

A close-up, low-angle shot of a person's lower leg and foot as they run on a red track. The person is wearing a blue athletic singlet and shorts. Their right leg is a prosthetic, featuring a black, carbon-fiber running blade. The background is blurred, showing other runners and the track lanes. White curved lines are overlaid on the right side of the image, suggesting motion or a signal.

DISABILITY AND INCLUSION SPORT CAERPHILLY DIRECTORY

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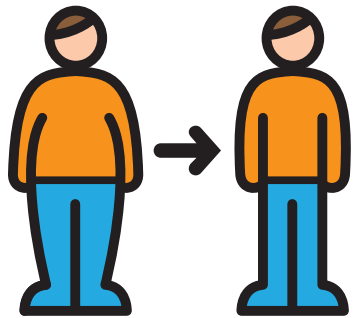
WELCOME

Sport Caerphilly aims to develop quality community-based sporting opportunities for disabled people across the county borough.

This directory lists some of the sport and physical activity clubs that offer opportunities for people of all ages and abilities.

Contact us if you would like to find out more about the clubs or for any other information on disability and inclusive sport within Caerphilly county borough.

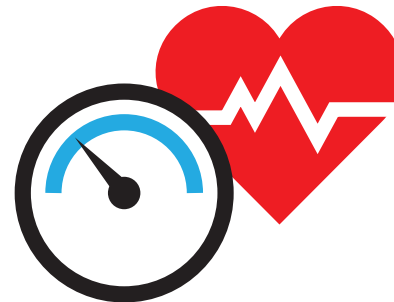
BENEFITS OF SPORT AND PHYSICAL ACTIVITY



Reduces body fat



Boosts mood



Lowers blood pressure



Better social life



Strengthens your heart



Increases life span



Boosts immune system



Strengthens muscles

COMMUNITY CLUBS

Sport	Club Name	InSport Level Achieved	Club Contact Name	Role of Contact	Address	Telephone	Email	Adults / Children	Notes
Athletics	Rhymney Valley Athletics		Deb Howells	Coach	Rhiw Syr Dafydd Primary School, Maes-y-Garn Road, Blackwood NP12 0NA		dhowells@riscacom.net	Children	
Bowls	Islwyn Bowls Club		Rhys Meredith	Sport Caerphilly	Islwyn Indoor Bowls Centre	01495 221321	islwynbowls@gmail.com	Adults	Stroke Club, pan-disability and VI sessions
Football	Pont Dragons		Sian Theobald		Pontllanfraith Leisure Centre	07960 242 270	stheobald330@btinternet.com	Both	
Gymnastics	Bedwas Gymnastics Club	 Ribbon	Sally Corden	Director	Trecenydd Business Park, Caerphilly CF83 2RZ	02921 321551	admin@bedwasgymnastics.co.uk	Children	Various opportunities including competitive
Gymnastics	Valleys Gymnastics Academy	 Gold	Melissa Anderson	Managing Director	Unit 3H, Croespenmaen Industrial Estate, Crumlin NP11 3AG	01485 248070	vga-gymnastics@hotmail.co.uk	Children	Various opportunities including competitive
Rugby	Dragons Rugby Club		Karen Burgess	Gwent Officer	Risca Rugby Club		karen.burgess@dragonsrugby.wales	Both	Various including VI, wheelchair and autism
Swimming	Risca Stingrays Swimming Club		Harriet Smith	Head Coach	Risca Leisure Centre	07904 653 753	lcrisca@caerphilly.gov.uk	Children	
Tennis	Caerphilly Tennis Club		Jon Morgan	Coach	Caerphilly Leisure Centre	07891 640 642	jonathanmorgan@caerphillytennis.co.uk	Both	
Trampolining	Caerphilly Dragonflies		Julie Proctor	Head Coach	Caerphilly Leisure Centre	029 20851845	dragonfly1@hotmail.co.uk	Both	Various opportunities including competitive
Triathlon	Caerphilly Triers	 Ribbon	Robert Govier	Coach	Caerphilly Leisure Centre	029 20851845	lccaerph@caerphilly.gov.uk	Both	
Hockey	Sue Noake Hockey Club		Claire Seaborne	Coach	Sue Noake Leisure Centre		seaboc@caerphilly.gov.uk	Both	
Taekwondo	Valley Taekwondo Academy		Lee Meyrick	Instructor	Heolddu Leisure Centre	07548 108 956	valleytaekwondoacademy@gmail.com	Both	

INSPO

Sports clubs across Wales are being encouraged to sign up to the *Disability Sport Wales InSport* accreditation scheme to show how committed they are to providing high quality disability sport opportunities.

The scheme shows parents and potential club members that the club achieves a certain standard of quality and will hopefully lead to greater numbers of disabled people enjoying regular sport in Wales.

There are four different levels to the InSport scheme, starting from *InSport Ribbon* up to *InSport Gold*.

CAERPHILLY SWIMMING OPPORTUNITIES

Venue	Address	Phone	Disabled / Inclusive Swimming Opportunities / Lessons		Disabled / Inclusive Swimming Opportunities
			CHILDREN	ADULTS	COMPETITIVE
Bedwas Leisure Centre	Newport Road, Bedwas, Caerphilly CF83 8BJ	029 2085 2538	✓	✗	✗
Caerphilly Leisure Centre	Virginia Close, Caerphilly CF83 3SW	029 2085 1845	✓	✓	Contact the club or Leisure Centre for details.
Cefn Forest Leisure Centre	Waunborfa Road, Blackwood NP12 3JX	07749 587992	✓	✗	✗
Heolddu Leisure Centre	Mountain Road, Bargoed CF81 9GF	07933 174374	✓	✗	✗
Newbridge Leisure Centre	Bridge Street, Newbridge NP11 5FE	01495 248100	✓	✓	✗
Risca Leisure Centre	Pontymason Lane, Risca NP11 6GH	01633 600940	✓	✗	Contact the club or Leisure Centre for details.

CONTACTS

CAERPHILLY COUNTY BOROUGH COUNCIL

Service	Contact	Phone	Email
Sport Caerphilly	Kathryn Griffiths	01443 863403	sportcaerphilly@caerphilly.gov.uk
Caerphilly Adventures	Niall Sheridan	01495 271234	caerphillyadventures@caerphilly.gov.uk
Play	Laura Thomas	07720 1032858	play@caerphilly.gov.uk
Early Years	Early Years Caerphilly	01443 863232	earlyyearshub@caerphilly.gov.uk

GET IN TOUCH



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OTHER ORGANISATIONS

Name	Address	Contact	Phone	Email
Sense	Sense Hub Caerphilly, Caerphilly Business Park, Caerphilly CF83 3ED	Kate Wright (Manager)	0300 330 9280	kate.wright@sense.org.uk
Valley Daffodils	Church St, Llanbradach, Caerphilly CF83 3LS	Ceri Hooper	07436 867196	hello@valleydaffodils.co.uk
Rewild Play	15 Tudor Crescent, Newport NP10 9BS	Joanne French	07528 021732	joanne@rewildplay.org.uk
Sparkle	Caerphilly Children Centre, CF83 2WP	Lisa George	029 2086 7447	lisa.george2@wales.nhs.uk

These organisations support young people and adults with disabilities throughout the year.