Running Together

Firefly Frame Running Club

Our Frame Running Club began in 2018 and is still going strong.

Over the years it has become something more than a sports club. It's a community of children growing up together — and each year new friends arrive and find their place among us.

Every Sunday morning, come rain or shine, we meet at the track. Disabled children run alongside their non-disabled peers.

There have been so many beautiful moments.

Children arriving proudly to show their friends their very first wheelchair.

Children lighting up as they realise they can move with ease and freedom.

One little runner who rode everywhere except the track — straight across the grass and into the café. As he got older he skateboarded on his runner and played football and tennis with it.

I still remember our very first session, with all the frames lined up outside the containers. Back then we had just three sizes.

With the help of fundraising and community support we've added more frames over the years so children can run alongside their peers. Now we have a range of sizes so more children can join in.

I remember the excitement when we got our first mini runner, meaning even the very youngest children could join the track. And later when we added an adult frame, so older runners and parents could take part too.

Over time the club has created its own traditions. At Christmas we invite Santa to join us on the track, and at Easter we hide eggs for the children to hunt around the running lanes.

Most of all, it's children playing together regardless of whether they are disabled or not.

Whether you run, walk, wheel or scoot, you are welcome to join us.

Sundays, 9:45–11:00am

Waltham Forest Feel Good Centre

170 Chingford Road

London E17 5AA

The frame runners are easy to adjust so you'll be up and running in no time. When the sun is shining we sometimes bring a picnic and stay for the whole morning.

Many of the children who started with us in 2018 are still running with us today.























