

Accessible Opportunities in the Local and Wider Community



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Sport and Leisure Activities

Local

Accessibility Sessions - Brio Leisure, a variety of locations in Cheshire.

Classes include: disability swim, disability multi-sports, disability boccia and more!

 brioleisure.org

Accessible classes and equipment - Active Wirral, a variety of locations on the Wirral.

Disability swim sessions and gyms with inclusive fitness equipment.

 0151 606 2010  activewirral.com



Adapt-e - Cheshire, Midlands and North of the UK.

A disability led company specialising in adaptive sport specific to your needs.

 07836524170  adapt-e.co.uk

 adapte247@gmail.com

Boardroom one-to-one climbing lessons - North Wales.

Experienced coaches available for all abilities and levels of climbing, including paraclimbing.

 01244722872  theboardroomclimbing.com

 hello@theBoardroomClimbing.com

Chairobics Class, Aptitude Health & Fitness - Farndon.

Chair based exercise class to get you moving freely and safely. Every Tuesday 14:15-15:00, available to book on a pay as you go basis or with a monthly membership.

 01244956422  aptitudehealth.co.uk  info@aptitudehealth.co.uk

The Chill Factor - Manchester.

Home to Disability Snowsport UK, a national charity providing adaptive skiing for people with any requirements, it features adaptive equipment, such as sit skis, and specialist instruction and support.

 0161 749 2222  chillfactor.com/adaptive-snowsports

 info@chillfactor.com



Sport and Leisure Activities

Local

Disability Skate - Deeside, Flintshire.

The first Sunday of every month from 12:30pm to 13:15pm. Open to anyone with a disability and their families/carers. Skating aids available and a qualified coach on hand for assistance.

skate-disc.co.uk/disability-skate

deesideiceskatingclub1974@gmail.com



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Outdoor Trampler hire - Eryri, North Wales.

Specially designed, all-terrain mobility scooters that can be used by those who have difficulty walking because of a mobility impairment to explore some of the National Park's most fantastic locations.

[01766 770274](tel:01766770274) eryri.gov.wales parc@eryri.llyw.cymru

IFly - Manchester.

All-Abilities sessions to make sure indoor skydiving is a heart-pounding fun experience for all, especially if you live with Special Educational Needs (SEN) and other disabilities.

[0333 034 5285](tel:03330345285) iflyworld.co.uk support@iFLYworld.co.uk

Paddle the Dee - Chester.

Aim to make river exploration accessible for all, and ensure you get the right balance of fun and challenging no matter where you are with your physical abilities.

[01244722872](tel:01244722872) paddlethedee.com info@deeriverkayaking.com

Para Snow Sports Wales - Llandudno.

Provide training to volunteers and work with disabled people on dry ski slopes in Wales. Holidays and courses are arranged on snow in Europe too!

disabilityskiingwales.co.uk



Sport and Leisure Activities

National

Access adventures - Staines-upon-Thames & Yorkshire.
Delivering life changing, adaptive adventure sports including: waterskiing, wakeboarding, paddle sports, adaptive biking, kite sports, and skiing. On-site, accessible accommodation available in Staines-upon-Thames base, and day sessions available in Yorkshire.
accessadventures.co.uk team@accessadventures.co.uk



British Wheelchair Sport - Based at Stoke Mandeville Stadium.
The national charity for wheelchair sport. Provides opportunities for disabled people to enjoy sport and live healthy active lives.
[01296 395995](tel:01296395995) wheelpower.org.uk info@wheelpower.org.uk

Calvert Devon - Barnstaple.
Specialise in accessible activities for all abilities, making the impossible possible. Specialist support, expert equipment and accommodation available.
[01598 763221](tel:01598763221) calvertdevon.org.uk hello@calvertdevon.org.uk

Calvert Lakes - Keswick.
Provides adventure breaks and holidays for people with disabilities. The breaks include everything their visitors need, including food, drink, accommodation and equipment.
[017687 72255](tel:01768772255) calvertlakes.org.uk enquiries@calvertlakes.org.uk

Surfability UK - Swansea.

A Community Interest Company that provides surfing lessons and experiences for people with additional needs due to disability, illness, injury or learning difficulties. A variety of specialist equipment, including the UK's first seated tandem surfboard, allows people to surf who would not be able to surf on their own.

[01792368482](tel:01792368482) surfabilityukcic.org
benedict@surfabilityukcic.org



Local Tourist Spots and Days Out

Anderton Boat Lift - Northwich.

Accessible entrance/ticketing area, coffee shop and gift shop, disabled parking spaces, disabled toilets, hydraulic lift to transport wheelchair users onto the boat, and an accessible exhibition area.

☎01606 786 777 [🌐canalrivertrust.org.uk](https://www.canalrivertrust.org.uk)

✉info@andertonboatlift.co.uk



Anglesey Sea Zoo - Brynsiencyn, Isle of Anglesey.

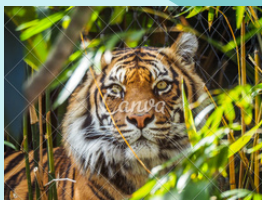
Wheelchair accessible site, unisex toilet facilities (RADAR key not required), wheelchairs available to loan and free disabled parking available.

☎01248 430 411 [🌐angleseyseazoo.co.uk](https://www.angleseyseazoo.co.uk) ✉post@angleseyseazoo.co.uk

Blue Planet Aquarium - Cheshire Oaks.

Free carer admission on a 1:1 basis, dedicated accessible parking, lift access between floors, accessible toilets throughout the building, and wheelchair hire available.

☎0151 357 8804 [🌐blueplanetaquarium.com](https://www.blueplanetaquarium.com) ✉info@blueplanetaquarium.co.uk



Chester Zoo - Upton-By-Chester.

Wheelchair accessible site, free entry for carers, wheelchair and scooter hire available, fully accessible toilets with hoist, free disabled parking and much more!

☎01244 380 280 [🌐chesterzoo.org](https://www.chesterzoo.org)

✉guest.services@chesterzoo.org

Water Tower and Water Tower Gardens - Chester.

A key community city centre park where history, nature and sporting and play facilities for all ages come together. The gardens can be accessed by five different entrances; three of these are fully accessible to wheelchair users.

[🌐Chester.com](https://www.Chester.com)

Local Accessible Accommodation

Carden Park - approximately 6 miles from TherapyMatters.

Accessible entrances and facilities with six accessible rooms available, with the option of a wet room bathroom or bath with a grab rail.

☎01829 731000 🌐cardenpark.co.uk ✉reservations@cardenpark.co.uk

Grosvenor Pulford Hotel - approximately 1 mile from TherapyMatters.

Luxury hotel and spa with accessible rooms available.

☎01244 570560 🌐grosvenorpulfordhotel.co.uk ✉reservations@grosvenorpulfordhotel.co.uk

Holiday Inn Chester-South - approximately 1.5 miles from TherapyMatters.

Offer accessible rooms including a larger bathroom, hand rails, wheelchair accessible doors and dedicated parking spaces

☎03333209325 🌐hichestersouthhotel.co.uk

The Chester Grosvenor Hotel - approximately 4 miles from TherapyMatters.

Accessible executive bedroom, home to an en-suite shower/wet room, plus great on site facilities

☎01244324024 🌐chestergrosvenor.com ✉hotel@ChesterGrosvenor.com

Travelodge - located in Chester and surrounding areas.

Accessible rooms available. It is advised to contact the hotel directly to enquire about specific needs and requirements.

🌐travelodge.co.uk

Holidays UK & Abroad

Accessible Holiday Escapes

A unique website providing a quick and easy way to search for accessible holiday accommodation in the UK and beyond.

accessibleholidayescapes.co.uk hello@accessibleholidayescapes.co.uk

Across

Across is a charity created specifically to provide transport and support to enable those with special care needs to go on pilgrimages to Lourdes. The charity also enables groups to organise holidays to other destinations in Europe for those with special care needs.

[02035421800](tel:02035421800) across.org.uk contactus@across.org.uk

Airbnb

Website includes enhanced search filters, accessibility reviews and option of 1:1 messaging with hosts. UK and abroad options.

airbnb.co.uk

Center Parcs

Multiple locations across the UK. Fully accessible accommodation and village, including spacious bedrooms featuring one electric bed per lodge, walk-in/wheel-in showers, handrails, fully equipped kitchen with lowered worktops and much more!

[03448 267723](tel:03448267723) centerparcs.co.uk

Disabled Access Holidays.com

A website providing a range of different accessible holiday accommodation including UK breaks, abroad holidays, city breaks, cruises and more!

[03333 355615/ 01924 283 803](tel:03333355615) disabledaccessholidays.com

disabledholidays@rtctraveluk.com

Holidays UK & Abroad

DisabledHolidays.com

The UK's largest disability specialist travel agency, committed to providing accessible holidays that exceed the needs and wishes of disabled customers. The largest choice of accessible holidays in the UK and abroad plus cruise.

☎0161 260 0224 [🌐disabledholidays.com](https://www.disabledholidays.com)

Lakes For All

A small family business, passionate about the Lake District and sharing it with all, providing self-catering, wheelchair access holiday properties in Cumbria for people with physical disabilities and their families.

☎07432002713 [🌐lakesforall.co.uk](https://www.lakesforall.co.uk) ✉info@lakesforall.co.uk

Limitless Travel

Founded by disabled travellers who know the challenges of planning a holiday. Deliver award-winning accessible group holidays with professional carers on every trip, meticulous planning of itineraries, and comprehensive accessibility. Offer holidays in the UK, Europe and around the world!

☎0800 711 7112 [🌐limitless-travel.org](https://www.limitless-travel.org) ✉contact@limitlesstravel.org

Parkdean Resorts

Disabled access caravan and lodge holidays in the UK, from the Scottish highlands to the Lizard Peninsula covering over 12 regions in the UK. Offer a range of accessible accommodations.

☎03443819128 [🌐parkdeanresorts.co.uk](https://www.parkdeanresorts.co.uk)

Holidays UK & Abroad

Premier Cottages

Luxury cottages in the UK and Ireland including a wide range of accessible holiday cottages suited to guests with different access requirements, easy search facility online to filter results to suit your needs.

☎01173258810 [🌐premiercottages.co.uk](http://premiercottages.co.uk) ✉feedback@premiercottages.co.uk

South Newlands Farm

Offer high-quality accessible accommodation in York, designed to make your stay as comfortable and enjoyable as possible. Thoughtfully designed to accommodate people with different abilities. Featuring extra-wide doors for wheelchair access, along with fully equipped accessible bathrooms and bedrooms.

☎01757 248203 [🌐southnewlandsfarm.co.uk](http://southnewlandsfarm.co.uk) ✉info@southnewlandsfarm.co.uk

Windmill Barns Holiday Lets

Three Award Winning purpose built disabled adapted holiday cottages, available throughout the year for short breaks and long stays, based in Warwickshire.

☎07453 012938 [🌐windmillbarns.com](http://windmillbarns.com) ✉windmillbarnsholidaylets@gmail.com

Local and Wider UK Support Groups

Ataxia UK

Support groups in South Cheshire and North Wales.

Includes carers support group via Zoom, 16-30's support group via Zoom, online chair Pilates classes, fundraising, and help & advice.

☎08009956037 [🌐ataxia.org.uk](https://www.ataxia.org.uk) ✉️help@ataxia.org.uk

Back Up

Online support group plus activities & events across the UK.

Volunteer led service supporting anyone with a spinal cord injury or illness. Includes wheelchair skills sessions, informative courses, family & carer support, and mentoring & advice.

☎020 8875 1805 [🌐backuptrust.org.uk](https://www.backuptrust.org.uk) ✉️admin@backuptrust.org.uk

Brain & Spine Foundation

Support for anyone affected by any neurological condition.

Includes online support groups, information and research, and a free helpline.

☎08088081000 [🌐brainandspine.org.uk](https://www.brainandspine.org.uk) ✉️helpline@brainandspine.org.uk

FND action

Online support group. Building awareness of FND, fundraising, and information for carers.

[🌐fndaction.org.uk](https://www.fndaction.org.uk) ✉️contact@fndaction.org.uk

Headway

Brain injury association. Groups in Chester, Wirral, Wrexham and Flintshire.

Includes regular meetings, activities and outings, neuropsychological information and support, and more!

☎01159240800 [🌐headway.org.uk](https://www.headway.org.uk) ✉️enquiries@headway.org.uk

Inflammatory Neuropathies UK

Provide information and support to people impacted by Guillain-Barré Syndrome (GBS), CIDP, MMN, and other Inflammatory Neuropathies. Offer online 'get togethers' and local "get togethers" in certain areas of the UK, financial support, peer support, and a variety of health services.

☎01529 469910 [🌐inflammatoryneuropathies.uk](https://www.inflammatoryneuropathies.uk) ✉️hello@inflammatoryneuropathies.uk

Local and Wider UK Support Groups

MND Association

Local groups in Cheshire, Wirral, North West and East Wales.

Includes support meetings for those with MND and Kennedy's disease, and their carers. Offer a visitor service and financial support.

☎01604250505 [🌐mndassociation.org](https://www.mndassociation.org) ✉️enquiries@mndassociation.org

MS Society

Groups in Chester, Vale Royal & West Cheshire, Wirral, Wrexham, Flintshire and South East Cheshire.

Includes coffee mornings, exercise groups, online and local support groups.

☎0808 800 8000 [🌐mssociety.org.uk](https://www.mssociety.org.uk) ✉️helpline@mssociety.org.uk

Parkinson's UK

Local groups in Chester, Wirral, Crewe, Flintshire, Wrexham & Llangollen.

Includes coffee mornings, singing groups, social activities, exercises classes and more!

☎0808 800 0303 [🌐parkinson's.org.uk](https://www.parkinson's.org.uk) ✉️hello@parkinsons.org.uk

Spinal Injuries Association

Local groups in Cheshire, Crewe, and Merseyside.

Offers mental health and wellbeing support, information support and an advice line.

☎0800 980 0501 [🌐spinal.co.uk](https://www.spinal.co.uk) ✉️sia@spinal.co.uk

Stroke Association

Support groups in Chester, Ellesmere Port, Deeside, Buckley, Wrexham, Frodsham, Wirral plus online support groups.

Includes social groups, activities and trips, exercise groups, and carer & family support.

☎0303 3033 100 [🌐stroke.org.uk](https://www.stroke.org.uk) ✉️helpline@stroke.org.uk

Other useful resources

Chester.com

Chester.com provides information on all of the top accessible places to go in Chester. Chester is recognised as one of the most accessible cities in Europe, and it was the first British city to win the European Access City Award.

☎01244400007 [🌐Chester.com](#) ✉info@chester.com

Euan's Guide

Award-winning disabled access charity. Best known for EuansGuide.com, the disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond.

☎0131 510 5106 [🌐euansguide.com](#) ✉hello@euansguide.com

Little Things Hair and Beauty

A mobile hair dressing service in Merseyside, Cheshire West and Chester, covering all aspects of hair. Thoughtfully tailored for wheelchair users, those with mobility needs, or anyone who feels more comfortable at home.

☎07943057611 [🌐littlethingshair.co.uk](#) ✉charlotte@littlethingshair.co.uk