

SPORTS AND FITNESS – FACTSHEET NO. 9

Riding for the Disabled Association

RDA horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK.

<http://www.rda.org.uk/>

Contact:

Monday – Thursday: 9.00am – 5.00pm

Friday: 9.00am – 4.00pm

Saturday, Sunday and Bank Holidays: Closed

Telephone: 0845 658 1082

Email: info@rda.org.uk

Postal Address:

Norfolk House,
1a Tournament Court,
Edgehill Drive,
Warwick
CV34 6LG

Aspire

Aspire is an accessible gym and leisure facility based at Stanmore hospital, and is open to all.

<http://www.aspire.org.uk/antc/default.aspx>

Activity Alliance – Disability Inclusion Sport

A national Charity and body dedicated to disabled people in sport and physical activity throughout England. Provides links to Inclusive Fitness which lists over 400 fitness facilities with the IFI accreditation mark. Visit

<http://www.activityalliance.org.uk/>

Jubilee Sailing Trust

The Jubilee Sailing Trust (JST) is a registered charity whose mission is to promote the integration of people of all physical abilities through the challenge and adventure of tall ship sailing aboard two very special ships, Lord Nelson and Tenacious. They offer both able-bodied and disabled people holidays where you get the chance to experience working together in a fantastic environment. They also find a number of people take the opportunity to go on one of their tall ship sailing adventures by themselves – making a JST voyage a great singles' adventure holiday.

<http://jst.org.uk/about-jubilee-sailing-trust/>

Tel: 0238 044 9108