

LEISURE LINK



A magazine about accessible activities and events for everyone

Apr / May 2024



Cover photo by Paul Fuller

Produced by



Leisure Linkers make
this magazine.

We meet every month
to talk about arts and
leisure.

Scan me to



find out more

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DATES FOR YOUR DIARY

- Feb-Sept** **Exhibition** @ Museum of Croydon
- 13th April** **Club Night** @ Frames Sports Bar
- 18th April** **Leisure Link Social** @ Riff Ruffs
- 19th April** **SoDaDa** @ Stanley Arts
- 25th April** **Autism Pub Experience Group** @ Dog & Bull
- 27th April** **Relaxed Screening** @ David Lean Cinema
- 11th May** **Relaxed Screening** @ David Lean Cinema
- 11th May** **Club Night** @ Frames Sports Bar
- 18th May** **SLiDE** @ Stanley Arts
- 19th May** **SLiDE** @ Stanley Arts
- 20th May** **Soda Crew DJs** @ Boxpark
- May-July** **Art** @ The Bethlem Gallery
- 30th May** **Autism Pub Experience Group** @ Tree House



Leisure Link Social

SYMBOLS

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



VENUE MAP

Places where things are happening in Croydon over the next 2 months



INSPIRING OTHERS

STEPH DEERING



“Steph is a **dedicated and passionate** member of Leisure Link and as a person with autism and epilepsy, her **experiences of living, working and socialising in Croydon** are incredibly important. Her **honesty is a real strength** when speaking about the challenges that people can face. **It is great having Steph on the project.**”
Leisure Link Manager

Steph regularly reviews gigs and venues for Leisure Link, helping others to make informed choices about going out. Some of her recent reviews include performances at **Green Dragon, Box Park and The Oval Tavern** which have been great gigs for her to compare.



CREATIVE OPPORTUNITIES



Steph's interest in art has led to some of her work being displayed in The Long Gallery, at Maudsley Hospital.

If you would like to get involved in being part of Leisure Link, sharing your work and inspiring others, please email: rachael@clubsoda.org.uk

GIG BUDDIES

Steph enjoys going out to new places and is matched with a gig buddy who has similar interests on the **Croydon Gig Buddies project.**



It wasn't what I expected. One of the acts was a bit scary for an autistic person... I felt proud going by myself because normally I go with people I know.



WORKING WONDERS

Actively seeking work, Steph has been to several interviews recently and would like to do a feature in Leisure Link soon about employment.

AN INTERVIEW WITH

THEOPHILUS OLUWAFIFEHAMI AJAYI

Theophilus Oluwafifehami Ajayi is a London based Pop, Funk, Rock singer-songwriter, producer and multi-instrumentalist with autism.

“ I LOVE MUSIC SO MUCH,
IT MAKES ME FEEL HAPPY. ”



Born in Greenwich, London with Nigerian heritage, his love for music started at a very young age. In primary school he started playing guitar and drums, making his first demos; then Theophilus learnt to play the keyboards and became a competent singer-songwriter.

In 2017, Theo started attending Soda Jam, a weekly music workshop run by Club Soda where he started to receive support from professional musicians. Theo now has many releases out on all the usual digital streaming sites and download stores. He is also very productive on social media.



**NEW SINGLE
CROYDON OUT SOON**



[YouTube](#)





SODA BEAT AT STANLEY ARTS

Our Leisure Linker Steph had a unique opportunity to speak with Theo at a recent Soda Beat gig in Stanley Arts. They talked about his success in music, his inspiration and his hopes for the future.

When did you start singing?

“I started singing in 2017 with Club Soda and I was amazed. I wrote new songs and have been performing for a long time. I do love the songs Destination to West Africa, NHS Heros and Blackpool.”

What inspires you?

“I love music so much. It makes me feel happy. I am also a videographer. Back in the beginning, early 2000 my dad would record films. My memories are still alive. I had a Sony handycam HI8 in 2008 and 2011 a Camcorder DV. I use a camcorder to shoot a video diary and do video blogs. I share memories and they tell a story.”

What is your happiest moment with Club Soda?

“Good things happen. I love Club Soda, I love the Soda Jam. I played keyboard solo and enjoyed it so much. Interviews are amazing. I’ve been doing well.”



I AM READY AND WANT TO PERFORM OPEN MICS AND LIVE MUSIC THIS YEAR.



Tell us about shooting the music video for your song titled ‘Croydon’?

“Me and A. J. Holmes wrote it. I enjoyed shooting at different locations. They are very good photos in black and white.”



IT’S JUST WONDERFUL, WONDERFUL, WONDERFUL AND I LOVE CROYDON!



"I would like to try travelling on the new **SUPERLOOP SL5 bus route.**"

"I would like to start **volunteering.**"
JO



BRIAN "I had an exhibition of my art work at Turf Projects."

"I like going to **Earthy Coffee**, they are friendly there." **LEISURE LINKER**

WHAT WE HAVE DONE



+ WHAT WE LOOK FORWARD TO

"I enjoyed seeing the **MOSSAICS** artwork in the walled garden at Park Hill Park." **ROBERT**

"I am going to the **Learning Disability Alliance** event at **Our Space.**"
SHANNON



"I like going to the theatre and cooking healthy meals. I also think **mindfulness is important.**" **WENDY**

"We are interested in playing cricket with Khush."

"We went to the **SoDaDa event at Fairfield Halls** with music, dancing, art and performances."



"I like going to **South Norwood Lakes** with my family."
JACQUELINE



GERRY

"Vicky had an article written about her in 'Take a Break' magazine issue 13."

SHARE YOUR VIEWS / PHOTOS / FEEDBACK



YOUR PICS

"FUSE ran some **FREE workshops** in March for people interested in dance, songwriting and drama." **HOLLY**



"At **Leisure Link** socials you get to meet new people."



"I enjoyed the **REWIND** exhibition at **Museum of Croydon.**"

KHUSH



"I went to a **Rumble Wrestling** event at **Selsdon Hall**. It was good." **SEDLEY**



Share with us by emailing rachael@clubsoda.org.uk

WHAT IS COMING UP?



EXHIBITION AT MUSEUM OF CROYDON

What: 'Rewind: This is Croydon's Music' - Photography, oral histories and objects from iconic artists spanning the eras.

When: Until 8th September

Where: Museum of Croydon, Croydon Clocktower, Katharine Street, Croydon, CR9 1ET

3 See map on page 4



Celebrating Croydon's rich musical heritage through fascinating objects, images and stories collected within the local music community.

Find out more: museumofcroydon.com

B-UNIQUE CLUB NIGHT AT FRAMES



With new accessible facilities, everyone can enjoy a B-Unique party.

What: Inclusive Club Nights. Music from DJ Tony Cool + DJ 4BLUE

When: Saturday 13th April, 7pm - 11pm
Saturday 11th May, 7pm - 11pm

Where: Frames Sports Bar, Coulsdon, CR5 2NF

4 See map on page 4

Cost: £10 on the door (£3 for carers)



SODADA AT FAIRFIELD

What: FUSE presents SoDaDa - Showcasing learning disabled artists

When: Friday 19th April, 7pm - 10pm

Where: The Recreational, Fairfield, Park Lane, Croydon, CR9 1DG

5 See map on page 4

Cost: (18+ years) £5 on the door (£2 for carers)



Photo: Paul Fuller

An evening of live performances: music, art, dance and unusual talents!

Find out more: www.clubsoda.org.uk

THE PUB EXPERIENCE GROUP



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

When: Last Thursday of the month, 25th April and 30th May, 6pm onwards

Where: Different pubs and cafes in Croydon.

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

Find out more: email maria.esteban@croydon.gov.uk

07742 405 348 020 8255 5473

WHAT IS COMING UP?



CINEMA RELAXED SCREENINGS

What: Film screenings for people living with autism or other neurodiversity.

When:

Robot Dreams

Saturday 27th April, 11am

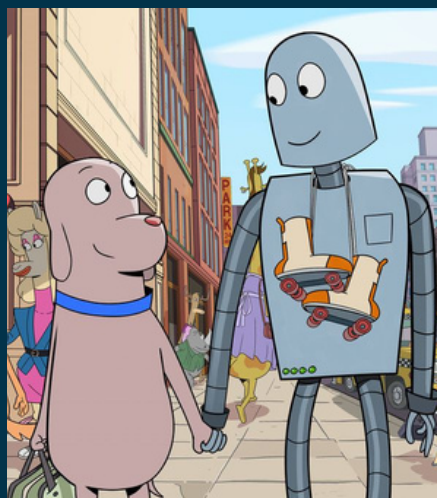
The Book Of Clarence

Saturday 11th May, 11am

Where: David Lean Cinema,
Croydon Clocktower,
Katharine Street, Croydon,
CR9 1ET

3 See map on page 4

Cost: £5 (FREE for carers)



The lights are on low, the audience can move around if they wish to. FREE tea, coffee and hot chocolate are served before the film to give people the chance to meet, socialise and familiarise themselves with the cinema space.

To book online: davidleancinema.org.uk

SLIDE AT STANLEY ARTS



Photo: Paul Fuller

Come join SLiDE at Commons Festival celebrating all things dance! This year, SLiDE is one of three headline artists.

What: Dance festival that takes place at Stanley Arts

When:

<insert title here> performance
Saturday 18th May, 7pm

Jack & Friends performance

Sunday 19th May, An afternoon performance with other activities throughout the day!

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

6 See map on page 4

Find out more: stanleyarts.org



BETHLEM LIVE LOUNGE

What:

Bethlem Live Lounge, summer exhibition-slash-recording-slash-festival!

When:

8th May - 13th July

Where:

Bethlem Gallery
Bethlem Royal Hospital,
Monks Orchard Road,
Beckenham, Kent, BR3 3BX

8 See map on page 4

Find out more:
bethlemgallery.com



Curated by The Artist Taxi Driver, Bethlem Live Lounge is not a typical art show. There are no exhibits. Instead, we offer the community a frame, a screen, a platform, and invite you to make your own art with us.

SODA CREW AT BOXPARK



What: Soda Crew DJs

When: Monday 20th May,
7pm - 10pm

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

7 See map on page 4

Cost: £5 on the door
(£2 for carers)

Our pioneering South London club night returns to Boxpark Croydon, featuring DJs and MCs from South London with learning disabilities.

MAKING IT HAPPEN!

POSITIVE CHANGE IN CROYDON

Our Leisure Linkers are determined to help others in Croydon get out more and socialise.



Recently some of our Leisure Linkers attended a new inclusive club night that launched at Frames in Coulsdon.

Thanks to people like Khush, Bryony, Tofi and Sedley we can offer feedback to venues about how to make realistic changes that will help them become as inclusive and accessible as possible. In turn these venues can benefit from welcoming a wider community in through their doors, knowing that they have made these changes happen.



SHARING EXPERIENCES

Listening to what is important to our Leisure Linkers helps us understand the challenges that they face when trying to access services, events and venues. By sharing experiences, we all gain better knowledge of what really matters. We can then share this information to help raise awareness.



Tofi



The accessible toilet is great!



Clean and tidy.
The bar staff were
polite and helpful.



Spacious and good for
wheelchairs on the dancefloor.



Bryony



Khush



It would be really
helpful to have clear
signs at the main door.



An easy read bar menu with
pictures would help me decide
which drink I can afford.



Sedley



**SAVE THE DATES: SATURDAY 13TH APRIL
& SATURDAY 11TH MAY**



With a newly fitted accessible toilet, Frames Sports Bar now host monthly inclusive nights for people 16 years and over at their venue in Coulsdon. Promoting a safe environment to allow everyone to let their hair down and enjoy the party.

 A big thank you to the Leisure Linkers for being part of this feature.



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Want to become a Leisure Link contributor or advertise with us? Email rachael@clubsoda.org.uk

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Club Soda?

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evie@clubsoda.org.uk



Gig Buddies?

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cherilyn@gigbuddiescroydon.co.uk



Here are some places Leisure Linkers love to go...

"I love
Disco Disco"

BRYONY

"I love
Croydon Knights"

TOFI

"I love
Oval Tavern"

STEPH

"I love
Frames"

FIIFI

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



You can support Club Soda by donating online at <https://www.givey.com/clubsoda> or in person at our events.



Thank you Frames Sports Bar for sponsoring Leisure Link.
We can now reach more people in Croydon than ever before.

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

