

The Wheelchair User's Guide to  
Accessible Activities in and around  
**Shropshire**



2006/07

# Introduction



This guide has been researched and compiled by Frank Napper a wheelchair user and his wife Sue, along with other members of the Disabled Holiday Information Group and several wheelchair user volunteers. All the activities included have been tried and tested by a wheelchair user unless otherwise stated. Some of them require good upper body strength; others are suitable for those with very little physical ability.

**It is important to note that all wheelchair users have their own individual capabilities and that prior consultation about the suitability of the activity with those providing it is essential. Also some of the activities included could be classed as extreme sports and as such can involve an element of risk. Although the providers carry appropriate insurance, just like any able bodied person before taking part you may be asked to sign to say that you understand this.**

In most cases pre-booking is necessary and contact details are at the end of each activity. Our aim is to provide an insight into the kinds of accessible activities available in the area but there may be others that we have not researched.

Some of the clubs and organisations offering these activities are small and do not have large financial resources available consequently some of the facilities (such as toilets) that they can offer may not be ideal for wheelchair users. However if you wish to try out some of these activities then they more than make up for this with positive attitudes and friendly assistance and our volunteers felt this was where the priority should lie.

Adverse weather conditions can affect when some of these activities such as paragliding, white water rafting and model aero flying can take place and you may need to be flexible when booking.



Everyone who took part in this research has in some way either tried something new or been somewhere they did not know existed and enjoyed the experience. We hope that the knowledge of the amazing variety of accessible activities available to those with disabilities or impairment in and around Shropshire may prove useful. That it will not only encourage people looking for an exciting holiday destination to visit the county but expand the horizons of local residents. The unspoilt countryside of this area also has a wide choice of accessible trails and attractions, for more information see the other guides in our series:-

The Wheelchair Users Guide to **Accessible Attractions for Shropshire**

The Wheelchair Users Guide to **Accessible Countryside Sites and Trails in Shropshire and the Borderlands.**

For further information (including places to stay) visit our website at:

[www.disabledholidayinfo.org.uk](http://www.disabledholidayinfo.org.uk)

Or e-mail us at:

[info@disabledholidayinfo.org.uk](mailto:info@disabledholidayinfo.org.uk)

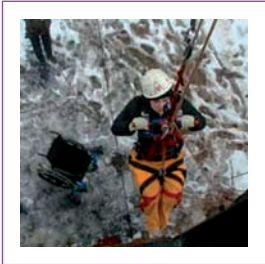
Or write to:

**Disabled Holiday Information,  
P.O. Box 186, Oswestry,  
Shropshire, SY10 1AF**

Please include an A5 (6 x 9 inches) S.A.E. (2 x 1st class stamps).

## Activities in alphabetical order

### Abseiling:-



This activity takes place at the **Red Ridge Outdoor Pursuits Centre**, Cefn Coch near Llanfair Caereinion set in the beautiful Powys countryside. The centre offers holidays and short breaks to individuals (both supported and independent), families, small and large groups during certain weeks each year. It has a policy of inclusion and has welcomed visitors with a wide variety of disabilities since 1978. It is based on a hostel style approach with bunk rooms. There are a good range of other activities on offer from artificial caving and zip wire to canoeing.

Contact: **The Red Ridge Centre**, 01938 810821  
[www.redridgecentre.co.uk](http://www.redridgecentre.co.uk)

### Archery:-



**Builthy Hill Farm**, Middletown on the Shropshire/Powys border overlooking the beautiful Shropshire landscape is the setting for this activity. There is level access to the area from the car park and there are trained staff on hand to assist those new to the sport. Sessions usually last an hour and are available to small or large groups. To make a special day out, this can be combined with other activities available at the farm and lunch can be included.

Contact: **Border Quads**, 01743 884843  
[www.borderquadtrekking.com](http://www.borderquadtrekking.com)

## **Bowls (short mat):-**



There are Bowls clubs in various parts of the county that include short mat bowls in their programme between September and April (check with your local club for wheelchair accessibility). If you are able to bend sufficiently, it is quite possible to play this game from a wheelchair and for those new to the sport most clubs will lend a set of bowls for people to practise with. There are aids that you can purchase to assist you to pick up the bowls if you have difficulty bending. The game is played indoors on a long narrow mat instead of a bowling green.

Contact: **Shrewsbury Indoor Bowls,**  
01743 890470

## **Bowls (indoor flat green):-**

**The Flash Leisure Centre** at Welshpool has an indoor bowling green that has ramped access and is available all year round. The game is played in a similar way to conventional flat green bowls.

Contact: **The Flash Leisure Centre,**  
01938 555952

The Shrewsbury sports village in Sundorne Road Shrewsbury also has plans to provide an indoor green for 2007.

You could also contact the British Wheelchair Bowls Association on 07932791519 or visit [www.bwba.org.uk](http://www.bwba.org.uk)

## Canal boating:-



There are three places that you can hire day boats from in and around the county.

**The Llangollen Canal Boat Trust** based at Trevor Basin, **the Heulwen Trust** at Welshpool and **the Lyneal Trust** at Lyneal Wharf, near Ellesmere. The Llangollen and Heulwen Trusts do not have a fixed fee but donations to the appropriate trust help ensure they are able to continue. There is also no width restriction for wheelchairs and most can be accommodated. The Lyneal Trust has a set fee for day boat hire and a width restriction of 24 inches for wheelchairs, if you can transfer it may be possible to use one of theirs. Skippers are provided for all boats and parties of 12 people can be accommodated. It is recommended that these are evenly proportioned between able bodied members and those with disabilities. Booking in advance is important as they are very popular. Each boat contains a basically equipped galley and you are welcome to bring along picnic meals to prepare and enjoy on the journey. The photographs show an afternoon trip from Trevor aboard the *Glas-y-dorlan*, during which we passed over the Poncysyllte Aqueduct. We provided our own cream tea and had a really enjoyable experience.



As you do really need a small party to make the trip worthwhile and many people may not be in that position. We as a group have decided to organise several trips next year (2007) that individuals and couples are welcome to join. If you are unable to form your own group and would like to take part and can arrange transport to the wharves please send your name and address to the P.O.Box

mentioned at the beginning of the guide. We will let you know details for the trips early in 2007.

Contact: **The Vale of Llangollen Canal Boat Trust,**  
01978 861450  
[www.canalboattrust.org.uk](http://www.canalboattrust.org.uk)

**The Heulwyn Trust,** 01938 552563  
[www.heulwentrust.co.uk](http://www.heulwentrust.co.uk)

**Lyneal Trust,** 01743 252728  
[www.lyneal-trust.org.uk](http://www.lyneal-trust.org.uk)

## Canoeing:-



**Drummond Outdoor Activities** hold a drop-in session for canoeing on a Monday evening from 7pm until 9 pm April to September (Start times may vary at the beginning and end of the season). They meet on the far side of Frankwell car park in Shrewsbury where there is ramped access down to the river Severn. Individuals and families are welcome but young people under the age of thirteen will need a parent/carer accompanying them. It is a good idea to ring beforehand and discuss your particular disability or impairment requirements with them as special adaptations can be made to the canoes for those with very limited mobility. Once you are proficient at the sport there are opportunities to take part in more ambitious projects. The organisation also offers group courses, for further details use contacts below.

Contact: **Drummond Outdoor Activities,**  
01743 365022  
[www.docanoe.com](http://www.docanoe.com)

You could also visit the British Canoe Union's website at [www.bcu.org.uk](http://www.bcu.org.uk)



## Carriage Driving:-



**The Riding for the Disabled Organisation** offer carriage driving at several venues in the county including Whitchurch, Ludlow, Montford Bridge and The West Midlands Showground Shrewsbury. Our researcher went to the West Mid Showground where the driving is organised by **Perry Riding Stables**, this session takes place on a Wednesday morning from 10 am (during school term times). The carriages are especially adapted to be able to wheel up into. The wheelchair is then fixed to the floor of the carriage with straps. The instructor is seated beside you and it is possible to drive if you only have use of one hand. The horses are very gentle and readily adapt to a new person's instructions. Please note that the carriages provide an uneven ride and might not be suitable for those who cannot cope with jarring.

Contact: **Perry Riding School**, 01939 261147  
[www.perry-rda.org](http://www.perry-rda.org)

Or contact Riding for the Disabled 0845 4507056 or visit [www.riding-for-disabled.org.uk](http://www.riding-for-disabled.org.uk)

## Clay pigeon shooting (shotgun):-



**Minsterley Ranges** that are situated in beautiful countryside on the Stiperstones above Minsterley offer this activity. There are various guns available for use but a 20 bore shotgun does not give a strong kickback and so may be easier for wheelchair users. The clubhouse has a ramped entrance but at present you will need the assistance of the staff to negotiate a high step into the premises. Once inside there is a shop, refreshments and a good accessible toilet.



The path across to the clay ranges is accessible. Tuition is available and there are smaller guns suitable for children from approximately 8 years old. Pre-booking is advisable but it is possible to ring up on the day to enquire about availability.

Contact: **West Midland Shooting Ground,**  
01743 791858  
[www.minsterleyranges.com](http://www.minsterleyranges.com)

## Clay pigeon shooting (laser):-

This is another of the activities on offer at **Builthy Hill Farm**. Unlike conventional clay pigeon shooting there is no kickback from the shotgun so it is easier for those in a wheelchair. The session usually lasts an hour and can be for small or larger groups. Access to the shooting ground is down a gravelled steepish slope but assistance can be given if necessary. No previous experience is needed.

Contact: **Border Quads,** 01743 884843  
[www.borderquadtrekking.com](http://www.borderquadtrekking.com)

## Cricket:-

There are 5 clubs in Shropshire at present that are for people with disabilities. 3 of which (Oswestry, Shrewsbury and St Georges Telford) are open for new members and if another 8 people could be found a new club could be formed. They play indoors against each other in a league during the winter months culminating in a final in April. The indoor cricket is suitable for those with less stamina as the game is shorter and played with a softer ball. A runner is provided where needed for wheelchair users when they are batting. There is



also disabled cricket outdoors on conventional pitches throughout the summer.

Contact: **Shropshire Disabled Cricket**,  
01743 240465

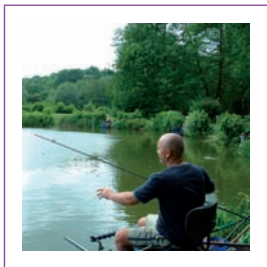
## Cycling:-



**Alyn Waters Country Park** near Wrexham provides cycling for people with disabilities. They have a selection of especially adapted cycles that can accommodate all abilities, from hand operated, through side by side tandems to one with a supported cradle that is pedalled by an able bodied assistant. There is a mile long recently updated cycle track that is situated in the country park. Also on site are accessible toilets and a rest room as well as a small café.

Contact: **Alyn Waters Country Park**, 01978 363555

## Fishing (coarse):-



**Albrighton Moat** situated on the A41 near Cosford has level platforms around the Moat suitable for wheelchair users to fish from, to book please ring 01902 372441. The British Disabled Angling Association is an organisation for disabled anglers and it offers advice and information for those new to the sport. There is a club for disabled anglers based in Telford that has a varied programme of different locations (most of which are wheelchair accessible). Fishing takes place on most Tuesdays from March to October. They would welcome new members, see below for contact details.

Contact: **Albrighton Moat Project**, 01902 372411  
[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

**Telford Disabled Anglers**, 01952 403063

## Fishing (fly):-

**Dearnford** trout fishery is near Whitchurch on the B5476 Wem road. The spring fed lake which covers a total of 15 acres is stocked with Rainbow and Brown trout. There is excellent access to the lakes edge and an especially adapted boat from The Wheelyboat Trust for wheelchair users. Tuition is available for those new to the sport, please give at least 24hrs prior notice when booking telephone 01948 665914. At present there is a disabled portaloo on site but by the end of 2006 there will be a lodge with ramped access and disabled toilets. There is a powered wheelchair available on site for visitors to use if they wish to. The fishery is open all the year and manager Karl Humphries or his assistant Mark Bailey (AAPGAI instructors) will be on hand to ensure an enjoyable days fishing.

Contact: **Dearnford Trout Fishery**, 01948 665914  
[www.dearnford.com](http://www.dearnford.com)

You could also contact the English Disabled Fly Fishers on 01753 544411 or visit [www.disabled-flyfish.co.uk](http://www.disabled-flyfish.co.uk)

Or contact British Disabled Angling Association on 01922 860912 or visit [www.bdaa.co.uk](http://www.bdaa.co.uk)

## Flying:-

**The British Disabled Flying Association** provides opportunities for people with disabilities to try flying especially adapted light aircraft. They hold flying days at various venues around the country and the nearest one to Shropshire is at **Barton Airfield** in Manchester. For an events calendar and further details visit their website, contact details on the following page.



Contact: **The British Disabled Flying Association,**  
07967 269345 or visit [www.bdfa.net](http://www.bdfa.net)

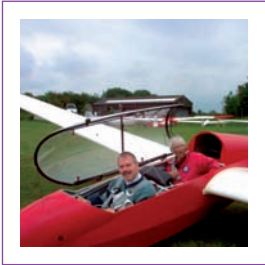
**Shropshire Aero Club** is a small friendly club based at Sleaf Airfield at Harmer Hill and it welcomes disabled visitors to come and have a close up experience of aeroplanes. There is a small Wartime Aircraft Recovery Group Museum and a clubhouse with a café on site. They hold special event days but if you pre-book they can arrange for individuals and small parties to have a look round and a short flight. As with a lot of these activities you do need to contact them to discuss individual capabilities to avoid disappointment.

Contact: **Shropshire Aero Club,** 0781 321 9247  
[www.shropshireaeroclub.com](http://www.shropshireaeroclub.com)

## Glider flying:-



**Shenington Glider Club** is situated near Banbury in Oxfordshire about 2 hours drive from Shrewsbury. This is a very friendly club that has an adapted glider with hand controls. The training glider has a two man cockpit and the canopy can be removed to allow easier access. They have a very positive attitude and welcome everyone to come and try out this exhilarating sport. As they are only a small organisation they do not have funding to provide plush disabled facilities. There is a ramp to the clubhouse but no designated disabled toilet (we suggest you use the motorway facilities before you arrive). What they can and do provide however is the right atmosphere and goodwill to assist you to participate if at all possible. The initial fee



provides you with 3 months membership to the club and that includes a trial lesson.

Contact: **Shenington Gliding Club**, 01295 680008  
[www.shenington-gliding.co.uk](http://www.shenington-gliding.co.uk)

## Gym fitness suites:-

Many of the leisure centres in and around the county have fitness suites that you can access with a wheelchair. The equipment that is suitable for wheelchair users varies in each but the qualified instructors are very happy to work out an individual programme to suit your abilities. There is an assessment process for each facility and pre-booking is essential. Once this is in place you are welcome to use the suites at your own convenience (during opening hours).

Contact: **The Flash Leisure Centre**, Welshpool  
01938 555952

**The Quarry**, Shrewsbury, 01743 281574

**The Leisure Centre**, Oswestry  
01691 659349



## Golf:-

There is a charity called Handigolf (contact details at end of guide) that provide hire of especially adapted golf buggies that wheelchair users can play from. The seat swivels in order to allow an individual to putt and drive in situ. It is possible to hire the buggy on a trial basis before committing yourself to a full year.



Not all golf courses within the county feel that these are suitable for their facilities. However **Llanymynech Golf Course** is very friendly and has a very positive attitude and already has several people with disabilities amongst its members (although they manage with conventional buggies). They would welcome you to come and try out a handigolf buggy on the course before becoming a member. Telephoning beforehand to arrange a convenient time is essential to avoid competition days etc. The clubhouse does not have any especially adapted wheelchair access but we were able to gain entrance to the bar with assistance. Incidentally the golf club is situated on the top of a hill and the views from the course are breathtaking.

Contact: **Llanymynech Golf Club**, 01691 830983  
[www.llanymynechgolfclub.co.uk](http://www.llanymynechgolfclub.co.uk)

**Handigolf**, 01908 655102  
[www.handigolf.org](http://www.handigolf.org)

## Ice Skating:-

**At Telford Ice Skating Rink**, it is possible to take your wheelchair on the ice. Users will need to ask a member of staff to operate the lift down to the rink and also to negotiate the step down on to the ice. You will also need an assistant who can skate and push you round. There is a good accessible toilet and a café. There is a concessionary fee for wheelchair users and carers and no booking is necessary. Please ring to enquire about session times.

Contact: **Telford Ice Rink**, 01952 291511  
[www.telford.gov.uk/icerink](http://www.telford.gov.uk/icerink)



## Model Aero Flying:-

**Shropshire Model Flying Club** meets at Forton Airfield Montford Bridge near Shrewsbury on Wednesday and Thursday evenings and Saturdays, Sundays and Bank Holidays. Those interested in trying out the activity are welcome to go along and try out the club training planes (with instruction) for a couple of sessions free of charge before becoming members. There is an accessible portaloos on site and the club already has several wheelchair user members.

Contact: **Abbey Models**, 01743 272740  
[www.smfc.info](http://www.smfc.info)

## Netball:-

The country's first wheelchair netball club meets on Wednesday evenings at 7.30 pm at The Priory School in Shrewsbury. Members use the clubs sports wheelchairs to practise and play a game. It is open to all ages and has members of both sexes. It provides a fun way to exercise and the games are energetic and fast. No experience is necessary just enthusiasm. Visitors are welcome. During the summer months there is a programme of other activities including tag-rugby.

Contact: **Shrewsbury Wheelchair Netball Club**,  
01743 359538  
[www.shrewsburnetball.co.uk](http://www.shrewsburnetball.co.uk)





## Paintballing:-



This takes place on an old airfield at Rednall near Oswestry in the north of the county. During the week it is possible for small groups from two people to have a go. Protective clothing including helmets and overalls are provided but we recommend you wear substantial long sleeved clothing underneath even in summer. The paintballs can cause some discomfort when they hit you even through the protective padding so if you are particularly sensitive this may not be suitable.



The terrain of the site means that a pusher is needed for manual chairs in order for you to concentrate on aiming at your targets. The paintball guns have a gas bottle attached but to lighten them for wheelchair users this is placed in a bag on the back of the chair. The guns can be used one handed. Any excess paint will wash out of clothing and off of wheelchairs with water if you do it the same day. There is a pressure hose on site to remove the majority at the time.



The friendly staff will make every effort to assist you to participate and enjoy yourself. There are toilets on site but not a designated disabled one, the nearest one is about 2 miles away at Mile End Visitor Information Centre on the A5 at Oswestry.

Contact: **Rednal Paintball Arena**, 0845 1211947  
[www.rednalpaintballarena.com](http://www.rednalpaintballarena.com)

## Paragliding:-



It is possible to try out Tandem Paragliding with a company called **Beyond Extreme** that are based in Church Stretton and who fly off of the Long Mynd. As you are strapped to an able bodied person they are able to support you during take off and landing. Unlike parachuting that involves an initial fast descent this is a gentler but equally exhilarating sport and the views over the Shropshire countryside are breathtaking. You need to wear suitable clothes such as those used for country walking and boots or strong trainers. It is a good idea to take a picnic and sun screen if the weather is hot.

Flyability is the disability section of The British Paragliding and Hangliding Association and it offers sponsorship towards tandem flights.

Contact: **Beyond Extreme**, 01691 682640  
[www.beyondextreme.co.uk](http://www.beyondextreme.co.uk)

**Flyability**, 0116 2611323  
[www.flyability.org.uk](http://www.flyability.org.uk)

## Performing Arts:-



Shropshire is fortunate that within the county there are two organisations associated with performing arts that actively include members who are wheelchair users.

**DASh** (disability arts in Shropshire) and **The Blue Eyed Soul Dance Company** are both based in Shrewsbury but are involved in events throughout the county and further afield.

DASh supports and promotes disabled artists in the county



and has an interesting and varied programme throughout the year that includes taking part in the Ludlow Festival.

Blue Eyed Soul has pioneered dance theatre for over ten years and tours both nationally and internationally. It involves a partnership of disabled and non-disabled people to create a distinctive and authentic dance repertoire that embraces and cherishes difference.

Contact: **Blue Eyed Soul Dance Company,**  
01743 272625

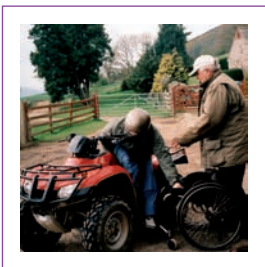
[www.blueeyedsouldance.com](http://www.blueeyedsouldance.com)

**Disability Arts in Shropshire,**

01743 210840

[www.dasharts.org](http://www.dasharts.org)

## Quad biking:-



This is also an activity on offer at **Builthy Hill Farm** and offers a unique way to explore the surrounding picturesque countryside. The quad bikes are operated by simple hand controls but you do need to be able to transfer and have good seated posture. It is possible to operate them if you only have right handed control. A training period on flat even ground is essential to ensure sufficient control over the vehicle before being able to go over more challenging terrain. This is a group activity but small groups from four persons are welcome. It is possible to combine this with the archery and laser clay pigeon shooting (also available at the farm) to make a full day out. For an extra price a barbecue lunch can be included. The owners operate a policy of inclusion and will make every effort to assist you to take part.

Contact: **Border Quads,** 01743 884843

[www.borderquadtrekking.com](http://www.borderquadtrekking.com)



## Rifle shooting:-

This also takes place at **Minsterley Ranges** and it is possible to take part if you only have good use of one arm and hand. The rifles are on a small tripod and rested on a fixed table. The track down to the rifle range is rough and quite steep so you may need the assistance of an able pusher however it is possible to drive down nearer if you wish. Tuition is provided and is necessary for this activity. The friendly staff will make every effort to assist you.

Contact: **West Midland Shooting Ground**,  
01743 791858  
[www.minsterleyranges.com](http://www.minsterleyranges.com)

## Sailing:-

There are no facilities that we have found within the county to take up sailing as a sport or hobby at present. However details of clubs where Sailability courses operate and are within a 2 hour drive of Shropshire (at Sutton Coldfield, Tewkesbury and Shustoke) are given below. Chelmarsh Sailing Club has an accessible clubhouse and toilet and states that it would be prepared to welcome wheelchair users as members if they have already attended a course (as they have no facilities for instruction for those with disabilities at present). However if they do have wheelchair users with some experience of sailing interested in becoming members then there are grants that are available to them to provide suitably adapted equipment.

Contact: **Chelmarsh Sailing Club**, 01746 861560  
[www.chelmarshsailing.org.uk](http://www.chelmarshsailing.org.uk)



**RYA Sailability**, 0845 3450400

[www.rya.org.uk/sailability](http://www.rya.org.uk/sailability)

**Jubilee Sailing Trust**, 0870 4435781

[www.jst.org.uk](http://www.jst.org.uk)

**Sutton Sailing Club**, 021 352 0604

[www.suttonsc.org.uk](http://www.suttonsc.org.uk)

**Tewkesbury Cruising and Sailing Club**,

01684 292079

[www.tc-sc.co.uk](http://www.tc-sc.co.uk)

**Shustoke Sailing Club**, 0121 705 0898

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

## Snow mobiling:-



This is one of the activities on offer at **The Snowdome** in Tamworth in Staffordshire (about 45 minutes from Telford). You do need to be able to transfer and have a good seated posture. The snow mobiles can seat two, so if needed a carer can accompany you. They are full sized heavy machines and there are strict guidelines for use including no alcohol in the previous 12 hours. You need good hand control in both hands to be able to drive them. There is a small track for you to drive around.

All the activities at the centre take place on real snow and you will need warm clothing to protect you from the cold. There is tobogganing but in order to be able to participate you need to be able to walk about 15 paces and to be able to stand safely on the travelator to reach the top of the run and it is advisable to have someone to assist you. Also on site is an accessible skating rink, a family fun area for younger children, a swimming pool with hoist, a licensed bar and a café.

The Disabled Ski Club holds a session here for three hours every eight weeks and has adapted equipment (such as sit skis) suitable for wheelchair users. This might be useful if you wanted to try out the sport before booking a skiing holiday abroad.

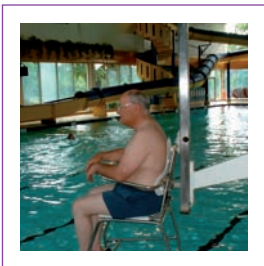
Contact: **The Snow Dome**, 08705 000011  
[www.snowdome.co.uk](http://www.snowdome.co.uk)

## Swimming:-



There are various venues for this activity in and around the county. **The Flash Leisure Centre** at Welshpool has a pool with a beach area and special wheelchairs that you can transfer to and then wheel down a slope into the water as deep as you wish to go. There is a separate large disabled/family changing room that includes an accessible toilet and shower so there is plenty of room for carer/carers to assist you if necessary. The centre includes a café that serves hot meals as well as snacks.

Contact: **The Flash Leisure Centre Welshpool**,  
01938 555952



**The Quarry Leisure Centre** in Shrewsbury has hoists (see photograph) to enable wheelchair users to use the pools. Tokens are available at reception to allow wheelchair users to access the lift to the upper floor. There is a wheelchair accessible toilet that is large enough to allow carers to assist you should you need it at the far end of the downstairs pool, please ask at reception if locked. The wheelchair accessible changing room is in the family changing area. Also on site is a café and viewing area.

There is a designated disabled parking space in the swimming pool car park.

Contact: **The Quarry Leisure Centre**, Shrewsbury  
01743 281555

**Oswestry Leisure Centre** is all on one level and has a hoist for wheelchair users, single sex accessible changing rooms, a separate accessible toilet and a café.

Contact: **Oswestry Leisure Centre**,  
01691 659349

The following venues have not been visited by any of our researchers; the information has been gathered by phone.

**Market Drayton Swimming Centre** has a hoist, a separate accessible disabled changing room and an accessible toilet and café.

**Wellington Swimming Pool** is all on one level and has a poolside hoist, 2 separate disabled changing rooms (one with a mobile hoist), an accessible toilet, a café and viewing area.

**Newport and Whitchurch** swimming pools only have single sex changing rooms and accessible toilets but they do have hoists on poolside.



## Ten pin bowling:-

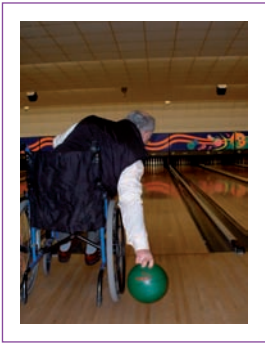
There are two Ten Pin Bowling Alleys in the county, one at Telford and one in Shrewsbury and both are good for accessibility. Pre-booking is a good idea especially at peak times and it is advisable to state you are a wheelchair user when booking.

Shrewsbury serves refreshments, has a bar, a good accessible toilet and access to the lanes is via moveable ramps. There is a lane steward on hand to assist you if you require assistance. There is also staging to roll the bowls down if you cannot bowl in the normal way and sides that can be raised on the lanes if needed. It is also possible for groups of wheelchair users to access the bottom level of Quasar which is a laser game. There is disabled parking immediately in front of the centre.

Telford has parking behind the nearby ice skating rink. There are low level pool tables that are accessible. It also has a café and bar. The disabled toilet is through the entrance to the gents and the door is on the left. There are two designated accessible lanes and a moveable ramp for the others.

Contact: **Shrewsbury Bowl**, 01743 461353

**Telford Super Bowl**, 01952 290100  
[www.telfordsuperbowl.co.uk](http://www.telfordsuperbowl.co.uk)



## Water Skiing:-



**The Disabled Water Skiing Association** has an active programme of courses and trial events within a couple of hours drive of the county. They take place at Nottingham and Llyn Gerionydd near Betws-y-Coed during the summer season. Details of these events and courses can be found on their website or by phone. They provide adapted equipment (including sit skis etc) to allow most people with disabilities to take part. The organisation has a positive attitude and as yet everyone who has wished to take part (even those with very little mobility) has been able to do so.

Contact: **British Disabled Water Skiing,**  
0115 9756168  
[www.bdwsa.org.uk](http://www.bdwsa.org.uk)

## White water rafting:-



**The Canolfan Tryweryn Centre** is just outside of Bala on the A4212. It has a policy of inclusion and the friendly staff and the positive atmosphere will assist you to have a great time here. There is a ramped entrance, a small café, a unisex disabled changing room with toilet and an accessible viewing balcony over the river. Wetsuits, safety helmets etc are available for hire if you do not have your own. It is advisable to take swimwear to wear underneath the wetsuit and towels to dry yourself with. You may need assistance to put the wetsuit on as they are a tight fit and not easy to get in to. The single sex communal showers have a small seat for those who may need it.

There is an especially designed seat for those with limited mobility that can be attached to any of the rafts. Quite a bit of adjustment is possible via the straps to ensure you are



sitting in a comfortable position. Also there is a quick release option for the straps that can be used if needed. A member of staff especially assigned to you will be aboard the raft to ensure your safety. If you have the ability you will be able to paddle along with the rest of the crew. There will be plenty of assistance to help you transfer to and from your wheelchair.

This amazing experience takes place on a very fast flowing stretch of the river, in and around rocks and you will need to be able to cope with jarring, jolting and getting very wet.

Contact: **Canolfan Tryweryn**, 01678 521083  
[www.ukrafting.co.uk](http://www.ukrafting.co.uk)

## Shrewsbury Sports Village :-



The newly opened Shrewsbury Sports Village has excellent access throughout with good disabled changing rooms and accessible toilets. However at the time of going to press there is no specific instruction for wheelchair users in any of the sports it has to offer. We suggest you phone at regular intervals for updated information on 01743 281550.

## Clubs:-

**The Shropshire Sharks**, is a well established swimming club for all ages and all disabilities, at the Quarry Pool, Shrewsbury. Sessions are held on a Thursday evening between five and seven. There is an annual membership fee. Contact Julie Crumpton on 01743 236960.

**Wrekin Special Swim Club**, meets at Wellington Swimming Baths on Sunday evenings from 5.15 – 6.15. It is open to all ages and all disabilities, please bring a carer with you if you need assistance with changing. Contact Colin Stockton on 01952 243035.

**Wrekin Sword Club**, is a fencing club that meet at Wrekin College Sports Centre that has had wheelchair user members and instructors in the past. Although it does not have any at the moment it would welcome any wheelchair user who would be interested in trying out the sport. Contact Ken Holding on 01952 642237.

**Audco Archery Club**, is based at The National Sports Centre at Lilleshall and would welcome wheelchair users as members. The club meets on Tuesday & Wednesday evenings 7 – 10 pm. Contact Stephen Shaw on 01952 810314.

**Longmynd Archers archery club** is based in Church Stretton at New House Farm just off the A49. Wheelchair users can access the club house but there are no accessible toilets at present. Club days are Thursdays (6pm onwards) and Sundays (10 am onwards) and new members and visitors are welcome. Contact Sue or Tom Williamson on 01694 727767

**Lilleshall Table Tennis Club**, is also based at the National Sports Centre. The club meets on Monday evenings 7 – 9 pm Contact Vicky Evans on 01952 810355.

## *Useful websites*



[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

[www.disabilitysport.org.uk](http://www.disabilitysport.org.uk)

[www.disabledholidayinfo.org.uk](http://www.disabledholidayinfo.org.uk)

[www.shropshire.gov.uk](http://www.shropshire.gov.uk)

[www.shropshiretourism.info](http://www.shropshiretourism.info)

[www.wheelpower.org.uk](http://www.wheelpower.org.uk)

[www.virtual-shropshire.co.uk](http://www.virtual-shropshire.co.uk)

[www.xdm.org.uk](http://www.xdm.org.uk)



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