

# Your Guide to the Gympanzees Pop Up

Everything you need to make a confident booking

## What is Gympanzees?

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Gympanzees is a disabled children's charity working to make fun, fitness and connection inclusive for all disabled children, young people and their families. We're opening the UK's first fully inclusive, purpose-built fitness and leisure centre in Spring 2027. While we work towards that, we run a series of Pop Up events enabling play, fitness and exercise for children and young people. This Summer we're running our 10th.

This guide is here to help you make a confident booking, so you can arrive knowing the space will truly work for your family's needs.

### **Want to talk it through before booking?**

We're very happy to discuss your needs individually and advise on the right session for your family.

Call: 01454 210442    Email: [info@gympanzees.org](mailto:info@gympanzees.org)

## What is a Pop Up?

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Our Pop Up is designed to provide safe, accessible and exciting play opportunities for children with a wide range of disabilities and additional needs. It brings together specialist equipment, sensory experiences and play opportunities in an environment designed to support children and young people of all abilities. Think of it as a smaller-scale version of what the permanent Gympanzees centre will offer when it opens, giving families the chance to experience many of the activities, equipment and inclusive design features that will be available in the future.

This isn't just for young children. Older and larger children and young people will find it fun too. We don't have the teenage hangout space we've had in previous years, but there is kit for them to enjoy.



## Where and When

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### Wednesday 5 August – Sunday 23 August 2026

Ilminster Avenue Nursery School, Ilminster Avenue, Knowle West, Bristol, BS4 1BX

Don't let the word 'nursery' put you off. The building is much larger than you'd expect, and sessions are suitable for people from 0 to 25.

A full timetable is available on the booking site.

#### **Please note:**

Parents and carers need to remain with their child or young person at all times. Our staff and volunteers are on hand to help, but we are not able to provide one-to-one care or supervision.

## Accessibility Features

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The Pop Up includes:

- Mobile hoists available throughout the venue to support access to equipment and activities.
- Two fully accessible Changing Places toilets.
- A range of specialist equipment suitable for children and young people with different disabilities and access needs.
- A variety of session types to suit different children, young people and families.

### Accessible Routes

We've carefully reviewed the layout, measured doorways throughout the venue, and designed the most accessible routes possible for all families, including those using wheelchairs, larger mobility equipment and hoists.

To make sure everyone can move around safely and comfortably, some narrower doorways and routes are not in use. This means a small number of rooms are accessed via alternative routes, including some covered outdoor pathways or through an adjoining room.

All routes shown on our map have been assessed to give the most accessible experience around the Pop Up. Our volunteers will be happy to help if you need any assistance during your visit.



## Choosing Your Session

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We offer different session types with varying attendance levels, so you can choose the environment that best suits.

Most Gympanzees Pop Up sessions are **90 minutes long**. A small number of **2-hour sessions** are also available throughout the timetable.

All **Butterfly Sessions** are **2 hours long**, allowing extra time for families who may need to use hoisting equipment, Changing Places facilities, or who need more time to move comfortably between activities.

Any siblings under 16 will need a ticket.

Siblings over 16 that are there in a caring capacity do not.

Siblings over 16 that would like to participate in the session will need a ticket.

Book the age group of your disabled child and siblings are welcome to attend the same session, even if they fall outside of the age group.

### Gorilla Session — Quietest

**Our quietest and calmest session.**

Capacity: up to 19 children, plus parents and carers

**Best suited to: mobile children and young people who prefer their own space and find busy environments challenging.**

These sessions are designed to provide a more spacious and less stimulating environment, allowing children to explore and play with fewer people around them.

### Leopard Session — Quiet

**A quieter session with fewer children than our busier sessions.**

Capacity: up to 28 children, plus parents and carers

**Best suited to: neurodivergent children and young people with sensory needs who enjoy a less busy environment.**

These sessions are designed for children who may benefit from a balance of activity and space while enjoying everything Gympanzees has to offer.



## Butterfly Session — Medium (2 hours)

**A moderately busy session with extra time built in.**

Capacity: up to 34 children, plus parents and carers

**Best suited to: less mobile children and young people who may or may not have complex medical needs, including those who may need hoisting, and their siblings.**

These sessions are designed to provide a calmer environment for children who may want to be on the floor and don't want to be run into or bumped while playing and exploring.

## Jungle Session — Busiest

**Our busiest and most energetic session.**

Capacity: up to 41 children, plus parents and carers

**Best suited to: children and young people with any disability or neurodiversity who enjoy a busier, more energetic and stimulating environment.**

These sessions are open to children and young people with a wide range of needs and provide the fullest-capacity Gympanzees experience.

## Play Spaces

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The Pop Up includes a variety of exciting spaces to explore:

- Trampoline Room
- Fitness & Exercise Gym
- Swing Room
- Music Room
- Active Sensory Room
- Dark Sensory Room
- Light Sensory Room
- Soft Play Area
- Outdoor Playground

Detailed information about the equipment in each room, including size and weight limits, will be published before opening.

## Café

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There is a café on site, accessed externally via the reception area. We serve simple drinks and snacks, and you're welcome to bring your own food. It's a lovely opportunity to connect with other families, social connection is very much part of what we're about.



Café facilities include:

- Two indoor seating areas
- Outdoor seating
- A covered shelter area
- Additional weather protection from gazebos where needed
- Toilet facilities
- There is a standard toilet available in the café area.

If you need to use a Changing Places toilet whilst using the cafe, this is located within the Pop Up itself. Please speak to a member of the Gympanzees team and we'll be happy to provide access whenever you need it.

## Parking

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There is parking for approximately 30 vehicles in the car park beside the nursery school. This off-road parking is available for families attending Gympanzees sessions. The ground is tarmac and there is space to manoeuvre wheelchairs from your vehicle.

## Information Room

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We've set aside a room to give you a full rundown on our new permanent centre, opening in Spring 2027, including a look at room designs. You'll also find information from partner organisations whose services you might find helpful.

## Booking

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### Tickets

Parents, carers and accompanying adults do not need a ticket. Tickets are required for **all children and young people attending**, including siblings. Please make sure a ticket is booked for every child or young person who will be joining you.

Sessions are also suitable for older children, teenagers and young adults. Anyone under 16, or with complex care needs, needs to be accompanied.

### Concession Tickets

We offer concession tickets for low-income families who are in receipt of means-tested benefits or free school meals.

#### **Please note:**

Eligibility for concession tickets is based on low income. Disability benefits alone do not qualify. We have already priced the event assuming disabled people will be joining us.



## How to Book

We're working on a streamlined booking system for our permanent centre. In the meantime, we use a platform called Vagaro, which can be a little cumbersome. We've put together step-by-step instructions to help, and if you get stuck, please just call us.

## Arriving for Your Session

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There is a 15-minute changeover period between sessions to allow families to arrive and leave comfortably.

When you arrive, you'll be greeted by our volunteers, who will check you in against the session register. If you arrive early, you're welcome to wait in the café area.

## During Your Visit

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Our staff and volunteers will be on hand throughout your session to help families find their way around the Pop Up and answer any questions.

## Leaving Your Session

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At the end of your session, our volunteers will check you out from the register.

There's no rush to leave the moment your session ends. Families are very welcome to spend time in the café or information room before heading home.

## Gympanzees Future Forum

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We're looking for 30 people to join a special research group. Co-creation is at the heart of what we do, we believe that services for disabled people should be designed with disabled people. Throughout our design and build, we've consulted and worked with the people who really know how to make our space work.

As we get closer to opening, there are more decisions to make, and we want your input. If you could spare some time to be interviewed by our research associate, Rebecca, and answer some short surveys as we build up to opening, we'd love to hear from you.

**Get involved:**



Please contact Rebecca at: [rebecca@gympanzees.org](mailto:rebecca@gympanzees.org)

## Coming soon

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To help you prepare for your visit, we'll be providing:

- A downloadable map of the Pop Up, a bird's-eye view of the space you can save to your phone before you arrive.
  - A fly-through video of the Pop Up, recorded the day before opening once all equipment is installed. This will help your family familiarise yourselves with the space before you get here.
  - Detailed equipment information for each room, including size and weight limits where applicable, so you can see which equipment is suitable for your child.
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## Get in Touch

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We're always happy to help. If you have any questions before or during your visit, please don't hesitate to get in touch.

**Contact us:**

Phone: 01454 210442

Email: [info@gympanzees.org](mailto:info@gympanzees.org)

## Make your booking

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Places go quickly at these events, so please do get your booking in now. It will give you something lovely to look forward to in the summer holidays.

**Go to:**

<https://gympanzees.org/our-services/pop-ups>