



BEDFORD
BOROUGH COUNCIL

GLL
better for everyone

EVERY MONDAY • 10.00AM - 12.00PM
BEDFORD ATHLETICS STADIUM
BARKERS LANE, BEDFORD, MK41 9SB

£3
PER SESSION
FOR ADULTS
AGED 18+

**Join us for inclusive sports and activities,
designed to promote movement
and enjoyment for all abilities.**

*Participants who require assistance
with listening or responding to
instructions are welcome to attend
with a carer or support person.*

To register your interest, please email:
olivia.flemons@bedford.gov.uk

*Places are on a 'first come,
first served' basis, with a
maximum of 16 participants)*

** Special Educational Needs and Disabilities (SEND)*

FOR MORE INFORMATION...

If you have any questions, please contact Olivia Flemons:

@ **olivia.flemons@bedford.gov.uk**

To keep up-to-date with all things Beyond Limits, scan the QR code

or visit: www.bedford.gov.uk/leisure-parks-and-sport/sports-and-physical-activity/activities-people-disabilities



SCAN ME



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SEND* PHYSICAL ACTIVITY SESSIONS...

ONLINE CHAIR DANCE

**EVERY MONDAY (TERM TIME ONLY)
2.00PM - 3.00PM • ONLINE VIA ZOOM**



Join us for a fun and inclusive chair dance session, designed for all abilities to enjoy movement and music in a supportive environment!

To book, please email your interest to:
olivia.flemons@bedford.gov.uk

FURTHER PHYSICAL ACTIVITY OPTIONS...

GLL Offer:

GLL offers a sensory room and SEND* soft play sessions at John Bunyan Sports & Fitness. Specific SEND swimming sessions are available at Kempston, Robinson, and Oasis pools.

For details, contact the centres directly at:
www.better.org.uk/leisure-centre/bedfordshire
or email: olivia.flemons@bedford.gov.uk



'Barnes Active' Fitness:

Stay active and have fun with Barnes Active! Discover custom fitness programs that make staying active fun while helping you reach your goals in a friendly, supportive atmosphere.

To enquire about a session,
visit: www.barnesactive.co.uk



SSG Celestials FC:

Bedfordshire's first inclusive club for SEND*, offering a variety of games and activities for children and young people aged 5-18 years old.

For more info, visit: <https://ssgcelestialsfc.co.uk>



Bedford Blues Foundation:

ABILITY Blues offers inclusive sports sessions that inspire and empower all participants aged 8-14 years.

For more info, visit: www.bluesfoundation.org.uk



* Special Educational Needs and Disabilities (SEND)

USEFUL CONTACTS...



SCAN ME

To keep up to date with Bedford's Local Offer, scan the QR code, or visit:
<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>



SCAN ME

To explore SEND* activities with Be Active, scan the QR code, or visit: www.beactivebeds.co.uk/activity-finder

