

## Unity



Unity is our recreational service for children and young people with disabilities who are aged between 5 and 18 years-old. The service is based at two locations in London: within the [Kennedy Leigh Centre](#) in Hendon, and [Leonard Sainer Centre](#) in Redbridge.

Unity provides weekly clubs both after school and on Sundays, holiday schemes and a residential holiday. Unity facilitates children and young people interacting with one another in sociable and fun environment, and helps them to access activities that they may not otherwise have the opportunity to experience.

Weekly clubs are divided into two age ranges: 5 to 11 and 12 to 18 year olds. Activities are numerous and include soft play, arts and crafts, drama, cookery, dance, sports, games, music, singing, and outings to local amenities such as swimming, bowling and the cinema.

Schemes take place during the three main school holidays and offer a wide range of activities during the day. Trips out include theme parks and the zoo, whilst workshops consist of African drumming and Chinese ribbon dancing.

A residential holiday is organised for children aged 8 to 18. Holidays are always activity focused and include canoeing, abseiling and climbing.

If you would like to find out more about Unity, please contact Norwood Direct on:  
020 8809 8809

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