



Open Day

Saturday 7 September - 11am to 4pm

Hampton Sports & Fitness Centre, Hampton High
Hanworth Road, Hampton, TW12 3HB

**FREE
EVENT**



SPORTS DEVELOPMENT



Come and try a range of inclusive and disability specific sports and exercise, Wheelchair Rugby, Football, Multi-sports, Dance, Yoga and more*.

Transport information:

Buses: 111 and R70 stop on Hanworth Road, outside the sports centre.

Trains: Hampton

Parking: There is car and cycle parking onsite



www.richmond.gov.uk/rise
020 8831 6134 or text 07956 027701
email rise@richmond.gov.uk

*activities subject to change, please check the website or contact us for a full programme of the day.

The RISE event is open to individuals of all ages and ability levels. If individuals have specific support needs we ask that they attend with a carer/PA. If a participant is under 16 then a parent/carer needs to remain onsite.