

Issue 14: 2017



i-go Card – The Guide

The passport to leisure activities for children and young people with disabilities or special needs in East Sussex

Helpline: 0345 60 80 192 (local rate)

Text: 07797 870317

Email: informationforfamilies@eastsussex.gov.uk

Website: www.eastsussex.gov.uk/i-go

Facebook: www.facebook.com/igoEastSussex

Online search: www.escis.org.uk/family-information



Information
for Families

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For large print copies contact 0345 60 80 192 (local rate) or informationforfamilies@eastsussex.gov.uk

Welcome to your i-go guide

We hope you enjoy using your i-go card. Inside you will find lots of information about each i-go leisure partner. Please make sure you read the Frequently Asked Questions (FAQ) section and the Terms and Conditions.

Each entry in this guide provides the following information about our partners:

- **i-go special rates** – what offers or discounted rates each partner offers i-go cardholders. Please note you must show your i-go card to access i-go offers/discounts.
- **Description** – the venue, activities and services.
- **i-go champion** – each partner has an i-go champion to contact before or during your visit. If they aren't available one of their colleagues will do their best to help. Please contact them with any special requests, such as an orientation visit or to find out more about facilities, services and accessibility.
- **Accessibility** – general information about physical accessibility, parking and toilets ('large' toilet for leisure centres indicates the toilet is considered large enough for an electric wheelchair user and carer). For further details about accessibility please contact the venue directly.
- **Fast track entry** – i-go card holders may be able to gain fast track entry if queuing is an issue for the cardholder. See individual entries to check or ring before you go.
- **Special characters** – includes details about staff members dressing up as in-house mascots.
- **Noise** – guidelines about expected noise levels.
- **Food and drink** – if there is a café / restaurant, there are details about the cardholder consuming their own food and drink. Non i-go cardholders are usually expected to purchase food from the café.

New leisure partners and updates

We will do our best to make sure the information in this guide is current. This information is available online via www.eastsussex.gov.uk/i-go or the East Sussex Community Information Service (ESCIS) website - www.escis.org.uk/family-information.

New leisure partners are signing up all the time - to make sure you have the most current information make sure you:

- Sign up to receive news via email
- Like us on Facebook – www.facebook.com/igoEastSussex
- Visit www.eastsussex.gov.uk/i-go or www.escis.org.uk/family-information
- Telephone 0345 60 80 192 (local rate) or textphone 07797 870317 the Information for Families helpline.

Feedback

The i-go card aims to help improve access to leisure activities for children and young people with disabilities and special needs in East Sussex. Your feedback makes a real difference, so let us know how to make the scheme even better. Please contact us as above.

Activities and Clubs

1066 Gymnastics, Bexhill-on-Sea

Unit 3A & 3B Brett Drive, Bexhill-on-Sea, East Sussex TN20 2JP

Tel: 01424 213779 Email: office@1066gym.co.uk Visit: www.1066gym.co.uk



Opening times: Monday-Sunday 9:30am-8pm

1066 Gymnastic is a purpose built training centre where facilities include two gyms with a range of equipment which are used for a variety of regular and specialist classes.

1066 Gymnastics is a registered charity and as such is a non-profit making organisation.

The gym offers classes for children specifically with additional needs, where two instructors teach a maximum of eight children. These 45 minute specialist classes cost £8.60.

If there is the demand, 1066 Gymnastics would be very happy to set aside a certain time each week specifically for children and young people with special needs. If this is of interest please let them know when you visit. Please note that during school holidays the Play Gym can get busy and noisy.

i-go benefits: i-go cardholders receive a 25% discount for the Play Gym – £4 instead of the regular £5 (every weekday morning from 9.30am-1pm). During Play Gym parent/carers (free entry) look after their children.

Your i-go champion is: Matthew Hart, the General Manager and Head Coach, who will be happy to help. Tel: 01424 213779 or email: office@1066gym.co.uk with any questions or special requirements such as if you would like a guided tour prior to use or to find out if there is a planned school visit (increased noise) during your Play Gym visit. If Matthew isn't available one of his colleagues will do their best to help.

Accessibility: there is an accessible lift taking you from the entrance to the main floor. Changing rooms are carpeted and fairly spacious.

Parking: there are a limited number of parking spaces including one accessible parking bay. Parking is limited and it may not always be possible to reserve a parking space but contact your i-go champion before your visit.

Toilet:

Accessible toilet	Y
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y

Sights and sounds:

Noise Levels	Y - music playing and noise from bouncy castle.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Buzz Active (Cuckmere) formerly Seven Sisters Canoe Centre

Buzz Active (Cuckmere), Seven Sisters Country Park, Exceat,
Near Seaford, East Sussex BN25 4AD



Tel: 01323 417023

Email: info@buzzactive.org.uk

Visit: www.buzzactive.org.uk

Buzz Active (Cuckmere) offers sessions in canoeing, kayaking and rafting for school groups, groups with special needs, families and businesses in the beautiful surroundings of the Seven Sisters Country Park. All groups are accompanied by a fully qualified British Canoe Union instructor.

Suitable for 8 year olds and over.

We regret we are unable to hire out boats and equipment to individuals.

Opening times: The opening hours of the centre vary according to the season.

In late summer, sessions can be booked to start at 9am or as late as 5.30pm. However, in the winter the latest a session can be booked for is approximately 1.30pm, due to shorter daylight hours. Staff at the centre can advise when you make the booking.

i-go benefits: 5% discount from activity prices. Carer can be provided with a wetsuit if wishes to provide support in the water.

i-go Champion: Your i-go Champion is Alison Larkin.

Food and drink: There are no food or drink facilities at the centre but there is a café nearby at the visitor centre. You can bring your own refreshments.

Accessibility:

The Canoe Centre is situated at the far end of the sea side car park at Seven Sisters Country Park.

- The Canoe Barn, which houses equipment, is fully wheelchair accessible.
- Inside the Barn there is a ramp down to the main area. Alternatively there is a second entrance at the lower level which is flat. This is accessed by going around the building on gently sloping but firm ground.
- Wide doors each end of the barn, not automatic and no bell.
- The water (river) is approximately 25 metres from the Centre. Access to the water is gently sloping.
- One to one support may be available, call ahead to discuss.
- Please contact to discuss individual needs and suitability.
- Parents may be able to leave children with instructors during an activity. The instructors will assess and advise.
- Equipment and some clothing is provided, telephone or see the website for information on what you will need to wear/bring.
- Assistance guide dogs welcome.

Buzz Active (Cuckmere) formerly Seven Sisters Canoe Centre contd...

Parking: There are no dedicated disabled parking spaces but you can drive right up to the Canoe Barn and drop off or park at the Centre. Parking at the Canoe Barn is free (beyond a barrier in the main car park area).

Toilet:

Accessible unisex toilet, changing room, wet room (shower) all in one	Y
Step free	Y
Changing table	N
Sufficient space for large electric wheelchair	Y
Grab/ drop down rails	Y
Hoist	N
Baby changing mat	N

Sights and Sounds:

Noise levels	Just the noise of the activity and people being instructed etc.
Flashing lights	N
Staff in character/costume	N

Last updated: October 2015

Staff are trained in 1st Aid. There is a separate room which could be used for a quiet area if needed.

Buzz Active (Eastbourne) formerly Spray Water Sports



Buzz Active, Royal Parade, Eastbourne, East Sussex BN22 7LD

Tel: 01323 417023

Email: info@buzzactive.org.uk

Visit: www.buzzactive.org.uk

Buzz Active (Eastbourne) is a community water sports centre/training centre run by East Sussex County Council. Buzz Active (Eastbourne) offers taster sessions and courses in sailing, power boating, stand up paddle boarding, canoeing, body boarding and windsurfing. Some of the staff have experience of providing this training for people with a range of disabilities. Buzz Active (Eastbourne) is also registered as a Royal Yachting Association Sailability foundation centre (sailing for the disabled).

www.rya.org.uk/programmes/ryasailability/Pages/RYSailability.aspx Wetsuits provided (not footwear which is essential). Provide 1:1 lessons and teach small and large groups from 2 – 36. See the website for details or enquire with the centre for a bespoke quote.

Buzz Active (Eastbourne) offers courses in sailing, windsurfing, canoeing, stand up paddle boarding and power boating. The centre caters for all abilities from beginners through to experienced sailors.

Opening times: Beginning of April to Beginning of November open 7 days a week 9am – 6pm. Evenings by appointment. December to March 9am – 5pm Tues to Friday. Closed between Christmas and New Year, for details see www.buzzactive.org.uk or phone 01323 417023 email: info@buzzactive.org.uk

i-go benefits: 5% discount from activity prices. Carer can be provided with a wetsuit if wishes to provide support in the water.

i-go Champion: Your i-go Champions are Richard Wilson and Craig Coupe.

Food and drink: Tea and coffee making facilities are available at a small charge. No indoor space for eating however it may be possible to use the training room for lunches etc, please ask. There is the beach and a park opposite.

Accessibility:

Buzz Active (Eastbourne) centre is situated on the beach.

- Full disabled access via the promenade.
- It is possible to drive round to the front of the building on the promenade.
- There is 1 disabled parking space at the front of the building which is accessible by driving round on the promenade.
- There is other parking at the back but will need to walk up short gentle slope with rough surface to front of building
- The building is fully wheelchair accessible.
- The building has automatic door access but please phone ahead to arrange for these to be switched on.
- There is a ramp from the promenade into the building with rails
- Some activities are on a lake (rather than in the sea) across the main seafront road. There are curbs on this road.

Buzz Active (Eastbourne) continued...

- The lake is fully accessible with a path all around it. It is waist deep.
- We provide wetsuits or windproof tops and trousers.
- Assistance guide dogs welcome.

Parking:

- The centre has a private car park at the road side of the building and on-street parking is free in nearby surrounding area.

Toilet:

Accessible unisex toilet, changing room, wet room (shower) all in one	Y
Step free	Y
Changing table	N
Sufficient space for large electric wheelchair	Y
Grab/ drop down rails	Y
Hoist	N
Baby changing mat	N

Sights and Sounds:

Noise levels	People (can be busy in high season), radio
Flashing lights	
Staff in character/costume	N

Last updated: October 2015

Staff are trained in 1st Aid, Health and Safety and NGB qualified in the sports they deliver.

Registered as a RYA Sailability centre

Clambers, Hastings

White Rock Gardens, Hastings, TN34 1LD.

Tel: 01424 423778 Email: info@clambers.co.uk

Visit: www.clambers.co.uk

Facebook: clambers playcentre



Opening times: 7 days a week 9.30am – 5.30pm.

Clambers Soft Play and Party Centre has fun and play everyday come rain or shine. The indoor soft play centre includes a climbing frame, scramble nets, Tarzan ropes, swing bags, ball pool, slides. Special area for under 5s. Outside there is a garden with climbing frame, massive sand pit, play houses and more. Clambers is for children aged 12 and under although private hire of the centre for parties can be for any age.

i-go benefits: i-go cardholders receive 50% discount, so the i-go price for ages 12–17 months is £2.25 and aged 18 months–12 years is £3.75. Adults pay the regular fee of £1.

Big discounts are also available for parties for both children and adults. Contact your i-go champion for details.

Your i-go champion is: Debbie Guy, Owner, who will be happy to help. Tel: 01424 423778 or email: info@clambers.co.uk. If she is not available, one of her colleagues will do their best to help.

Accessibility: The centre is on one level, although there are two levels to the main soft play area. The outer door is automatic and the inner door is a push door (often open). Call when you arrive if you need help with the doors.

Parking: There are three (yellow) parallel bays outside the entrance. Blue badge must be displayed. Approximately 30 other parallel bays next to the yellow bays available. Falaise Road Car Park is also nearby with four accessible bays and low cost pay and display.

Fast track entry: The queue is rarely longer than five minutes except early in the morning during February and October half-terms.

Food and drink: i-go cardholders with special dietary requirements can consume their own food. If the rest of the party is buying food from the café you can sit on the red chairs, if bringing own food for the whole party use the tables with the white chairs.

Toilet:

Accessible toilet	Y- large enough for an electric wheelchair and carer
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y

Sights and Sounds:

Noise Levels	Y - when busy. Low volume music is played which is louder when bringing out birthday cakes. They are happy to turn it down on request (just ask).
Flashing Lights	N
Staff in character/costume	Y - occasionally for birthdays. Call ahead or ask at reception and they will let you know the approximate times.
Induction loop	N

Fun Abounds, Uckfield

21 Bell Lane, Uckfield, East Sussex, TN22 1QL.
Tel: 01825 768479 Email: info@funabounds.co.uk
Visit: www.funabounds.co.uk



Opening times: There are many sessions per week – see website or contact i-go Champion to find out which session would be best for you.

Fun Abounds is a dedicated trampolining and Double Mini Trampoline (DMT) centre that offers group and one to one coaching sessions as well as open sessions.

- **After school and Saturday Jump for Fun sessions:** small group (four or five participants) coached sessions. Suitable for i-go cardholders who are able to jump on a trampoline, wait their turn and follow coaching instructions. If the i-go cardholder needs additional help to wait their turn/follow instructions contact the i-go champion and they will see if they can meet the cardholder's needs.
- **One to one sessions:** available for those who need assistance to bounce.
- **Fun 'n' Bound sessions on Saturday afternoons:** sessions that are supervised, but not coached, for up to 20 people. Suitable for those able to bounce themselves or with the help of a parent/carer.

i-go benefits: i-go cardholders can attend a free first session (need to book) and can access subsequent sessions at existing concessionary rates. Carers can stay for the session at no charge.

Your i-go champion is: Stella Jackson, the Managing Director, who is also a qualified Disability Coach. Tel: 01825 768479 or email stella.jackson@funabounds.co.uk. If she is not available, one of her colleagues will do their best to help.

Accessibility: The centre is on one level. The entrance doors are push doors, staff on reception can help if required. If attending with a parent or carer they need to stay for the first session. It may be possible for the carer to drop off the i-go cardholder and collect them at the end of subsequent sessions (as long as they leave their mobile number) – speak to Stella or the coach when you are there. There is a hoist to access the trampoline but you must bring your own sling. The female changing room doubles up as the accessible changing room - ask at reception to make the room private for you if you would like to use it.

Parking: Accessible bay at the front of the building.

Food and Drink: Everyone can bring their own food.

Fast track entry: There is rarely a queue.

Toilet:

Accessible toilet	Y - large enough for an electric wheelchair and carer
Step Free	Y
Baby changing mat	Y- can use one from accessible toilet across the corridor
Hoist	Y - it's not in the toilet, it's used for access to the trampoline

Fun Abounds, Uckfield continued...

Grab/drop down rails	Y
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Sights and sounds:

Noise Levels	Y- music is sometimes played, but ask and it can be turned off.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Hastings Kickboxing Academy (HKA)

Block 1, Brookway Business Park, Ivyhouse Lane
Industrial Estate, Hastings, East Sussex, T35 4NN
Tel: 07949 221946 (calls returned within 24 hours)
Email: carldenne@hotmail.com
Visit: www.hastings-kickboxing.co.uk



HKA aims to help members gain confidence and develop their fitness as well as achieve success as fighters in grading and competitions. Classes are considered suitable for i-go cardholders who are able to follow instructions. If the cardholder needs additional help to wait their turn/ follow instructions contact your i-go champion and they will see if they can meet the cardholder's needs. Please arrive 15 minutes before your class begins. Each class has an instructor and coaches. Private sessions are available at an additional cost and are not covered under the i-go card. Booking is recommended - let your i-go champion know when you book whether you will need wheelchair access.

<u>Day</u>	<u>Class description</u>	<u>i-go price</u>
Monday:	6.15-7pm - Bag-fit/Cardio (non-contact)	£3.00
	7-8pm - Mixed Ability Kickboxing	£3.75
Tuesday:	6-7pm - Open Session - quieter class	£3.75
Wednesday:	6-7pm - Beginners Kickboxing	£3.75
	7-8pm - Beginners Kickboxing	£3.75
Thursday:	5.30-6.10pm - Tots Kickboxing (ages 3-5)	£3.00
	6.15-7pm - Cadets Beginners Kickboxing (ages 6-12)	£3.00
	7-9pm - Advanced Kickboxing	£3.75

i-go benefits: 25% discount per session – see above for special i-go rates.

Your i-go champion is: Carl Denne, owner and chief instructor of HKA, who will be happy to help. Tel: 07949 221946 or email: carldenne@hotmail.co.uk. If he is not available one of his colleagues will do their best to help. Carl can talk through which class option is advisable.

Accessibility: The building has some limitations around accessibility. Wheelchair users access the building through the roller shutter next to the main door, let Carl know if you need this access when you book. HKA is situated in a room, along with a gym, in a factory. It has its own door clearly marked (with one step), but you will have to pass some storage rooms to get to the Academy. The corridor is wide and bright.

Parking: No designated space, but there are hundreds of spaces outside the Academy.

Fast track entry: There is rarely a queue for entry.

Food and Drink: i-go cardholders can bring own food (there's no café on site).

Toilet:

Accessible toilet	Y - large enough for an electric wheelchair and parent/carer.
Step Free	Y - step free access available through the shutter (see above)
Baby changing mat	N
Hoist	N
Grab/drop down rails	Y

Hastings Kickboxing Academy (HKA) continued...

Sights and sounds:

Noise Levels	Y/N - Contact your i-go champion for details about quiet sessions.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Lewes Football Club

The Dripping Pan, Mountfield Road, Lewes, East Sussex, BN7 2XA
Tel General Enquiries: 01273 470820
Email: adam@lewesfc.com
Visit: www.lewesfc.com



Opening times: Office hours generally 10am till 4pm weekdays.

Lewes Community Football Club operates in the interest of the community and for it's long term benefit. We run male and female football teams as well as various community orientated sports and arts based activities.

i-go benefits: Over 16's concessionary rate £5.00. Children under 16 admitted free. Carer's entry is free with either under or over 16 year olds.

i-go champion: Contact Adam Wolecki, when he is unavailable any other member of staff in the general office will be able to help you on 01273 470820

Food and drink: There is a bar selling snacks and drinks plus food wagons selling pies and burgers. You can bring your own food and soft drinks (no alcohol or glass)

Accessibility:

- Lewes FC has designated entrances for wheelchair users.
- The club also has viewing areas in designated bays in the Philcox and Rookery stands. For the lower pitchside entrance is through gate A on Ham Lane – you will need to phone ahead to arrange entry this way. Higher seating area is accessed from entrance D. Please note that the disabled portacabins are on the upper level, to reach this from the lower level you will need to access via south entrance D.

Parking:

- Disabled Parking available in the car park right next to Lewes FC grounds.

Toilet:

2 x Portaloos for the Disabled	Y These are on the upper level accessed through entrance D
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Very tight but can be done. Phone ahead and discuss.
Grab Rail	Y
Drop Down Rail	N
Changing table	N

Lewes Football Club continued...

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">High, crowds, tannoy, referee's whistle, announcements and music. Bells and airhorns
Lights	<ul style="list-style-type: none">Floodlighting sometimes (ring ahead to enquire)
Staff in character/costume	N
Medical room/access to separate room if needed	1 st Aid room

Activities:

Runs mental well-being football for adults and starting a new disabled multi sport programme

The Lanes: Eastbourne

The David Lloyd Centre, Broadwater Way,
Eastbourne, East Sussex BN22 2PZ

Tel: 01323 509999 Email: mship.eastbournelanes@davidlloyd.co.uk

Visit: www.davidlloyd.co.uk



Opening times: Monday-Sunday 9:30am-late (check for bank holidays)

The Lanes: Eastbourne is a classic ten pin bowling alley. There are 20 lanes available in a fun, family friendly environment. Booking is advised to avoid disappointment although during quiet times you may be able to turn up and play. There's also Lazer Quest, a café and American Pool. For special events please visit the website.

i-go benefits: i-go cardholders and one companion (parent/carer or friend) pay the special rate of £3 per person, per game, of either bowling or Lazer Quest, at all times, excluding Friday and Saturdays from 6pm.

Peak times: Friday & Saturday 6pm-close: Standard prices apply £4.50 under 16s and over 60s, £5.50 for 16-60 per person for the first game, discount for further games. Lazer Quest is also at these prices.

Your i-go champion is: Mark Goodwin, the general Manager, who will be happy to help. Tel: 01323 509999 or email: ops.eastbournelanes@davidlloyd.co.uk. If he is not available one of his colleagues will do their best to help.

Accessibility: There is a small step to access the bowling lanes but ask at reception and they'll set up the ramp for you. The Lazer Quest is on two floors, the second floor is not accessible to wheelchair users. If a group of i-go cardholders would like to visit the Lazer Quest you can speak to The Lanes: Eastbourne about booking the whole space or having a smaller number of participants at no extra cost.

Food and drink: i-go cardholders with special dietary requirements can consume their own food and drink in the café but please let reception know. Please note the rest of the party may only consume food and drinks purchased from the café. Allergies can be catered for if notified in advance.

Parking: There is a large car park with the bays nearest the entrance marked as accessible. Some of the car park is laid with gravel.

Toilet:

Accessible toilet	Y- There is an accessible toilet large enough for a wheelchair and one carer.
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y

The Lanes: Eastbourne continued...

Sights and sounds:

Noise Levels	Y - Music is played but it is not considered loud although the volume does increase during the evening. There is an occasional tannoy system in operation. The lanes furthest away from the entrance tend to be the most quiet, please feel free to request these if booking in advance.
Flashing Lights	Y - on weekends from 8pm onwards.
Staff in character/costume	Y - Halloween and Easter only.
Induction loop	N

Monkey Bizness, Lewes



Unit 27, Cliffe Industrial Estate, Lewes, East Sussex BN8 6JL

Tel: 01273 311560 Email: Lewes@monkey-bizness.co.uk

Visit: www.monkey-bizness.co.uk



Opening times: Sunday-Thursday 9am-6pm / Friday-Saturday 9.30am-7pm. Last admission is one hour before closing. All first time visitors need to join as members during their initial visit so please allow extra time for this.

The largest indoor play centre in East Sussex, Monkey Bizness has three play frames for children 0–2 yrs, 2-5 yrs and 5-12 yrs and also a 30ft climbing wall. Parents can enjoy complimentary newspapers and free WIFI, Monkey Bizness is just off the A27, five minute drive from Lewes near Brighton.

i-go benefits: i-go cardholders receive 50% discount on entry and 50% discount on season passes. This means the i-go cardholder pays: Under 1's free, aged 1-3 off-peak £2.63 / peak £3.13, aged 4-12 off-peak £3.13 / peak £3.63. Peak times are Saturday, Sunday and school holidays. At peak times play may be limited to 90 minute sessions. Adults pay the regular fee of £1.25.

Your i-go champion is: Holly Berndsen is the General Manager, who will be happy to help. Tel: 01273 311566 / 311567 or email: holly@monkey-bizness.co.uk. If she is not available one of her colleagues will do their best to help.

Accessibility: The centre is all on one level and there are push doors throughout.

Parking: There is free on-site parking, although it is limited.

Fast track entry: There is generally only a queue at peak times. i-go cardholders who would find this prohibitive can arrange fast track entry during peak times only (maximum two adults and two children). This must be organised by calling in advance of your visit.

Food and drink: The café serves healthy meals, snacks and drinks. i-go cardholders with special dietary requirements can consume their own food and drink in the café. Simply let the person on reception know on arrival. Please note the rest of the party may only consume food and drinks purchased from the café.

Toilet:

Accessible toilet	Y
Step Free	Y
Baby changing mat	Y – in both the male and female changing rooms
Hoist	N
Grab/drop down rails	Y

Monkey Bizness, Lewes continued...

Sights and sounds:

Noise Levels	Y - Monkey Bizness plays music which adds to the atmosphere but if there are no parties planned they are happy to turn the volume down if requested. Please contact your i-go champion in advance to see if there is a party planned.
Flashing Lights	N
Staff in character/costume	Y- The person on reception will be happy to let you know if Marvin the Monkey will make an appearance during your visit – just ask.
Induction loop	N

Power Project Musical Theatre, Eastbourne (and other locations)



The Broadway Church, Lindfield Road, Hampden Park, Eastbourne BN22 0AS
Tel: 01323 381227 / 07775 843225

Visit: www.sussexdance.net



Class times: Eastbourne Thursdays 4.00pm – 5.30pm. Sessions run throughout term time and during school holidays depending on demand (check with i-go champion). All ages welcome.

A new vision in Musical Theatre for children and young people with disabilities or additional needs. Sessions include disco, jazz, ballet, singing and drama. There are small productions at the end of each term. All children with disabilities or special needs are welcome. Jade Powers who founded Power Project and her volunteers (all of them as this is being written) are qualified teachers with experience including Makaton, nursery nurse and special needs training for infants. All are CRB checked and Jade Powers is trained in First Aid.

i-go benefits: i-go cardholders - free first session (can take part or just watch) and a reduced rate of £4.50 thereafter. Parents and carers are welcome to stay.

Your i-go champion is: Jade Powers, Founder and Leader who will be happy to help. Tel: 07775 843225 or email: jadepowers@hotmail.com. If she is not available, leave a message and she'll get back to you as soon as she can.

Accessibility: From the 7th August 2014 Power Project Musical Theatre will be at their new location which will have greatly improved facilities and accessibility.

If you have a location and a small group of i-go cardholders, Power Project may be able to come to you to run outreach sessions. Contact the i-go champion for more details.

- If a Parent/carer is attending with the i-go cardholder they need to stay for the first session. It may be possible to drop off and collect participants for subsequent sessions – speak to Jade when you are there.
- Contact Power Project if you are interested in them setting up new regular groups in other locations in East Sussex.

Parking: There is large car park with lots of room behind each car.

Food and Drink: There is a tea-break at the interval when tea, coffee and cake are provided and there is always a gluten free option available. If the i-go cardholder has special dietary requirements they can bring their own snacks but hot food is not permitted.

Toilet:

Accessible toilet	Y- there is an accessible toilet large enough for an electric wheelchair and carer.
Step free	Y
Baby changing mat	Y
Hoist	N
Grab / drop down rails	Y

Power Project Musical Theatre, Eastbourne (and other locations) continued...

Sights and Sounds:

Noise levels	Y- this is a musical theatre group so there is music and noise every week.
Flashing lights	N
Staff in character/costume	Y- costumes are used for productions.
Induction loop	Y- there is an induction loop but please contact Jade to make sure it is operative.

Seagulls, Albion in the Community, Bexhill, Brighton, Eastbourne and Portslade



Albion in the Community, American Express Community Stadium, Village Way, Brighton, BN1 9BL (NB this is not where activities are held)

Tel: 01273 668 590 Email: Nikki.richardson@albioninthecommunity.org.uk

Visit: www.albioninthecommunity.org.uk



Activity times: various times and days (see below). For details of extra sessions during holidays, taster days, and new regular sessions etc contact your i-go champion.

Albion in the Community Disability run a variety of sports sessions, tournaments, matches and holiday courses for young people and adults with disabilities in various locations. All sessions are run by qualified coaches and there is no need to book you can just turn up.

i-go benefits: i-go cardholders can claim a free golden ticket that entitles them to their first session free.

Your i-go champions are: Nikki Richardson, the Disability Development Manager. Tel: 01273 668 590 / 07876898031 or email: nikki.richardson@albioninthecommunity.org.uk and Hayley Templeman tel: 07876898032 or email: Hayley.templeman@albioninthecommunity.org.uk who will be happy to help.

Food and drink: you can take your own food and drink to all venues.

Bexhill

Bexhill Seagulls, Bexhill College, Sports Centre, Penland Road, Bexhill, East Sussex, TN40 2JG
Thursday 4.30-6pm £3.00 per session. Age 16+ and all abilities welcome.

Accessibility: If attending with a parent or carer they need to stay for first session. It may be possible for the parent/carers to drop off the i-go cardholder and collect them at the end of subsequent sessions (as long as they leave their mobile number) – speak to the coach.

Parking: Accessible bay parking nearby.

Changing and toilets:

Accessible toilet	Y
Step free	Y
Hoist	N
Grab/ drop down rails	N

Seagulls, Albion in the Community, Bexhill, Brighton, Eastbourne and Portslade continued...



Brighton

Brighton Seagulls, Manor Road Gym, Manor Centre, Manor Road, Brighton, BN2 5EA

TERM TIME ONLY Thursday 7-8pm, £2.50 per sessions. Suitable for adults aged 16+ and all abilities welcome.

Accessibility: If attending with a parent or carer they need to stay for first session. It may be possible for the parent/carers to drop off the i-go cardholder and collect them at the end of subsequent sessions (as long as they leave their mobile number) – speak to the coach.

Parking: nearby on road parking, dedicated marked accessible bays nearby, pay at machine until 8pm.

Changing and toilets:

Accessible toilet	N
Step free	N
Grab / drop down rails	N
Hoist (sling provided)	N

Eastbourne

Eastbourne Seagulls, Eastbourne Sports Park, Cross Levels Way, Eastbourne, East Sussex, BN21 2UF

Every other Saturday 10-11.30am, £3.00 per session. Suitable for players aged 10+ and all abilities welcome.

Accessibility: If attending with a parent or carer they need to stay for first session. It may be possible for the parent/carers to drop off the i-go cardholder and collect them at the end of subsequent sessions (as long as they leave their mobile number) – speak to the coach.

Parking: Accessible parking directly outside the venue.

Changing and toilets:

Accessible Toilet	Y
Step free	Y
Grab / drop down rails	Y
Hoist (sling provided)	N

Seagulls, Albion in the Community, Bexhill, Brighton, Eastbourne and Portslade continued...



Portslade

Portslade Seagulls, Sports Centre, Portslade Community College, Chalky Road, BN41 2WS

Sessions are every other week, cost £3.50 and all abilities are welcome:

Saturday 11am-12.30pm aged 13+

Saturday 12.30pm – 1.30pm April – October (outdoors) or 1-2pm October – April (indoors) aged 5-13

Sunday 10-11.30am aged 15+

Accessibility: If attending with a parent or carer they need to stay for first session. It may be possible for the parent/carers to drop off the i-go cardholder and collect them at the end of subsequent sessions (as long as they leave their mobile number) – speak to the coach.

Parking: Accessible bay parking on the grounds.

Changing and toilets:

Accessible toilet	Y
Step free	Y
Grab / drop down rails	Y
Hoist (sling provided)	N

How?

Simply hand your golden ticket to the member of coaching staff to gain your first session for free. If you haven't received a golden ticket contact Information for Families.

Summerfields Gymnastics, Hastings



Haywood Way, Hastings, East Sussex, TN35 4PL

Tel: 01424 444615 Email: enquiries@summerfields-gymnastics.com

Visit: www.summerfields-gymnastics.com



Class times: See below for information on classes. Also available for parties and private hire.

This thriving gymnastics club prides itself on its friendly approach and high standard of coaching. Established in 1981 it is a purpose equipped facility with sprung floor, balance beams, vaults, asymmetric bars, foam pit as well as a specialist tumbling track, bouncy castle and sunken trampolines. Sharna, who is one of the coaches, competed in the 2000 Olympic Games in Sydney.

i-go benefits: 25% off classes, so i-go cardholders pay the following for each class:

BabyGym £2.50: Age 16 weeks - approximately 18 months. Although could be older depending on need - contact i-go champion to discuss. Tuesday and Thursday 9.30-10.30am, with extra class on Wednesday from 2-3pm. Drop In Sessions.

Parent & Toddler Group £3.00: Age 18 months – 3 years. Wednesday 10.30-11.15am and Thursday 12-12.45pm. Structured drop in sessions.

Tumblegym £3.00: Age walking – 5 years. Monday and Tuesday 11.00am–1.00pm, Thursday 1-3pm and Friday 12-3pm. Non-structured drop in sessions.

Gymnastics Pre-School: £5.20 per class. Age 3-5 years. Suitable for children who can climb a ladder (with help) and mostly wait their turn. Monday and Tuesday 2.00pm – 2.45pm Wednesday 9.30-10.15am, Thursday 11-11.45am, Saturday 11.15am–12.00pm. Needs to be booked in advance. Please contact the club for more info.

General Gymnastics: £6.20 per class. Age 4+. Monday, Wednesday, Thursday and Friday 4-5pm and Wednesday and Friday 5-6pm and Saturday 12.00pm–1.00pm. These sessions focus on working towards the British Gymnastics proficiency awards and to get the most out of the sessions i-go cardholders would need developed motor skills. Needs to be booked in advance. Please contact the club for more info.

Your i-go champion is: Sarah O'Shaughnessy, Projects Co-ordinator, who will be happy to discuss your child's additional needs and the club will do their best to meet these needs. Tel: 01424 444615 or email: sarah@summerfields-gymnastics.com. If she is not available, one of her colleagues will do their best to help.

Accessibility: The building Summerfields Gymnastics Club is currently using has some limitations around accessibility however, in the future they are planning on moving to a fully accessible venue. We have now moved and have totally inclusive space. We have a lift going in within the next six weeks to finish the first phase of the project. We also have sunken trampolines and are in the process of looking for funding for a hoist. Users who require step free access enter the building through the roller shutter. There are mats throughout on the floor so it's not accessible to wheelchair users.

Summerfields Gymnastics, Hastings continued...

The bouncy castle (check it will be used when you go) is near to the accessible entrance. There is a small step at the entrance and a few small steps in the gym. There is no step if using the wheelchair accessible entrance – although there are still small steps in the gym.

Parking: Two designated spaces at front of building and free bay spaces are available directly outside the building and nearby on street parking.

Fast track entry: There is rarely a queue.

Food and drink: Anyone can bring their own food.

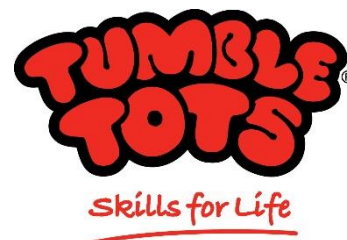
Toilet:

Accessible toilet	Y – 2 toilets with wheelchair access
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y- not drop down

Sights and sounds:

Noise Levels	Y - call or email to ask about quiet times. Sometimes there is low level music but staff will be happy to switch this off on request.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Tumble Tots, Hastings, Eastbourne, Heathfield, Stone Cross & Uckfield



Address: various – see below.

Tel: 07867 801185 Email: eastbournetumbletots@gmail.com

Visit: www.tumbletots.com/eastbourne



Find us on

Facebook at Carlo Marcello (Tumble Tots E.Sussex)

Fun gymnastics-based circuits to challenge and keep children active. For children aged 6 months–7 years of all abilities. Designed to develop children's physical skills, agility, balance, co-ordination and climbing, through the use of brightly coloured Tumble Tots equipment. Classes are structured to suit ability and age ranges and each week combines fun, excitement and challenges in a safe and caring environment.

Notes on classes:

- Age ranges are guidelines for i-go cardholders. Contact your i-go champion if you feel the i-go cardholder would be better suited to a different class.
- For sessions for aged 3+: children will need to be able to follow instructions and take part without their parent/carer unless agreed with i-go champion. If the i-go cardholder needs additional help to do this, contact the i-go champion and they will see if they can meet the cardholder's needs.
- Contact your i-go champion if the i-go cardholder is attending a walking age class or above and needs particular support for movement and they will see if they can meet the cardholder's needs.

i-go benefits: Reduced session prices, so i-go cardholders pay £5 per session. One taster session can be attended on a trial basis at a rate of £3. Tumble Tots has an annual membership fee of £23 payable on top of the session fees which i-go cardholders will need to pay after their trial session.

Your i-go champion is: Chantal Marcello, Tumble Tots Administrator. Tel: 07867 801185 or email: eastbournetumbletots@gmail.com. If she is not available, leave a message and she or one of her colleagues will get back to you as soon as they can.

Hastings Centre

The Ridge, Hastings, TN34 2SA.

Wednesday: 09.30am-10.15pm Gymbabes 6 months+; 10.30-11.15am walking to 2 years; 11.30-12.15am 2-3 years; 12.30-13.15pm 3+ years.

Parking & building access

Onsite accessible bay parking	N
Wheelchair accessible	Y
Automatic doors	N

Toilet

Accessible toilet – sufficient space for an electric wheelchair and carer	Y
Step free	Y
Baby changing mat	Y
Grab/ drop down rails	Y
Hoist	N

Tumble Tots, Hastings, Eastbourne, Heathfield, Stone Cross & Uckfield continued...

Other accessible info

Noise levels	N - although songs are sung during some sessions
Flashing lights	N
Special characters (eg staff in costumes)	Y - very occasionally – check with i-go champion
Can i-go cardholder bring own food to centre?	Y - food and drink to be consumed outside the main room. No food or drink during session.

Eastbourne

Shinewater Sports Centre, Milfoil Drive, Eastbourne, BN23 8ED

Monday: 9.30-10.30am walking to two years old; 10.30-11.30am 2-3 years; 11.30am-12.30pm Gymbabes 6 months+; 12.30-1.30pm 3+ years

Parking & building access

Onsite accessible bay parking – large space at rear	Y
On street blue badge parking	Y
Wheelchair accessible	Y
Automatic doors	N

Toilet

Accessible toilet – sufficient space for an electric wheelchair and carer	Y
Step free	Y
Baby changing mat	N
Grab/ drop down rails	Y
Hoist	N

Other accessible info

Noise levels	N - although songs are sung during some sessions
Flashing lights	N
Special characters (eg staff in costumes)	Y - very occasionally – check with i-go champion
Can i-go cardholder bring own food to centre?	Y - food and drink to be consumed outside the main room. No food or drink during session.

Heathfield

Heathfield Community Centre, Sheepsetting Lane, Heathfield, TN21 0XG

Friday: 9.30-10.30am walking to 2 years; 10.30-11.30am 2-3 years; 11.30am–12.30pm 3+ years; 12.30-1.30pm Gymbabes 6 months+

Building access

Onsite accessible bay parking	Y
On street blue badge parking	Y
Wheelchair accessible	Y
Automatic doors	Y

Toilet

Accessible toilet – sufficient space for an electric wheelchair and carer	Y
Step free	Y
Baby changing mat	Y
Grab/ drop down rails	Y
Hoist	N

Tumble Tots, Hastings, Eastbourne, Heathfield, Stone Cross & Uckfield continued...

Other accessible info

Noise levels	N - although songs are sung during some sessions
Flashing lights	N
Special characters (eg staff in costumes)	Y - very occasionally – check with i-go champion
Can i-go cardholder bring own food to centre?	Y - Food and drink to be consumed outside the main room. No food or drink during session.

Stone Cross

St Luke's Parish Centre, Rattle Rd, Westham, Pevensey, East Sussex BN24 5SL

Thursday: 9.30-10.15am walking to 2 years; 10.30-11.15am 2-3 years; 11.30am-12.15pm 3+ years.

Building access

Onsite accessible bay parking	N
On street blue badge parking	Y
Wheelchair accessible	Y
Automatic doors	N

Toilet

Accessible toilet – sufficient space for an electric wheelchair and carer	Y
Step free	Y
Baby changing mat	Y
Grab/ drop down rails	Y
Hoist	N

Other accessible info

Noise levels	N - although songs are sung during some sessions
Flashing lights	N
Special characters (eg staff in costumes)	Y - very occasionally – check with i-go champion
Can i-go cardholder bring own food to centre?	Y - Food and drink to be consumed outside the main room. No food or drink during session

Uckfield

Uckfield Scout Hall, Rocks Park Road, TN22 2AS

Tuesday: 9.30-10.30am walking to 2 years; 10.30-11.30am 2-3 years; 11.30am-12.30pm 3+ years; 12.30pm Gymbabes 6 months+; 4.00pm Gymbobs 5-7 years

Building access

Onsite accessible bay parking	Y
On street blue badge parking	Y
Wheelchair accessible	Y
Automatic doors	N

Toilet

Accessible toilet – sufficient space for an electric wheelchair and carer	Y
Step free	Y
Baby changing mat	N
Grab/ drop down rails	Y
Hoist	N

Other accessible info

Noise levels	N - although songs are sung during some sessions
Flashing lights	N
Special characters (eg staff in costumes)	Y - very occasionally – check with i-go champion
Can i-go cardholder bring own food to centre?	Y - Food and drink to be consumed outside the main room. No food or drink during session.

Westerleigh Judokwai Club, Battle

Caverham Community College, North Trade Road, Battle,
East Sussex, TN33 0HT

Tel: 01424 442726 Mob: 07523 050784

Email: westerleighjudo@hotmail.co.uk Visit: www.westerleighjudo.org.uk



Founded in 1995, Westerleigh Judokwai is a family run fully inclusive judo club. It has close links with the Special Olympics organisation so coaches are trained to work with children and adults with special needs. All sessions are fully inclusive.

Session times:

- Adults (16 years and up): Saturday 9-10.30am and Tuesday 7-9pm.
- Gremlins (5-15 years): Saturday 10.30am-12pm and Wednesday 5-6.30pm.

i-go benefits: Everyone is welcome to attend a free first session and subsequently i-go cardholders pay the regular rate of £2 per session. You can hire a judo gi for four weeks for a hire charge of £5, after which you would need to buy your own suit, these are available to purchase through the club.

Your i-go champion is: Paul Everest, the Head Coach, who will be happy to help. Tel: 01424 442726/ 07523 050784 or email: westerleighjudo@hotmail.co.uk. If he is not available one of his colleagues will do their best to help.

Accessibility: The majority of the centre is on one floor, there are a few steps but there is a mobile wheelchair ramp available for these.

Parking: there are two accessible parking bays.

Toilet:

Accessible toilet	Y - there is an accessible toilet although it is basic.
Step Free	Y
Baby changing mat	N
Hoist	N
Grab/drop down rails	Y - not drop down
Changing table	N

Sights and sounds:

Noise Levels	Y - as the club is inclusive and popular it can be noisy at times.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Zylo Performance, 18 locations

Various locations – sell below.

Tel: 07796 305205 Visit: www.zyloperformance.co.uk



Zylo Performance provides a variety of performance based clubs in schools, which focus on creating learning experience in a child-friendly, accessible environment; be they future stars, fun seekers, shy, confident or otherwise. After school classes take place at the i-go cardholder's school and are either drama, street dance or pom (see below).

Zylo's film school is designed to give children a fun and engaging insight into the creative processes behind film making. These run from Monday – Thursday and each session will conclude with a premiere. For ages 7-16.

i-go benefits: 50% off class prices, so i-go cardholders pay £3 per class. i-go cardholder can observe a class before deciding to join. Subscriptions are for a whole term and Zylo Performance invoices cover a whole term. If children are off sick refunds can be made available for individual sessions.

Your i-go champion is: Ryan Barker, Director, who will be happy to help. Tel: 07796 305205 or email: ryan@zyloperformance.co.uk. If he is not available, leave a message and he or one of his colleagues will get back to you as soon as they can.

Food and drink: Is not encouraged during the one hour classes but i-go cardholders who need food or drink during this time are welcome to bring their own.

Accessibility: As classes take place at the i-go cardholder's school it is assumed accessibility is known, although if you have any questions contact your i-go champion.

- After school classes are for ages 6 to 11 and are open to children with and without disabilities or additional needs. Participants need to be able to follow instructions – if the i-go cardholder needs additional help to do this contact the i-go champion and they will see if they can meet the cardholder's needs. It might be that they request a parent/carer be present during the class.

Sights and sounds:

Noise Levels	Y- the classes can get noisy but the Zylo team manage noise levels as much as possible if there is someone in the class who finds too much noise distracting – speak to the i-go champion.
Flashing Lights	N
Staff in character/costume	Y- occasionally costumes that cover the head may be used – they can avoid this if you speak to the i-go champion.
Induction loop	N

Holiday Film School

Zylo Performance's film schools are designed to give children a fun and engaging insight into the creative processes behind film making. They run during the holidays from Monday – Thursday each week and conclude with a premiere in a real cinema. They are for children aged 6 to 16. Locations change depending on the week but premieres take place at the Hailsham Pavilion Cinema. The course usually takes place in or around Heathfield and each location is wheelchair

Zylo Performance, 18 locations continued...

accessible, has an accessible toilet and i-go cardholders can bring their own food and drink.

Occasionally costumes that cover the head may be used – this can be avoided if you speak to the i-go champion.

If the i-go cardholder's school does not hold classes contact your i-go champion as they are always looking for new venues.

Locations:

Name of school	Town	Class Day/ Time (1 hour)	Ages	Class Type
Mayfield CEP School	Mayfield	Mon 3.20	Y2 – Y6	Drama
Manor Primary School	Manor	Thurs 3.20	Y2 – Y6	Drama
Bonnors CEP School	Maresfield	Tues 3.15	Y2 – Y6	Drama
Cross In Hand CEP School	Cross In Hand	Weds 3.20	Y2 – Y6	Drama
Wadhurst CEP School	Wadhurst	Fri 3.15	Y2 – Y6	Drama
Ashdown Primary School	Crowborough	Weds 3.20	Y3 – Y6	Drama
Maynards Green Community Primary School	Maynards Green	Thurs 3.20	Y2 – Y6	Drama
South Malling CEP School	Lewes	Fri 3.25	Y2 – Y6	Drama
Southover CEP School	Lewes	Thurs 3.20	Y2 – Y6	Drama
St John's Meads CEP School	Eastbourne	Tues 3.20	Y2 – Y6	Drama
Rotherfield Primary School	Rotherfield	Fri 3.20	Y2 – Y6	Drama
St Philip's Catholic Primary School	Uckfield	Mon 3.20	Y2 – Y6	Drama
Parkland Junior School	Eastbourne	Weds 3.20	Y3 – Y6	Drama
Rocks Park Primary School	Uckfield	Thurs 3.30	Y2 – Y6	Drama
The Haven Voluntary Aided CE Methodist primary School	Eastbourne	Fri 3.20	Y2 - Y6	Drama
High Hurstwood CEP School	High Hurstwood	Mon 3.30	Y2 - Y6	Drama
Harlands Primary School	Uckfield	Mon 3.15	Y2 - Y6	Drama
Holy Cross CEP School	Uckfield	Mon 3.15	Y2 - Y6	Drama

1066 Target Sports, St.Leonards-on-Sea



1066 Target Sports, Ashdown House, Sedlescombe Road North, St Leonards-on-sea, TN37 7PB
Tel: 01424 728949

Email: info@1066targetsports.co.uk

Visit: www.1066targetsports.co.uk



Opening times:

Monday to Friday 12pm – 8pm.

Saturday and Sunday 10am – 8pm.

An indoor Target sports hub in Hastings built to international competition standards, providing a warm, dry, and well lit environment suitable for all the family. 1066 Target Sports offer safe and responsible target sport practices and principles for shooting enthusiasts including Archery, Crossbow, Target Air rifle and axe throwing. 1066 Target Sports have worked closely with the Disabled Shooting Project to be able to support customers with differing needs. Open to all ages, children are assessed on arrival and will only be permitted to use the activities suitable for their abilities.

i-go benefits: i-go cardholders will receive free paper targets. They can also share a lane with a carer (2 for 1) for £10 for 1 hour booking, plus equipment hire.

i-go champion: Jason Byrne, but all other staff will be happy to help you.

Food and drink: Snacks are available and there is a seating area for eating in. You can eat anywhere on the premises but need to wash your hands before handling any equipment.

Accessibility:

- There is wheelchair access via a ramp at the back entrance. You will need to phone to arrange for a member of staff to let you in or, a member of your party can pop in to the front desk and ask for assistance.
- The whole building is large and spacious inside and on one level.
- There is no age restriction, individual assessments are carried out on site before activities can begin. See this web page <http://www.1066targetsports.co.uk/58/disabled-access/> or telephone to discover some of the many ways staff at 1066 Target Sports can assist people with different abilities to take part.

Parking:

- Disabled Parking allocated nearest to the entrance 2 bays.

Toilet:

Accessible toilet Unisex	Y
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y

1066 Target Sports, St Leonards-on-Sea continued...

Grab/ drop down rails	Y
Changing table (not height adjustable)	N

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">Negligible noise from the guns report, ear defenders are supplied
Flashing lights	Y The Rim Fire range has strobe lights
Staff in character/costume	Y – Possible at Halloween or Christmas contact for details
Medical room/access to separate room if needed	Y 2 First Aid points. Space can be found if quiet area needed

Training:

Grand National Archery Association and Archery GB trained (by archery grandmasters of GB team coach).

NSRA, YPST Youth Proficiency scheme tutors.

NRA RCO qualified range conducting officer

1st Aid at work

Child Protection

Charcoal Burners Barn, Horam Manor, Horam, TN21 0JB

Tel: Call Amanda on 07799 712067

Email: enquiries@thelittlewhitestudio.net

www.thelittlewhitestudio.net



www.facebook.com/thelittlewhitestudio

Kids Art Clubs, Specialised Workshops, One to One Tuition, Arty Parties

A lovely art studio in pretty, quiet surroundings offering various art workshops for children from age 5 to adult. At The Little White Studio children are encouraged to explore and express themselves using art materials and craft work helping promote mental and emotional growth through art making.

Also offer classes and specialised one to one sessions for children and young people on the Autistic spectrum, (Autism, Aspergers, PDA and learning difficulties). Contact The Little White Studio to discuss your / your child's needs, learn about our class times and one to one sessions.

Creating art and crafts at The Little White Studio, can help your child increase and develop their:

- Fine motor skills
- Spatial skills
- Decision making skills
- Attention spans
- Imagination
- Problem-solving skills

Opening Times: Times vary, please call to discuss your visit

i-go benefits: Cardholders get a 10% discount on activities. For our one to one classes we allow one carer to remain in the class if a carer is required to be present.

Your i-go champions are: Amanda and Karen

Accessibility: The Studio is located behind the Lakeside Café within the Horam Manor Farm grounds.

Talk to us about how we might meet your child's individual needs.

Parking: Upon arrival at Horam Manor Farm please park in one of the parking bays either by the lake or in front of the Lakeside Café and then walk up to the right of the café, the studio is located behind the café and stables. (If you are a wheelchair user please call in advance to make arrangements to drive right up to the studio. When needing direct access please drive past the Lakeside Café and stables and enter the farm courtyard, turn left and you will see the studio. It is the last black building before the fields start. Please drive up to the front of the building so the car is parked just past the door, we have a ramp to place over the outside step to ease your access into the studio).

Food and drink: During our regular classes please bring a bottle of water if you wish. We do have tea and coffee facilities available. If you wish to eat before or after a class the Lakeside Café is open most days from 9am to 5pm (in low season it is not open on Monday and Tuesday).

Toilet:

Accessible toilet (wheelchair accessible)	Toilets are large enough for wheelchair users, however there are no grip bars around the toilets and the ground from the studio across to the toilets is uneven. Children requiring the toilet will be accompanied by one instructor to the toilet and the instructor will wait outside the toilet to take them back to the studio.
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Sights and sounds:

Noise Levels	<p>The studio is a very calm, relaxing space. On occasion the farmer may drive his tractor out of the barn opposite into the field but this happens very occasionally.</p> <p>During class there may be a need to dry paint on canvas by using a small hairdryer. Students will always be alerted to this beforehand</p>
Flashing Lights	No – studio is lit with plain daylight bulbs
Staff in character/costume	No

Barneys Playbarn
 Bell Lane, Uckfield TN22 1QL, United Kingdom
 Email: info@barneysplay.co.uk
 Tel: 01825 764575



 Find us on **Facebook** www.barneysplay.co.uk

Barney's is a family owned play centre with jungle gyms, soft contained play structures and slide for children up to 12 years old. There is a separate play area for babies and toddlers and a breastfeeding /nappy changing room.

There is a height restriction for children age 1 – 12 years old of 142cm/4ft 8in. Under 1's entry is free. Sessions may be limited to 90 minutes during peak times Sat-Sun and school holiday's.

Barney's offer an Early Bird booking (Saturday and Sundays 9-10am 1 hour exclusive use, welcome to stay longer after the exclusive use) that is usually £75 but there is a discounted rate of £50 for groups with disabilities.

Opening Times: Weekdays 9am - 5pm. Weekends 10am - 6pm.

i-go benefits: £3.95 per Child and adult £1 except for Mondays and Thursdays (term time only) before 1 pm when there is already a special rate of £2.95.

Your i-go champion is: Louise Jago, but any member of staff will be happy to help you.

Accessibility: There is a separate door to the front of the building that is wider and wheelchair accessible.

Please phone for any other information that you need.

Food and drink: Barneys offer a variety of hot and cold food and drinks. They can cater for special dietary requirements, please contact in advance to discuss.

Parking: There is one accessible parking space and a further 19 parking spaces next to the venue, there is also on-road parking to the front of the building.

Toilet:

Accessible toilet (wheelchair accessible)	One accessible toilet with plenty of wheel chair manoeuvrable space. Fitted with an alarm.
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Sights and sounds:

Noise Levels	During peak times and on rainy days the venue can be very noisy. Tuesdays and Wednesdays term time the bouncy castle is noisy. Sunny dry days in the afternoons are usually quieter.
Flashing Lights	None (only at disco events)
Staff in character/costume	For parties at weekends – Please phone to discuss if necessary.

Attractions

Bexhill Museum



Bexhill Museum, Egerton Road, Bexhill on Sea, TN39 3HL

Tel: 01424 222058

Email: enquiries@bexhillmuseum.co.uk

Visit: www.bexhillmuseum.co.uk

Opening times: Open daily from 1st Monday in February to first Sunday in December.
Tues to Fri 10am – 5pm. Sat, Sun, Mon 11am – 5pm.

Something for everyone at Bexhill Museum. Technology and Motor Racing Heritage Gallery featuring motor cars and hands on displays, have a go at installing spark plugs. The Costume Gallery has social history collections dating from the 17th century and The Sargent Gallery houses a quirky mix of archaeology, dinosaur fossils, minerals, stuffed birds, butterflies and so much more (see the giant crab). Use the access centre for research with desks, computers and reference books. Regularly changing temporary exhibition and display programme. The museum also offers themed holiday activities for children throughout the year (not part of the i-go scheme) – see website for details.

i-go benefits: Children (5-16) pay i-go reduced rate of £1.00 and carer goes free. Adults (16-25) i-go reduced rate of £2.00 and carer goes free.

i-go champion: Any member of staff will be happy to help you.

Food and drink: There is a small area with chairs and tables. You may eat your own food in this area but are asked not to take food or drink into the galleries. There are no refreshments on site but they are available nearby in the park or on the seafront.

Accessibility:

- The building is fully wheelchair accessible and has lift for easy access to both floors.
- Automatic doors on entry (push button).
- Assistance dogs welcome.

Parking:

- No parking but usually plenty of on-street parking directly outside the building and in nearby surrounding area.

Toilet:

Accessible toilets Unisex	Y Wide door purpose built. On street (entry level) and lower floor.
Step free	Y
Changing table	N
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y

Bexhill Museum continued...

Sights and Sounds:

Noise levels	Generally quiet, there is an audio visual DVD display in the Costume & Sargent galleries but the volume is low
Flashing lights	N
Staff in character/costume	N

Blackberry Farm, near Lewes

Whitesmith village, BN8 6JD

Tel: 01825 872912 Visit: www.blackberry-farm.co.uk



Opening Times: Summer opening: 9am-5pm; Winter time: 10am-4pm. Closed 24th, 25th & 26th December. Please check website as times may vary.

Blackberry Farm is set in the beautiful Sussex countryside. This family run farm is home to lots of animals and wildfowl which have been carefully selected for their variety, character and good nature. The team of friendly staff are on hand to tell you about them.

There is also a large outdoor play area, an undercover adventure play barn and sensory zone, farm walk, picnic and baby area. Special activities are planned during the summer season and festive period - see website or contact your i-go champion for details.

i-go benefits: i-go cardholder (adult or child) and up to four companions pay the discounted rate of £5.50 each. The main carer normally goes free. However, if the i-go cardholder is under two, then the main carer will need to pay the entrance cost, which is £5.50 for i-go card holders. The pony rides are not included in this offer. Groups of ten or more can contact the i-go champion for group discounts and to pre-book tractor rides.

Your i-go champion is: Kim Murrin who will be happy to help. If she is not available, one of her colleagues will do their best to help Tel: 01825 972912 email: info@blackberry-farm.co.uk

Accessibility: The farm is all on one level with no steps or stairs and the paths are a combination of concrete, gravel, soil and grass. There are manual doors to the café and a gated entrance to the farm.

Fast Track entry: At peak times the queue can be long. If queuing makes visiting prohibitive, staff can arrange fast track advanced entry 15 mins before the farm opens but please arrange this 24hours before you arrive. If the i-go cardholder needs to cut their visit short you can let your i-go champion know and they will arrange a voucher for your party to be able to return free of charge within the next month.

Food and drink: There's a café at the entrance where i-go cardholders with special dietary requirements can consume their own food - simply let the café staff know. During peak times the queue in the café can be long. There are also lots of picnic benches around the farm.

Parking: There is a large gravelled car park with two designated accessible bays next to the entrance.

Toilet:

Accessible toilet	Y- There is an accessible toilet with baby changing
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y
Changing table	N

Blackberry Farm, near Lewes continued...

Sights and sounds:

Noise Levels	Y- Noisy during peak times. There are no tannoys but staff carry radios.
Flashing Lights	N
Staff in character/costume	Y- Sometimes staff dress up as 'Clucky' but staff can cancel 'Clucky' for the duration of your visit if you ask in advance.
Induction loop	N

Blue Reef Aquarium, Hastings



Rock-A-Nore Road, Hastings, East Sussex, TN34 3DW

Tel: 01424 718776 Email: hastings@bluereefaquarium.co.uk

Visit: www.bluereefaquarium.co.uk



Opening times: 10am-5pm (April – October) 10am – 4pm (November – March).

Take the ultimate undersea safari at Blue Reef Aquarium. Enjoy close encounters with hundreds of amazing aquatic creatures. At the aquarium's heart is a giant ocean display where you can walk through an underwater tunnel and come face to face with shoals of colourful fish.

i-go benefits: i-go cardholders pay a reduced entry fee of £6.70, one carer can enter for free. You can come and go as much as you like on the day of your visit.

Your i-go champion is: Leanna Lawson, the Marketing Executive, who will be happy to help. Tel: 01273 718776 or email: leannal@bluereefaquarium.co.uk. If she is not available one of her colleagues will do their best to help.

Accessibility: The aquarium is accessible apart from the underwater tunnel which has seven steps going down to it and seven coming back up. The tunnel is at the end of the attraction and there is a way of leaving without going through it.

Parking: There is a public (gravel) car park directly outside Blue Reef. It is pay and display (coins only) and prices vary depending on the time of year. The car park is gravelled.

Fast track entry: Queuing is rarely an issue. However, if queuing makes visiting prohibitive, staff can arrange fast track entry during peak times by paying in the café which is generally quieter. Please phone in advance to let them know that you will be fast tracking. Generally the busiest times are 11am-3pm during school holidays (especially if it's raining).

Food and drink: i-go cardholders with special dietary requirements can consume their own food and drink in the café. Simply let the café staff know. The rest of the party may only consume food and drinks purchased from the cafe. Blue Reef cannot guarantee a nut free environment as it sells products containing nuts.

Toilet:

Accessible toilet	Y - there is an accessible toilet within the aquarium. There is also a Changing Places toilet about 70 metres away just past the Jerwood Gallery, with access via the on-site attendant (see www.changing-places.org).
Step Free	Y
Baby changing mat	Y
Hoist	Y - in the Changing Places toilet.
Grab/drop down rails	Y - in the Changing Places toilet.
Changing table	Y - in the Changing Places toilet.

Blue Reef Aquarium, Hastings continued...

Sights and Sounds:

Noise Levels	Y - check at reception.
Flashing Lights	Sometimes - check at reception. Photomachine.
Staff in character/costume	Y- Charlie the (12 foot) Clownfish, please call ahead or ask at reception if you want to know whether he will be making an appearance during your visit.
Induction loop	N

Bodiam Castle, Bodiam, near Robertsbridge

Main Road, Bodiam, near Robertsbridge, East Sussex, TN32 5UA

Tel: 01580 830196 Email: bodiamcastle@nationaltrust.org.uk

Visit: www.nationaltrust.org.uk/bodiam-castle



National
Trust

Opening times: 10.30am-5pm (or dusk if earlier) 363 days per year.

One of Britain's most picturesque castles set in the heart of 1066 country. With spiral staircases, battlements and a portcullis – this is the real thing. Full details of their exciting events can be found on the website.

i-go benefits: Up to four people can enjoy a free tea or coffee in the tea room during your visit (just show your i-go card). Show your i-go card to enjoy the National Trust's existing offer of 'one carer – free entry'.

Your i-go champions are: Heather Packham and Jennifer James, who will be happy to help. If neither is available, one of their colleagues will do their best to help. For Heather tel: 01580 831337 or email: heather.packham@nationaltrust.org.uk. For Jennifer tel: 01580 831326 or email: jennifer.james@nationaltrust.org.uk.

Accessibility: Bodiam Castle is a heritage site and as such physical access is limited in areas:

- Gravel paths throughout the site with some slopes. Paths are uneven in places.
- Steps into some rooms - steep spiral staircases up to the towers and ramparts. There are two manual wheelchairs available to borrow from the tea-room and ticket office (call 01580 830196, option 0 to book).
- A pictorial booklet of views from the castle towers and castle history is available. There is also a Braille guide available and a touch model of the castle in the story of Bodiam exhibition.

Food and drink: i-go cardholders can consume their own food and drink in the café but please let the staff know. The rest of the party may only consume food and drink purchased from the café. The café caters for many dietary requirements, if you are a large group with dietary requirements, please contact your i-go champion in advance.

Please note that our main tea room is being refurbished in November 2015 so will be closed Monday – Friday from Monday 2 November 2015 until Friday 4 December 2015 inclusive. At weekends during this time there will be a limited menu available in our wharf terrace room. We do have a secondary coffee shop "castle view coffee shop" which is open all year round up near the castle entrance itself, this has a limited range of snacks, hot and cold drinks, ice creams in summer months and will be supplying cups of hot soup whilst the main café is closed in November.

Parking: There are four designated mobility parking spaces in the car park and two next to the Visitor Reception with easier access to the castle, which can also be used to drop people off before parking in the main car park. There is a £3 parking charge for non blue-badge holders. A volunteer-driven mobility 'buggy' service to take you to the Visitor Reception can be requested in peak season from the main car park.

Bodiam Castle, Bodiam, near Robertsbridge continued...

Toilet:

Accessible toilet	Y- Large accessible toilet with an alarm in the main car park.
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y

Sights and sounds:

Noise Levels	Y - Call ahead to see if large school groups are attending on a particular day. i-go cardholders who express themselves in different ways at different volumes are welcome.
Flashing Lights	N
Staff in character/costume	Y- The person at the ticket office will be happy to let you know if the knights will make an appearance during your visit – just ask.
Induction loop	Y- There is an induction loop in ticket office, shop and tea room.

The Brighton Wheel

Daltons Bastion, Madeira Drive, Brighton, BN2 1TB
Tel: 01273 722 822 Email: info@brightonwheel.com
Visit: www.brightonwheel.com



Opening times: Sunday-Thursday 10am-9pm, Friday-Saturday 10am-11pm.

The Brighton Wheel is a major tourist attraction located on Brighton seafront, offering breathtaking panoramic views of the city's famous landmarks and stunning coastline. Enjoy three revolutions per sky voyage, reaching 50 metres above sea level in a fully air-conditioned capsule which holds a maximum of six adults and two children.

i-go benefits: i-go cardholders pay the reduced fee of £6.50, one carer receives a 50% discount and pays £4.

Your i-go champion is: Delso, the General Manager who will be happy to help. If Delso is not available one of the team will do their best to help. Tel: 01273 722822 or email: info@brightonwheel.com.

Accessibility: There are two fully accessible pods available (no need to book). If the i-go cardholder would rather not have strangers in their pod, just let your i-go champion or a member of the team know.

Fast track entry: There is rarely a queue but during peak times it can be about up to 15 minutes.

Parking: Blue Badge parking is available on Madeira Drive.

Toilet:

Accessible toilet	Y- There is a Changing Places toilet further down Madeira Drive accessed via the on-site attendant (see www.changing-places.org for more information including opening times).
Step Free	Y- The Changing Places toilet is step free.
Baby changing mat	N
Hoist	Y- In the Changing Places toilet
Grab/drop down rails	Y- In the Changing Places toilet
Changing table	Y- A height adjustable large changing bench in the Changing Places toilet

Sights and sounds:

Noise Levels	N
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Eastbourne Miniature Steam Railway

Eastbourne Miniature Steam Railway, Eastbourne, East
Sussex, BN23 6QJ
Tel General Enquiries: 01323 520229
Email: info@emsr.co.uk
Visit: www.emsr.co.uk



Opening times: Open daily 10am till 5pm usually between end of March and beginning of November – please see the website or phone for details.

At Eastbourne Miniature Steam Railway you can ride miniature locomotives around a beautiful country park and see model railways, enjoy a stroll or picnic by the lake, or visit the prize winning tea garden and Railway gift shop. Children can 'burn off steam' in the adventure playground or Maze. Coming very soon self serve 'Station Snacks'.

i-go Benefits:

Cardholder and one carer receive 10% off normal admission price. Entry for children under 3 years old is free; a carer with an i-go cardholder who is under 3 years old can still receive 10% off normal admission price.

i-go champion: Email or telephone us, any member of staff will be able to help you.

Food and drink: Prize winning tearoom with outdoor seating – tables and chairs. Also a self serve snack shack. Picnic tables in many locations around the country park and play areas. Some indoor seating on picnic tables available in 'The Sidings' where the model railways are housed.

Accessibility:

- Entrance is wide and wheelchair accessible.
- Sometimes there are queues'. If you are worried about this please phone ahead and talk to staff.
- Entrance to the shop is wide and wheelchair accessible. Lots of room around displays.
- Paths are hard surfaced and trails are hard gravel. Mostly flat around the central areas (train rides, café, toilets etc). The nature trail around the lake begins flat and there is a level viewing point to sit and look at the lake. Further on the paths are sloping.
- Wide gate to the Nature trail area, would need to be opened by a carer or staff member.
- Adventure play areas are on a mixture of grass, rubber and woodchip surfaces.
- There are 4 steps up to the train. If necessary the train can be moved forward to avoid having to use the steps.
- A person needs to be able to sit astride the train to go for a ride, it is about 0.6m high (from the ground).
- 'The Sidings' which houses the model railways is wheelchair accessible. Wheelchair users may need to be a little further back to see the exhibits. There are hand rails.
- The Maze is not suitable for wheelchair users or pushchairs.

Parking:

There are two dedicated disabled parking bays, if these are full you can use the overflow parking which has spaces near to the entrance.

Eastbourne Miniature Steam Railway continued...

Toilet:

Unisex toilet for the disabled x 1	Y PLEASE collect key from reception/shop
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab Rail	Y
Drop Down Rail	Y
Emergency cord	Y
Changing table	Y
There are also changing tables in the ladies and men's toilets.	Y

Sights and Sounds:

Noise levels	<ul style="list-style-type: none"> • Train whistle – not very loud. White notices around the track showing where the whistle will be blown. • Generally those associated with children's outdoor play areas/café.
Lights	<ul style="list-style-type: none"> • Just train traffic lights
Staff in character/costume	N
Medical room/access to separate room if needed	N - Medical supplies available in the shop.

Groombridge Place

Groombridge Hill, Groombridge, Tunbridge Wells, Kent TN3 9QG

Tel: 01892 861444

Email: office@groombridgeplace.com

www.groombridgeplace.com



Discover the beautiful award-winning gardens and the enchanted forest with its giant swings, zip wires and Crusoe's World. Lots to see and do including Birds of Prey Displays (except winter months). Nerf Fun and Archery available at weekends in spring and summer and operates during school holidays (except Christmas). Additional fee applies.

Opening Times:

Daily 10am – 5.30pm last admission at 4pm. Late night opening Friday till 8pm for Tapas in Licenced Café.

Open every day except Christmas day, Boxing Day and New Year's day.

i-go benefits: Entry fee only - Carer goes free

Your i-go champions are: Your i-go Champion is Matthew Beckett, Admissions Supervisor or one of his team will be happy to help you.

Accessibility:

Fast track entry – you can book in advance online for a 10% discount. During busy periods a second ticket office is opened.

There are a mixture of gravel and hard soil paths.

Hard soil path to woodland area approximately 1 mile. Seating is available along the path.

Wide gate.

Formal garden is mostly wheelchair accessible; staff can tell you the best way to enter this.

The Maze is not wheelchair accessible.

There is wheelchair ramp access both on and off the canal boat. A small amount of lifting is necessary but boat staff are very willing to help.

Raptor display area on narrower gravel path and across short area of grass (not suitable for wheelchairs).

Raptor Centre and displays – Eagle flies in and sits on front posts

Activities at Groombridge Place include:

Nerf Fun – noisier area

Mega Blaster Arena – noisier area

Archery

Peacocks wander freely

Food and drink:

Café is wheelchair accessible on both sides. It is spacious and has a low counter.

Parking:

There is a drop off area near the entrance with a disabled parking bay.

Groombridge Place continued...

Toilet:

Accessible toilet	Y By entrance up a sloping brick path
Step Free	Y
Baby changing mat	N
Hoist	N
Grab/drop down rails	N
Changing table	Y Separate baby changing room with solid bench and mat

Sights and sounds:

Noise Levels	Y – There are Peacocks and it is generally noisier in Nerf and Mega blaster areas.
Flashing Lights	N
Staff in character/costume	Y on special event days
Induction loop	N

Hailsham Pavilion Theatre



George Street, Hailsham, BN27 1AE Tel: 01323 841414

Email: manager@hailshampavilion.co.uk

Visit: www.pavilionhailsham.co.uk

Opening times: The Pavilion Box Office is open 10am to 4pm Mon to Sat and for 30mins prior to all shows. Online booking is also available via our website. We aim to programme events 7 days a week and are open all year round except Christmas Day & Boxing Day. Please see our website or phone us to find out what's on.

Hailsham Pavilion is a fully independent Cinema, Live Music Venue and Theatre. This beautiful building has a fully restored interior and a programme and facilities that are right up to date. The theatre seats 203 people and is run by volunteer staff.

i-go benefits: i-go cardholders (and carer if applicable) receive 10% off admission price. This reduction is not available on shows which are already discounted such as Matinees and Sunday Special.

i-go champion: Your i-go champion is Manager Paul Nunney who will be happy to help. Please contact Paul Nunney on 01323 841414 or email manager@hailshampavilion.co.uk. If he is not available other staff will be willing and happy to help you.

Fast track entry: Long queues are not likely but if necessary speak to a member of staff who will help you. There are Stewards welcoming visitors to the Theatre.

Food and drink: Tea, Coffee, soft drinks and snacks are available from the kiosk. i-go cardholders who need to can consume their own food and drink in the Theatre.

Accessibility:

- The building is wheelchair accessible. It has wide front doors which are open ready for performances. The seating is on the ground floor which is easily accessible. Wide internal doors and a spacious area for wheelchair users at the back of the auditorium.
- There are handrails in the entrance for impaired walkers.
- Assistance (guide dogs) welcome.

Special Screenings:

- Special Autism Friendly Screenings – see What's On programme for details
- Special Screenings for Hearing Impaired with subtitles – see What's On programme for details

Parking:

- There is no parking at the venue but plenty of (mostly free) parking near by. For information you could go to <http://www.wealden.gov.uk> and search 'Parking Information'. Free internet access available in libraries.

Toilet:

Accessible toilet (large, on ground floor)	Y
Step free	Y
Baby changing mat	N

Hailsham Pavilion Theatre continued....

Hoist	N
Grab/ drop down rails	Y

Sights and Sounds:

Noise levels	Normal noise levels associated with cinema/theatre/music shows
Flashing lights	Only when indicated in the events programme
Staff in character/costume	N
Induction loop sound enhanced system	Y
Please note, Hailsham Pavilion is <u>in the process</u> of getting Audio descript	<u>Will be</u> available for every screening. Phone in advance to check in place and to reserve a headset (these are limited)

Herstmonceux Castle

Where – Gardens & Grounds of Herstmonceux Castle

Herstmonceux Castle

Hailsham, East Sussex BN27 1RN (please do not use SAT Nav as it will take you to the wrong entrance)

Tel: 01323 833816

Email: tourism@herstmonceux-castle.com

Website: www.herstmonceux-castle.com



Opening times: 25th March – 30th October (closed 26th Aug) 2016

Herstmonceux Castle is a great family day out in East Sussex, encompassing rich history and fun things to do and see for adults and children.

i-go benefits: One Child free with every Adult/Concessions

i-go champion: Your i-go Champion is Caroline Harber but any member of staff will be happy to help in her absence.

Food and drink: There is a café with indoor and outdoor seating – tables and chairs. There is wheelchair access via a door at the back. There is a very short slope into the building. You will need to be able to ask staff to open the door, or you can call in advance to say you are coming, Tel number 01323 834494

Please speak to staff if you wish to bring an assistance dog in to the café.

Large Print menu available.

The café offers gluten free bread and soya milk.

Accessibility:

- The grounds are generally level and paved. Leaflets are available which show wheelchair accessible route through gardens.
- There is a ramp with handrail leading into a further section of the gardens.

Visitor Centre

- Entrance via a short slope with handrail, slight ledge.
- About half of the displays are at a height suitable for wheelchair users.

Inside the Castle (for guided tours only, extra charge and subject to availability)

- Limited access on lower ground floor of castle. There is a lift available
- Please speak to the tour guide beforehand to discuss accessibility or to ask about special requirements.

Parking:

- There are 2 bays for disabled parking, staff at the entrance will tell you where to find them.

Toilet:

1 Accessible toilet Unisex	Y Short slope
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y

Herstmonceux Castle continued...

Grab/ drop down rails	Y
Emergency pull cord/low sink	Y
Changing table (not height adjustable)	Y

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">• Generally quiet, occasional tractor. At times university students are present.
Flashing lights	N
Staff in character/costume	N
Medical room/access to separate room if needed	N

Jerwood Gallery, Hastings

Rock-a-Nore Road, Hastings, East Sussex, TN34 3DW

Tel: 01424 728377

Email: info@jerwoodgallery.org Visit: www.jerwoodgallery.org



JERWOOD GALLERY

Opening times: Tuesday-Friday 11am-5pm Saturday-Sunday 11am-6pm. Closed Mondays (open bank holiday Mondays). Extended opening during school holidays – check for details.

Situated next to the historic fishing beach in Hastings' picturesque Old Town, the award winning Jerwood Gallery is home to the Jerwood Collection of 20th and 21st century British art, and a diverse temporary exhibition programme.

i-go benefits: i-go cardholders pay the concession price of £5.50 and one parent/carer can enter for free. Under 5s are free. If you live within Hastings Borough take proof of residency to access local resident rates. A free Children's Trail is available to explore the Gallery, ask for one at the Front Desk.

Your i-go champion is: Emily Hedley, the Learning Co-ordinator, who will be happy to help. Tel: 01424 425809 or email: emily@jerwoodgallery.org if she is not available one of her colleagues will do their best to help.

Accessibility: There are no steps on entry. The Gallery is on two levels but there is a lift to the 1st floor.

Parking: There is disabled parking close by on Rock-a-Nore Road and there is also a pay and display (coins only) car park at the end of Rock-a-Nore Road.

Fast track entry: The longest queue is only a few minutes long.

Food and drink: i-go cardholders with special dietary requirements can consume their own food and drink in the café but please let the café staff know on arrival. The rest of the party may only consume food and drink purchased from the café.

Toilet:

Accessible toilet	Y- there is a large accessible toilet with a shower. There is also a Changing Places toilet about 15 metres away with access via the on-site attendant (see www.changing-places.org for more information including opening times).
Step Free	Y
Baby changing mat	N
Hoist	Y- in the Changing Places toilet
Grab/drop down rails	Y- in the Changing Places toilet
Changing table	Y- a height adjustable large changing table in the Changing Places toilet.

Jerwood Gallery, Hastings continued...

Sights and sounds:

Noise Levels	N- the gallery is generally quiet, although i-go cardholders who express themselves in different ways at different volumes are very welcome.
Flashing Lights	N
Staff in character/costume	N
Induction loop	N

Knockhatch Adventure Park, Hailsham

Hailsham Bypass, Hailsham, BN27 3PR

Tel: 01323 442051

Email: info@knockhatch.com

Visit: <http://www.knockhatch.com>



Opening times:

See website for details or telephone Knockhatch.

Orange days: All attractions open 10am – 5.30pm.

Yellow days: Froggies Indoor Soft Play, Tommy Tractor Playbarn and the Children's Farm open only 10am – 5.30pm, all other attractions closed.

Green days: Froggies Indoor Soft Play Area, Tommy Tractor Playbarn and the Children's Farm open 10am - 5.30pm, the Small Children's Playground, Jumping Pillows, Demon Drop Slide, Junior Chair 'o' Plane Ride, Runaway Train Simulator Ride and the Birds of Prey are open 10am – 5.00pm all other attractions closed.

Closed Christmas Eve, Christmas Day, Boxing Day (24th/25th/26th Dec) and New Years Day (1st Jan).

Knockhatch Adventure Park – Fun for all the family whatever the weather!

Rain or Shine you can enjoy an action-packed visit to Knockhatch Adventure Park.

Activities include: Wave Runner Water Slide, panning for gems in the Mining Area, Runaway Train Simulator, Tommy Tractor Playbarn.

You can also paddle in Pirate's Cove, bounce on Jumping Pillows, row on the Lake, launch off the Demon Drop Slide and play in Froggies the massive Indoor Soft Play Area. Stroll around the Farm and feed the animals and wander round the magnificent Birds of Prey. Watch one of the displays or take a ride on the Quadapillar and the Tractor and Trailer which happens daily.

For a little extra expense you can whizz around on the Go-Karts or the Mini Quad Bikes, jump up and down on the Bungee Trampolines, and climb high up the Rock Climbing Wall or zapp others playing the Laser Adventure Game. So there is plenty to do for every one of all ages!

i-go benefits: Admission entry for i-go cardholder - concession rate, one carer admitted free. To get a carer in free of charge one of the 2 persons has to pay. We allow under 2's in Free of Charge.

i-go champion: Juliette Bridges, Heidi Ambridge but any member of staff will be happy to help you.

Food and drink: Froggies café is wheelchair accessible. There are a few gluten free options on the menu. People with special diets who need to can bring their own food and eat it in the café but please talk to a member of staff first.

Accessibility:

- The entrance is wheelchair accessible, on smooth tarmac path.
- Paths around the Display areas and Barns are smooth. Paths around the Adventure Play area, Boats and Flying Field are woodchip – however, there are alternative routes around these on gravel. Staff will be happy to explain this to you. The park is generally level. There are ramps where needed.
- Assistance guide dogs welcome.
- There are some handrails but these are not continuous.
- Staff will be happy guide you about which activities are suitable e.g Mini Quads, Go-Karts, Bungee Trampolines, Laser Game and the Climbing Wall (all of these activities cost extra).

Knockhatch Adventure Park, Hailsham continued...

- Fast track (to avoid queuing) available through shop. Speak to a member of staff.
- Benches and seating throughout park.

Parking:

- Disabled Parking allocated nearest to the entrance.

Toilet:

2 Accessible toilets Unisex One in main block of toilets One in Froggies indoor play centre	Y
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y
Changing table (not height adjustable)	Y

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">• There is a soft play area in the same room as the café, which can get noisy. There is also background music.• There is a tannoy near the Birds of Prey area but the volume is quite low.
Flashing lights	Y - At Halloween in the Spooky Room and at Christmas in Santa's Grotto (Fairy Lights)
Staff in character/costume	Y - At Halloween and at Christmas
Medical room/access to separate room if needed	Y 1 st Aid can be given in the office

Activities:

Seasonal activities - Phone ahead to discuss any special requirements

Lavender Line, Isfield



Isfield Station, Horsted Lane, Isfield, East Sussex, TN22 5XB

Tel: 01825 750515 Visit: www.lavender-line.co.uk



Opening times: Every Sunday and Bank Holidays April-October. Trains run approximately every 30 minutes from 11am-5pm with additional opening times during half term and other holidays. Steam days are the first and last Sunday of the month.

The Lavender Line runs a two mile round trip through the beautiful Sussex countryside, hauled by either a heritage diesel or steam locomotive. Isfield station has a listed signal box, café (open from 9am for breakfast), children's play area as well as a miniature and model railway. There are Gala Days in July and October, Easter, Mothering Sunday, Father's Day and Christmas.

i-go benefits: i-go cardholder – free entry. Carer – 50% reduction at £4.50. Tickets are valid all day so you can travel as much as you like. Note: i-go special rates don't apply on Gala Days.

Your i-go champion is: Anne Baker who will be happy to help. Tel: 01825 750515. If she is not available, one of her colleagues will do their best to help. The Lavender Line is run by volunteers who aren't available every day, so make sure you allow time for them to reply.

Accessibility: The station is step free and there are ramps and steps for extra assistance onto the trains.

Note the only wheelchair accessible carriage is on the steam train (first and last Sunday of the month except on Gala Days). If you require this carriage, it's important that you **inform the Lavender Line one week in advance** of your visit and they will then ensure the train is on the right platform when you visit.

Parking: No designated space, but free spaces are available directly outside the station and nearby on street parking. The car park can get busy on Gala Days. Plans are in place to allocate/create accessible spaces, which will have space at the back. The car park is gravel.

Fast track entry: Queues occur mainly on Gala Days. If queuing makes visiting prohibitive contact your i-go champion beforehand and they will be able to help.

Food and drink: There is a café where i-go cardholders with special dietary requirements can consume their own food. The rest of the party may only consume food and drink from the café. There are also picnic tables outside at Isfield station and the Halt at the end of the line if the whole party wants to bring their own food.

Toilet:

Accessible toilet	Y - the key is with the café staff.
Step free	N - small step (about 5-10cm) to access the toilet
Baby changing mat	Y - in the accessible toilet
Hoist	N
Grab / drop down rails	Y

Lavender Line, Isfield continued...

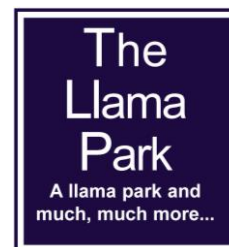
Sights and Sounds:

Noise levels	Y - the engines can be noisy and Gala Days can get busy.
Flashing lights	N
Staff in character/costume	N
Induction loop	N

The Llama Park, Forest Row

Wyck Cross, Forest Row, East Sussex, RH18 5JN

Tel: 01825 712040 Visit: www.llamapark.co.uk



Opening times: 10am-5pm everyday except Christmas Day, Boxing Day and New Year's Day.

The Llama Park is home to a growing variety of animals including llamas, alpacas, reindeer, horses, Shetland ponies, donkeys, Jacob and Soay sheep, pigs, peafowl, Guinea fowl, ducks, geese, turkeys and chickens.

Set in beautiful Sussex countryside with 33 acres of pastures and woodland there is a gift and fashion shop selling Llama Park branded alpaca knitwear especially made for the Park, a Coffee Shop which sells the best home-made scones, and a super children's playground with play houses.

i-go benefits: i-go cardholder – high season (1st March – 31st October) reduced rate of £3. Low season (1st November – 28th/29th February) reduced rate of £2. Carer – Free. Contact i-go champion for special group rates and arrangements.

Your i-go champion is: Bobby Schuck who will be happy to help. Tel: 01825 712 040 or email: bobby@llamapark.co.uk If he is not available one of his colleagues will do their best to help.

Accessibility: There is a path the whole way around the Llama Park, although the lower part, which contains the woodland and sometimes the reindeer, may not be accessible for some wheelchair users as there is a steep incline (ask on entry). Assistance dogs are allowed.

Parking: Designated accessible parking directly outside entrance.

Fast track entry: There are rarely queues but if there is, and queuing makes visiting prohibitive, you can show your i-go card for fast track entry.

Food and drink: The coffee shop caters for some special requirements such as gluten free. However if the i-go cardholder has any other requirements contact your i-go champion before your visit and they will do their best to cater. i-go cardholders can consume their own food in the coffee shop as long as the remainder of the party only consumes food and drink bought from the coffee shop.

Toilet:

Accessible toilet	Y - there are two large accessible toilets
Step free	Y
Baby changing mat	Y - in the accessible toilet
Hoist	N
Grab / drop down rails	Y

Sights and Sounds:

Noise levels	N
Flashing lights	N
Staff in character/costume	N
Induction loop	N

Middle Farm

Middle Farm, Firle, LEWES, East Sussex BN8 6LJ (situated on the main A27 Lewes to Eastbourne road, between the villages of Firle and Selmeston)

Tel: 01323 811411

Email: info@middlefarm.com

Visit: www.middlefarm.com

Opening times: The Open Farm is open 9.30am until 5pm in Summer, and 10am until 4.00pm in winter, with last entry an hour before closing.

The current opening hours for the Plough Monday Restaurant are 9.30am until 5.30pm Monday to Sunday, (Winter season hours are 9.30am until 4.30pm Monday to Friday and 9.30am to 5.30pm Saturdays and Sundays). The Skies and Scarecrows Gift Shop is open 9.30am until 5.00pm Monday to Sunday, (Winter season hours are 9.30am to 4.30pm)

The Farm Shop and National Collection of Cider and Perry are both open from 9.30am until 5.30pm Monday to Sunday. (Winter season hours are the same)

Middle Farm is home to some of the friendliest farm animals around! Playful rabbits and guinea pigs, rare breed chickens, huge pigs and tiny harvest mice. Lofty llamas, gorgeous goats, and fluffy sheep. Also offers daily activities such as 'meet the sheep' and 'feed the guinea pigs' – see website for details.

There are picnic areas, a nature trail around the farm and two outdoor playgrounds as well as highly popular hay play barn. Middle farm is a working family farm with something for every member of the family to enjoy.

i-go benefits: Free Middle Farm animal awareness badge for i-go cardholders. A free cup of tea in our restaurant for either badge holder or carer, just show your i-go card and Open Farm receipt! (weekdays only, excludes school and public holidays. Carers go free. Free for children under 3. Special group tours and activities - Contact our i-go champion!

i-go champion: Wendy on 01323 811411. Any member of staff will also be happy to help you on the day.

Food and drink: The Plough Monday restaurant is wheelchair accessible, the best access is via the low ramp on the courtyard side of the restaurant. Please talk to staff about what is available for special dietary requirements.

There are several areas with outdoor seating where you can eat a picnic.

Accessibility:

- Entrance is fully wheelchair accessible through a wide door in the shop (slight slope). If necessary a wide gate can be opened too.
- Staff are happy to move displays in the shop to enable wheelchair access for browsing.
- The farm is generally level and has a mixture of different surfaces, gravel, woodchip and concrete (it is a working farm).
- Short ramp into farm shop which has concrete flooring
- Ramp into butchers shop but restricted access (plans to change this). Not suitable for electric wheelchair. There is a handrail on this ramp. Again, staff are happy to move cabinets to allow access.
- Short, steep slope into cider barn which has gullies in the flooring. Restricted wheelchair access.
- Plants are for sale in the courtyard, this area is wheelchair accessible apart from the sheds which have steps.

Middle Farm continued...

- Assistance dogs welcome.
- Hebditch house has guinea pigs and rabbits. Concrete flooring.
- There are two fenced outdoor play areas which are wood chipped, slightly raised access.
- The main animal barn contains horses all year, has goats and sheep in winter, and chicks in the spring. It has level concrete flooring, so does the area outside the barn which has chickens, ducks and geese
- Concrete path to pig barns.
- The dairy has a high step and narrow door. Not wheelchair accessible
- Party Parlour can be used to sit in when not booked, low step entry.
- Entrance to the Hay barn is level but slightly uneven, wooden step down to bales of hay, straw and calves all year round.
- Outdoor hand wash is low level and accessible.
- Flintstones field and the Farm trail are through open arable and wooded land.
- Fast track (to avoid queuing) available through shop. Phone ahead or speak to a member of staff.
- Picnic seating throughout park.

Parking:

- Disabled Parking is available by driving through the car parking area, and round the buildings, just outside the main farm shop complex. Otherwise there is a drop off area near by.

Toilet:

Accessible toilet Unisex	Y Is in a porta cabin with slightly sloped ramp leading up to door
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y
Nappy changing facility	Y
Changing table (not height adjustable)	Y

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">• Just those associated with a farm attraction
Flashing lights	N
Staff in character/costume	No
Medical room/access to separate room if needed	No

Activities:

Seasonal activities - Phone ahead to discuss any special requirements

Newhaven Football Club,

Newhaven for spectators

Seaford for players



Fort Road, Newhaven, East Sussex, BN9 9DA.
Tel: 074949 957877 Visit: www.newhavenfc.co.uk



Opening times: 7 days a week 9.30am – 5.30pm.

The club is a friendly volunteer run community club and one of the oldest in Sussex. Spectators and players can use the clubhouse facilities and bar. Players training sessions are universal (ie mixed ability) and i-go cardholders can join in with the reserve team (ages 16+) or youth team (aged 14 and under). They currently train once a week in Seaford. Contact your i-go champion for details of training. If the i-go cardholder has specific needs please contact your i-go champion beforehand and he will do his best to support those needs. Note: only the best players are chosen to be on the teams and play at the football club in Newhaven.

i-go benefits: Spectators: i-go cardholders aged 15+ receive 50% discount, so the i-go price is £3. Spectators aged 14 and under are free although must be accompanied by an adult. A £1 membership fee is charged per annum for age 16+ which gives access to the clubhouse.

Your i-go champion is: Martin Garry, club secretary, who will be happy to help. Tel: 07768 5080111 or email: martin.garry@premierfoods.co.uk. If he is not available, one of his colleagues will do their best to help. Newhaven Football Club is run by volunteers so please allow additional time for replies.

Accessibility: There are a few gentle slopes and ramps throughout the ground but other than the back seats of the stands, it is step free. The new clubhouse which is due to open in August 2015 will have greatly improved facilities.

Parking: There is on street parking in nearby residential streets although they can get busy on match days.

Fast track entry: The queue is rarely longer than 5 minutes.

Food and Drink: i-go cardholders and the rest of the party can consume their own food and drink.

Toilet:

Accessible toilet	Y
Step free	Y
Baby changing mat	N
Hoist	N
Grab / drop down rails	Y

Sights and Sounds:

Noise levels	Y- it can be noisy on match days and in the clubhouse.
Flashing lights	N

**Newhaven Football Club,
Newhaven for spectators
Seaford for players continued...**

Staff in character/costume	N
Induction loop	N

Newhaven Fort, Newhaven

Fort Road, Newhaven, East Sussex, BN9 9DS

Tel: 01273 517622 Email: info@newhavenfort.org.uk

Visit: www.newhavenfort.org.uk (special events listed here).



Opening times: 2015: 1st March – 1st November open every day. March to September: 10.30am- 6pm (last admission at 5pm). 1st October – 1st November: 10.30am – 5pm (last admission at 4pm).

The current Newhaven Fort structure was built around the 1860's and is the largest work of defence ever constructed in Sussex. There is much to explore including the vast, echoing tunnels built into the chalk cliffs, the ramparts amongst the 10 acre-site, cliff-top gun emplacements and breath-taking views of the South Downs and Sussex Coast. There's also an on-site military museum that includes a recreated Blitz street shelter. Kids can also have fun in the outdoor playground.

i-go benefits: i-go cardholder – free entry. Up to four accompanying people – pay the reduced carer's rate of £2 each. When you buy your tickets ask for a special i-go map which highlights the exhibition rooms that are particularly noisy/dark/have flashing lights.

Your i-go champion is: Kath Dudley, Visitor Services Officer who will be happy to help. Tel: 01273 517622 or email: kath.dudley@waveleisure.co.uk. If she is not available, one of her colleagues will do their best to help.

Accessibility: The Fort was built in the 19th Century and as such physical access is limited in areas:

- Ten steps to access the ticket office on entry. Staff can open the main gate for step free access.
- The exhibition rooms all have ramps, are wheelchair accessible and all on one level. The shop and café are wheelchair accessible. There is a wheelchair available to borrow, contact to book in advance. Tunnels and ramparts are not wheelchair accessible. The Eastern Magazine Caponier is 74 stairs to the bottom.
- The south of the Fort is up a hill including the Grand Magazine (wheelchair access from the second entrance) and the ramparts. Paths are mostly tarmac. The playground has a step free entrance at the far end.

Parking: Two allocated accessible car parking bays in the moat (just outside the main entrance). Visitors should follow the signs up Fort Rise rather than following signs to the general car park. Drop off and pick up access into the fort is immediately outside the entrance tunnel – please call ahead for assistance. There is a slope up and down to enter from both the main car park (fairly steep 30 metre slope downwards), the accessible bays (more gentle slope upwards) with no rails and the entrance for all is up a slope through a wide high tunnel (including the drop off point).

Fast track entry: The queue is rarely longer than five minutes.

Food and drink: i-go cardholders with special dietary requirements can consume own food, simply let the café staff know. The remaining party may only consume food purchased from café. There are picnic tables outside (and sometimes inside) if the whole party wants to bring their own food.

Newhaven Fort, Newhaven continued...

Toilet:

Accessible toilet	Y - large enough for an electric wheelchair and carer (situated in the entrance tunnel). Needs Radar key from the shop.
Step Free	Y
Baby changing mat	Y - in the women's toilets (also step free).
Hoist	N
Grab/drop down rails	Y - not drop down.

Sights and sounds:

Noise Levels	Y - During special events there may be gunfire - see website, contact i-go champion or ask when you buy your tickets.
Flashing Lights	Y - in the air raid shelter (not strobe lightning). The 1 st World War room entrance near the Eastern Magazine Caponier is dark. Please use the other entrance to avoid this.
Staff in character/costume	Y - during special event days (see website, contact i-go champion or ask when you buy your tickets). Normally heads aren't covered. Halloween half-term full costumes used.
Induction loop	Y - portable (ask at shop when you buy your tickets).

The Observatory Science Centre



The Observatory Science Centre, Wartling Road,
Herstmonceux, East Sussex, BN27 1RN.

Tel: 01323 832731

Email: info@the-observatory.org

Visit: www.the-observatory.org

Opening times: Open end January to end November plus some extra weekends in Jan/Dec.
Opening hours: 10am – 5pm (Jan-Mar and Oct-Dec); 10am – 6pm (Apr-Sept).
Last admission 2 hours before closing.

Spectacular hands-on science and discovery among the domes and telescopes of a world famous astronomical observatory. With over 100 of hands-on exhibits, both indoors and out, there's something for visitors of all ages to enjoy at the Observatory Science Centre.

i-go benefits: Carer can be admitted free.

i-go Champion: Your i-go Champion is Jo Harris or a duty manager, but all staff will be happy to help you in their absence.

Food and drink: There is a café serving lunches, snacks and drinks. You can eat your own food in the covered outdoor picnic area. Please speak to staff if you need to bring special dietary food into the café. Microwave available at own risk.

Accessibility:

- The Observatory is an old building, steps at reception cannot be avoided but there is good wheelchair access at the rear of the building.
- Blue Badge holders are asked to stop at reception and buy tickets, then drive to the Blue Badge parking area at the rear of the building where there is wheelchair access. The doors at the rear are kept unlocked. Please ask at reception if you need assistance to open the doors (they are not automatic); there is a bell if you forget and need assistance.
- Assistance guide dogs welcome
- The hands-on exhibits are in a long wide corridor which is wheelchair accessible. The exhibits themselves are at a low height and accessible.
- The outdoor area is accessed from the corridor, using a purpose built ramp outside.
- A lot of the outdoor area is paved or hard surfaced but the play equipment is on grass.
- The exhibition in Dome F is accessible.
- Dome E housing an historic refractor telescope is accessible during daytime.
- To discuss evening accessibility please contact the centre.
- Science shows are available in local school holidays in a domed tent outside and are fully accessible.

Parking:

- There are 4 Blue Badge parking bays.

Toilet:

Accessible toilet Unisex	Y (ground floor)
Step free	Y
Changing table	Y

The Observatory Science Centre continued...

Sufficient space for large electric wheelchair and carer – can change into poolside wheelchairs	Y
Grab/ drop down rails	Y
Baby changing mat	Y

Sights and Sounds:

Noise levels	Gets noisy, exhibition area is a large corridor and acoustics are exaggerated.
Flashing lights	There are flashing lights in the separate 'Light and Colour' exhibition – there is a warning in place about this on the door.
Staff in character/costume	N – not currently

Last updated: Dec 14

Staff are trained in emergency aid in the workplace.

Paradise Park, Newhaven



Avis Road, Newhaven, East Sussex, BN90DH

Tel: 01273 512123 Email: karen.sexton@paradisepark.co.uk

Visit: www.paradisepark.co.uk



Opening times: Monday-Sunday 9:00am-6:00pm (closed 25/26 December).

Paradise Park has a variety of attractions for all ages. Discover the fascinating world of animals and plants from millions of years ago to the present day in the Museum of Life. The Sussex Heritage Trail meanders through the beautiful themed gardens packed with flowering trees and shrubs. The plant houses contain spectacular collections of the world's flora. Enter the Dinosaur Safari and relive prehistoric times with life size dinosaurs and sounds of the Jurassic Age. Children's activities include crazy golf, miniature railway, soft play area, indoor and outdoor play areas and amusements. Visit the garden centre with terrace cafe overlooking the gardens.

i-go benefits: i-go cardholders and up to five companions receive a 50% reduction on the individual ticket price which means you will all pay £5.00 per person. (Not to be used in conjunction with any other offer, voucher or ticket type). The miniature railway is not included in this offer.

Your i-go champion is: Karen Sexton, the Customer Services Manager, will be happy to help. Tel: 01273 512123 or email: karen.sexton@paradisepark.co.uk. If she is not available one of her colleagues will do their best to help.

Accessibility: Paradise Park is mostly step free; there are a few steps in the gardens that can be bypassed.

Food and drink: There are picnic benches throughout Paradise Park where you can consume your own food. i-go cardholders with special dietary requirements can consume their own food and drink in the café. The rest of the party may only consume food and drinks purchased from the cafe. The café offers wheat free snacks and meals.

Parking: there is a large car park to the front of Paradise Park with accessible bays outside the entrance.

Toilet:

Accessible toilet	Y- there are two accessible toilets one near the car park and one in the café. The toilet in the café requires a Radar key, if you don't have a key please ask for one at the café.
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y - not drop down

Sights and sounds:

Noise Levels	Y- some of the dinosaurs roar. The person on the entry desk will advise how you can avoid these dinosaurs but still access the rest of the facilities. There are other options depending on need.
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Paradise Park, Newhaven continued...

Flashing Lights	N
Staff in character/costume	N- but there are large dinosaur models in the Dinosaur Safari. Ask at reception how to avoid this.
Induction loop	N

Sea Life Centre, Brighton

Marine Parade, Brighton, East Sussex, BN2 1TB

Tel: 01273 604234 Email: slcbrighton@merlinentertainments.biz

Visit: www.sealife.co.uk/Brighton



The Brighton Sea Life Centre offers a fun and educational day out whatever the weather with over 1,500 creatures and 50 displays from giant turtles to sharks and the new Octopus Garden. Travel in the UK's first glass bottom boat and attend free talks and feeds throughout the day.

Opening times: Monday-Sunday 10am-5pm most days. The centre sometimes opens until 7pm depending on the day and time of year (last entry is one hour before closing).

i-go benefits: i-go cardholders pay a reduced fee of £12. One carer can enter for free. Please note you can come and go as much as you like on the day of your visit.

Your i-go champion is: Laura Sackett, Marketing Co-ordinator, who will be happy to help. Tel: 01273 604234 or email: laura.sackett@merlinentertainments.biz. If she is not available one of her colleagues will do their best to help.

Accessibility: Step free access is via the ramp next to the Brighton Wheel, and then through the Sea Life tunnel on the beach. Once in the aquarium the auditorium has two flights of stairs leading to it. All talks can be heard in the tunnel and staff leave via the tunnel specifically to speak to customers for whom the auditorium is inaccessible.

Fast track entry: Currently only available for people with pre-paid tickets.

Parking: Blue Badge parking is available on Maderia Drive.

Food and drink: i-go cardholders with special dietary requirements can consume their own food and drink in the café. The rest of the party may only consume food and drinks purchased from the café.

Toilet:

Accessible toilet	Y - there is an accessible toilet within the Sea Life Centre. A Changing Places toilet is about 0.5 mile away on Maderia Drive in the public toilets opposite the beach volleyball and playground. Access via the on-site attendant (see www.changing-places.org for more information including opening times).
Step Free	Y
Baby changing mat	Y
Hoist	N
Grab/drop down rails	Y

Sights and sounds:

Noise Levels	N - there should be no unexpected noise during your visit. The Sea Life Centre is busiest during weekends and school holidays when it can be noisy.
Flashing Lights	N - no flash photography allowed.

Sea Life Centre, Brighton continued...

Staff in character/costume	Y- contact reception as you enter to see whether there are special characters planned during your visit.
Induction loop	N

Smugglers Adventure, Hastings



Castledown Terrace, Hastings, East Sussex, TN34 3RG
Tel: 01424 422964 Visit: www.smugglersadventure.co.uk



Opening times: Monday-Sunday 10am-5pm (April-October), 10-4pm (October-April), 10-4pm (November), **CLOSED 7th Nov 2015 – 13th February 2016.**

Deep in the heart of Hastings West Hill lies Smugglers Adventure with acres of caverns that conceal Hastings' thrilling history of smugglers, bootleggers and warring gangs.

i-go benefits: i-go card holders 13 years and over benefit from a reduced rate of £5.75. One accompanying carer or companion can enter for free.

Your i-go champion is: Leanna Lawson, who will be happy to help. Tel: 01424 422964 or email: leannal@bluereefaquarium.co.uk. If she is not available one of her colleagues will do their best to help.

Accessibility: There are lots of steps to get into the attraction and steep climbs, low tunnels and uneven floors so the caves are not considered accessible to wheelchair users

Fast track entry: Busy times vary from day to day depending on whether there are coach parties booked in. Please contact your i-go champion to find out more about your specific day.

Parking: There is parking available on the hill by the caves, which is pay and display, although it is limited. Visitors parking on the seafront at Pelham Place can walk up the steps to the caves or take the West Hill Railway.

Toilet:

Accessible toilet	N - there is no accessible toilet within the caves. There is a Changing Places toilet about 0.3 mile away near Jerwood Gallery, with access via the on-site attendant (see www.changing-places.org for more information including opening times)
Step Free	N
Baby changing mat	Y - there is a baby changing mat in the ladies' toilets which are halfway through caves.
Hoist	N
Grab/drop down rails	N

Sights and sounds:

Noise Levels	N - to find out if there are any coach parties booked when you plan to visit just ask.
Flashing Lights	Y - for the photo booth but nowhere else
Staff in character/costume	Y - sometimes staff dress as pirates and smugglers for special events and for Halloween
Induction loop	N

Spring Barn Farm

Kingston Road, Lewes, BN7 3ND Tel: 01273 488450

Email: info@springbarnfarm.com

Visit: www.springbarnfarm.com



Opening times: Daily 10am – 5pm (indoor play 10am -5pm). Spring Barn Farm is closed for January and re-opens on the 4th of February 2017. Please check website for seasonal variations and occasional early closing www.springbarnfarm.com

Loads to do at this great family fun destination – including seasonal events, indoor and outdoor play areas, giant jumping pillow, pedal go-karts and a full daily animals activity schedule.

i-go benefits: ' i-go card holders and one carer receive an additional 50p off the concession/carers gate price. Seasonal pricing structure, please visit www.springbarnfarm.com for current pricing. Best discount available by pre-booking online for a specific date. No charge for under 2's but carer will need to pay full admission price. Please show your i-go card on entry'

i-go champion: Please ask to speak to one of the Managers as staff are on a flexible rota. Any member of staff will be happy to help you.

Food and drink: The Farmhouse Kitchen serves up a range of hot and cold dishes. The menu has dairy and gluten free options, for other diets please contact Spring Barn Farm in advance to discuss. You can bring your own food to eat in the outdoor picnic areas. Please ring in advance if you need to bring your own food and you wish to eat indoors.

Accessibility:

- Level access into the Farm shop through wide doors which are opened on request.
- Continues level to gain access to the farm through another wide gate.
- Initially on entering the farm there is a slight incline which brings you along the base of a steep hill. For a short space the path is concrete but quickly becomes chipped wood. About 50% of the farm attractions are on the steep hill on grass but there are some on the lower part such as jumping pillows, indoor play, pedal go karts, outdoor wooden play, play for younger visitors.

Parking:

- There are 4 dedicated Blue Badge parking spaces on a very slight incline.

Toilet:

Accessible toilet (large in café area) Unisex	Y
Step free	Y
Changing table	N
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y

Spring Barn Farm continued...

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">• Quieter on school days in term time• You can ring ahead to check if school groups are in• Occasional tractor• Indoor play can get very noisy and can be heard in restaurant
Flashing lights	N other than Christmas lights
Staff in character/costume	N/Y At Christmas and Halloween and possibly at other seasonal activities or special days. Please phone in advance for information.

Activities: Seasonal activities such as lamb racing, feed the pigs and meet the small animals. Phone ahead to discuss any special requirements.

Stoneywish Nature Reserve, Ditchling

Spatham Lane, Ditchling, East Sussex, BN6 8XH
Tel: 01273 843498 Visit: www.stoneywish.com



Opening times: Open 1st March–31st October. Term time: open Friday, Saturday, Sunday and Monday. School holidays: open everyday. 10am-5pm (last admission 4.30pm). Groups can visit at other times by special arrangement.

Stoneywish is a nature reserve with 50 acres of ponds, meadows and woodland. There's a large play and picnic area, small-holding with free-range sheep, pigs, chickens and goats, herb and vegetable gardens and two ponds with geese. Look out for summer orchids, green woodpeckers, heron, gold crests and late summer butterflies. Camping is also available.

i-go benefits: One carer goes free with each special needs person. All other paying entrants receive 50p off each ticket price. Our full entrance fee is £5 adult and £4 children three years plus.

Your i-go champion is: Suzanne Balmer who will help during opening times (see above) if Suzanne is not available, one of her colleagues will do their best to help. Tel: 01273 843498.

Accessibility: There is a path the whole way around Stoneywish which is accessible. There is a short section which is soil but as this is part of a loop around the ponds it can be avoided. Paths around the play area are mowed grass. Assistance dogs are allowed.

Parking: Designated accessible parking directly outside entrance. The car park is gravel.

Fast track entry: There is rarely a queue.

Food and drink: Drinks, ice-cream and snacks are available from the visitors centre. Visitors can bring their own picnics and eat in the designated picnic areas.

Toilet:

Accessible toilet	Y - next to the entrance to the visitors centre
Step free	Y
Baby changing mat	Y - in the accessible toilet
Hoist	N
Grab / drop down rails	Y

Sights and Sounds:

Noise levels	N
Flashing lights	N
Staff in character/costume	N
Induction loop	N

Towner, Eastbourne

Devonshire Park, College Road, Eastbourne, East Sussex, BN21 4JJ

Tel: 01323 434670 Email: towner@townereastbourne.org.uk

Visit: www.townereastbourne.org.uk



Opening times: Tuesday – Sunday 10am–6pm (NB: Closes at 5pm Oct – April). Bank Holiday Mondays 10am–5pm. Closed Christmas and public holidays.

Towner is an award-winning contemporary art museum and gallery in the centre of Eastbourne. It presents major exhibitions of UK and international art and as a museum, it has a renowned collection of art from across the ages. Learning and participation are at the heart of what they do at the Towner and they pride ourselves on providing an 'outstanding' visitor experience.

- **Exhibitions** – contact your i-go champion or check out the website for the latest exhibitions and to see which talks incorporate sign language.
- **Family Trail** – free, ask at the welcome desk as you enter.

i-go benefits: Entry to Towner is free for everyone.

Your i-go champion is: Your i-go champion is Niamh Pearce, General Manager, who will be happy to help. Tel: 01323 434679 or email: niamh.pearce@townereastbourne.org.uk If she is not available one of her colleagues will do their best to help. All gallery assistants have received disability awareness training.

Accessibility: Each floor is step free and there is a large lift to access the different levels. Staff are always on hand to assist. External door at entrance is automatic. All internal doors to exhibitions are manual – ask gallery staff for assistance. Guide, hearing and assistance dogs are welcome and a water bowl is available at the Welcome Desk. Magnifying glasses and large print information is available at the Welcome Desk and you can borrow our Sound pen Audio Guide for an introduction to the building and some of the works in our collection. Towner welcomes visitors who communicate and express themselves in all ways and volumes. A number of gallery staff are trained to use basic sign language – ask at the Welcome Desk or contact your i-go champion. There is also a wheelchair available to borrow from the Welcome Desk.

Parking: The car park beside Towner has a number of large accessible parking bays for blue badge holders. Pay and display for those who don't have blue badges.

Fast track entry: There are generally no queues – although in June there is a large Tennis Tournament held at the ground behind the gallery and the Towner does get very busy.

Food and drink: i-go cardholder with dietary requirements can consume their own food. Just let the café staff know (remaining party must purchase food from café).

Toilet (level2):

Accessible toilet	Y - on second floor, large enough for an electric wheelchair and carer.
Step Free	Y
Baby changing mat	Y - a portable, wipeable changing mat and wipes are available on request.
Hoist	N

Towner, Eastbourne continued...

Grab/drop down rails	Y
Changing table	Y - drop down unit in both the men's and women's toilets on first floor (maximum 3½ years or 50lb weight)

Sights and sounds:

Noise Levels	Y/ N - generally there is low level noise but the content of some exhibitions may be noisy – check with your i-go champion or at the Welcome Desk. Gallery staff will always be happy to find a quiet, private space if necessary.
Flashing Lights	Y/N - generally there are no flashing lights but some exhibitions may include flashing lights – check with your i-go champion or at the Welcome Desk.
Staff in character/costume	N
Induction loop	Y - there is a fixed induction loop at the Welcome Desk and a mobile unit which can be set up for specific events/locations but please ask in advance.

True CRIME Museum, Hastings

Palace Avenue Arcade, White Rock, Hastings, East Sussex, TN34 1JP

Tel: 01424 420115

Email: go to website and use contact form www.truecrimemuseum.co.uk



A shocking museum for everyone fascinated by the dark world of crime. This museum is not for the faint hearted with dummies and coffins and crime related paraphernalia!

Parents discretion advised for entry for children under 13.

Opening Times:

7 days a week 10am -5pm last admission 4pm. Except Christmas: Closed 24th Dec – 2nd Jan

i-go benefits: i-go cardholder entry £6.50, free entry for carer.

Your i-go champions are:

Joel, Emma or Liam – any staff will be happy to help.

Accessibility:

There are life sized cardboard dummies in the entrance to the doorway.

Entry door is sliding, staff will be able to see you and give assistance if required.

There is a ramp to the exhibitions, the exhibition space is in caves.

Exhibits are generally at a low height accessible to wheelchair users.

Floor is a mixture of brick and concrete.

There is a small separate area for cinema screening. There are benches for seating but enough space for a wheelchair at the back.

There is a plastic (vertical blind style) curtain into a section of the museum.

Well behaved dogs on short leads are welcome.

The small shop area is accessible for wheelchair users.

Food and drink: There are hot and cold beverages available. Enjoy as you tour the museum or take a break in the Café Bar in the foyer.

Parking: The True CRIME Museum is located on Hastings Seafront, here is a list of nearby parking:

On Street Pay Machines – White Rock Road, TN34 1JP (1 min walk to museum)

Underground Pier Car Park - White Rock Road, TN34 1JU (1 min walk to museum)

St Margaret's Road Car Park -TN37 6DB (5 min walk to museum)

Carlisle Parade Underground Car Park - TN34 1JH (5 min walk to museum)

Priory Meadow Shopping Centre - South Terrace, TN34 1PH (10 min walk to museum)

Pelham Place Seafront Car Park -TN34 3AE (10 min walk to museum)

For further detail on parking please use link: <http://en.parkopedia.co.uk/parking/hastings/>

Toilet:

Accessible toilet	N There is currently one toilet located within an office for public use. You need to ask a staff member to open it for you. There is one step and narrow access.
Step Free	N
Baby changing mat	N
Hoist	N

True CRIME Museum, Hastings continued...

Grab/drop down rails	N
Changing table	N

Sights and sounds:

Noise Levels	Y - There are some flashing light affects and noises – these can be turned off on request.
Flashing Lights	Y exhibits
Staff in character/costume	N
Induction loop	N

1066 Battle of Hastings, Abbey and Battlefield **NEW**

High Street, Battle, East Sussex, TN33 0AD

Tel: 01424 775705

Email: battle.abbey@english-heritage.org.uk

www.english-heritage.org.uk

 Find us on **Facebook** English Heritage



For a memorable family day out in Sussex visit Battle Abbey, the site of the 1066 Battle of Hastings.

An enjoyable way to discover more about the most famous date in English history. In August there is a children's trail, battle tactics and craft activities all included.

Opening Times:

Please see website or call for details as times and days vary throughout the year.

i-go benefits:

One carer accompanying a disabled person, gets free entry.

Your i-go champions are:

Natasha Williams and James Witcombe

Accessibility:

- Free Audio guides available
- There are 4 mobility scooters which are lent out on a first come first served basis
- There is well marked wheelchair accessible route around the grounds.
- There are benches at various points
- Fast track entry – phone in advance to make an arrangement with staff
- Hearing loop
- Buzzer so that staff can let you in through a gate.
- Gravel hardcore gently sloping
- From the café there is a lift down to the visitor centre or stairs with a handrail.
- The visitor centre is spacious and wheelchair accessible
- There are touch screen and interactive displays (height?)
- Assistance dogs welcome
- There is an exit for wheelchair users near the cloisters

There is further access information on the English Heritage website under 'planning your visit'.

Food and drink:

There is a spacious café with seating indoors and benches and tables outside.

They cater wheat, dairy, egg, hydrogen fats and vegan cakes.

Parking:

There is chargeable disabled parking in the site car park, with specially designated blue badge parking

Toilet:

Accessible toilet	Y
Step Free	Y
Sufficient space for large wheelchair and carer	Y
Hoist	N
Grab/drop down rails	Y
Changing table (not height adjustable)	Y

Sights and sounds:

Noise Levels	There are occasionally school or summer groups. There is a rolling film in the auditorium
Flashing Lights	Rolling film running in auditorium
Staff in character/costume	Characters in costume during summer weekends and during events.
Medical room	No

Bayham Old Abbey **NEW**



English
Heritage

Furnace Lane, Little Bayham, Tunbridge Wells, TN3 8LP

Tel: 01892 890381

www.english-heritage.org.uk



Find us on

Facebook English Heritage

Enjoy a day out at Bayham Abbey on the Kent Sussex border. The impressive ruins include much of the 13th to 15th-century church, the chapter house, and a picturesque 14th-century gatehouse.

Opening Times:

Daily from 10am – 5pm. 25th March – 30th September 2016. Closed 01 October 2016 – 31st March 2017.

Please see website or call for details as times and days vary throughout the year.

i-go benefits: One carer accompanying a disabled person, gets free entry.

Your i-go champion is: Meredith Cason

Accessibility:

- There is a firm path leading to entrance through Gatehouse ticket office (and shop). There is a temporary ramp that can be used to gain access into the shop on request. Otherwise there is a gate into the grounds (avoiding the shop) which is wide enough for manual wheelchairs but not electric.
If necessary staff may be able to open another wider gate into the field but this entry is sloping and grassy.
- There is a gravel path around the 'Georgian Gothic' dower house leading to the accessible toilet.
- There is no wheelchair access into the dower house.
- The Abbey is on a grassed area, some of it is level.

There is further access information on the English Heritage website under 'planning your visit'.

Food and drink: Snacks and drinks are available from the shop.

Parking: There is no dedicated disabled parking but the car park is small and close to the path to the entrance.

Toilet:

Accessible toilet	Y
Baby changing mat	N
Hoist	N
Changing table (not height adjustable)	Y

Sights and sounds:

Noise Levels	Quiet and tranquil
Flashing Lights	N
Staff in character/costume	N

Pevensey Castle **NEW**



English
Heritage

Castle Road, Pevensey, East Sussex, BN24 5LE

Tel: 01323 762604

Mini Com for deaf and hard of hearing [0800 015 0516](tel:08000150516)

www.english-heritage.org.uk



Find us on

Facebook

English Heritage

Pevensey Castle is a great family day out in East Sussex, encompassing rich history and fun things to do and see for adults and children. With a history stretching back over 16 centuries, Pevensey Castle chronicles more graphically than any other fortress the story of Britain's south coast defences.

Opening Times:

Daily from 10am – 6pm, 25th March – 30 September 2016.

Daily from 10am – 5pm, 1st October – 31st October 2016.

Weekends only, from 10am – 4pm, 1st November 2016 – 31st March 2017.

Please see website or call for details as times and days vary throughout the year.

i-go benefits: One carer accompanying a disabled person, gets free entry.

Your i-go champions are: Philip Savins and Jill Gathercole

Accessibility:

- From Pevensey Town car park to the East – There is a short, stone slope to a swing gate, then a tarmac public footpath across grass. The admissions office and shop are reached by a rough path then crossing a wooden drawbridge.
- From the West entrance. Free on road parking. Access via West Gate entrance and join tarmac path which runs through the site from the Eastern entrance across the outer bailey.
- The site does have audio units available, in English and Basic English for children. Hearing loops are available for anyone who would benefit from their use, and transcripts of the commentary.
There is an audio guide with fuller descriptions for visually impaired visitors.
- Assistance dogs welcome.

Castle

- Steps up and down into East tower
- There is a gravel path around the inside edge of the castle. This is not wide enough for a wheelchair user.
- Surface inside the castle ruins is mostly grass/uneven

Exhibition Room

- Level and wheelchair accessible on 1st floor
- 2nd floor access steps with handrail
- Although the towers, dungeon and viewing platform are accessed via steps and do not have alternative access, there is a book showing artefacts within the North Tower exhibition

There is further access information on the English Heritage website under 'planning your visit'

Food and drink: Snacks are available from the shop.

Parking: There is on road parking at the west entrance and a Pevensey Town Trust run car park at the eastern entrance

Toilet:

1 Accessible toilet Unisex	Y in shop
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y
Emergency pull cord/low sink	Y
Changing table (not height adjustable)	N

Sights and sounds:

Noise Levels	Generally quiet
Flashing Lights	N
Staff in character/costume	N

White Rock Theatre

White Rock Theatre, White Rock, Hastings, East Sussex, TN34 1JX
Telephone Enquiries 01424 462280 Box Office 01424 462288
Email enquiries@whiterocktheatre.org.uk

Opening times: Contact your i-go champion Nikki Leach during office hours 9.30 till 4:30pm (Wed-Fri) or Box office 01424 462288
Closed on Christmas day and on Bank Holidays if no shows are scheduled – please see website for information.

The White Rock theatre is a live entertainment venue which has a mixed programme of shows including dance, music and comedy.

i-go benefits: 1 Carer goes free. Free cup of tea or squash for cardholder.

i-go champion: Nikki Leach, but any member of staff will be happy to help you in her absence.

Food and drink: The café is on the first floor. Please phone ahead if you have any special dietary requirements or speak to staff on the day. Tables can be booked ahead, drinks can be ordered for the interval.

Accessibility:

- Ramp to entrance doors which are wide and automatic – large push button inside and out.
- Queues are rare, are usually only for purchasing tickets.
- Auditorium – wheelchair space in stalls (accessed from foyer level). Ushers will show you to your seating area. Depending on where you are seated, carer may sit behind or next to wheelchair user. Circle not suitable for wheelchairs.
- infra-red hearing system – ask on arrival
- Lift to every level, chair lift down to Sussex Hall function room. Hand rails on stairs.

Parking:

- Disabled Parking is situated on the main road at the front of the venue.

Toilet:

Unisex disabled toilet lower ground floor, lift down to this floor, ramps and grab rail, alarm	Y
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y
Emergency pull cord	Y
Changing table	Y

White Rock Theatre continued...

Sights and Sounds:

Noise levels	<ul style="list-style-type: none">• A tannoy for announcements/interval• Bells• Fire alarm (in emergency)
Small spot laser lights used	Y
Staff in character/costume	N
Medical room/access to separate room if needed	Y 1 st Aid
Audience is warned in advance about any audience participation	This information can be given at the time of booking. When the answer is unknown please enquire on the day of the show.

Activities:

A relaxed performance of Cinderella pantomime in December, please see website for details or telephone.

Leisure Centres

Bexhill Leisure Centre, Bexhill

Down Road, Bexhill-On-Sea, East Sussex, TN39 4HS

Tel: 01424 731171 Visit: www.freedom-leisure.co.uk

email: bexhillcentreenquiries@freedom-leisure.co.uk



Opening times: Monday-Friday 7am-11pm, Saturday 8am-8pm, Sunday 8am-9pm and bank holidays 7.30am-4.30pm.

Facilities include gym, studio classes, sports hall, dance studio, spin studio, mind body studio, three squash courts, health suite, soft play centre, stretch area and crèche.

i-go benefits: One accompanying carer - free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Gym - £4.35; induction £30 □ Basketball court (1 hour) - £20 □ Football pitch (1 hour) - £20

Your i-go champion is: Paul Norris, the Centre Manager, who will be happy to help Tel: 01424 731171 email: bexhillcentreenquiries@freedom-leisure.co.uk if he is not available one of his colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in café	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Bexhill Leisure Pool, Bexhill

Ravenside Retail Park, Bexhill-On-Sea, East Sussex, TN40 2JS

Tel: 01424 731508 Visit: www.freedom-leisure.co.uk

email: bexhillpoolenquiries@freedom-leisure.co.uk



Opening times: Monday and Wednesday 7am-9.30pm, Tuesday and Thursday 7am-9pm, Friday 7am-8pm, Saturday 8am-5pm, Sunday 8am-7pm. Bank holiday times vary - check with the centre for details. To check when the pool is open to the public please contact the centre directly.

Facilities include pool, flume, wave machine, lane swimming, aqua fit classes, small gym, sauna and café.

i-go benefits: One accompanying carer - free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Gym - £3.50/£4.55

Your i-go champion is: Paul Wilson, the Centre Manager who will be happy to help Tel: 01424 731508 or email: bexhillpoolenquiries@freedom-leisure.co.uk

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room(s)	N
Changing table	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know before you sit down in the café). All other members of the party may only consume food and drink from the café.

Crowborough Leisure Centre, Crowborough

Eridge Road, Crowborough, East Sussex, TN6 2TN
Tel: 01892 665488
email: crowboroughenquiries@freedom-leisure.co.uk
Visit: www.freedom-leisure.co.uk



Opening times: Monday-Friday 6.30am-10.30pm, Saturday 8am-6pm, Sunday 8am-7pm.
Bank holidays 8am-3pm. To check when the pool is open to the public please contact the centre directly.

Facilities include gym, studio classes, 25m pool, four court sports hall, sauna and steam room and café.

i-go benefits: One accompanying carer – free.

i-go cardholders can access the concessionary rate on the following activity (prices April 2015):

- Swim - £1.80

Your i-go champion is: Andy Smale, who will be happy to help.

Tel: 01892 665488 email: crowboroughenquiries@freedom-leisure.co.uk If he is not available one of his colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist / adaptable gym machines	Y
Hoist for pool	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table	N

Other accessible info

Noise levels Background music & some tannoy

Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). The rest of the party may only consume food and drinks purchased from the cafe.

Downs Leisure Centre, Seaford

Sutton Road, Seaford, East Sussex, BN25 4QW

Tel: 01323 490011

email: info@waveleisure.co.uk Visit: www.waveleisure.co.uk



Opening times: Monday-Friday 6am-10pm, Saturday-Sunday 8am-8pm.
(Bank holiday times vary - check with the centre for details).

Facilities include a gym, sports and activity halls, an outdoor 3G all-weather pitch, Dino's soft play area, aerobics studio and café. All facilities are on one level.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Dino's soft play - £4.05 □ Gym session - £3.05 □ Exercise classes - £5.35

Your i-go champion is: The Operations Manager who will be happy to help. If they are not available one of their colleagues will be happy to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Dedicated changing facility with shower cubicle	Y
Changing table	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	Plastic cutlery
Can i-go cardholder bring own food to centre?	Y
Induction loop (reception/café/meeting room)	Y

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). The rest of the party may only consume food and drinks purchased from the cafe.

Falaise Fitness Centre, Hastings

Cambridge Road, Hastings, East Sussex, TN34 1EU
Tel: 01424 457692 Visit: www.freedom-leisure.co.uk
email: falaiseenquiries@freedom-leisure.co.uk



Opening times: Monday-Thursday 6.45am-10pm, Friday 6.45am-9pm, Saturday and Sunday 8am-6pm and bank holidays 7am-4pm.

Facilities include gym, exercise, GP referral and café.

i-go benefits: One accompanying carer - free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Gym - £3.50; induction £20 ☐ Studio class - £3.50 ☐ GP referral - £3.00

Your i-go champion is: Nicole White, the Centre Manager, who will be happy to help

Tel: 01424 457691 email: falaiseenquiries@freedom-leisure.co.uk and if she is not available one of her colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors – one entrance	Y
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	N
Hoist in changing room	N
Changing table (there is a baby one)	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). The rest of the party may only consume food and drink from the café.

Hailsham Leisure Centre, Hailsham

Vicarage Lane, Hailsham, East Sussex, BN27 2AX
Tel: 01323 846755 Visit: www.freedom-leisure.co.uk
email: hailshamenquiries@freedom-leisure.co.uk



Opening times: Monday-Friday 6.30am-10.00pm, Saturday 8am-8pm, Sunday 8am-6pm and bank holidays 8am-4pm. To check when the pool is open to the public please contact the centre directly. Users should be aware that these are the overall times for the centre, but some facilities within the centre operate on their own programme and may close earlier within these times.

Facilities include gym, studio classes, 25m pool, baby pool and flume, junior gym, soft play, ten pin bowling and café.

i-go benefits: One accompanying carer - free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Swim - £1.75 □ Gym - £4.20; induction - £17.50

Your i-go champion is: Dominic Horner, the Centre Manager, who will be happy to help.

Tel: 01323 846755 email: hailshamenquiries@freedom-leisure.co.uk and if he is not available one of his colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool (sling attached)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room (mobile hoist available on request)	Y
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	Y – in bowling alley can be turned off on request
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). The rest of the party may only consume food and drink from the café.

Heathfield Leisure Centre, Heathfield

Cade Street, Old Heathfield, East Sussex, TN21 8RJ
Tel: 01435 868824 Visit: www.freedom-leisure.co.uk
email: heathfieldenquiries@freedom-leisure.co.uk



Opening times: Monday, Tuesday & Thursday 8am-10pm, Wednesday and Friday 3-10pm, Saturday 8.30am-6pm and Sunday 8.30am-5pm. Bank holiday times vary - check with the centre for details.

Facilities include gym, studio classes and sports hall for football, table tennis, short tennis, cricket and volleyball.

i-go benefits: One accompanying carer – free.

Your i-go champion is: Laura Vitler, the Centre Manager, who will be happy to help. Tel: 01435 868824 email: heathfieldenquiries@freedom-leisure.co.uk and if he is not available one of his colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible – sports hall & changing rooms	Y
Automatic doors	N
Specialist / adaptable gym machines	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table (there is a baby one)	N

Other accessible info

Noise levels	Background music & tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No cafe
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Helenswood Sports Centre, Hastings

The Ridge, Hastings, East Sussex, TN37 7PS
Tel: 01424 755515 Visit: www.freedom-leisure.co.uk
email: helenswoodenquiries@freedom-leisure.co.uk



Opening times: Monday-Friday 7am-10.30pm, Saturday and Sunday 8am-5pm. Bank holiday times vary - check with the centre for details.

Facilities include gym, studio classes, sports hall, gym tumbling track, tennis courts, all weather games area.

i-go benefits: One accompanying carer – free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Gym - £3.50; induction - £20 □ Studio class - £3.50

Your i-go champion is: Toby Reed, the Centre Manager, who will be happy to help.

T. 01424 755515 Email. helenswoodenquiries@freedom-leisure.co.uk and if he is not available one of his colleagues will be happy to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table (there is a baby one)	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music / school bell
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Lewes Leisure Centre, Lewes

Mountfield Road, Lewes, East Sussex, BN7 2XG

Tel: 01273 486000 Visit: www.waveleisure.co.uk

email: info@waveleisure.co.uk



Opening times: Monday-Friday 6am-10pm, Saturday-Sunday 8am-8pm. Bank holiday times vary - check with the centre for details. To check when the pool is open to the public please contact the centre directly.

Facilities include a gym, 25m swimming pool (approx. 29-30 degrees), a flume plus a toddler/teaching pool (approx. 31 degrees), sports halls, Ocean Adventure soft play (up one flight of stairs) and an outdoor athletics track. Special accessible pool session on a Saturday evening 6-8pm. Ocean Adventure is open to sound from the sports hall – for more info contact the i-go champion.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Swimming £2.10 • Gym session - £3.10 • Exercise classes - £5.40 • Ocean Adventure - £2.90

Your i-go champion is: The Operations manager who will be happy to help. Tel. 01273 486000 and if they are not available one of their colleagues will do their best to help.

Neil Cameron is the Contract Manager for Wave, who is overseeing the i-go partnership and can be contacted at neil.cameron@waveleisure.co.uk.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool (chair hoist)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	N
Grab / drop down rails	Y
Hoist	N
Changing table (height adjustable)	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room (poolside - sling not provided – reception to open)	Y
Dedicated changing facility with shower and toilet	Y
Changing table (adult)	Y

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop (reception)	Y

Motcombe Swimming Pool

Motcombe Swimming Pool, Motcombe Road, Old Town, Eastbourne,
East Sussex, BN21 1PU

Tel: 01323 410748

Email: linda.lower@leisure.serco.com

Visit: www.eastbourneleisurecentres.com/motcombe/HOME



Opening times: Monday to Thursday 7am -8pm. Friday 7am – 7pm. Saturday 8.30am – 3pm.
Sunday 10.15 – 5.45pm.

Motcombe pool is small and friendly, the water is warm – heated to 31° which makes it a favourite for rehabilitation and disabled groups.

i-go benefits: £1.60 per i-go cardholder, free admission for carer.

i-go Champion: Your i-go Champion is Manager Linda Lower but all staff at this small and friendly pool will be happy to help you.

Food and drink: Crisp, sweets and ice-cream are available to buy. There is nowhere to eat at the pool (park opposite).

Accessibility:

- Fast track entry if necessary – there may be queues in the summer, phone in advance to make arrangements.
- Curb on the street corner has been lowered for wheelchair/buggy access.
- There is a ramp with slight rise and rails to enter the building.
- Doors are not automatic but staff will be happy to help.
- The poolside is wheelchair accessible. Doors are wide.
- Poolside rails for impaired walkers.
- Steps down into the pool have rails.
- Poolside wheelchairs are available – speak to a member of staff.
- Poolside hoist available (staff are trained to use this and can assist).
- Assistance guide dogs welcome.
- It is approximately 5 metres from changing room to pool.
- There is a spacious unisex disabled changing room with grab rail/drop down rail
- Some other changing rooms may also be suitable for use (larger) ask a member of staff.
- The ladies changing area is level with quite wide cubicles.
- There is a slight slope into the men's changing area which has handrails and a large cubicle.
- Some lockers are low down and reachable – you will need 50p or a £1.00.

Parking:

- No parking but usually plenty of on-street parking directly outside the building and in nearby surrounding area.

Motcombe Swimming Pool continued...

Toilet:

Accessible toilet Unisex	Y
Step free	Y
Changing table	N
Sufficient space for large electric wheelchair and carer – can change into poolside wheelchairs	Y
Grab/ drop down rails	Y
Hoist	Y
Baby changing mat	Y

Sights and Sounds:

Noise levels	Normal noise levels associated with a small pool, nosier when busy. There is no tannoy, staff use voice and whistle.
Flashing lights	One flashing light can be turned off on request.
Staff in character/costume	N

Staff are trained in 1st Aid, Health and Safety, Lifeguard training and to use the hoist.

Peacehaven Leisure Centre, Peacehaven

Greenwich Way, Peacehaven, East Sussex, BN10 8BB

Tel: 01273 588858 Visit: www.waveleisure.co.uk

Email: info@waveleisure.co.uk



Opening times: Monday-Friday 7am-10pm, Saturday-Sunday 9am-6pm. Bank holiday times vary - check with the centre for details.

Facilities include a gym, sports and activity halls, Magic Castle (soft play), an aerobics studio and squash courts. All facilities on one level.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Magic Castle (soft play) - £2.60 □ Gym session - £3.05 □ Exercise classes - £5.35

Your i-go champion is: The Duty Manager who will be happy to help.

Tel: 01273 588858. If they are not available one of their colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Dedicated changing facility with shower and toilet	Y
Changing table (there is a baby one)	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	Y

Ringmer Swimming Pool, Ringmer

Lewes Road, Ringmer, East Sussex, BN8 5RB
Tel: 01273 813533 Visit: www.waveleisure.co.uk
email: info@waveleisure.co.uk



Opening times: Monday 4-9pm, Tuesday 6.30-8:30am & 4-9.30pm, Wednesday and Thursday 4-9:30pm, Friday 6.30-8:30am & 5-8pm, Saturday 8am-4pm and Sunday 8am-2pm. Bank holiday times vary - check with the centre for details. To check when the pool is open to the public please contact the centre directly.

The pool has a full programme of sessions including lane swimming, swimming lessons and is an ideal venue for children's pool parties. All facilities on one level.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. An example of the special price is:

- Swimming - £2.05

Your i-go champion is: The Duty Supervisor, who will be happy to help.

Tel. 01273 813533 and if they are not available one of their colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist gym machines	No gym
Hoist for pool (chair hoist)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	N
Grab / drop down rails	Y
Hoist (sling not provided)	N
Changing table (height adjustable)	N

Changing rooms

Step free	Y
Baby changing mat	N
Hoist in changing room	N
Dedicated changing facility with shower and toilet	Y
Changing table (baby sized)	Y

Other accessible info

Noise levels	Some tannoy and music
Flashing lights	N
Special characters (eg staff in costumes)	Y
Accessible equipment in café	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Rye Sports Centre, Rye

The Grove, Rye, TN31 7ND

Tel: 01797 224747 Visit: www.freedom-leisure.co.uk

email: ryeenquiries@freedom-leisure.co.uk



Opening times: Monday, Tuesday, Wednesday 7am-10pm, Thursday 9am-10pm, Friday 7am-7pm and 8-9.30pm, Saturday 8am-5pm Sunday 8am-6.30pm. Bank holiday times vary - check with the centre for details.

Facilities include gym, studio classes, 25m pool, sports hall, squash court and 3G pitch.

i-go benefits: One accompanying carer –free.

Your i-go champion is: Ian Oliver, the Centre Manager, who will be happy to help.

Tel: 01797 224747 email: ryeenquiries@freedom-leisure.co.uk

To check when the pool is open to the public please contact the centre directly.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool (chair to wheel to pool)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist (sling not provided)	Y
Changing table (height adjustable)	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room (sling not provided)	Y
Changing table (height adjustable)	Y

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop	Y

Seaford Head Pool, Seaford

Sutton Avenue, Seaford, East Sussex, BN25 4LX

Tel: 01323 897632 Visit: www.waveleisure.co.uk

email: info@waveleisure.co.uk



Opening times: Monday-Friday 7am-9pm, Saturday 8am-5pm and Sunday 8am-3pm. Bank holiday times vary - check with the centre for details.

The pool has a full programme of sessions including lane swimming, water aerobics classes, swimming lessons and children's pool parties. All facilities on one level.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Swimming - £2.05

Your i-go champion is: the Duty Supervisor, who will be happy to help.

T. 01323 897632 and if they are not available one of their colleagues will do their best to help. To check when the pool is open to the public please contact the centre directly.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking -2 bays	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist gym machines	No gym
Hoist for pool (chair hoist)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Dedicated changing facility with shower and toilet	Y
Changing table (there is a baby one)	N

Other accessible info

Noise levels	No extra or unexpected noises
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No cafe
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Seaford Head Sports Facility, Seaford

Steyne Road, Seaford, East Sussex, BN25 1AL

Tel: 01323 490011

Email: info@waveleisure.co.uk Visit: www.waveleisure.co.uk



Opening times: Term time: Monday-Friday 6pm-9pm, Saturday-Sunday 10am-6pm. School holidays: Monday-Friday 10am-9pm, Saturday-Sunday 10am-6pm. Bank holiday times vary - check with the centre for details.

Facilities include a sports hall, dance studio and climbing wall and are all on one level.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Exercise classes - £5.10

Your i-go champion is: the Duty Supervisor, who will be happy to help. Contact the Duty Supervisor on Tel: 01323 490011 and if they are not available one of their colleagues will do their best to help.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room (sling not provided)	Y
Dedicated changing facility with shower & toilet	Y
Changing table (height adjustable)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist (sling not provided)	Y
Changing table (height adjustable)	Y

Other accessible info

Noise levels	Background music & tannoy
Flashing lights	N
Special characters (eg staff in costumes). Occasional dinosaur for parties	Y
Accessible equipment in café (wooden cutlery)	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	Y

Seahaven Swim & Fitness Centre, Newhaven

Chapel Street, Newhaven, East Sussex, BN9 9PN
Tel: 01273 512498 Visit: www.waveleisure.co.uk
email: info@waveleisure.co.uk



Opening times: Monday-Friday 7am-10pm, Saturday and Sunday 8am-6pm. Bank holiday times vary – check with the centre for details.

Facilities include a gym, 25m swimming pool and toddler/teaching pool.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit. Examples of special prices, include:

- Swimming £2.05
- Gym session is £3.05
- Exercise classes are £5.35

Your i-go champion is: The Operations Manager, who will be happy to help.

T. 01273 512498 if they are not available one of their colleagues will be happy to help. To check when the pool is open to the public please contact the centre directly.

Neil Cameron is the Contract Manager for Wave, who is overseeing the i-go partnership and can be contacted at neil.cameron@waveleisure.co.uk.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking - nearest parking is multi-storey in town	N
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool (chair hoist)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	N
Hoist in changing room	N
Dedicated changing facility with shower and toilet	Y
Changing table (there is a baby one)	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	No café
Can i-go cardholder bring own food to centre?	Y
Induction loop	Y

Shakespeare Hall, Newhaven

Fort Road, Newhaven, East Sussex, BN9 9DL
Tel: 01273 510784 Visit: www.waveleisure.co.uk
email: info@waveleisure.co.uk



Shakespeare Hall is a purpose built resource centre for young people, situated in the south of Newhaven. Facilities include a sports hall and function rooms.

i-go benefits: One accompanying carer – free.

i-go cardholder - free Wave Leisure Activate Card (normal price £7.50-£10). This entitles you to 10% off individual pay as you go activities (even existing concession prices) and eight day advance booking rights plus other benefits for a year. The card can be used at any Wave Leisure centre. To get your Activate Card show your i-go card to reception and allow extra time to complete a form on your first visit.

Your i-go champion is: The Duty Manager, if they are not available one of their colleagues will be happy to help.

Liz Allsobrook - Community Engagement and Partnership Manager, is overseeing the i-go partnership and can be contacted on 01323 406979 or liz.allsobrook@waveleisure.co.uk. Liz will aim to respond within a week.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist gym machines	No gym

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table (there is a baby one)	N

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Other accessible info

Noise levels	No extra or unexpected noises
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Shinewater Sports and Community Centre



Milfoil Drive, Eastbourne BN23 8ED Tel: 01323 768614

Email: jim.chater@eastbourne.gov.uk

Visit: www.facebook.com/EbcSportsCentres

Opening times: 9am till 10pm Mon-Thurs. 9am till 6pm Fri-Sun. See website for holiday closures and other information.

Shinewater Sports and Community Centre in Milfoil Drive, Langney offers a three-court sports hall, studio and gym, and provides a range of regular sport and fitness classes.

i-go benefits:

Activity	Off Peak Normal prices	Off Peak Prices Discounted Prices	Peak Normal Prices	Peak Discounted Prices
Badminton	£10.00	£7.20	£12.00	£8.70
Table Tennis	£10.00	£7.20	£12.00	£8.70
Five-a-side Football	£29.00	£22.00	£34.00	£26.50
Basketball	£29.00	£22.00	£34.00	£26.50
Gym	£3.00	£2.00	£3.00	£2.00

i-go champion: Joel Ryan Thompson and Erica Francis (to cover shifts) but any member of staff will be happy to help you.

Food and drink: Snacks and drinks provided at Reception. Also, hot drinks machine available.

Accessibility:

The building is split into two levels:

- Fully wheelchair accessible
- 1st floor (left of entrance) leads to Disabled toilet, small gym and room where activities such as short mat bowls, new age curling and table tennis are held.
- Gym users must satisfy coach that they are confident to use facilities on their own
- Bars for impaired walkers
- Long, low handles on doors
- 5 steps up to sports hall but can also be accessed by going round the outside of the building (smooth tarmac path) and entering via the back doors. Need to phone ahead or ask staff to open the back door
- Mens and womens toilets and changing rooms available on this level
- Accessible showers available in male and female changing room. Level entry and handrail.
- If preferred it is possible to change in the disabled toilet.

Parking:

- 1 Disabled Parking space with slope to access the building.

Shinewater Sports and Community Centre continued...

Toilet:

1 Accessible toilet Unisex	Y
Step free	Y
Wide door	Y
Sufficient space for large electric wheelchair and carer	Y
Grab/ drop down rails	Y
Changing table (not height adjustable)	Y

Sights and Sounds:

Noise levels	<ul style="list-style-type: none"> Normal acoustics associated with a sports hall.
Flashing lights	N
Staff in character/costume	Not currently (ring ahead if necessary)
Medical room/access to separate room if needed	Spare room <u>may</u> be available

Activities:

Please note i-go rates do not apply to Gymnastics (which works out at £5.00 per session) or Holiday Playscheme, rates below.

Session (s)	Advance	Standard
AM or PM	£6.00	£6.75
Evening session	£2.50	£3.00
AM + PM	£12.00	£13.50
AM +PM +ES	£14.50	£16.50
PM + ES	£8.50	£9.75

Other activities that are run are generally between £2.00 -£3.00

The Sovereign Centre, Eastbourne

The Sovereign Centre, Royal Parade, Eastbourne, BN22 7LQ

Tel: 0845 2671200

Email: via enquiry form on the website

Website: www.eastbourneleisurecentres.com/sovereign_centre



Opening times: Monday to Friday 6.30am – 9.30pm. Saturday and Sunday 7am – 6pm

What? There are a wide range of facilities and activities available to suite all ages and abilities. These include a gym, activity sessions and four pools - a Training Pool, a Gala Pool, a Diving Pool and the Fun pool with wave machine and flume.

i-go benefits: Cardholder can swim for £1.50, admit one carer free.

Gym prices and classes are as standard and carer can come in free to support (not to use the equipment). Simply show your i-go card on entry.

i-go champion: Your i-go champions are Alex Sweetman and Lucie Kaderavkova (to provide cover over shifts) who will be happy to help with any questions or special requirements before or during your visit. All other staff will be happy to help you.

Food and drink: There is a café at The Sovereign Centre; you may eat your own food at the tables. The café has a low counter and there is lots of space. There is also an outdoor picnic area.

Accessibility:

Fun Pool

- Automatic wide entry doors with low level button and flat access.
- Wheelchair gate allowing easier access to poolside.
- Some hand rails around poolside.
- The Fun Pool changing rooms in the Family changing area include large disabled changing rooms (without grab handles) and larger size group cubicles.
- Low vanity areas and low level lockers available.
- Level open showers on poolside.
- Access to the poolside is ramped with rails.
- Access into the water at the deep end is down steps with rails. There is also a gently sloping lagoon style entrance to the fun pool, pool wheelchairs can be wheeled straight into the water (at own risk).
- Poolside chairs can be requested from the Lifeguards.
- There is a step to access the outdoor grass area.

Training Pool area – open 11am – 3pm Saturdays and Sundays PLEASE CHECK as sometimes closed for private parties.

- Water in this pool is heated to 30°C which is warmer than average.
- The training pool has steps and a rail for entering the water.
- In the older part of the building (the training pool area) there is a disabled shower with grab rails, safety cord and low sink. There is a gully across the entrance to this shower which causes a slight dip. There are also cubicles with grab rails in this area.

The Sovereign Centre, Eastbourne continued....

- There is also a baby change table in this part of the facility.

The Gala pool is for lane swimming only. It has separate male and female changing rooms. Heavy door at entrance. The changing cubicles are large, there are communal showers. The Gala pool is accessed by steps with handrails. Monday-Friday 06:30-21:00 Saturday and Sunday 07:00-18:00 but can be subject to closure for Gala's and timetables alter in school holidays, please check website for up to date times.

Diving pool Accessed via steps or diving off the side, 1M spring board or 3M high board. Both boards require step access. Open weekends 11:00-15:00 and school holidays 11:00-16:00 check website for up to date pool times.

Building/ gym / pool access

Onsite accessible bay parking x 8	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	N

Changing rooms

Step free	Y
Baby changing mat tables with no mats	N
Hoist in changing room	N
Changing table there are tables in all of our changing rooms except the gym	Y

Toilet

Accessible toilet	Y
Step free	Y
Wall mounted fold down table with no mat	Y
Grab / drop down rails	Y
Hoist - sling provided	N
Changing table - height adjustable	N

Other accessible info

Noise levels	Music in fun pool and water features, quite noisy. Gala and Training pool generally quieter. Gym has music and noise of machines HEARING LOOP
Flashing lights Every half hour in fun pool. Signage board in Gala pool.	Y
Special characters (e.g. staff in costumes) Sovey Seal in school holidays and at children's parties if requested. Phone ahead and ask.	Y

Training:

Lifeguard training 1st aid training

Summerfields Leisure Centre, Hastings

Bohemia Road, Hastings, East Sussex, TN34 1ET
Tel: 01424 457691 Visit: www.freedom-leisure.co.uk
email: summerfieldsenquiries@freedom-leisure.co.uk



Opening times: Monday-Friday 6.15am-10.30pm, Saturday 8am-7pm, Sunday 8.30am-8pm. Bank holiday times vary - check with the centre for details.

Facilities include gym, studio classes, swimming pool, sports hall, squash courts, sauna, crèche and café.

i-go benefits: One accompanying carer - free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Swim - £1.20 • Gym - £3.50; induction £16 • Studio class £3.50 • aquafit class £3.40
- Badminton (1 hour) - £7.30 peak/£5.20 off-peak • Squash (1 hour) - £6.10 peak/£3.20 off-peak; (30 mins) - £3.05 peak/£2.20 off peak • Table tennis (1 hour) - £4.00 peak/£3.00 off-peak
- Basketball shoot (1 hour) - £7.30

Your i-go champion is:

Matt Jones, the Centre Manager, who will be happy to help with any questions or special requirements before or during your visit. Contact Matt on 01424 457691 or summerfieldsenquiries@freedom-leisure.co.uk and if he is not available one of his colleagues will be happy to help. To check when the pool is open to the public please contact the centre directly.

Accessibility:

Building/ gym / pool access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	Y
Specialist / adaptable gym machines	Y
Hoist for pool (sling not provided)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room (sling not provided)	Y
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). Please note the rest of the party may only consume food and drinks purchased from the cafe.

Uckfield Leisure Centre, Uckfield

Downsview Crescent, Uckfield,
East Sussex, TN22 1UB
Tel: 01825 761160 Visit: www.freedom-leisure.co.uk
Email: uckfieldenquiries@freedom-leisure.co.uk



Opening times: Monday-Friday 7am-10.30pm, Saturday and Sunday 8am-8pm. Bank holidays 8am-4pm. Active 4 All Tuesday 4.30-6pm term time only.

Facilities include a gym, studio class, 25m swimming pool, four court sports hall, sauna and steam room and café.

i-go benefits: One accompanying carer – free.

i-go cardholders can access existing concessionary rates on the following activities (prices August 2013):

- Swim - £1.75 ☐ Gym and swim - £4.30 gym and swim ☐ Gym induction - £12.50

Your i-go champion is: Stuart Crawford, the Centre Manager, who will be happy to help T.01825 761160 Email. uckfieldenquiries@freedom-leisure.co.uk and if he is not available one of his colleagues will be happy to help. To check when the pool is open to the public please contact the centre directly.

Accessibility:

Building access

Onsite accessible bay parking	Y
Wheelchair accessible	Y
Automatic doors	N
Specialist / adaptable gym machines	Y
Hoist for pool (chair hoist)	Y

Toilet

Accessible toilet (large)	Y
Step free	Y
Baby changing mat	Y
Grab / drop down rails	Y
Hoist	N
Changing table	N

Changing rooms

Step free	Y
Baby changing mat	Y
Hoist in changing room	N
Changing table	N

Other accessible info

Noise levels	Background music & some tannoy
Flashing lights	N
Special characters (eg staff in costumes)	N
Accessible equipment in cafe	N
Can i-go cardholder bring own food to centre?	Y
Induction loop	N

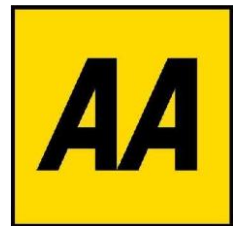
Food and drink: i-go card holders with special dietary requirements can consume their own food and drink in the café (just let the café staff know beforehand). Please note the rest of the party may only consume food and drinks purchased from the café.

National

The AA Breakdown Cover

Where?

East Sussex wide



What?

As the largest breakdown provider, the AA can attend to you anywhere in the UK, 24 hours a day, 7 days a week, 265 days of the year.

i-go benefits:

The i-go cardholder's family can access discounts off standard published tariffs. This can be up to a 20% discount in the form of cash back on monthly payments depending on the cover required. Please contact Ky Morgan on 07917 598363 to see what offers are available to you.

Your i-go champion is:

Ky Morgan

How?

Contact Ky on **mobile:** 07917 598363 **email:** Kylismorgan@sky.com



Important information to read before you use your card

Disclaimer

East Sussex County Council want to offer as many benefits to i-go card holders as possible but this does not mean that we are giving our recommendation. We assume that you will make your own decisions about whether the i-go card offers are appropriate for you and your family.

All activities found within this directory are delivered and managed by external groups, companies, organisations, clubs and leisure providers. The i-go guide is provided solely as a convenience to provide offers and information to help you plan your visits and to help you find leisure activities in East Sussex. It does not constitute an endorsement or approval of any activity or leisure provider by East Sussex County Council or its associates.

Although every effort has been made to ensure all information within this guide is accurate, offers and details are subject to change and East Sussex County Council has no responsibility for the accuracy, legality or content. It remains a parent/carer's/young person's FULL responsibility to gain as much information as is necessary about the quality, policies and practices of all activities before you go.

If you have any concerns about the management or practices of any of the i-go participating leisure venues or activities detailed within, please contact the management at the provider. See below for suggestions on safeguarding children.

Safeguarding and Protecting Children

Helping keep your child safe

As a parent or carer you play an important role in protecting your child and helping them get the best from their activities.

We want to ensure that all children have the best possible experience and we want to help you to make the right decisions about where your child takes part in activities and how to ensure their safety. When choosing from the many activities available in the local community there are a number of questions you could ask and things to look for in relation to the safety of your child. This includes the organisation's commitment to good practice and child protection.

Child Protection Policy

A good organisation will welcome questions about its activities and safety. It should have a Child Protection Policy and you should be told what to do if your child has concerns. Ask about how the organisation promotes the welfare of children (this may be more relevant to clubs and can include taking a register, first aid provision, number of children to the number of staff ratio and signing children in and out).

Disclosure and Barring Service - DBS checks (formerly Criminal Records Bureau checks)

You need to be sure that all staff and volunteers working with your child are suitable. If you want to know more you can ask the provider if DBS checks (formerly CRB checks) are carried out on staff and helpers.

Training and Education

Appropriate training and education ensures that everyone working with your child is aware of how to make activities enjoyable. Ask if staff and helpers have undertaken appropriate training through a recognised governing body.

Organisations Accreditation

Find out whether the organisation has a recognised accreditation award. This shows that it has achieved a recognised minimum operating standard that ensures it provides a good experience for children.

Frequently Asked Questions

1. Are you endorsing the venues?

No. See the **DISCLAIMER** under Important Information above.

2. When can I use my card?

You can start using your i-go card as soon as you receive it.

3. How do I use my card?

Show your card when you arrive at the provider.

4. Where can I use my i-go card?

We are adding new venues and activities all the time so for up to date information about offers we recommend that you:

- sign up to receive news via email (if you didn't tick this on your application form contact Information for Families)
- 'like' East Sussex i-go Facebook page at www.facebook.com/igoEastSussex
- visit www.eastsussex.gov.uk/i-go regularly, or
- visit our website East Sussex Community Information Service www.escis.org.uk and search family information.

5. How do I know if the venue has the right facilities for me?

This i-go Guide has detailed descriptions of each venue and service provider, including the facilities on offer. Over time we will be adapting this information to meet your needs but for now, if you cannot find the information you need please contact the relevant i-go Champion at the provider before you go.

6. What if the i-go champion isn't there?

The named i-go champion may not always be on duty so please allow enough time for them to respond to your query or speak to one of their colleagues who will do their best to help.

7. Is the information searchable online?

The i-go offers and information are searchable online via www.eastsussex.gov.uk/i-go or the East Sussex Community Information Service website - www.escis.org.uk/family-information.

8. How long will the offers be available for?

We hope that leisure partners will make their offers available on an on-going basis. But please note that they are not obliged to provide offers, and have the right to withdraw them at any time.

9. If I forget my card can I still get the i-go special rates?

No, please remember to take your card.

10. Can my family use the card even if the cardholder is not there?

No, the card is not transferrable and may only be used by the person named on the card.

11. Why are you asking for feedback?

The purpose of the i-go card is to improve access to leisure activities for children and young people with special needs in East Sussex. Your feedback is therefore important. Through your feedback we will develop training to improve communication and support for customers with special needs. This training will be offered to the staff at all participating providers. All of the providers have shown a real commitment to i-go, but please bear with them if they don't get everything exactly right. Give them some constructive feedback that could help in future.

12. Can I use my i-go card outside of East Sussex?

Your i-go card mainly covers venues and providers in the administrative area of East Sussex. There are some venues and attractions in Brighton and over time this may expand to include venues further afield. For now our priority is engaging partners nearer to home. For information on how to find out where you can use your i-go card see 4. above : **Where can I use my i-go card?**

13. I went to a venue but they didn't know anything about the i-go card, what can I do?

Communication can sometimes break down as staff change. If this happens please let us know as soon as possible and we will speak to the venue.

Any issues? Contact the manager at the venue and also tell us and we will speak to the venue.

Please note that if you have not received the listed i-go special rate, East Sussex County Council cannot be responsible for this, nor reimburse for any loss.

14. I went to a venue but the information was wrong.

We aim to keep our information as up to date as possible, but rely on people to tell the venue or us if something is incorrect.

15. How do I change my personal details?

If your personal details change please let us know.

16. What happens if the i-go card is lost, stolen or damaged?

Please report damaged, lost or stolen cards to Information for Families. We can issue you with a new card. The first replacement card will be issued free of charge. Subsequent cards may incur a fee of £10.

17. Do I have to renew my i-go card?

The expiry date is on the card. If you live in East Sussex your card is valid until your 26th birthday.

18. How can I cancel my card?

If you wish to cancel your card for any reason, please post it to Information for Families, County Hall, St Anne's Crescent, Lewes, East Sussex, BN7 1UE. We will take care of the rest.

19. What do you do with the information you have collected about me and how secure is it?

Your personal information will be held and used in accordance with the Data Protection Act 1998. Your personal information will be retained for the duration of your participation in the service. When you leave the service your personal information will be deleted after six months following the expiry date of the card or cancellation. Your personal information will be stored securely by Information for Families, a department within East Sussex County Council who will also issue the

card. The i-go service is being delivered through Information for Families. For more information please contact us.

Information for Families – about us

The Information for Families team at East Sussex County Council is working to improve access to leisure activities for children and young people with special needs in East Sussex. i-go has received funding from the Big Lottery Fund to start the project.



Information for Families provides information and advice to families of children and young people aged 0-25 in East Sussex about:

- Services for children and families – we can help you find the right service or support for your family.
- That means we can advise you about pre-natal services, children's centres, schools and colleges, support for families, health services, community services and much more.
- Childcare and activities for children of all ages including accessible and specialist activities for disabled children.
- Special educational needs (SEN) – Information and advice about education in pre-schools, colleges and the special needs system. How to work with your child's school or college. School admissions and exclusions - we can help with paperwork and meetings.

Who is it for? It is for all parents, carers, children and young people. We're also here to help anyone who supports families such as schools, health visitors and social workers.

We give fully independent, confidential and impartial information and advice. We follow the government's guidelines for family information services and parent partnership services. We are part of Children's Services at East Sussex County Council.

Get involved:

- If you have a child with special needs you can join the parent and carer council
- Join in with consultations and focus groups to help shape services.
Contact Information for Families to find out how to do this.

Other organisations and services

Below you will find other organisations and services that may be of interest.

East Sussex County Council Information

Short breaks – These allow disabled children and young people the opportunity to spend time away from their families, giving carers breaks and enabling children to enjoy new experience and make new friends. Short breaks can last from a few hours to a few days and can include weekend or week-long breaks and holiday activities in a variety of locations.



Countryside access – For details about access to the countryside for people with special needs

Travel – People with an eligible disability are entitled to free off-peak travel on local buses throughout England as part of the English National Concessionary Travel Scheme. You can get further details and apply for this scheme at any East Sussex Library

Community Transport – Provides services in areas where either there is no public transport or existing public transport cannot be used. Developed by local people to serve their needs

For all of the above visit www.eastsussex.gov.uk

Youth Council – Made up of young people campaigning in things important to young people.



Young Inspectors – Voice young people's opinions on the services they use.

For more information visit: www.c360.org.uk

Libraries – For information about libraries in East Sussex see www.eastsussex.gov.uk/libraries

Mobile Libraries - Our mobile library makes its rounds every three weeks. It has books for adults and children, DVDs, audiobooks and reference materials. It has a wheelchair lift so that everyone can use it.

See www.eastsussex.gov.uk or tel: 0345 60 80 196 for more information.

Bag Books are multi-sensory storytelling packs for families, carers and respite centres to use with severely disabled children, young people and adults. You can borrow Bag Books from your local library or mobile library. Each pack contains a



set of A3 cards with objects on them, which engage the senses of sight, sound, touch, smell and motion. Email: library.enquiries@eastsussex.gov.uk

Compass Card – All 0 to 19 years olds registered on Brighton and Hove's 'disability register', The Compass, get a free leisure incentive card called the Compass Card. Deals include free swimming, free CD and DVD hire in local libraries and free gym use for young people. The Compass Card makes leisure more affordable and accessible for children and young people with significant disabilities or special needs who live or go to school in Brighton and Hove. Administered by Brighton-based charity Amaze, find out more by calling the Amaze helpline on 01273 772289 or email: compass@amazebrighton.org.uk



Gully's Days Out – Brighton and Hove Albion in the Community has linked with some of Sussex's best loved attractions to provide FREE passes/vouchers for children and young people with special needs and disabled adults. This is a great opportunity for your school/disability organisation to visit some amazing places FREE and have a great day out. All i-go cardholders can use their i-go card as proof of eligibility. Email: gullysdayout@albioninthecommunity.org.uk for more information or an application form.



Cinema – www.ceacard.co.uk

For information on special autism "friendly" screenings visit <http://dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/autism-friendly-screenings/>



Active Sussex – a County Sports Partnership with the purpose of helping drive improved access to, and an increased participation in, sport and physical activity in Sussex. Visit: www.activesussex.org, Tel: 01273 643869 or email: info@activesussex.org for more information including details of sports clubs across the county.



Accessible public toilets – for information about the locations of Changing Places accessible toilets see www.changing-places.org



Futures Life Skills Centre at Chailey Heritage – a leisure facility open to people with disabilities in the community to learn new skills, engage in new activities and develop leisure facilities – gym, spa, cookery and living skills, accessible multi-media suit with ICT sessions, arts and crafts facilities, salon and treatment centre and café. Pay as you go.



Daytrippers provide inclusive days out for young disabled people in the UK by organizing their own free large scale events and offering grants for group day trips.
www.daytrippers.org.uk



Terms and Conditions for the Children's Disability Register & i-go Leisure Card Scheme

1. Once the agreement has been entered into, it is deemed that the terms and conditions have been accepted. Any misuse or failure to abide by these Terms and Conditions may result in the withdrawal of the card and you may be considered ineligible for future applications.
2. This scheme is operated by East Sussex County Council. All of its terms and conditions are at the discretion of the Council and the Council reserves the right to amend any aspects of the scheme as required.
3. The card is issued by, and remains the property of, East Sussex County Council which reserves the right to decline, issue or withdraw the card at any time.
4. The card is issued in the name of the holder and is not transferable. The card must not be used by anyone other than the cardholder.
5. Please follow the guidelines for each venue in terms of presenting the card and making bookings.
6. If the card is lost or for any changes to your circumstances, such as change of address or in DLA status, please contact Information for Families.
7. The personal information will be held and used in accordance with the Data Protection Act 1998. The personal information will be retained for the duration of your participation in the service. Personal information will be deleted after six months following the end date of the expiry date of the card or cancellation. Personal information will be stored securely by East Sussex County Council who will also issue the i-go card. For more information please contact Information for Families.
8. The Council will not disclose any information to any unauthorised person or body but where appropriate will use the information to contact you about relevant services, consultations and promotions.
9. We will email you the Parent Voice newsletter as it is produced, should you wish to opt-out of this publication you can do so by following the link in the Parent Voice email.
10. The information will be held as part of the Disability Register so that your family can be consulted about services across East Sussex and all views can be taken into consideration. Further details here www.eastsussex.gov.uk/CSDisabilityRegister
11. East Sussex County Council reserves the rights to change any of the Terms & Conditions or aspects of the programme at any time. All cardholders will be notified about the changes and will have the option to leave the scheme should they wish.

12. Withdrawal from the scheme can be done at any time by sending us a letter and enclosing the card.

**For more information, queries and to provide feedback, please contact
Information for Families:**

E1G, County Hall, St Anne's Crescent, Lewes, BN7 1UE

Tel: 0345 60 80 192 (local rate) Text: 07797 870317

Email: informationforfamilies@eastsussex.gov.uk.