

Coaches and support workers respond to his needs, which enable him to join in. He has

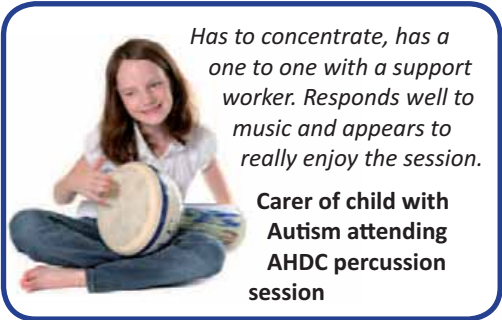
become much more sociable and interacts with his peers more since joining.

**Parent of child with Down's syndrome attending AHDC dance session**



*This is the only club we have been able to attend. She loves it and is signing to make sure we are going every Tuesday. You just have to see the smile on her face to know she is enjoying herself.*

**Parent of young girl with Autism attending AHDC table tennis session**



*Has to concentrate, has a one to one with a support worker. Responds well to music and appears to really enjoy the session.*

**Carer of child with Autism attending AHDC percussion session**



*His confidence is increasing. He is socialising far more. He now has the opportunity to have time away from mum and dad.*

**Comment from mum of young man attending AHDC badminton session**

# Aiming High for Disabled Children

Sports and Arts activities across the Horsham District

- Table Tennis • Badminton**
- Baseball • Cricket • Tennis**
- Dance • Music • Drama**
- Screen Printing • DJ'ing**
- Video Production**



## FREE TASTER SESSION TICKET

Name: .....

Session: .....

Date: .....

**Call Helen to book your place on 07734 231052.**



## Aiming High - New sports and arts courses for children and young people with additional needs and their siblings

Horsham District Council have gained funding to expand the current inclusive sports and arts courses for disabled children and those with additional needs to run ELEVEN new TERM TIME courses for children and young people aged 5-19. Siblings are also able to participate.

All sessions are led by qualified and experienced sports coaches or arts practitioners, and supported by experienced support workers and volunteers with training in first aid, medication administration, disability awareness and personal care.

If you wish to obtain a booking form or book a taster session please contact Helen Crooks, project co-ordinator on 07734 231052 or email [helen.crooks@horsham.gov.uk](mailto:helen.crooks@horsham.gov.uk)

**FREE TASTER SESSIONS AVAILABLE AT ANY TIME DURING TERM TIME!**

## BADMINTON

Saturdays, 10.00-11.00am  
Venue - Horsham Arun Badminton Club,  
Broadbridge Heath Leisure Centre  
Suggested age range 8-19

## BASEBALL

Saturdays, 4.00-5.00pm  
Venue - Southwater Leisure Centre,  
Pevensey Road, Southwater  
Suggested age range 7-16

## CRICKET

Thursdays, 4.30-6.00pm  
Venue - Collyers 6<sup>th</sup> Form College Sports Hall /  
Sports Field, Hurst Road, Horsham  
Suggested age range 12+

## DANCE

Mondays, 5.00-6.00pm  
Venue - Arts and Drama Centre, QEII School,  
Horsham  
Suggested age range 6-16

## DJ'ING

Mondays, 6pm - 8pm  
Venue - QM Studios, Denne Road, Horsham  
Suggested age range 14-19

## DRAMA

Saturdays, 10.00-12.00 noon  
Venue - Arts & Drama Centre, QEII School,  
Horsham  
Suggested age range 13-19

## PERCUSSION

Fridays, 4.15-6.00pm  
Venue - QM Studios, Denne Road, Horsham  
Suggested age range 7-11

## SCREEN PRINTING

Thursdays, 4.00-6.00pm  
Venue - Arts & Drama Centre, QEII School,  
Horsham  
Suggested age range 11-19

## TABLE TENNIS

Tuesdays, 4.45-5.45pm (juniors) and 5.45 -  
7.15pm (seniors). Venue - Greenway School,  
Greenway, Horsham Suggested age range 5-11  
(juniors) and 12-19 (seniors)

## TENNIS

Wednesdays, 5.15-6.00pm  
Venue - Roffey Millennium Hall, Crawley Road,  
Horsham  
Suggested age range 5-17

## VIDEO PRODUCTION

Saturdays, 2.30-5.00pm  
Venue - QM Studios, Denne Road, Horsham  
Suggested age range 14-19