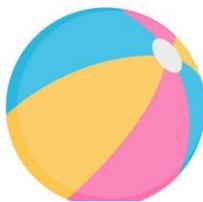




Summer is almost here!

**Our guide to accessible
activities over this
summer in Kingston and
the surrounding areas**



KCIL'S GUIDE OF ACCESSIBLE THINGS TO DO IN KINGSTON/RICHMOND SUMMER 2019

Hampton Court Flower Show

The Hampton Court Palace Flower Show is the largest flower show in the world. The show features show gardens, floral marquees and pavilions, talks and demonstrations.

One companion is admitted free of charge per visitor whose disability necessitates assistance. Please mention this at the time of booking as discounts cannot be applied retrospectively. Proof of eligibility is required. Disabled tickets can be booked by calling 0844 995 9664 (calls cost 7p per minute plus your telephone service provider's access charge) or you can email RHSshowscustomer@seetickets.com. The flower show runs for non-members from Thursday 4th to Sunday 7th July.

Kew Gardens

- *Sensory guided walking tours are for visitors with sight loss and their carers, and are led by one of Kew's specially-trained tour guides. The tour is free and run on: Sunday 14 July, 11.30am; Sunday 11 August, 11.30am; Sunday 8 September, 11.30am. Please register in advance by emailing discovery@kew.org or phoning 020 8332 5643.*
- *Guided tours (daily at 11am and 1.30pm) where you can learn about the different plants, their conservation work and the iconic buildings designed by eminent architects (included in the entry fee cost.)*
- *The Children's Garden is designed for children from 2 to 12 years old. Children can explore all the things plants need to grow; earth, air, sun and water. Visitors arriving at the Children's Garden will be allocated a time for a 90-minute session (included in the entry fee cost).*

Rose Theatre

The Rose Theatre have a range of special performances and tours for adults and children with disabilities on Friday 21st and Saturday 22nd June. On all other performances, they offer a flat rate of £10 for disabled patrons and their carers.

Please see their website: <https://www.rosetheatrekingston.org/whats-on> to find listings dates and times.

Wimbledon Lawn Tennis Club

Go behind the scenes at the All England Lawn Tennis Club, the world's most famous tennis club and home of The Championships. Take a 90-minute tour of the Grounds with a qualified Blue Badge Tour Guide, plus access to Wimbledon Lawn Tennis Museum, including the Virtual Reality experience and free audio guide. (call 0208 946 6131 to request a Blue Badge parking space) or visit their website:

https://www.wimbledon.com/en_GB/museum_and_tours/index.html

(10am to 5.30pm daily July to September – no tours running during Wimbledon Fortnight).
Advanced booking £21 concession ticket; carers go free)

CEA Card (£6 for annual membership)

The CEA Card allows a disabled person to get a free ticket for someone to go with them when they visit a participating cinema. To apply, the applicant must be 8 years of age or older and receive either: Disability Living Allowance (DLA); Attendance Allowance (AA); or Personal Independence Payment (PIP) or hold: Severely Sight Impaired Registration (formerly Registered Blind); or Sight Impaired Registration (formerly Partially Sighted)

If you would like to apply, or want further details please visit: <https://www.ceacard.co.uk/>

Odeon Kingston Autism Friendly Cinema Screenings

One Sunday a month, ODEON host a sensory friendly screening designed to be an inclusive and welcoming environment for people with sensory sensitivities and their loved ones. They are also running a trial of screenings for older audiences at nine cinemas. Please visit

<https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-odeon/> for further information.

Bushy Park Companion Cycling

Companion Cycling is a scheme that enables people who are unable to ride “solo” cycles for whatever reason, to enjoy the pleasure of cycling with a companion in the delightful and traffic free surroundings of Bushy Park.

Apart from Companion Cycling there are a number of other activities that take place around the Stockyard and in Bushy Park itself. There is a quiet picnic area next to the Companion Cycle office and bike sheds so you can combine a cycle ride with a picnic!

Companion Cycling £2 charge to hire special needs bikes

(To book please call 020 8979 6061 between 10am and 1pm seven days a week or email: bookings@companioncycling.co.uk)

Horse Riding (Barnfield Riding for the Disabled)

Barnfield RDA specialise in riding activities for children and adults with any disability. Services include beginner lessons, lead rein ride outs and more besides. Opportunities for those who prefer not to ride include horse care, healing therapies and animal communication programmes.

Tel: 020 8546 3616 or visit their website: <http://www.barnfieldrda.org/>

Isabella Plantation in Richmond Park

The Isabella plantation is a 40 acre enclosed garden in Richmond Park.

For more details and opening times please visit their website:

<https://www.royalparks.org.uk/parks/richmond-park/richmond-park-attractions/isabella-plantation/visitor-information>

Indoor Swimming Pools

For those looking to get active, there are heated indoor swimming pools at the Kingfisher Leisure Centre (<https://www.placesleisure.org/centres/kingfisher-leisure-centre/>) and the Malden Centre (<https://www.placesleisure.org/centres/malden-centre/>) as well as a heated outdoor pool in Hampton (<http://www.hamptonpool.co.uk/>).

Kingston Adult Education

Learn new skills and meet new people at courses for people with learning disabilities; these include:

- Cooking classes
- IT classes
- Singing & drama classes
- Arts & crafts classes
- From September Chair Yoga classes on Tuesdays

For more information, visit

<https://www.kingston.gov.uk/info/200295/kingston-adult-education/1109/adult-education-courses/15> or call 020 8547 6700 or email adult.education@kingston.gov.uk.