



# SMASH SPORTS CLUB

Southend Mencap and Sporting Heroes

A sports club for people with learning disabilities age 13+.

Open to all people with learning disabilities although those with more complex needs will need their own support.

Every Saturday - times below

£4 per session

## Quarter 1 2025 Programme

5th April 2025	Garons Swim Centre	1.45-3.15pm
12th April 2025	Garons Sports Centre	2.00-3.30pm
19th April 2025	<b>EASTER WEEKEND - NO CLUB</b>	
26th April 2025	Garons Sports Centre - Dance Fit	2.00-3.30pm
3rd May 2025	Garons Swim Centre	1.45-3.15pm
10th May 2025	Garons Sports Centre	2.00-3.30pm
17th May 2025	Fishing - North Benfleet Hall Lakes	11.00-3.00pm
24th May 2025	<b>BANK HOLIDAY WEEKEND - NO CLUB</b>	
31st May 2025	Bowls - Priory Park	2.00-4.00pm
7th June 2025	Garons Swim Centre	1.45-3.15pm
14th June 2025	Garons Sports Centre	2.00-3.30pm
21st June 2025	Seafront Walk - start at Uncle Tom's Cabin	2.00-4.00pm
28th June 2025	Garons Sports Centre	2.00-3.30pm

The Harvey Centre  
100 London Road  
Southend-On-Sea  
Essex SS1 1PG

Phone: Office - (01702) 341250  
Keeley (co-ordinator) - 07984801726 or  
Rob (support staff) - 07955417415  
E-mail: [marc.mcowens@southendmencap.co.uk](mailto:marc.mcowens@southendmencap.co.uk)  
Web: [www.southendmencap.org.uk](http://www.southendmencap.org.uk)