

Physical activities and healthy living

Water Sports and Sailing

Activity	Ages	When	Where	Accessibility	Contact
<p>Canoeing, Kayaking and Stand-up Paddle Boarding Water sport activity sessions for beginners. Run by fully qualified instructors</p>	8+ years	Weekends and School Holidays	Mendip Activity Centre Water Sports Site Hewish	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	hello@mendip.co.uk www.mendip.co.uk
<p>Sailing for people with disabilities Sailing for beginners or experienced sailors.</p>	8 to 90 years	Most Saturdays from May to October 10am to 2.30pm	Chew Valley Lake Sailing Club	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Tessa Northcott 07904 328 020</p> <p>secretary@clads.co.uk https://www.clads.co.uk</p>