

| Cycling | Post Code | Information and contact details |
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| Summat Creative | BD21 | Sat afternoon inclusive cycling club at Wyke Sports Village aimed at new and existing riders who are improving technique; affiliated with Special Olympics and British Cycling Limitless programme. Adapted bikes are available contact summatcreative@gmail.com or text Lucy on 07547 799826 or via website |
| Open Country | HG1, HG4 | Offers supported tandem rides 6pm and rides out between April and October, Tuesdays in Harrogate and Thursdays in Ripon. Also provide on line spin classes Monday 6.30-7.30pm contact via website |

| Dance | Post Code | Information and contact details |
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| SEND Dance Academy | HG1 | Dance tuition specifically tailored for children with SEND; only 6-16yrs at present. Runs at the Time Together Building in Starbeck contact thesendacademy@gmail.com for details or via Facebook |
| Pop Power | HG1 | Runs at Time Together on Tuesdays 2-3pm. Combination of disco/dance/keep fit. All ages. No need to book ahead and no charge to attend. contact Jo/Louise on office@time-together.org |

| Equine | Post Code | Information and contact details |
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| Autism Angels | HG3 | Alternative provision (NY approved) but also leisure activities for families on the farm at weekends and based around equine activities including riding contact info@autismangels.co.uk or via website |
| Follifoot RDA Group | HG3 | Horse riding and Carriage driving at Follifoot Riding Centre (45 mins - one hour) and available every day other than Sat – term time only; different groups have a different age/experience focus. contact Wendy Thorburn (secretary) admin@follifootparkdrg.org.uk or via website |
| Stockeld Park RDA Group | HG3 | Burn Bridge Harrogate Riding Centre Tuesday day time rides contact Julia Hayes juliahayes@talktalk.net or via website |

| Farm based | Post Code | Information and contact details |
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| Bland Close Farm | HG4 | Near Ripon, working family farm offering day services but also family visits available via SENKIND and OHANA charities at present contact Grace or Dannie directly at the farm blandclosefarm@gmail.com or via website |
| Corn Close Farm | HG3 | Near Pateley Bridge, some Saturday sessions for children/adults (animal care) contact Cath at cornclosecarefarm@btinternet.com or via website |
| Living Potential Care Farm | LS22 | Fortnightly on Saturdays 1.30-3.30 for neurodivergent (no diagnosis necessary) 'Calm at the farm' group; max size is 12. A visit is recommended for those who think it might be for them contact info@livingpotentialcarefarming or via website |
| Nuzzlets | YO26 | Green Hammerton, rescue/petting farm focussing on animal therapy and management contact info@nuzzlet.org.uk for details or via website |

| Football | Post Code | Information and contact details |
|------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Harrogate Gateway Football Club | HG2 | Club for disabled players, regardless of experience/ability for 16+years; training is at St Aidan's School on Tuesdays (7-8.30pm indoors or 7-8pm outdoors in summer) with matches on Sundays. Mencap and Special Olympics and plays in the Northern Alliance League. contact Mark Summers at marksummers@btinternet.com or via website |
| Killinghall Nomads JSA Sportability team | HG1 | Under 16s club for disabled players. Training on Saturdays 11-12.30 at Harrogate High School (summer) and Rossett Sports Centre (winter) contact Chris Dixon at chrisj.dixon@tiscali.co.uk or via website |

| Gardens | Post Code | Information and contact details |
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| Harlow Carr | HG2 | RHS Gardens in Harrogate offer discounts for those on UC; currently £1 per visit for them and up to 5 people in their party. Proof of UC must be provided and shown on arrival. They also offer one carer free for those whose disability necessitates a carer. contact harlowcarr@rhs.org.uk or 01423 565418 or via website |

| Gym/Personal training | Post Code | Information and contact details |
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| North Yorkshire Active Health Programme | HG2 | Programme (inked above) includes Teen Gym session (12-25yrs) at Fairfax Wellbeing Hub contact Danielle.Mulholland@northyorks.gov.uk for details |
| JBPAL | LS24 | Personal Training and education for those with any disabilities or barriers; also offering short AQA courses on fitness instructing - suitable for building up work experience. contact Jemima at jbrowning@jbpal.com or via website |

| Gymnastics | Post Code | Information and contact details |
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| Harrogate Gymnastics | HG2 | Weekly session for children with SEND and/or disabilities; can bring siblings. Saturdays at 4pm. contact info@harrogategymnastics.co.uk for more information and to book a place or via website |

| Online opportunities | Post Code | Information and contact details |
|---------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Community Integrated Care | N/A | 'What to do' is a programme of on-line experiences eg sport, music, cooking, led by experts in the field eg athletes, Strictly stars, TV chefs; free to join via Zoom. contact via the website and join an Experience |
| Open Country | N/A | Spin class Mon 6.30-7.30 throughout the year, with possibility of borrowing tablet and/or spin bike. contact the Harrogate Hub 01423 507227 for details or via website |
| DSEngage | N/A | Weekly schedule of activities on line eg pilates, dance, disco, workout – specifically for those with Down's Syndrome; book in via the website, free to access contact https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/ for further info and booking |

| Rugby League | Post Code | Information and contact details |
|----------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Leeds Rhinos Learning Disability Super League | LS5 | Learning Disability Rugby League is a specially adapted non-competitive game, focusing on participation and skills development. Training is every Friday 3-4pm at the Leeds Rugby Academy, Kirkstall. contact ed.bates@leedsrhinosfoundation.org or via website |
| York City Knights Learning Disability Super League | YO31 | Learning Disability Rugby League team, non-competitive and taking part in festivals against other clubs. Training is every Monday 7-8pm at York St John University Sports Park. Free to attend. contact inclusion@yorkrlfc.com or via website |

| Sensory | Post Code | Information and contact details |
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| Zen Sensory | HG4 | Fully accessible sensory rooms, offering play therapy and holistic treatments, exclusive booking and events eg Christmas and Halloween. Opening Sept 2025 in Wath, nr Ripon contact Stef or Beckie at contact@zensbsensory.co.uk or via website |
| Sensory Days | HG1 | A sensory space in Harrogate Community House offering a calming social and private sensory space for adults, children and babies, including those with additional needs. £15 for 45 min session, for up to 5 people. contact sensorydays@outlook.com to book the space |

| Skiing and Snowboarding | Post Code | Information and contact details |
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| Disability Snowsport UK | WF10 | Local group of the national organisation meets last Sunday of each month at Castleford Snozone Xscape, 3.30-5.30 to ski and socialise contact Judy Ekins via the contact button at the website link (lessons are separate and can be booked separately) |

| Swimming and Diving | Post Code | Information and contact details |
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| North Yorkshire Active Health Programme | HG1 | Programme (linked above) includes swimming and diving lessons at Active North Yorkshire leisure centres and para swim performance squad at the Harrogate Leisure and Wellness hub. contact Danielle.Mulholland@northyorks.gov.uk for details |
| Swim England North East (Catterick) | DL9 | Para swim regional training camps periodically (full day Sunday) at Catterick pool contact Admin@rdasc.org.uk or Louise Graham louise.graham@swimnortheast.org for further information or see website |
| Tadcaster Stingrays | LS24 | Swimming session for 11-25yrs with physical or learning difficulties, coached session. Wed 6.30-7.30 contact info@tadcasterpool.org.uk for further information |

| Walking and Wildlife | Post Code | Information and contact details |
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| Open Country | N/A | Supported outdoor/countryside activities for adults (18+) including walking/wildlife outings; website has full programme details. Excellent outdoor accessible 'breakfree' walking guides on website. contact David Shaftoe info@opencountry.org.uk or via website |

| Watersports | Post Code | Information and contact details |
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| Access Adventures | HG5 | Opportunities for waterskiing and wakeboarding during the summer months at Calmwater Bay Waterski & Wakeboard Club, Knaresborough contact Danielle.Mulholland@northyorks.gov.uk for details and see dates on Access Adventures website |