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# Aiming to be the most active school in Sheffield...

Words by Dom McDermott, a teacher at Hinde House Primary School and Move More Ambassador



*An active outdoor lesson at Hinde House Primary.*

Have we bitten off more than we can chew? Hopefully not! Physical activity and attainment have long been linked and at Hinde House Primary we strongly believe in the benefits. Children want to move more and schools are in a fantastic position to support this.

Creating active learning environments is nothing new at Hinde House. We have been taking children Beyond the Four Walls for more than ten years. Every week our activity programme takes a class out of school for the whole day. We start local, and for many children this can be their first visit to green spaces.

As they get older, we explore Mayfield Valley and Ecclesall Woods using local transport and our feet! By Year 5 we are walking to Meadowhall to catch a train out to the Peak District National Park and tackling challenging walks, including a dip in Padley Gorge. Every trip is linked to an area of the curriculum, uses local transport and is able to be enjoyed again by children with their families and friends. It's amazing

how often we hear: 'This is the best day of my life.'

Wheele Wednesday encourages children to travel to school on their own wheels. We get 100 children wheeling in through glorious sunshine but also in rain, wind and the cold!

Bikes are often used in lessons too, they're great when looking at friction and gears in science and children can often be seen scooting for the answer in a maths lesson!

We are raring to go to 'Introduce a parent to the HHK', the Hinde House Kilometre, our version of the Daily Mile.

Want to know more about how to make your school more active? Get in touch with our super Move More Ambassador - Dom McDermott: [dmcdermott@hindehouse.net](mailto:dmcdermott@hindehouse.net)

# Family fun in the school holidays



One-in-three Sheffield school children have free school meals and school holidays can stretch family budgets. Sheffield City Council worked with Voluntary Action Sheffield to provide activities and nutritious meals to make sure children didn't go hungry, get them out of the house and to Move More.

- 11,300 meals were provided with community picnics, sports, arts and science activities.
- 60 volunteers donated almost 2,000 hours to help cook, clean up and play with the kids.

Holiday activity programmes were

available across the city in areas with high levels of Child Poverty. Local charities ran the schemes including Manor and Castle Development Trust, Zest, Sharrow Community Forum, Heeley City Farm, The Furnival, Shipshape, SOAR and Pitsmoor Adventure Playground. Food was provided by The Real Junk Food Project and Fare Share Yorkshire.

Almost 3 tonnes of unwanted food went to a good cause - instead of going to landfill.

Maddy Desforges, Chief Executive from Voluntary Action Sheffield said:

“VAS is proud to have led this project which has made a huge impact to children and families across Sheffield. We want to thank all our partners for working so hard to meet the high demand.

Holiday schemes not only reduce the financial strain and food insecurity for families over the holidays, they stop parents feeling isolated and introduce them to volunteering. Over 3,450 kids got out of the house and made new friends. Families also tried different food and learnt how to cook healthy meals at home.”

To find out more about running similar schemes, visit [www.fillingtheholidaygap.org](http://www.fillingtheholidaygap.org) or to volunteer visit [www.vas.org.uk](http://www.vas.org.uk)

## Active Burngreave

Active Burngreave uses sport to provide a sense of belonging and tackle local health inequalities.

People, organisations and projects are helping bring the community together, using local places and skills to develop Burngreave's own approach to help everyone lead healthy and active lives.

Local groups receive support



and work together to increase opportunities, supported by Community Development Worker, Safiya Saeed.

Over 1,000 people have taken part in weekly activities in the past two years and 70 people have received training to become volunteers.

**Success Story: Big Brother Burngreave lets young people shine**

This project lets young people deliver their own activities, develop skills, friendships and aspirations.

Community leaders volunteer their time to mentor young people to ensure they stay involved in positive activities.

Four young men completed the Community Sport Leaders Awards and have led weekly activities for around 40 men at Concord Sports Centre.

“We need to work together to make sure we continue to shine in our community.”

Sahal Bare who completed the award earlier this year said: “We are young people with bright futures. It can sometimes feel as if there are influences on your life which are stopping your lights from shining.”

# UP-CYCLE!

## Modeshift STARS Case Study: Upcycled Wooden Pallet Cycle Storage

Shooters Grove Primary School, Sheffield



Shooters Grove Primary are embedding active travel in their daily school life using wooden pallets – Yes, really!

The school wanted to boost pupil skills and the confidence to be able to cycle safely, not only for school but for independent journeys, making cycling a more accessible and natural choice.

One barrier was found to be a lack of storage where cycles could be kept upright and safe. Bikes were being left on the floor and getting damaged when the existing storage was full.

The idea came through the school's Active Travel Officer Paula Edwards to make their own storage by upcycling old wooden pallets. Children learned

about issues around the environment, conservation and how to reduce waste by recycling materials.

The school worked with local businesses, getting the wooden pallets from a builders merchant. The caretaker built the bike racks once the children had painted the pallets. There was a grand opening

of the cycle storage where children and parents enjoyed a free healthy breakfast and had a chance to ride in the playground. This was followed by a cycle safety assembly for the whole school, where children learned about how to keep themselves safe when riding their bikes and the importance of being seen by other road users.

It's a great example of how a low cost solution can solve a potentially expensive problem.

## Schools Yorkshire Tour 2018

Sheffield's SY STARS Officers worked in partnership with British Cycling coaches and Forge Valley Cycle Track to host Sheffield's leg of the Schools Yorkshire Tour in June 2018.

Over 50 children from Sheffield took part in the event and valuable practical cycle skills were learned. The aim is to help children gain confidence in cycling and see it as a positive form of transport. A baton was passed between schools on its way to the city boundary for the Barnsley leg.

A total of 162 schools took part in this fantastic event.



During the two-week Tour, the baton travelled over 640km, starting in North Yorkshire and passing through, East Riding, York, Doncaster, Rotherham, Sheffield, Barnsley, Wakefield, Kirklees, Bradford, and Calderdale before ultimately finishing in Leeds.

## HSBC UK Let's Ride Events and Breeze Rides

On Sunday 15 July, Sheffield hosted the HSBC Lets Ride event which closed the roads of Sheffield for a street festival for thousands of bikes. In fantastic weather, locals got on their bikes to ride the 6.5km route, taking in landmarks as well as a host of family-friendly activities.

HSBC UK Breeze offers fun, free bike rides for women of all abilities across the UK. It doesn't matter if you're keeping fit, young at heart, wise beyond your years, or don't know how to change the gears. Every woman is welcome on our HSBC UK Breeze Rides.

We know it's easier said than done, so our Breeze Champions will organise everything, lead the group and make sure everyone stays safe. It's free and it's fun.

Find out more at [www.letsride.co.uk](http://www.letsride.co.uk)

There are plenty of other ways to keep riding throughout the year with Let's Ride in Sheffield. We organise everything from huge traffic-free rides through major towns and cities to small local rides which are great for families and beginners. We train volunteers to lead and inspire and we help you find great cycling routes, and people to explore them with.

# Move More Month 2018

In June 2018 Sheffield hosted another fantastic Move More Month with workplaces, schools and communities getting involved and racking up 6.2 million active minutes.

**Manor and Castle Development Trust** were among organisations who hosted a Move More event on Saturday 23 June 2018 on Manor Fields. The event encouraged people to be that little bit more active and to try things they may not have considered. There was a lot on offer from boxercise and kettlebell classes, grass sledging, crazy golf, Tai Chi and line dancing taster sessions.



**Sheffield International Venues** hosted a health and wellbeing event with Macmillan Cancer Care and others at EIS Sheffield. The event featured 35 local health, wellbeing and service partners and was enjoyed by over 200 people from the local communities. The aim was to promote a healthy lifestyle and to Move More, with something for everyone including table tennis, wheelchair basketball, walking football and light fitness classes.

**Kings Camps** also ran number events across the month including sessions at Endcliffe and Concord Park and paired up with British Cycling to host a joint event in the North East of Sheffield to encourage the community to come out and get active.

**Move More Hopscotches** appeared around the city, turning Sheffield into a playground. The playground-favourite grids could be found around the city centre, universities, leisure centres and businesses. Move More would like to say a huge thank you to everyone who sponsored a site including Mott Macdonald, Air Environmental, John Lewis, CMS Solicitors, Henry Boot and many more!



## Move More Month June 2018 – Workplace Challenge

It was another fantastic year with over 140 teams battling it out to become the most active workplace in Sheffield! The website and app encouraged employees take part in a whole range of physical activities from lunchtime running clubs to walking meetings to get those active minutes in!

B.Braun Medical Ltd were this year's winners of the coveted 'Most Active Workplace in Sheffield' title at a Move More awards ceremony held at Gripple's impressive GLIDE House facility in July.

B.Braun Medical Ltd, who have their UK Headquarters in Chapeltown, embraced the Move More challenge with the highest average active minutes score with

their team 'Striders not Strollers'.

The business has an Active Health and Wellbeing Programme with Zumba, yoga, employee-led 'desk to 5k' running groups, a daily lunchtime walking group, weekend family walks and seminars on topics such as strength and conditioning, nutrition and even sleep.

Other winners at the Move More event were Sheffield Teaching Hospitals winning the 'Most Engaged Workforce', Dave Lehane Page Hall Medical Centre as 'Most Active Sole Trader', Khadiza Begum was the 'Most Improved Individual' and the 'Most Active Team' was Legion Ops Sheffield Teaching Hospital.

Can you help people Move More in 2019?

If you have any events running in June 2019 that could use physical activity or sport into and help people to Move More - get in touch on Twitter or via email and we will give you a shout out to help to spread the word!



# A space to be active

The value of parks and green spaces is well known to improve health and wellbeing, especially in people living nearby. Activity can reduce the risk of chronic diseases and may also improve mental health and wellbeing.

Sheffield City Council's Parks & Countryside Service is investing £1.2 million of Public Health funding to improve parks and green spaces. The aim is to reduce the inequality in healthy life expectancy across the city.

The 3-year investment programme will support Move More's strategy to create a culture of physical activity and a city designed to make it easier to be active.

12 parks are being improved in the first year, out of 26 planned across the 3 years.

Parks and green spaces which have benefitted from Public Health investment include playground improvements to:

- Norfolk Heritage Park Playground,
- Hillsborough Park,
- Osgathorpe Recreation Ground,
- High Hazels Park,
- Richmond Park,
- Brightside Recreation Ground,
- Middlewood Park,
- Springwell Park and
- Cardwell Drive,
- and Multi -Use Games Area improvements at Duchess Road Open Space, Philadelphia Gardens.

"We also know that green spaces are important for getting out in the fresh air and becoming active, whether that's through walking, running, cycling or just playing. And that's why we're putting this extra money into the parks and green spaces in the areas of the city that most need it.

"Since reopening in July, Norfolk Heritage Park playground is attracting huge numbers of families from across the city who are now staying for longer periods. They can spend the whole day there walking, picnicking, bike riding and playing. Visitor numbers are also on the rise at the other improved parks with local people making the most of the new facilities."

"Since reopening in July, Norfolk Heritage Park playground is attracting huge numbers of families from across the city who are now staying for longer periods.

Councillor Mary Lea, Cabinet Member for Culture, Sport and Leisure at Sheffield City Council, said: "We in Sheffield are proud of our green and open spaces. From huge city parks through to ancient woodlands, open fields and urban playgrounds, we have much to cherish and enjoy.

For all the latest news and events on Sheffield's parks and green spaces follow **@parksSheffield** on Twitter, **Sheffield Parks and Countryside** on Facebook or visit The Outdoor City website at <http://theoutdoorcity.co.uk/>

## Middlewood Park Playground



Before



After

## Norfolk Heritage Park Playground



Before



After

# Move More Ambassador Stories



Vicky Paeschel talks about how she moves more and her inspiration.



10 years ago, I lost my mum to Motor Neurone Disease (MND), a fatal, rapidly progressing disease that affects the brain and spinal cord. I was inspired to create the monthly **'Move More Walk to D'Feet MND'** in the local community following my own personal experience of the devastating impact MND has on people living with the disease, their family, friends and carers.

It's a walk that brings people together and helps make a positive impact by raising greater awareness of MND and supporting the vital work of the local branch for people affected by this life-limiting disease in South Yorkshire. Family, friends, colleagues and members of the local community, regardless of age or fitness levels unite, and together take steps to d'feet MND.

Every walk is held at a different Sheffield park with walking routes being buggy and wheelchair friendly. Everyone is welcome to join in!

The walks are held on a Saturday morning, free to join and are organised

by South Yorkshire MND Association volunteers. Our monthly Walk to D'Feet brings together the community, provides a support network and is an innovative way of getting information on MND out to the public. It encourages better community integration and, by spending time with others, tackles feelings of loneliness and isolation to improve the health and wellbeing of everyone involved.

There will be a 3K Move More - Walk to D'Feet MND every month going forward, and we hope to see our walking group grow even more over time.

I am also currently planning a big Move More - Walk to D'Feet MND tribute walk on Sunday, 25th August 2019 and details will be confirmed in due course.

Want to become a Move More Ambassador, sign up here <https://www.movemoresheffield.com/ambassadors>

## Move More Musculoskeletal (MSK) Employee Briefings

Move More has been working with the physio-based Strength for Life team from Sheffield Hallam University, running workshops for employees across six Sheffield City Council work sites. These workshops are aimed at preventing or managing MSK issues using physical activity as a medicine for movement.

Move More Workplace lead Andrew Picken sits on the council's Health and Wellbeing group. He provides advice and support around physically active workplaces alongside specialists in HR, health and safety, and consultants in learning and development.

The briefings are popular with every session fully booked. Sessions cover the physical activity levels as recommended by Sally Davies the UK CMO (Chief Medical Officer) and included a special presentation from the new Strength for Life physio team about the benefits of strength training twice a week for the musculoskeletal system.

Employees can take part in a light practical session about strength. This stimulated some interesting questions from the enthusiastic audience. Move More partners Places for People and Sheffield International Venues provided free gym passes so people could try their facilities out for a week and put into practice what they have learnt.

# All aboard the Fitbus

The Reach South Sheffield Fitbus was set up in 2013 to help people living in the Gleadless Valley, Lowedges, Batemoor and Jordanthorpe areas of Sheffield to be more active.

The health practitioner employed by RSS had found that gym and swimming were two activities that people wanted to do, but a lack of transport, confidence and the cost were significant barriers.

125 people have used the Fitbus, with around 25 people using the service each week. Ages range from 23 to an inspiring 96!

Most of the people who use the bus had not been to a gym before, don't have their own transport and would struggle to get to the gym on their own.

One of the service users, Annie, has been going to the gym for over two years. She was signposted to the service to help her to get more active, lose some weight and improve her balance. She has lost weight, improved her strength, balance and fitness, and made new friends. "When I was at school, I'd almost

pray for it to snow every week in winter so I didn't have to do outdoor games. Now it's the opposite, 'Please don't snow tomorrow, it's gym day!' This scheme has changed my life in so many ways. I'd recommend it to anybody."

The bus runs on Monday morning and Wednesday afternoon and picks up from various locations. The cost is £4.50 per session which includes transport and access to the gym or pool. For more information please contact Kim Hinchliffe



on **0114 2398946** or email **kim.hinchliffe@gvcf.org.uk**

# Stocksbridge Community Leisure Centre

The North of Sheffield is going from strength to strength with a range of activities suited to all the community. The Stocksbridge Community Centre closed in 2013 but was re-opened by the community in 2014 with a wide range of rooms and services.

These include; a five-court sports hall, indoor bowling green, activity studio, dance studio, three squash courts, gym, 25m pool & learner pool. There are activities for all ages and abilities and 'Wrigglers and Tiddlers' for new borns and mums.

An exercise referral scheme has been started for GPs to signpost people with health conditions. This has been a huge success with a 90% retention rate and an improvement of peoples health and wellbeing.

Barry is now a gym member having completed a 12-week exercise referral scheme to improve his mobility and ease pain: "I think the scheme was brilliant and helped me very much," he said. "I joined the gym membership scheme and continue to be active, improving my all-round health".

# One Nation Community

The ONE NATION COMMUNITY project was pioneered by someone who had concerns about the rising antisocial behaviour in the Netheredge/Sharrow area, and the need to engage young people and channel their energy in a positive way.

The project is led by Wajid Nazir and project manager Jabina Bashir who wanted to use her coaching skills to help young people, especially young women and girls.

'Anti-social Behaviour was a concern for local residents, who were seeing youngsters taking drugs or hanging around on street corners and forming gangs. Police time was being wasted as officers were forced to focus on nuisance behaviour, and there were concerns that not enough was being done to alleviate the situation.'

In 2016, One Nation Community won the prestigious 'National Community Sports Project' award from Sport England at the British Ethnic Diversity Sports Awards (BEDSA). They have been working to share this model in towns and cities in the UK, with results that are better than expected.

Since then, One Nation has also won the Unsung Hero award at the Sheffield Celebration of Sport Awards, and a Gold Sportivate Award at the Houses of Parliament.

One Nation have also introduced the first women's only multi-sports sessions which lets women and girls get into sport and education. These are aimed at those who are hard to reach and face barriers to enjoying health and sports. These can include male coaches, body image, cost, dress code, language and other communication barriers that can make women feel excluded.

One Nation is currently engaging with young people at primary and secondary school level with initiatives such as 'drop the knife get a life'; a joint campaign launched in 2015 by Cheryl Robertson. The project deals with anti-knife awareness through education and sport, the joint initiative also had the first ever Knife Surrender Bin in South Yorkshire installed at One Nation.

One Nation want to create an atmosphere of young people 'growing into sport' and more importantly using sport as a hook, to build a cohesive community.

Timetables and events are on the Facebook page at 'One Nation Community', or follow them on Twitter @Onenationcc, email [info@onenationcommunity.org.uk](mailto:info@onenationcommunity.org.uk)

# Community Exercise Referral

With over 20 years' experience, Dave Birds has started up Community Wellness Services, offering gentle exercise sessions in local community settings. These include community centres and church halls, offering sessions for almost everyone with any ability or medical condition.

The sessions are part of the city's SPARS Exercise Referral pathway so anyone can refer people to the sessions, or people can just turn up and take part.

"We set up some fun sessions with a friendly feel to get people moving again."

Sessions are available at Shiregreen, Shirecliffe, Chapeltown, Millhouses, Hackenthorpe, Frechville and Crookes with more venues coming.

Contact **0114 5537807** or email us at **info@communitywellnessservices.co.uk**

# Delivering Olympic Legacy in Sheffield

Six years on from the 2012 Olympic and Paralympic Games, Sheffield Olympic Legacy Park is bringing together elite athletes, professional sports, education, new skills and applied research to deliver a lasting health and wellbeing legacy.

Former Sports Minister and Project Lead for Sheffield Olympic Legacy Park, Richard Caborn, said: "One of the unique offers in the 2012 Olympic bid was to deliver legacy on health and wellbeing through the four themes of sport, economy, local community and sustainability.

"Sheffield has taken this on board and is the only city in the UK delivering this legacy thanks to many institutions working together - including Legacy Park Ltd, Sheffield Teaching Hospitals, Sheffield City Council and Sheffield Hallam University."

Sheffield Olympic Legacy Park incorporates Sheffield Hallam University's Advanced Wellbeing Research Centre (AWRC), which will act as the research hub for the National Centre for Sport and Exercise Medicine (NCSEM) in Sheffield.

The NCSEM which oversees Move More is a 2012 Olympic Legacy project locating clinical services with physical activity facilities to help people with a medical need to exercise more easily. The project is already delivering significant results - such as providing 80,000 appointments per year in three



specialist sites where NHS clinics are based in leisure centres, changing delivery of NHS care and improving patient experience.

Building work is underway on the AWRC which is due to open in 2019 and is set to become the most advanced research and development centre for health and physical activity in the world, creating 'innovations to improve health'.

The AWRC sits at the heart of Sheffield Olympic Legacy Park, which also comprises the Oasis Academy Don Valley, UTC Sheffield Olympic Legacy

Park, a 3G pitch – to be used by Sheffield United Women Football Club and home to Sheffield Eagles Rugby League Football Club, - run routes, cycle paths, a synthetic cricket square and green open spaces for community use.

To keep up with news and events follow @OLPSheffield on Twitter, like the Olympic Legacy Park page on Facebook or search Legacy Park Ltd on LinkedIn. You can also subscribe to the monthly e-newsletter by emailing [info@olympiclegacypark.co.uk](mailto:info@olympiclegacypark.co.uk)

## A Celebration of Sport

Almost 700 guests attended Sheffield Olympic Legacy Park's Celebration of Sport event, which was organised to recognise the city's past, present and future athletes and held at the English Institute of Sport Sheffield - where many of the city's sports stars train, among the top names in attendance at the event were 2012 Olympic champion Dame Jessica Ennis-Hill

Seven sports awards for individuals, groups or teams in the Sheffield City Region were presented on the night and further information can be found by going onto the website. But winners included;

- Community Amateur Sports Club

2018: Hallam Barbell – which has outreach programs including Olympic Weightlifting, Powerbelle, MindfullySTRONG and Strong4Life available to all aspects of the community

- Contribution to Sport & Physical Activity in Education 2018: Malin Bridge Primary School – where PE is a key priority in the school's development plan, allowing it to establish an innovative curriculum that has developed staff and pupil skills
- Move More Power of Sport 2018: Burngreave collective – which takes a collective community approach to using sport as a tool to impact social

outcomes and community issues

The Rt Hon Richard Caborn, Project Lead for Sheffield Olympic Legacy Park, said: "The variety and level of sporting talent coming out of Sheffield is exceptional and something we should all be very proud of.

The event was held in the centre of the Indoor Athletics Arena at the English Institute of Sport Sheffield and included a show opener by members of Sheffield Sharks and Onboard Skatepark, and an auction in aid of The Children's Hospital Charity and SportsAid Yorkshire and Humberside.