

Move More

INCLUSIVE SPORT BROCHURE





Contents

- 3** Welcome
- 5** Introduction and Background
- 7** A-Z Sports
- 75** Generic Information
- 77** Case Studies

This brochure wouldn't be possible without the support of Sheffield Hallam University students Millie Leppard and Lois Quinn, who worked diligently to collate the content from our partners.

Thank you

In loving memory of Jean Edwards.



Welcome

to Sheffield's Inclusive Sport Brochure



Sheffield has a proud history of sport and sporting achievement, and we are proud to be a beacon of inclusivity and accessibility in the world of sport and physical activity.

Our city offers a diverse range of inclusive sport sessions from first class providers across Sheffield. We also have access to world class facilities that are designed to empower individuals of all abilities to lead active, healthy, and fulfilling lives. Together we hope to improve participants health and wellbeing, to create a real impact on their lives.

This brochure is born out of a vision that started with the late Mike Elliot. Mike set up an amazing charity called 'Within Reach' that went on to partner with Sheffield City Council and Sport England to deliver a brilliant project that supported disabled people across Sheffield to Move More.

This new brochure, although with a slightly changed name is an acknowledgement of Mike's dedication and commitment to disability sport and remains his legacy in Sheffield, aiming to promote and share opportunities for disabled people and making them easy to find.

The Inclusive Sport Network in Sheffield is made up of key partners and stakeholders who have an interest in inclusive sport within our city and provide opportunities to support disabled people. We all collectively believe in the power of sport and how physical activity can break down barriers, foster community, and promote well-being.

Huge and grateful thanks go to the National lottery Awards for All who have given funding to create, design and produce this brochure.

Join us in Sheffield and discover the joy of sport and physical activity across inclusive environments, where every person is valued.

Dawn Wood and Gareth Hayden
Disability Sport Network





Introduction and Background

Move More is the city wide strategy that aims to create a healthier, happier, and more connected Sheffield. This initiative has been in operation since 2012, driven by the National Centre for Sport and Exercise Medicine (NCSEM) Sheffield as part of the London 2012 Olympic Legacy Programme.

About the NCSEM

The NCSEM is an Olympic Legacy programme aimed at enhancing the nation's health and wellbeing through sport, exercise, and physical activity. It includes three regional hubs based in the East Midlands, London, and Sheffield. These hubs engage in research, evaluation, influence, translation, and education, focusing on five key themes, each addressing aspects of physical activity: optimising health and wellbeing through lifestyle, physical activity, and nutrition; exercise for managing health conditions; rehabilitation and musculoskeletal health; mental health and wellbeing; and supporting athlete performance and injury prevention.

The NCSEM Sheffield represents a strategic consortium of 14 partner organisations, including:

- Everyone Active
- Integrated Care System for South Yorkshire and Bassetlaw (now South Yorkshire Integrated Care System)
- Sheffield Teaching Hospitals NHS Foundation Trust
- South Yorkshire Housing Association
- NHS Sheffield Clinical Commissioning Group (now South Yorkshire Integrated Care Board)
- Sheffield City Council
- Sheffield Hallam University
- The University of Sheffield
- Sheffield Chamber of Commerce and Industry
- Voluntary Action Sheffield
- Sheffield Children's NHS Foundation Trust
- Sheffield Health and Social Care NHS Foundation Trust
- English Institute of Sport (now UK Sports Institute – Sheffield)
- Yorkshire Sport Foundation.

The NCSEM Sheffield is currently in Phase III of its Implementation Plan (2023 to 2028). This phase aims to create equitable, healthier lives through sport, exercise, and physical activity by focusing on making it easier for everyone in Sheffield to move more.

Move More

At the heart of our efforts are the six Move More networks: Communities, Education, Health & Social Care, Active Travel, Sport, and Environment. Each network plays a crucial role in shaping Sheffield's active lifestyle landscape by fostering community engagement, advancing education and healthcare practices, and acting as vital platforms for connection, learning, and sharing. Together, they reflect the complexity of the systems involved, where work across and between networks often yield the most valuable outcomes. All with the aim of ensuring that our physical activity efforts contribute collectively towards a shared vision of creating a happier, healthier and more connected Sheffield.



A-Z Sports

Athletics

Everyone Active

Inclusive athletics sessions for people with any disability.

Location: English Institute of Sport, Sheffield, S9 5DA

Day/Time: Fridays, time varies depending on age

Contact: oliverwraith@everyoneactive.com or
<https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



everyoneactive



@EveryoneActive



[everyoneactive.com](https://www.everyoneactive.com)

Athletics

Sheffield Lightning Athletics Club

In partnership with Everyone Active. Inclusive athletics sessions for people with autism, ADHD and associated disabilities.

Location: English Institute of Sport, Sheffield, S9 5DA

Day/Time: Fridays, time varies depending on age

Contact: oliverwraith@everyoneactive.com or
<https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



everyoneactive



@EveryoneActive



[everyoneactive.com](https://www.everyoneactive.com)

Badminton

Wheelchair Badminton

Wheelchair badminton sessions with the option to stay until 9pm for a mixed session (disabled and non-disabled group) where we come together for competitive and/or fun. This costs £6 and runs 7.30-9pm.

Location: Westfield School, Sheffield, S20 1HQ

Day/Time: Thursdays, 6.30-7.30pm

Contact name: James Birchnall

Phone: 07442 355945

Cost: £3.

Baseball

Sheffield VI Baseball

Baseball sessions for blind or visually impaired people. Run by coaches from national and local organisations, working with players of all abilities.

Location: English Institute of Sport, Sheffield, S9 5DA

Who's it for? 16+

Contact name: Jordan Hayles

Phone: 0114 272 2757

Email: activities@srsb.org.uk

Booking required? Yes



The Sheffield Royal Society for the Blind

srsb.org.uk/Sheffield-VI-Baseball/

Basketball

Lynx Basketball

Basketball sessions aimed at people with any learning disability.

Location: Goals Soccer Centre, Sheffield, S2 2RB

Day/Time: Tuesdays, 5-6pm

Who's it for? 16+

Contact name: Jazz Owen

Phone: 07446 116346

Email: jasmynowen@googlemail.com

Cost: £10 per month

Steelers Wheelchair Basketball

All disabilities are welcome to take part and also non-disabled too. All coaches are grade 2. Accessible toilets on-site.

Location: Princess Royal Spinal Unit, Northern General Hospital, Sheffield, S5 7AU

Day/Time: Saturdays, 10am-12pm

Who's it for? (Age/Sex): 5+

Contact name: Steve Ryan

Phone: 07775 500029

Email: s_ryan5@sky.com

Booking required? No

Cost: £3 per week for children under 16. £5 per week for adults. First session free.



Sheffield Steelers Wheelchair Basketball



@SteelersWBC



Steelerswheelchairbasketball.com

Basketball

B BMX, Skating & Scootering

Onboard Indoor Skatepark

Sessions to support mainly neurodivergent people. Run by scooter & BMX coaches and education staff that support SNIPs sessions too. Accessible toilets on site.

Location: Little London Road, Sheffield, S8 0UJ

Day/Time: Mondays, 4.30-8.30pm (Scooter night)

Tuesdays, 5.30-8pm (BMX club night £7 each)

Wednesdays, 4.30-8.30pm (All wheels welcome; skate lessons can be arranged for this night)

Thursdays, 4.30-8.30pm

Fridays, 4.30-8.30pm

Saturdays, 10am-12pm (Balance bikes every other week, 12-7pm all wheels)

Sundays, 10am-6pm

Who's it for? 5-21 year-olds


Contact name: Amy Cooper

Phone: 0114 258 7511

Email: amy.cooper5@btopenworld.com

Booking required? Yes

Cost: Ranges from £10-£20 depending on the sessions.

 Onboard skatepark

 onboardskatepark.co.uk

B Boccia

D.A.W.S. Boccia

Location: Ponds Forge, Sheffield, S1 2BP


Day/Time: Wednesdays, 1-2.30pm

Contact name: Stephen Birkby

Phone: 07527 118968

Email: daws.sheffield@gmail.com

Booking required? Yes

 DAWS Community Gym Sheffield

 dawssheffield.co.uk

Boccia

Sheffield Smashers Boccia Club

Boccia club for people with any disability. Please email for more info, we no longer accept on the day 'walk-ins' and have a waiting list in place. Level access/lifts from car park and disabled toilets suitable for wheelchair users.

Location: Ponds Forge, Sheffield, S1 2BP

Day/Time: Thursdays, 6.15-7.45pm

Who's it for? All



Contact name: Charlotte Faulkner

Phone: 0114 274 4939

Email: sheffieldsmashersboccia@gmail.com

Booking required? Yes

Cost: £2.50 per session

 Sheffield Smashers Boccia Club
 @SheffieldSmash2

Bowling

Sheffield Strikers Ten Pin Bowling

Bowling session aimed at people with any learning disability.

Location: Rotherham Superbowl, Rotherham, S61 1QN

Day/Time: 1st and 3rd Sunday of the month, 10am

Who's it for? All

Contact name: Andy Baker

Phone: 07450 787420

Email: andy@thebakery.co.uk

Boxing

Sheffield City Boxing Club

Boxing training (non-contact) sessions that can be adapted for all disabilities. The gym is on the 2nd floor with no wheelchair access to it.

Location: Old Sharrow Junior School, Sheffield, S7 1DB

Day/Time: Thursdays

Who's it for? (Age/Sex): 10-16 years-old and 16+



Contact name: Brendan Warburton

Phone: 07791 301984

Email: bwarbo@yahoo.co.uk

Booking required? Yes

Cost: £2.50 per session

 Sheffield City Boxing Club
 Sheffieldcityboxingclub.org

Cricket

Cricket

Location: Goals Soccer Centre, Sheffield, S2 2RB

Day/Time: Saturdays

Who's it for? (Age/Sex): 14+

Contact name: Nathan Pearson

Phone: 07981 209761

Email: nathan2310@hotmail.co.uk

Cost: Free

Cricket

Lord's Taverners Super 1s Hub

Inclusive softball cricket sessions, aiming to introduce cricket skills to participants. Employability and life skills workshops included. All disabilities welcome. ECB level 2 qualified coaches. Accessible toilets and changing rooms on-site.

Location: All Saints Catholic High School, Sheffield, S2 2RJ

Day/Time: Saturdays

Who's it for? 13-25 year-olds

Contact name: Nathan Pearson

Phone: 07981 209761

Email: nathan2310@hotmail.co.uk

Booking required? Yes

Cost: Free

Cricket

Sheffield Mencap and Gateway

Improve your cricket skills, play some matches and have fun in this friendly group. Learning disabilities and/or autism. All staff are trained and experienced at supporting people with learning disabilities. The venue is fully accessible and includes changing rooms.

Location: Sheffield Mencap, Norfolk Lodge Park, Grange Road, Sheffield, S2 3QF

Day/Time: Tuesdays

Who's it for? 18+

Contact name: Aaron Firth

Phone: 0114 276 7757

Email: mencapoffice@sheffieldmencap.org.uk

Booking required? Yes

Cost: £3 per session.



Sheffield Mencap & Gateway

sheffieldmencap.org.uk

Curling

Sheffield Royal Society for the Blind (SRSB)

Have you always wanted to have a go at the sport of curling? You may have seen it on TV and it's an Olympic and Paralympic sport. We have a group for indoors curling each week.

Location: The Sheffield Royal Society For The Blind,
5 Mappin Street, Sheffield, S1 4DT

Day/Time: Mondays, 1-2pm

Who's it for? 13-25 year-olds

Phone: 0114 272 2757 / 01709 722 420

Email: activities@srsb.org.uk

Booking required? Yes



The Sheffield Royal Society for the Blind



srsb.org.uk

Cycling

Cycle Happy

Cycling for learning disabled people.

Location: Forge Valley Cycling Circuit, Sheffield, S6 5HG

Day/Time: Fridays

Who's it for? 10+

Contact name: Julie Grafton

Phone: 07748 693126

Email: julie.grafton@googlemail.com

Booking required? Yes

Cost: Donation

Cycling



Sheffield Cycling 4 All

Our inclusive cycling sessions give disabled people and people with long-term health conditions the opportunity to ride a wide array of adapted trikes in the safe surroundings of Hillsborough Park. We also run condition-specific sessions for people with visual impairments and for anyone who has been affected by a stroke or brain injury. There is a changing places toilet at the top of the park. We also offer e-assist cycle loans for up to 3 months (contact us to find out more).

Location: Hillsborough Park, Sheffield, S6 2AB (in the car park)

Day/Time: Mon–Thu, 10.30am–2.30pm, winter finish at 1.30pm

Who's it for? 18+

Contact name: Tom Collister

Phone: 07922 183338

Email: info@sheffieldcycling4all.org

Booking required? No

Cost: £4 per person (carers ride free!)



sheffieldcycling4all



@cycling4_all



sheffieldcycling4all.org

For accessibility information please visit accessible.co.uk

Excursions

Sheffield Association for Spina Bifida and Hydrocephalus

Dedicated to providing local trips for people with Spina Bifida and/or Hydrocephalus, including fishing, parks, museums, theatre and disability sports. Our activities are aimed to be as accessible as possible and we can assist with transport if needed.

Location: Various

Day/Time: Mondays

Who's it for? We run different groups for all ages

Contact name: Nina Rose


Phone: 07752 665411

Email: services@shasbah.co.uk

Booking required? Yes

Cost: Our outings aim to be very low cost or free.

 shasbah

 shasbah.co.uk

Excursions

Sheffield Mencap and Gateway

Our 'Out and About' adult social groups are open to people aged 18+ with a learning disability or autism. These friendly groups are held in locations across Sheffield. Members can try a range of activities, make friends and enjoy exploring what Sheffield has to offer. Groups on offer are include Walking group, bowling group and snooker group. All abilities welcome.

Location: Various

Day/Time: Tuesday evenings and weekends

Who's it for? 18+

Contact name: Sheffield Mencap and Gateway


Phone: 0114 276 7757

Email: mencapoffice@sheffieldmencap.org.uk

Booking required? Yes

Cost: Varies dependent on activity, please get in touch to find out more

 Sheffield Mencap & Gateway

 sheffieldmencap.org.uk

Fencing

Sheffield Hallam Fencing Club

Fencing with Foil, Epee, Saber also plastic & foam swords. Para (wheelchair) fencing also available. British Fencing registered coaches for all levels, we fence during school term time. We can adapt fencing to most disabilities please contact me for further information.

Location: Mercia School, Sheffield, S7 2DY

Day/Time: Monday and Wednesday evenings

Who's it for? 10-70+

Contact name: Nigel Leavesley

Phone: 07970 786799

Email: nigel.leavesley@btinternet.com

Booking required? Yes

Cost: £30 per calendar month (use of all kit included).

Fitness

Sheffield Mencap and Gateway

Adults Fitness - Fun and different exercises including dancing, Clubbercise, team sports and circuit training. Our group leaders shape activities to help each member reach their fitness goals. Inclusive to all. Accessible toilets and facilities.

Location: Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

Day/Time: Thursdays

Who's it for? 18+

Contact name: Sheffield Mencap and Gateway

Phone: 0114 276 7757

Email: mencapoffice@sheffieldmencap.org.uk

Booking required? Yes

Cost: £3 per session



Sheffield Mencap & Gateway

sheffieldmencap.org.uk

Fitness

Sheffield Mencap and Gateway

Kids Fitness - Get fit, make friends and have fun with a range of sports and active games. Sessions include aerobics, hockey, boccia, football and tag. The group is aimed at those with learning disabilities and/or autism, but all activities can be adapted to suit the abilities of members. All staff are trained and experienced at supporting people with additional needs. The venue is fully accessible with changing rooms and a parent/carer room.

Location: Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

Day/Time: Thursdays

Who's it for? 5-17 year-olds

Contact name: Aaron Firth

Phone: 0114 276 7757

Email: mencapoffice@sheffieldmencap.org.uk

Booking required? Yes

Cost: £3 per session

Football

Barnsley FC Blind Football

Football for visually impaired and blind people. Accessible toilets and parking.

Location: Barnsley FC Community Trust, Barnsley, S71 1ET

Who's it for? 5-17 year-olds

Contact name: Brendan Bailey

Phone: 07834 829137

Email: Brendan@focus4vision.onmicrosoft.com

Booking required? No

Cost: £2



Barnsley Blind Football Club



@BarnsleyF4V



focus4vision.org

Football

Blind & VI Football

Football for blind and visually impaired people. All coaches are UEFA B licenced. Lead coach has also attended the B1 Football Course.

Location: English Institute of Sport, Sheffield, S9 5DA

Day/Time: Mondays

Who's it for? All




Contact name: Julie Callaghan

Phone: 07736 946696

Email: julie.callaghan@sheffieldfa.com

Booking required? Yes

Cost: Free

 Sheffield FA
 @JC_SHCFA
 sheffieldfa.com

Football

Derek Dooley Football Academy

Football for people with pan disability. Level 2 Coaches, all DBS checked and first aid trained.

Location: Goals Soccer Centre, Sheffield, S2 2RU

Day/Time: Saturdays

Who's it for? Under 16's (9-10am) and Over 16's (10am-12pm)




Contact name: Claire Whitham

Phone: 07752 430675

Email: cowlshawclaire@gmail.com

Booking required? No

Cost: £5

 Derek Dooley Football Academy
 @AcademyDerek
 derekdooley.co.uk

Football

Men's Football at Norton Lees

Football for Pan Disability players (Spartans FC), Accessible parking and toilets. Qualified coaches.

Location: Norton Lees

Day/Time: Mondays

Who's it for? 16+

Contact name: Mike Stylianou

Phone: 07799 065469

Email: mike.stylianou@hotmail.co.uk

Booking required? Yes

Cost: £16 per month

Sheffield Comets

A safe space for disabled children to kickstart their football journey. Comets is a recreational, pan-disability football programme for disabled boys and girls aged between 5 and 11. Pan-disability is the largest format of disability football, which sees players with a broad range of impairments and health conditions play together. Comets offers a new, flexible and inclusive way of playing, one that's all about playfulness, friendships and having fun. More than anything, Comets is football that breaks the old rules and replaces them with a brand new one: JUST BE YOU.

Location: Various

Day/Time: Various

Who's it for? 5-11

Contact name: Julie Callaghan

Phone: 07736 946696

Email: julie.callaghan@sheffieldfa.com



Sheffield FA



@JC_SHCFA



sheffieldfa.com

Football

Football



Sheffield Mencap and Gateway

Improve your football skills by joining one of our friendly teams. The Norfolk Lodge Lionesses (women's team) train every two weeks on Mondays, and The Norfolk Lodge Lions (men's team) train on the third Wednesday of each month. Both teams are coached by a disability football specialist and the venues are fully accessible with toilets and changing rooms. All abilities welcome.

Location: Men's Football: Goals Soccer Centre, Norfolk Park Road, S2 2RU

Women's Football: Sheffield Mencap and Gateway, Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

Day/Time: Mondays & Wednesdays

Who's it for? 18+



Contact name: Sheffield Mencap and Gateway

Phone: 0114 276 7757

Email: mencapoffice@sheffieldmencap.org.uk

Booking required? Yes

Cost: £3 per session

 Sheffield Mencap & Gateway
 sheffieldmencap.org.uk

For accessibility information please visit accessible.co.uk

Football

Rotherham United Community Trust

Powerchair Football session that runs every two weeks.
Open to anyone and everyone with any disability - not just wheelchair users.

Location: Rotherham Leisure Centre, Rotherham, S65 1BL

Day/Time: Saturdays

Who's it for? 6+




Contact name: Dylan Hadley

Phone: 07946 038357

Email: Inclusion@rotherhamunited.net

Booking required? Yes

Cost: Free

 Rotherham United Community Trust
 @RUFC_CT
 ruct.co.uk

Football

Sheffield City Knights Disability FC

We provide football for young players and adult players with a disability. We offer a safe, fun and friendly environment for players, parents and carers to access our sessions. We work with our players who have all level of disabilities to help them find their hidden abilities to help them to enhance their quality of life. We have qualified DBS coaches, accessible toilets and parking. We are an affiliated club and play in the SHCFA pan disability league. We play 7 a-side and 5 a-side.

Location: Jubilee Sports and Social Club, Sheffield, S6 1LZ

Day/Time: Monday evenings

Who's it for? Young and adults with a disability

Contact name: Sharon Lavender

Phone: 07940 787703

Email: Cityknightsfc@gmail.com

Booking required? Yes

Cost: £4.50

 Sheffield City Knights Disability FC

Football

Everyone Active

Football lesson in partnership with Sheffield Wednesday FC Community Programme.




Location: Concord Sports Centre, Sheffield, S5 6AE

Day/Time: Wednesdays, 4.30-5.30pm

Contact: erinwilkes@everyoneactive.com or <https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website

 everyoneactive
 @EveryoneActive
 everyoneactive.com

Football

Sheffield United Community Foundation

As part of the Foundation's commitment to providing opportunities for all, we're able to hold inclusive football sessions for children at the English Institution of Sport. Thanks to fantastic partnerships with Cerebral Palsy Sport, Sheffield and Hallamshire County FA, Sheffield City Council, Everyone Active, The Children's Hospital Charity and Yorkshire Sport Foundation with funding from the Premier League Charitable Fund, our weekly Cerebral Palsy & Frame Football session gives more young people the access to enjoy football, create friendships and develop footballing skills.

Location: English Institute of Sport, Sheffield, S9 5DA

Day/Time: Tuesdays

Who's it for? 5-15 year-olds

Contact name: Rob Jenkinson

Phone: 07500 020049

Email: rob.jenkinson@sufc-community.co.uk

Booking required? No

 Sheffield United Community Foundation
 @CommunitySUFC
 sufc-community.com

For accessibility information please visit accessible.co.uk

Gym & Exercise

D.A.W.S Community Gym

Gym and exercise classes, safe zone and mainstream archery, inclusive indoor and outdoor games, after school and holiday clubs, term time school activities. All locations have accessible toilets, lifts, car parks and fully qualified coaches.

Location: Various Locations

Day/Time: Monday - Friday

Who's it for? All

Contact name: Stephen Birkby

Phone: 07527 118968

Email: daws.sheffield@gmail.com

Booking required? Yes

Cost: Various

 DAWS Community Gym Sheffield
 dawssheffield.co.uk

Gym & Exercise

Wisewood Inclusive Gym Session

Sessions are delivered by a Level 3 qualified instructor. Accessible toilets/changing rooms.

Location: Wisewood Sports Centre, Sheffield, S6 4BS

Day/Time: Thursdays

Who's it for? 16+

Contact name: John Jackson

Phone: 0114 233 5457

Email: enquirieswisewood@pfpleisure.org

Booking required? Yes

Cost: £3.30 per person

 placesleisure.org

Gymnastics

Everyone Active

Disability gymnastic lessons.

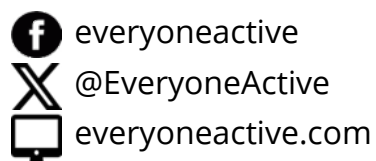
Location: Hillsborough Leisure Centre, Sheffield, S6 2AN

Day/Time: Sundays, 1.20–2.05pm

Contact: matthewpierre@everyoneactive.com or
<https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



Ice Hockey

Sheffield Steelkings Para Ice Hockey Club

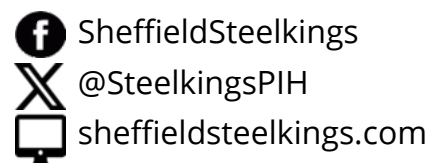
The Sheffield Steelkings offer para ice hockey to people with lower-body disabilities and impairments at IceSheffield ice rink. Para ice hockey is a fast paced, highly skilled, physical team sport, perfect for people with a strong upper-body and like a physical sport. On Mondays there is an Inclusive Skating Session hosted by IceSheffield where people can try the sport for themselves in a more relaxed environment. If people wish to take it to the next level, they can then try joining a team training session. Lower-body disabilities and impairments (including, but not limited to; amputation, spina bifida, paraplegia etc).

Day/Time: See website

Contact name: Please use the Contact Us page at the website below.

Booking required? Yes

Cost: See website



Ice Skating

Everyone Active

Accessible skating session:

Location: iceSheffield, Sheffield, S9 5DA

Disability skating session:

Location: iceSheffield, Sheffield, S9 5DA

Day/Time: Tuesday, Wednesday & Saturday

Contact: georgienolan@everyoneactive.com or

<https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



everyoneactive



@EveryoneActive



everyoneactive.com

Karate

Vision Kicks

Karate session for children and adults with pan-disability.

Location: Shaw Lane Cricket Club, Shaw Lane, Barnsley, S70 6HZ

Day/Time: Fridays, 5.30-7pm

Who's it for? 5-18

Contact name: Sensei Shoany Hudson

Phone: 07851 199900

Email: Shoany@focus4vision.onmicrosoft.com

Booking required? No

Cost: Free

Multi-Sport

Kronik Warrior UK

A pioneering inclusion boxing, fitness, and wellbeing programme that is tailored to all needs and abilities. Specialised Adaptive Boxing/Box-Fit, Nutrition classes, wellbeing & aromatherapy courses, inclusion awareness days, Boccia, Adaptive fitness & strength training. Each 6-week course is aimed at a different area of the SEND community. Please visit our website for our latest courses and programmes.

Location: Barnsley

Day/Time: Tuesdays

Who's it for? All

Contact name: Luiz-Faye Durham

Phone: 07392 566985

Email: luiz@kronikwarrioruk.org

Booking required? Yes

Cost: Free. Donations welcome.

 @kronikwarriors

 kronikwarrioruk.org

Multi-Sport

Inclusive Multi Sports

A fun and inclusive multi-sport session for participants aged 16 and over, featuring a bouncy castle, multi-sensory rooms, and a variety of sporting activities!

Location: Concord Sports Centre, Sheffield, S5 6AE

Day/Time: Friday mornings

Contact: erinwilkes@everyoneactive.com or
<https://www.everyoneactive.com/enquiries/>

Booking required? No, but advised

Cost: See website



everyoneactive



@EveryoneActive



everyoneactive.com

Multi-Sport

Sheffield Wednesday FC Community Programme

Disability youth club for low to moderate and autistic people. This session is aimed at creating new friendships within a new environment, as well as parents engaging with other parents that bring their children to the youth club. Activities include parachute games, football, sensory play and more.

Location: 94 Penistone Road, Sheffield, S35 8QH




Day/Time: Mondays & Wednesdays, 5-7pm

Who's it for? 5-10 year-olds (Mondays) and 11-15 year-olds (Wednesdays)

Contact: community@swfc.co.uk

Booking required? Yes

Cost: £4 per session / £12 for the month

 Sheffield Wednesday Community Programme
 @SWFCCP
 swfccp.co.uk

Netball

Net4All

Netball sessions for people with intellectual disabilities and run by UKCC qualified coaches.

Location: English Institute of Sport, Sheffield, S9 5DA

Day/Time: Wednesdays

Who's it for? All girls aged 11 and above right through to adults




Contact name: Helen Thorneloe

Phone: 07710 495177

Email: helenthorneloe@aol.co.uk

Booking required? Yes

Cost: £6

 Sheffield Concord Netball Club
 @Sheffconcord
 sheffieldconcordnetball.co.uk

Rugby

Sheffield Eagles

Physical Disability and Learning Disability Rugby Leagues

Tag rugby sessions for people with any learning disabilities.
Run by fully qualified coaches. Accessible toilets on-site.

Location: Olympic Legacy Park, Sheffield, S9 3TL

Day/Time: Fridays

Who's it for? All

Contact name: Jack Pemberton

Phone: 07931 982259

Email: jack.pemberton@eaglesfoundation.co.uk

Booking required? No

Cost: Free

Wheelchair Rugby League

Accessible facilities available.

Location: Sheffield Hallam University, Pearson Building,
Broomgrove Road, S10 2NA

Day/Time: Mondays, 6-30-8.30pm

Who's it for? 16+

Contact name: Jack Pemberton

Phone: 07931 982259

Email: jack.pemberton@eaglesfoundation.co.uk

Booking required? No

Rugby

Sheffield Eagles

Junior Wheelchair Rugby League

Accessible facilities available.

Location: English Institute of Sport, Coleridge Road, S9 5DA

Day/Time: Tuesdays, 5-6pm

Who's it for? All



Contact name: Jack Pemberton

Phone: 07931 982259

Email: jack.pemberton@eaglesfoundation.co.uk

Booking required? No

Cost: Free

 Eagles Foundation
 @Eagles_Found

Showdown

Sheffield Royal Society for the Blind (SRSB)

For visually impaired people. Showdown could be described as similar to air hockey and table tennis and its popularity is growing around the world.

Location: The Sheffield Royal Society For The Blind,
5 Mappin Street, Sheffield, S1 4DT

Day/Time: Thursdays, 2.30-4.30pm

Who's it for? All

Phone: 0114 272 2757

Email: activities@srsb.org.uk

Booking required? Yes

 The Sheffield Royal Society for the Blind
 srsb.org.uk

Snooker

Stephen Harrison Academy

Disability snooker, snooker coaching and competitions for people of all abilities. Accessible facilities on-site.

Location: Snooker Rooms, Sheffield, S9 3TY

Day/Time: Tuesdays

Who's it for? All

Contact name: Stephen Harrison MBE

Phone: 0114 478 8047

Email: info@stephenharrisonacademy.com

Booking required? Yes

Cost: Free

 The SHA
 stephenharrisonacademy.com

Swimming

City of Sheffield Swim Squad

Swimming club for people with para disabilities.

Location: Ponds Forge, Sheffield, S1 2BP




Day/Time: Mondays, 7.30-8.30pm

Contact name: Jack Moulton

Email: jack.moulton@cosss.co.uk

Booking required? Yes

Cost: Contact club for more info.

 City of Sheffield Swim Squad
 @_TeamSteel
 cosss.uk

Swimming

Graves Swimming

Disability swimming session for people with SEND with accessible changing and pool hoist available. Parent / guardian support required.

Location: Graves Health and Sports Centre, Sheffield, S8 8JR

Day/Time: Sundays

Who's it for? 5+



Contact name: George Steer

Phone: 0114 283 9900

Email: georgesteer@pfpleisure.org

Booking required? Yes

Cost: Direct debit of £32 per month.

 Graves Health and Sports Centre
 placesleisure.org/centres/graves-health-and-sports-centre/

Swimming

Everyone Active

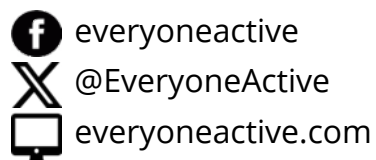
- Accessible Swimming Session (Hillsborough Leisure Centre and Ponds Forge)
- Adults Swimming Lessons (Ponds Forge)
- Children's Swimming Lessons (Concord Sports Centre, Hillsborough Leisure Centre and Ponds Forge)
- Autism friendly swimming sessions (Concord Sports Centre)
- Dementia Friendly Swim (Concord Leisure Centre and Ponds Forge)
- Lane Swimming with Hoist Access (Ponds Forge)
- Mainstream Swimming with Access to Pools (Hillsborough Leisure Centre and Ponds Forge)
- Mobility Swim (Ponds Forge)

Day/Time: See website

Contact: <https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



Swimming

Sheffield Otters Swimming Club

Swimming sessions for people with learning disabilities. Sessions run by a Level Two swimming coach and two Level One coaches.

Location: Hillsborough Leisure Centre, Sheffield, S6 2AN / Concord Sports Centre, Sheffield, S5 6AE

Day/Time: Sundays (Hillsborough) and Wednesdays (Concord)

Who's it for? All

Contact name: Robert J Hattersley

Phone: 07599 610966

Email: sheff.otters@gmail.com

Booking required? Yes

Cost: £25

 so-sheffield.co.uk/sports/aquatics/

Swimming

Westfield Disabled Swimming Group

Friendly and informal one-hour swimming sessions for adults who are temporarily or permanently disabled. All levels of competence are welcome including non-swimmers. Help your post-op recuperation. Friends, helpers and carers are welcome. Disabled changing room with easy access pool including chair hoist if needed. Teachers have appropriate qualifications and are all DBS checked. The school and sports centre are new buildings and comply with disability legislation

Location: Westfield Sports Centre, Sheffield, S20 1HQ

Day/Time: Fridays

Who's it for? 4-5 to 20+


Contact name: Frank Smith

Phone: 0114 246 1414

Email: fs01142461414@hotmail.co.uk

Booking required? Yes

Cost: £6 per lesson

 Westfield Disabled Swimming Group

Swimming

Zest Swimming

All abilities welcome. Accessible toilets and cabins, hoist, extra lifeguards and inclusive equipment.

Location: Zest Centre, 18 Upperthorpe, Sheffield S6 2NA

Day/Time: Mondays, 9.15-10.30am

Thursdays, 10.45am-12pm

Sundays, 9-10am

Who's it for? All

Contact name: Helen Pickford

Phone: 07845 755000

Email: helen.pickford@zestcommunity.co.uk

Booking required? No

Cost: £5.25 per session. Carers are FREE, or discount with Zest Card (ask at reception).

 Zest

 @ZestCentre


 zestcommunity.co.uk

Table Tennis

Albert Table Tennis Centre/IPP

Table tennis sessions for people with any disability. League play available along with private coaching.

Location: Darnal Baptist Church, Sheffield S9 5AD

Day/Time: Monday evenings, Thursday mornings and Saturdays (by appointment)

Who's it for? All

Contact name: Shaun Alvey

Phone: 07793 050037

Email: albertttcentre@live.co.uk

Booking required? No

Cost: £8

Table Tennis

Kelham Island Table Tennis Club

Table tennis sessions for people with any physical disability. Run by qualified coaches with accessible toilets and wheelchair friendly facilities on-site.

Location: 9 Middleton Lane, Sheffield, S3 8RY

Day/Time: Second Sunday of every month, 2-3pm

Who's it for? 6+


Contact name: Simon Athey

Phone: 07774122845

Email: simonathey@hotmail.com

Booking required? No

Cost: Free

 @kelhamislandtt

Tai Chi

Sheffield Royal Society For The Blind (SRSB)

For visually impaired people. These Tai Chi sessions are also available via Zoom, led by Sandra, our Tai Chi teacher who has worked with visually impaired people for over 10 years. She can guide and adapt the exercises and forms in a way to suit you and your progress. Tai Chi is an excellent way to improve mobility, reduce stress levels and improve concentration.

Location: The Sheffield Royal Society For The Blind,
5 Mappin Street, Sheffield, S1 4DT

Day/Time: Fridays, 2.30-3.30pm

Who's it for? All

Phone: 0114 272 2757

Email: activities@srsb.org.uk

Booking required? Yes



The Sheffield Royal Society for the Blind



srsb.org.uk

Tennis

Ability Tennis

Wheelchair tennis sessions but anyone with a physical disability is welcome to attend. Venue is fully accessible.

Location: Graves Tennis Centre, Sheffield, S8 8AS

Day/Time: Fridays

Who's it for? All welcome. Under 16's must have a parent or guardian present.

Contact name: Charlotte Davis Browne

Phone: 07939 216970

Email: c.davisbrowne@gmail.com

Booking required? No

Cost: £7



Ability Tennis Sheffield



@AbilityTennis



abilitytennis.co.uk

Tennis

Ability Tennis/Adult Inclusive Tennis (SEND)

Tennis sessions for people with learning disabilities. Run by award winning inclusive coaches.

Location: Brentwood Tennis Club, Sheffield, S11 9BU /
Hallamshire Tennis and Squash Club, Sheffield, S11 8TA

Day/Time: Wednesdays at Brentwood (Spring & Summer),
and Hallamshire (Winter).

Who's it for? 16+

Contact name: Ben Howarth


Phone: 07986 277596

Email: benabilitytennis@gmail.com

Booking required? No

Cost: £3.50

 Ability Tennis Sheffield

 @AbilityTennis

 abilitytennis.co.uk



Tennis

Ability Tennis/Serving Autism

Tennis exercises, drills and game for kids and adults with autism. Wheelchair, visually impaired and inclusive tennis sessions available. All abilities are welcome, please come along to a session to get a feel for what we do before starting (if you like). Run by award winning inclusive coaches.

Location: Brentwood Tennis Club, Sheffield, S11 9BU / Hallamshire Tennis and Squash Club, Sheffield, S11 8TA

Day/Time: Tuesdays and Wednesdays at Brentwood (Spring & Summer), and Hallamshire (Winter).

Who's it for? 16+

Contact name: Ben Howarth

Phone: 07986 277596

Email: benabilitytennis@gmail.com

Booking required? No

Cost: On average £8 per session

 Ability Tennis Sheffield

 @AbilityTennis

 abilitytennis.co.uk

Tennis

Graves Tennis

Tennis (wheelchair) for adults and juniors, visually impaired tennis, adult mini-tennis, SEN inclusive tennis. Sessions are delivered or supervised by an LTA accredited coach of level 2 or higher. All sessions are indoors.

Location: Graves Health and Sports Centre, Sheffield, S8 8JR

Day/Time: Adult SEN tennis (Mondays), adult wheelchair tennis, junior wheelchair tennis, visually impaired tennis and adult mini tennis (Tuesdays), wheelchair tennis and adult mini tennis (Fridays), and wheelchair tennis (Saturdays).

Who's it for? All. Adult mini tennis is targeted at 60+ years, but there is no target age group for our inclusive groups.


Contact name: Joseph Newman-Billington


Phone: 0114 283 9900

Email: josephnewman-billington@pfpleisure.org

Booking required? Yes

Cost: Sessions range between £3-£10.

 Graves Health and Sports Centre

 placesleisure.org/centres/graves-health-and-sports-centre/centre-activities/tennis/

Tennis

Kids Tennis Inclusive

Inclusive tennis sessions run by award winning inclusive coaches. All abilities welcome (come and have a watch before you join in).

Location: Brentwood Tennis Club, Sheffield, S11 9BU / Hallamshire Tennis and Squash Club, Sheffield, S11 8TA

Day/Time: Saturdays

Who's it for? 5+

Contact name: Bradley Stoneham


Phone: 07903 896507

Email: bradleystoneham@yahoo.co.uk

Booking required? No

Cost: £8

 Ability Tennis Sheffield

 @AbilityTennis

 abilitytennis.co.uk

Tennis

South Yorkshire Visually Impaired Tennis Club

Tennis sessions for people with visual impairment.

Location: Brentwood Tennis Club, Sheffield, S11 9BU / Graves Tennis Centre, Sheffield, S8 8AS / Hallamshire Tennis and Squash Club, Sheffield, S11 8TA

Day/Time: Saturdays

Who's it for? 16+

Contact name: Janiece Wallace


Phone: 07795 540514


Email: syvitc@outlook.com

Booking required? No

Cost: £5 for members

 South Yorkshire Visually Impaired Tennis Club

 @syvitc

 clubspark.lta.org.uk/south-yorkshire-visually-impaired-tennis-club

Trampolining

All Inc Trampolining

Trampolining sessions for people with any disability.

Location: Goals Soccer Centre, Sheffield, S2 2RB

Day/Time: Saturdays

Who's it for? 5+

Contact name: Elizabeth Clay

Phone: 07721 027904

Email: allinc@hotmail.co.uk

Booking required? Yes

Cost: £20 PCM



All Inc Trampolining



lizclay59.wixsite.com/all-inc

Trampolining

Everyone Active

Trampoline lessons for people with any disability.

Location: Hillsborough Leisure Centre, Sheffield, S6 2AN

Day/Time: Saturday afternoons (time varies)

Contact: matthewpierre@everyoneactive.com or
<https://www.everyoneactive.com/enquiries/>

Booking required? Yes

Cost: See website



everyoneactive



@EveryoneActive



everyoneactive.com

Generic Information



Courtside

Opening Spring 2025!

Your new multi-activity hub in Hillsborough park will offer a brew, a loo, and lots to do. Providing multiple inclusive activities such as: tennis on new courts, padel under canopies, mini golf and more.

We are also introducing a community café, free public access toilets and outdoor communal space. In addition, we are resurfacing and improving lighting to the forever free multi-use games area. The whole site will be wheelchair friendly and a leading example of a community facility accessible to those with any disability seen or unseen. For more information contact Isobel.wells@courtside.uk.

Thornbridge Outdoors

We believe in the power of the outdoors to enrich and transform lives and our mission is to widen the horizons of young people through real outdoor adventures in the Peak District. We will enable genuine outdoor experiences that challenge and inspire enabling access to the outdoors for all.

We have accommodation suitable for many different types of groups so get in touch to find out more.

During the Summer Holidays we have various Holiday and Food (HAF) funded day trips and residentials available for groups of young people on free school meals.

For more information please visit thornbridgeoutdoors.co.uk, email thornbridgeoutdoors@sheffield.gov.uk or call 01629 640 491.





Case Study: Cerebral Palsy and Frame Football

EIS Sheffield provides a home for a weekly Cerebral Palsy & Frame Football session that gives more young people the access to enjoy football, create friendships and develop footballing skills.

The session is delivered in partnership by Sheffield United Community Foundation, Cerebral Palsy Sport, Everyone Active, Sheffield FA, Sheffield City Council, The Children's Hospital Charity and Yorkshire Sport Foundation.

Rob Jenkinson, Participation & Inclusion Manager at Sheffield United Community Foundation says: *"Partnering with these organisations has really allowed us to increase our reach for disability specific provision within Sheffield, and we've developed this session for young people that need aid to walk and be mobile. It's an opportunity for them to play some inclusive football that's really suited for them."*

Brad Fox, Disability Sport Coach at the Foundation talks about the benefits of the session: *"This session helps kids massively, from their social and emotional wellbeing to creating friendships, but also to helping them physically too. Some people may struggle with walking and giving them that opportunity to play with the*

football develops the strength and the wellbeing they need to progress further. Giving them the knowledge and the time to play football with their peers in their own community is very important too."

Brad highlights the disability sport pathways available to participants and the great feedback we've had so far: *"The future development for the players within the sessions is the England Para pathway. The pathway is unique for people who have either cerebral palsy or are an amputee, blind, hearing impaired or deaf. We've been fortunate that we've been able to send two players through to the Para Pathway in Rosie and Stanley, who participated in talent identification days. The feedback from parents has been fantastic too. A lot of the young people have developed new skills, gained more confidence, not just in the community, but also going into school, understanding physical activity in PE and trying new and different games."*

A parent of one of a regular participant said of the session: *"It's the best thing we've done for him. The session is brilliant, he loves being part of it and the inclusivity of it is excellent. He likes being part of the group playing with peers and kicking the ball. As soon as we pull into the car park he starts cheering! I can't say enough good words about it to be honest."*

For more information about this session, please turn to page 42.



Scan the QR code to watch this session in action!



Case Study: Nathan Pearson

Nathan began volunteering with the **Disability Sport Network** (Previously Within Reach) aged 15, as a Year 10 student at All Saints School, Sheffield. Since then, he has completed hundreds of volunteer hours with Links School Sports Partnership, assisting in the planning, organisation and delivery of sports sessions and undertaking initiatives to encourage new participants to try different sports whilst promoting a healthy lifestyle.

As a Level 2 Coach, Nathan has delivered sports sessions at the Sheffield Celebration of Disability Sport for the past five years. Hundreds of disabled people with profound, multiple and complex disabilities, visual and hearing impairment and neurodiversity have benefitted from his first-class volunteering and coaching methods. Being disabled himself, Nathan is passionate about Inclusion and his enthusiasm for volunteering is exceptional. He is an excellent role model who sets very high standards, with a strong focus on coaching, developing independence and self-reliance. Nathan has built positive relationships with people from all walks of life and brings the best out of everyone whether it be in schools, with children, young people or adults, at clubs, with voluntary sector providers or NGB's.

Nathan understands how the power of sport can enhance performance, volunteering across the city, Nathan has achieved positive change as seen in the growth of the clubs he attends. Nathan has created a safe 'united' inclusive environment for the disabled community to meet and have fun. His natural ability to bring high quality sessions to life and be enjoyable, whilst encouraging participants to be strong, healthy, happy, to be the best that they can be and to respect their community. Participants excel through his patient nature, encouragement and help to develop solutions to challenges faced in their communities. Nathan demonstrates real empathy towards their requirements and adapts and overcomes any challenges he is faced with to best meet every individual's needs. His creative, calm approach enables participants to develop at their own pace and to achieve their potential whilst gaining significant mental, social, emotional and physical health benefits.

In 2024 Nathan won **Disability Coach of the Year for Sheffield & Hallamshire County FA** and **Volunteer of the year for Disability Sport Yorkshire**. We are extremely proud of Nathan's achievements and would like to thank him for his commitment to Disability Sport!

“

"It makes me feel proud and honoured to volunteer and coach so many people."

”

Nathan





COMMUNITY FOUNDATION

At Sheffield United Community Foundation, we are uniquely placed to tackle some of the key issues that our community is facing, alongside combating broader societal challenges, and supporting national agendas.

Engaging with over 1,700 people on average each week, the Foundation positively impacts our communities by providing opportunities for people to become the best version of themselves. Ongoing partnership development is key to our strategy and together we can help strengthen our community.

Through our six themes of Sports & Physical Activity, Education & Skills, Employability & Training, Accessibility & Inclusion, Health & Wellbeing and Community Engagement, our aim is to help Sheffield become a more physically active, healthier, safer and inclusive community by providing enhanced life opportunities across the city in people's 10-minute travel bubbles.

To learn more about the programmes we have on offer, please visit our website at sufc-community.com.



Move More

Disability Sports Event
September 2023

“It gave me the chance to try out new activities without fear of judgement or any commitment. I loved the celebration event too! I go every year with my carer and try out new activities.”

Sarah



526
Attendees



21
Schools
attending



11
Disability charities
and groups



23
Providers delivering
activities



20
Student
volunteers

A huge thank you to Everyone Active and Burrows for sponsoring the event and thanks to all the activity providers and volunteers for their time and support.



