

### Access for Carers & Support Workers

Carers and Support Workers can access the facility FREE of charge to accompany an individual to the gym or pool at Life Leisure Avondale. A Leisure Key Companion/ Carer card is required to set up a casual companion account to enable bookings.

### Leisure Key Companion/Carer Card

Some families or individuals may be eligible for a Leisure Key which is delivered by Stockport Council. This provides discount to swimming and other activities across Life Leisure. In addition, if you are eligible for a Leisure Key Companion/Carer card, you will be able to access the activity for free accompanying an individual to a session. The following steps need to be taken to access this:

Check your eligibility criteria with Stockport Council [here](#).

Complete any of the relevant information and submit proof of eligibility if required.

Once you have your Leisure Key and or Leisure Key Companion card, bring this into a Life Leisure centre and register for a Casual Leisure Key Bookings account at reception.

Once this has been registered, you can then book online. For instructions on how to book, please click [here](#).

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### Life Leisure Avondale: Accessible facilities

- Accessible changing rooms with shower & toilet
- Hoist on poolside
- Lift
- Wheelchair access
- Accessible parking
- Ground floor fire exits

All matrix equipment has extra adjustments for accessibility purposes. Users may also be able to use the StarTrack DAP depending on circumstance.

Equipment for people who cannot leave their wheelchair include:

- Matrix – Seated Row
- Matrix – Chest Press
- Matrix – Shoulder Press
- Matrix – Lat Pull Down
- Stair Master Air Fit UB – Hand Bike

Other equipment for participants who can leave their wheelchair:

- Matrix - Leg Curl
- Matrix - Leg Extension

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

#### Swimming Pool:

Life Leisure Avondale provide a SEND family swim session and supported swim lessons. Supported swimming lessons will run from 3.50pm – 5.30pm and the SEND family swim will be running alongside it 4pm – 5.25pm. Bookings must be made in advance to avoid disappointment.

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#### **Brinnington Park Leisure Complex:** Accessible facilities

- Accessible changing rooms with shower & toilet
- Lift
- Wheelchair access
- Accessible parking
- Ground floor fire exits
- Wheelchair accessible toilets/showers with panic alarm cord

#### Gym Equipment:

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

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#### **Life Leisure Cheadle:** Accessible facilities

- Accessible changing rooms with shower chairs & toilet
- Gradual stairs going into the small pool
- Pool hoist for entry into the main pool
- Wheelchair access to the building
- Accessible parking
- Wheelchair accessible toilets/showers

#### Gym Equipment:

Users may be able to use the StarTrack dual adjustable pulley and StarTrack pull up/chin up/dip assist machine depending on ability.

Equipment for people who cannot leave their wheelchair include:

- StarTrac – Seated Row
- StarTrac – Chest Press
- StarTrac – Shoulder Press
- StarTrac – Lat Pull Down
- StarTrac – Pec Fly/Rear Delt

Equipment for other for participants who can leave wheelchair include:

- StarTrac - Leg Curl
- StarTrac - Leg Extension
- StarTrac – Leg Press
- StarTrac – Hip Abduction/Adduction

Please note, the cardio machines are in the upstairs gym area which can only be accessed via stairs.

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

Swimming:

There is a free Disability Swim Session on a Wednesday evening 20:00 – 20:45 at Life Leisure Cheadle. Suitable for 11+ years and must be able to swim at least 25m unaided.

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#### **Life Leisure Grand Central: Accessible facilities**

- Accessible pool changing rooms with shower chair & toilet
- Lift down to poolside
- Wheelchair access
- Accessible parking available in the NCP multi-storey carpark. Please note this is a short walk away from the entrance to the building.
- Wheelchair accessible toilets/showers
- Gradual slope into the oasis splash pool
- Chair or a sling hoists for access to the main pool

Gym Equipment:

Ramp access to the ground floor level of the gym. Please note, the upstairs gym area can only be accessed via stairs.

Equipment suitable for those who can leave their wheelchair:

- Star Trac - Leg Curl
- Star Trac - Leg Extension

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

Swimming:

Life Leisure Grand Central provides disability access to both the main pool and small pool. We do not currently host any bespoke disability sessions; however, this is something we are looking to introduce in the future.

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#### **Life Leisure Hazel Grove: Accessible facilities**

- 2 x accessible changing rooms
- 4 x accessible showers
- Gradual steps to enter pools
- 2 x pool hoists (main and small pool) Inc, wheelchair access to these.
- Accessible toilets
- Lift
- Accessible parking
- Tracking hoist for changing bed. Please note a sling will have to be provided by the user as these are fitted individually.

#### Gym Equipment:

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

#### Swimming:

Life Leisure Hazel Grove offer therapeutic warm water sessions in the small pool on the following days:

Monday: 14.45 – 15.45

Wednesday: 14.45 – 15.45

Thursday: 11:00 – 12:00

You can book one of these sessions [here](#).

Stockport Sharks Swimming Club also host an accessible swimming session every Wednesday from 19:30 – 20:30 for anyone with physical or sensory disabilities. For more information on how to join this session, please visit their Facebook page [here](#).

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#### **Houldsworth Village:** Accessible facilities

- Accessible parking.
- Accessible toilets.
- Flat entrance ways and ramped exits for emergencies

#### Gym Equipment:

Equipment available suitable for wheelchair users (dependent on circumstance).

- Life Fitness - Smith Machine
- London 2012 Olympic Lifting Racks
- Cable Rig
- Battle ropes
- Air Fit UB – Hand Bike.
- DAP's (dual adjustable pulley)

Please note, the upper gym area can only be accessed via stairs.

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

#### Stockport Arnies Powerlifting Club:

Stockport Arnies Powerlifting Club is an established Accessible Powerlifting Club, affiliated to BWL, based at Life Leisure Houldsworth Village. The club is one of only a few Paralympic Clubs in the North West and provides opportunities for anyone who has a disability who wants to take part in the sport to continue as a member of a local club. Current sessions:

Monday: 17:00 - 20:00 (drop in session)

Wednesday: 17:00 - 20:00 (drop in session)

Friday: 10:00 - 12:00 (club session)

For more information, please email [Norman Elthorpe](#) or call 07703 668670.

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### **Life Leisure Romiley: Accessible facilities**

- Accessible parking
- Accessible changing rooms
- Access to poolside
- Accessible toilets
- Flat entrance ways

#### **Gym Equipment:**

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

#### **Swimming:**

Life Leisure Romiley provides disability access to both the main pool and small pool. We do not currently host any bespoke disability sessions; however, this is something we are looking to introduce in the future.

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### **Stockport Sports Village: Accessible Facilities**

- Lift and wheelchair access to the fitness suite
- Flat entrance ways
- Accessible parking

#### **Gym Equipment:**

For participants who can leave their wheelchair, all resistance machines can be accessed, along with some cardio equipment such as Recumbent bikes and Octane bikes.

The hand bike can be accessed easily for a wheelchair user. For more equipment options, we would recommend visiting [Life Leisure Avondale](#), [Life Leisure Cheadle](#) or [Life Leisure Houldsworth Village](#).

If you require any assistance or guidance on how to use the equipment and make the reasonable adjustments, please don't hesitate to ask a member of the fitness team who would be happy to help.

[www.lifeleisure.net](http://www.lifeleisure.net)