward to going to a show with my Gig buddy."

WENDY

"I would like to see the ballet Romeo & Juliet at **Fairfield**."

RACHAEL



# SODA BEAT

**What:** Soda Beat

**When:** Monday 20th Feb,  
7pm-10pm

**Where:** Stanley Arts,  
12 South Norwood Hill,  
South Norwood, SE25 6AB

**Cost:** £5 on the door

The show features music  
from our young musicians  
the **Soda Jammers!**



## WHAT'S ON

Also, live music from new Brighton band, **Strenuous**, guest band **UNTAPPED** and regular artists **Transient Visitors** and **The Carbonators**.

Find out more: [clubsoda.org.uk](http://clubsoda.org.uk)

## INCLUSIVE ONLINE ACTIVITIES



"It was lovely... I would definitely recommend it." **Loraine - Jam with Jess**



"I really enjoyed myself."  
**Sedley - Tai Chi**

**What:** Activities include:

Dancing, Drumming,  
Sing & Sign & many more

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

**Where:** On Zoom

**Cost:** Range from Free - £7.50

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

Find out more: 07939 573 211

[https://www.youtube.com/watch?v=xm1qF6s\\_adA](https://www.youtube.com/watch?v=xm1qF6s_adA)

## POOL KNOCK OUT AT FRAMES

**What:** Pool Knock Out, Disco, Bingo and more

**When:** Saturday 11th March, 6pm-12am

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

**Cost:** £15



## WHAT'S ON

Find out more:

email [Alannah.farr@achievetogether.co.uk](mailto:Alannah.farr@achievetogether.co.uk)  
Alannah or Fiifi 020 8651 9670

## CROYDON MENCAP



**What:** The Saturday Club

**When:** Saturday 4th & 18th February + 4th & 18th March 10am-2pm

**Where:** 60 Leslie Park Road, Croydon, CR0 6TP

**Cost:** £13.75 per session

Find out more: 07718 494 614  
email [rory@croydonmencap.org.uk](mailto:rory@croydonmencap.org.uk)

Staff provide a safe supportive environment for members to have fun, socialise, and make friends.



## SODA CREW DJs

**What:** Soda Crew DJs

**When:** Monday 20th Mar,  
7pm-10pm

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

**Cost:** £5 on the door

Our pioneering South  
London club night returns  
to BOXPARK Croydon,  
featuring talented DJs &  
MCs from South London  
with learning disabilities.

## WHAT'S ON



DJ Boom // Reggae - Hip Hop - House

DJ Soul Sista // Funk - Soul - Rare Groove - Disco

DJ 4Blue // Hip Hop - Funky Bashment - Afrobeat

DJ Tony Cool // House - Pop - Charts

DJ Bubbles // Pop - Charts - Dance + More

Find out more: [clubsoda.org.uk](http://clubsoda.org.uk)

## THE OVAL TAVERN



**What:** Local Pub with Live  
Music - Jazz, Blues, Open Mic  
nights and more

**When:** Afternoon & evenings

**Where:** 131 Oval Road,  
Croydon, CR0 6BR

**Cost:** Free / Donations

020 8686 6023

The Oval Tavern is a cosy, family-friendly venue, with a real community atmosphere. Both traditional and quirky, The Oval is also a vibrant part of the Croydon scene: we are passionate about live music!

Find out more: [theovaltavern.co.uk](http://theovaltavern.co.uk)

## SLIDE CHAMPIONS

**SLiDE** runs several dance projects in Croydon including two dance groups who meet weekly at Fairfield Halls.

Lots of the group members have danced with SLiDE for many years but we regularly welcome friends, guests and new members.

**We thought it would be nice to share some ways sessions benefit our community:**



**"SLiDE means so much to me, we do different workshops, it gives you more activities to do. We always have so much fun, it's wicked"**

Phoebe

**"Coming to SLiDE helps me at home and at work, Dance helps me be confident"** Sarah

Find out more: **07887 781361**

## WHAT'S ON

## MUSEUM OF CROYDON



Exploring dancer RAM GOPAL's extraordinary life journey, which began in Bangalore and ended in Croydon.

**What:** Exhibition

**When:** Fri 3rd Feb - 25th March

Wed & Fri, 11am-4pm

**Where:** Croydon Clocktower, Katharine Street, Croydon, CR9 1ET

**Cost:** Free

Apsara Arts presents  
**'I Saw A God Dance'**  
an exhibition hosted by  
Museum of Croydon

Find out more: [museumofcroydon.com](https://museumofcroydon.com)



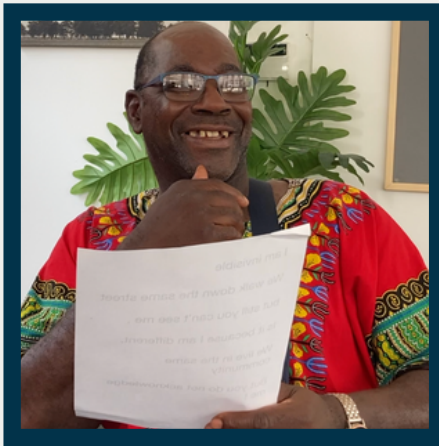
Do you have a learning disability and  
**want to choose how to live**  
**your life, in your community?**



## **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](mailto:rachael@clubsoda.org.uk)  
or visit [clubsoda.org.uk](http://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](mailto:loraine@clubsoda.org.uk)



## OUT NOW...Our next Podcast!

Listen to Episode #5

Sean, Toyin & Sedley meet to talk about their experiences in the Gig Buddies community.

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](mailto: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.

"I love David Lean Cinema"

EMMA & TOYIN

"I love M's Cafe"

SEDLEY

"I love Oval Tavern"

JIM & JORDAN

"I love Riff Raffs"

EVIE

"I love Clocktower Cafe"

LORAIN

"I love Ludoquist"

RACHAEL

CLUB  
SODA

GIGBUDDIES  
CROYDON

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