



LEISURE *FOCUS*

**7 DAYS OF FOCUS**  
**DISABILITY &  
INCLUSION WEEK**

**29<sup>TH</sup> JUNE – 5<sup>TH</sup> JULY**



## WHAT'S ON THIS WEEK

Disability & Inclusive activities week offers a variety of sporting, physical and social sessions for those individuals living with disabilities. The aim of the week is to encourage them to take part in physical and social activities on a weekly basis. Over the week, local sports clubs and activity providers are opening their doors to give the public an opportunity to see what is on offer and try out various sporting and social activities. Please see age groups, specific requirements and booking information for each activity detailed within this leaflet.

Most activities run over the week will be FREE of charge.

### HOW TO GET INVOLVED

1. Look through the timetable and choose your activities
2. Contact the session provider to book your place.
3. Join the session and have a great time!
4. Loved it ? Become a full member at Leisure Focus and continue your fitness journey.

### ENQUIRIES / FEEDBACK

If you have any further enquiries or any feedback regarding this campaign, please contact Leisure Focus using the following details.

Email : [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

Telephone Number: +44 1753 778559

### PLEASE READ

Sessions are scheduled as per the timetable but may change or be cancelled due to unforeseen circumstances. Please contact the relevant clubs to confirm availability and book your place.

Leisure Focus is not affiliated with or responsible for the businesses or clubs listed. Ensure providers meet your standards for safety, qualifications, and insurance.

Refer to the timetable for age groups, requirements, and sessions.





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**MONDAY 29<sup>TH</sup> JUNE**

**E-Gym Intro & Game Day Challenge: 10am – 6pm at Windsor Leisure Centre**

11+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

**Chair Based Exercises (Optalis Community Lives Learning Disability Team): 11am – 12pm at Braywick Leisure Centre**



To book contact: [Victoria.holt@rbwm.gov.uk](mailto:Victoria.holt@rbwm.gov.uk)  
If you need any additional support please come with your carer



LEISURE FOCUS

**TUESDAY 30<sup>TH</sup> JUNE**

**E-Gym Intro & Game Day Challenge:  
10am – 6pm at Windsor Leisure Centre**

11+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

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**Short Mat Bowls: 10am – 12pm at Windsor  
Leisure Centre**

16+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

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**Boccia: 11am – 12:30pm at Braywick  
Leisure Centre**

16+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

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**Keep Active (Optalis Community Lives  
Learning Disability Team): 10:30am –  
11:30am at Braywick Leisure Centre**



18+

To book contact: [Victoria.holt@rbwm.gov.uk](mailto:Victoria.holt@rbwm.gov.uk)  
If you need any additional support please come with your carer

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**Gym (Optalis Community Lives  
Learning Disability Team): 10:30am –  
11:30am at Windsor Leisure Centre**



18+

To book contact: [Victoria.holt@rbwm.gov.uk](mailto:Victoria.holt@rbwm.gov.uk)  
If you need any additional support please come with your carer





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**WEDNESDAY 1<sup>ST</sup> JULY**

**E-Gym Intro & Game Day Challenge: 10am – 6pm at Windsor Leisure Centre**

11+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

**Twin Seat Accessible Karting (Absolutely Together): 4pm, – 5pm at Absolutely Karting, Stafferton Way, Maidenhead, SL6 1AY**

6+



To book contact: [smiles@absolutely-group.co.uk](mailto:smiles@absolutely-group.co.uk)





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# THURSDAY 2<sup>ND</sup> JULY

E-Gym Intro & Game Day Challenge: 10am – 6pm at Windsor Leisure Centre

11+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

Seated Exercise: 12:15pm – 12:55pm at Braywick Leisure Centre

16+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

Pan Disability Football (Magpies in the Community): 6pm – 7pm at Maidenhead United FC York Road Maidenhead SL6 1SF

13-17



To book contact: [mark.nisbet@maidenheadunitedfc.org](mailto:mark.nisbet@maidenheadunitedfc.org)

Gym (Optalis Community Lives Learning Disability Team): 10am – 12pm at Windsor Leisure Centre

18+



To book contact: [Victoria.holt@rbwm.gov.uk](mailto:Victoria.holt@rbwm.gov.uk)  
If you need any additional support please come with your carer





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**SATURDAY 4<sup>TH</sup> JULY**

**Inclusive Pool Party: 2:30pm – 3:45pm at  
Braywick Leisure Centre**

6+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

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**Dual Seat Accessible Karting (Absolutely  
Together): 9am – 10am at Absolutely  
Karting, Stafferton Way, Maidenhead, SL6  
1AY**

6+



To book contact: [smiles@absolutely-group.co.uk](mailto:smiles@absolutely-group.co.uk)





# LEISURE FOCUS

## SUNDAY 5<sup>TH</sup> JULY

**Seated Yoga: 12pm – 12:30pm at Windsor Leisure Centre**

16+



To book contact: [activecommunities@leisurefocus.org.uk](mailto:activecommunities@leisurefocus.org.uk)

**Cricket: 9:30am – 10:30am at Holyport Cricket Club, Moneyrow Green, Holyport, SL6 2NA**

6+ to adults with any disability or SEN



To book contact: [tim.e.sutton@hotmail.com](mailto:tim.e.sutton@hotmail.com)

**Autism Friendly Football (Magpies in the Community): 9am – 10am at Dedworth Middle School, Smiths Lane in Windsor, Berkshire, SL4 5PE**

5-14



To book contact: [mark.nisbet@maidenheadunitedfc.org](mailto:mark.nisbet@maidenheadunitedfc.org)

**Parallel Festival of Inclusivity: Challenge events start from 11:00 am, The Long Walk, Windsor Great Park**



The festival is a fully accessible celebration of disability inclusion, welcoming people of all ages, health conditions and abilities. Participants can walk, push or run with no cut-off times, choosing from distances including 100m, 1K, 5K, 10K and the SuperSensory challenge.

To book visit: [www.parallellifestyle.com](http://www.parallellifestyle.com)