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The city celebrated its inclusive sports offer and provided an opportunity to have a go at activities

CALL FOR ARTICLES

Send your articles to:
Tom.Hughes@sheffield.gov.uk

Move More Month – Your City Needs You

Move More Month is coming...



What is Move More Month? – Each June we ask people across the city to make their lives a little more active. You can try new sports, set yourself a challenge or join with businesses, community groups and friends to make a healthy change to your lifestyle.

Why Move More Month? – We want Sheffield to become the most activity city in the UK, and we can't do this without you. That's why every year we promote lifestyle changes that make a lasting difference and can give you a better life.

How do we measure this? Well, some of this we can't, but we would love you to download the Move More App. Its free and you can help us clock up as many active

minutes as possible. Can we beat last year's total of 6.8m? You can also enter a team into the Move More Workplace Challenge to become the most active workplace in Sheffield and win prizes!

But we don't want to stop there, we want you to spread the word and encourage everyone around you to take part. Why not make a pledge on the Move More Website and tell us how you are going to Move More!

Join the movement on twitter by following [@MoveMoreSheff](https://twitter.com/MoveMoreSheff) and use the [#MoveMoreMonth2019](https://twitter.com/MoveMoreMonth2019) whenever you share how you moving more!

Visit: MoveMoreSheffield.com for more information

Physical Activity: People Keeping Well - Link Worker Network



‘People Keeping Well in their Community’ uses activity to help reduce demand on our health and social care services. It’s aim is that people ‘are more connected, more resilient and know where to go to get timely help.

This is one of Sheffield’s great approaches to what is known as ‘Social Prescribing’. It’s about resolving social issues and connecting people to ‘things that matter to them’ locally. This reduces the risks of declining health and wellbeing.

The Link Worker Network lets front-line workers to get to know each other,

keep up to date with what’s happening locally, share ideas and find what’s available from other organisations.

“Link Workers across Sheffield do a fantastic job of supporting some of the most vulnerable people in our communities and we want to celebrate that”, said a spokesperson. “With Social Prescribing growing, we think it’s important that front-line workers get the best development opportunities and the chance to share knowledge and skills.”

In February the Link Workers gathered at Sheffield Town Hall for an event on physical activity and the wider benefits, understanding motivations and barriers, and the

challenges faced in getting people to Move More.

The day was designed to build confidence about using the benefits to motivate and inspire communities to be active. The event was hosted by Voluntary Action Sheffield, Yorkshire Sport Foundation and Sheffield City Councils’ Physical Activity Team. It also got Link Workers moving with a short walk round the city centre finishing at Devonshire Green. This showed the benefits short bursts of physical activity can have on energy and concentration.

For more information contact:
Zahira.Begum@sheffield.gov.uk

Move More Empowered Communities

The Empowered Communities project will make it easier for people to be physically active locally. The National Centre for Sports and Exercise Medicine (NCSEM) has got Sport England funding for the three year project to place communities at the heart of the Move More programme.

The project will be led by Voluntary Action Sheffield (VAS) who will use their expertise and networks to help it reach its full potential..

Making the most of the assets in the community is at the heart of the Empowered Communities project and the Move More plan. A start has been made on this but more needs doing to make lasting changes. There are 3,000 organisations across Sheffield in the voluntary and community sector,

which is a fantastic opportunity for increasing reach into communities.

Adam Batty will lead the project for VAS and use his skills in “asset-based community development” to work with local groups to make lasting improvements in physical activity levels. The role will look at how the needs of communities can be tackled at a strategic level, and influence the wider Move More programme.

The project will also develop and

expand the Move More Ambassador Network, make the most of outdoor spaces across Sheffield, provide support to fill gaps in provision and work with People Keeping Well community partnerships to develop social prescribing.

If you’d like to find out more about the project or how to get involved, please contact Bluebell Smith, Health and Wellbeing Lead, VAS
A.Batty@vas.org.uk

How schools can get involved in Move More Month - Take on the 10-day Active Travel challenge 10 – 21st June 2019

Schools across South Yorkshire are getting ready to take on the 10-day active challenge in June, so why not sign your school up to do this as part of Move More Month?

- Reduce congestion
- Improve air quality
- Increase active journeys to school
- Improve health & wellbeing
- Free to take part!
- Win prizes!

Don’t just take it from us, Matthew Kerry from Limpsfield Junior School who said;

“It made a real difference. It was great to see families walking who I know usually drive. I’ve seen a lot since carrying on walking instead. There’s much less traffic at the end of the day, and children are now allowed to come to school on their scooters all the time! Thanks a lot!”



Register your school by emailing:
Kathryn.harrison@sheffield.gov.uk

Move More Launch – Dedication is what you need! #MoveMoreGWR #MoveMoreMonth2019



For a particular generation the names Norris and Ross McWhirter or Roy Castle may mean something to you, for others it may be Cheryl Baker or Chris Akabusi.

For this year’s Move More Month launch we are setting bar high - Sheffield is going for a Guinness World Record.

We had fun turning Sheffield into a playground last year, playing hopscotch around the city, but this year we want to take a hop, skip and jump further! Let’s set the record for the most people playing hopscotch together!

The current record stands at 621 and we want to smash it. The attempt will take place on Monday the 20th of May at the Fly DSA Arena with up to 800 taking part in teams of 4.

Whether you want to participate, come down and help on the day or even sponsor Move More Month please get in touch.

If you want to come along please contact the Sheffield City Council’s Physical Activity and Sport Team with your name and contact number to book your place:
scphysicalactivityandsport@sheffield.gov.uk

Space is limited so get in early to avoid disappointment.

Move More – Top 5 ways to get involved

- 1) Download the FREE App – This tracks your progress in helping Sheffield become the most active city in the UK, and you can earn your activity medals!
- 2) Move More Workplace Challenge – Sign up a team and compete to become the most active workplace in Sheffield, and beat last year’s winners B Braun Medical!
- 3) Move More Pledge – Head over to the Move More Website and tell us how you are going to get involved in Move More Month!
- 4) Move More Marketing Toolkit - <https://toolkit.movemore.co/> use the Move More branding for your sessions, competitions, social media or activities, it’s there for you to use!
- 5) Build Physical Activity into your daily routine – Take a walk, head to your local park, join a group, go for a swim! Share your good times online with [@movemoresheff](https://twitter.com/movemoresheff) and use [#MoveMoreMonth2019](https://twitter.com/movemoresheff)



The health revolution is at Graves

Since its refurbishment and reopening in September 2016 Graves Health and Leisure Centre has seen visitors more than double.

Places for People Leisure, who operate Graves have a special membership package called Places Wellness, aimed at improving health and vitality.

One of the people feeling the benefits is Jackie, and here’s her story:

“I Feel 100% healthier with Places Wellness. I’m 72 and been retired for three years. For two of them I did nothing to get healthier, but then I saw the Wellness gym and the story starts there.”

“I have osteoarthritis and tried many diets and exercises over the years without success. Places Wellness is the type of exercise to get me fit and healthy without being too strenuous. I also started swimming at Graves along with healthy eating which has really helped towards my fitness.

I have lost two stone in weight, can walk better and don’t get as much pain in my joints. I have also cut down my medication from six tablets a day to two. My blood pressure, diabetes and cholesterol have all come own. Which I don’t think would have happened without the exercise.

Throughout my journey, all the staff have all been very supportive. I would advise anyone to take up this form of exercise. It has improved my quality of life and I feel healthier and fitter than I have for years.”



Sheffield International Venues - Swimmer of the Week!

SIV started the Swimmer of the Week programme last year, rewarding children for hard work and progress in swimming lessons.

When chosen, the young swimmer gets a visit from one of the SIV team at their school, a certificate and 30 swimming passes to encourage their classmates to give swimming a go. This is a great motivation to the children to continue their progress!

It’s also proving to be immensely popular with parents as well as children. One granddad said: “You are absolutely wonderful. Thank you so much for making her day so special, it’s one to remember for the rest of her life.”

Across the school year there will be over 40 awards, giving over 1,200 children the chance to try swimming for FREE!

SIV have also rolled out a Gymnast and Athlete of the Week, which will see an additional 80 awards presented. This will let nearly 4,000 children try sports for free.



SIV – Free Coached programme places

Sheffield International Venues have given 500 free spaces on their coached sport programs to children who aren’t engaged in physical activity outside of school.

The children enjoyed ten weeks of lessons across a range of venues and sports including swimming, ice skating and gymnastics.

Children from over 65 of schools had a go and feedback was very positive about how it improved physical and mental wellbeing:

“Thank you so much for the opportunity Aaron has had, he totally loves it. He wanted to learn to swim and has become a lot more confident as the weeks have gone on.”

To help them keep up their chosen sports, SIV have let children enjoy more activities at a discounted rate to make the most of this fantastic opportunity!

Active Burngreave with Yorkshire Sport Foundation

Active Burngreave uses sport and physical activity to help the Burngreave community create social change and have a positive impact on social issues.

The community-led project is funded by Comic Relief and mixes activity with training, education and supports community members. Some of the projects coming up include:

Romano Jilo - Delivering both traditional Romani Dance sessions for local young people and an outreach project with local Roma families, aiming to improve their understanding of living healthy, activity lifestyles. Sessions will take place on Saturdays at Page Hall Youth Centre.

Reach Up Group - Working with girls and women from BAME communities across Burngreave, providing a range of sport and physical activities. The project also trains and mentors volunteers, and helps women and girls to develop their skills so they can run their own local projects. Sessions will take place at Verdon Recreation Centre.

Aspiring Communities Together-



‘Community Connectors Project’- Providing information about what is going on in the area, a chance to meet new people and improve health. Walks are organised to services across Burngreave and beyond, learning about what is on offer locally, how to get involved in projects and how to access services and support with your health. Sessions take place on Thursday, meeting at Fir Vale Healthy Living Centre.

We are still open for applications to Active Burngreave for projects from £500 up to £5000.

For more information on the above please contact kathryn.mudge@yorkshiresport.org or Safiya.Saeed@yorkshiresport.org

Pulse

The new Parklife Football project will be delivered by Pulse though its charitable arm Leisure United in partnership with Sheffield City Council. The company runs new football hubs at St Georges Park (SGP) Graves, SGP Thorncliffe and SGP Westfield.

“Since we started we have had over 700,000 visitors through the doors, with over 71,000 people registered to play football.” said a Pulse spokesperson.

Each site has two partner clubs who use the facility as their training & home. The clubs are Abbey Lane, Junior Blades, Thorncliffe Juniors, Steel City, Mosborough Juniors and Beighton Magpies who have enjoyed their first season’s training and playing at the facility.



“We offer casual training and turn up and pay and play sessions. We have 1,300 teenagers just having a kick about every week. All sites also run the new F.A. Wildcats initiatives to get girls from primary school through to 11 playing football.

“Walking football is another great way to get active and we often have over 20 people taking part. The youngest is 36 and the oldest in his late 80s.

“The great thing about the hubs is that anyone can play and we have something for everyone. We offer 9v9 adult leagues or tournaments, a causal kick about and even kids birthday parties.”

Westfield also has a state of the art Gym with 120 stations and over 45 classes to choose from.

AFC Unity

AFC Unity is a socially progressive, multi award-winning women’s football club and social enterprise. Their Solidarity Soccer sessions give woman of all abilities from complete beginners a chance to have a go. It’s an informal training session for woman aged 16+ of any experience and ability and takes place 7-8pm on a Wednesday evening at the U-Mix Centre.

A participant, Helen, explains: “It mixes football skills and games and it’s a really friendly group. You’re made to feel welcome regardless of experience and ability, everyone’s efforts are valued.”

AFC Unity Director and Solidarity Soccer Ambassador, Jaimee Reeve, says “Solidarity Soccer is a fantastic way to exercise while meeting new people and learning new skills. We welcome newcomers and always look forward to supporting them to get involved.”

To find out more visit <https://afcunity.org/solidarity-soccer/> tweet @AFCUnity or email afcunity@gmail.com

South Yorkshire Housing are Walking the World

South Yorkshire Housing have recently set about trying to “Walk the World” to get employees to move more both in work and beyond.

It does exactly as it says on the tin, they are planning to virtually walk around the world. On their “journey” so far they have passed through Europe, India, China and Australia, and at the last count have completed 43 million steps with a mere 37 million left to go!

The idea came from their staff and it has had a real impact on wellbeing and behaviour.

“The challenge got me going as I wanted to be the one to have walked the most steps in the group. In the

meantime it’s got me used to walking everywhere rather than use transport.”

Others have been getting their family and friends involved in their challenge!

If you want to get your workforce or workplace more active, why not download the Move More Sheffield App and register a team for the Move More Challenge in June. You can compete to become the most active team and wrestle the title from B Braun Medical!



Pedal Ready

Frank got back on a bike after a 50-year break with Pedal Ready Cycle Co-op in February 2018. After starting with a Cycle Confidence course in Endcliffe Park he powered through all three levels of Road Confidence courses and now rides his own bike.

“I suffered bad health, diabetes and high blood pressure and my doctor (a cyclist) suggested that I did more exercise.”

After reducing his medication and feeling well enough, Frank saw the Pedal Ready sessions advertised. “I didn’t own a bike at the time but bikes were available to those taking part so I thought I’d give it a try. When I started in February 2018, I had not ridden since I was 12 years old.

“After practicing in the park and moving through the road confidence courses, I bought my own bike in April and then started cycling the 3.5 miles from home to Endcliffe Park.”

Frank has started cycling for an hour every day and regularly rides with a local cycling group.

Because of the cycling Frank has reduced his blood pressure medication and is physically fitter. “I have also met some nice people and we plan to cycle together. I’m hoping to get fitter, buy a turbo-trainer and aim to use my car less.”

The Pedal Ready Cycle Co-operative offer free learn to ride, cycle confidence and road confidence courses through Sheffield Cycleboost Scheme, with bikes provided.



www.pedalready.co.uk 0114 2412775 admin@pedalready.co.uk



Claire Davis is a Community Facilitator in Shiregreen and the surrounding areas, working with families wanting to do more activity or try something new.

“What’s your Game?” is a project with a difference says Claire: “Instead of setting up activities for people, I will work with families to help them set up their own projects and find realistic ways of fitting activity into their busy routines.”

“During June, I shall be doing something I wouldn’t normally do, every day. Whether it’s rolling hula-hoops round Concord Park, chasing bubbles, or dancing, I’m going to give it a try and hopefully by the end of the month, I will be fitter and have had a few laughs.

“Want to get involved? I want to get as many people joining me as I can. Please give me a ring or drop me an email on the details below. Look forward to meeting you!”

You can contact Claire Davis on 0114 213 4077 or Claire.Davis@soarcommunity.org.uk

Cycling Without Age

Cycling Without Age (CWA) Sheffield is a programme to combat loneliness and gets care home residents who spend a lot of time indoors out in the open. It’s new to Sheffield but has been running in about fifteen towns and cities in the UK.

CWA use a specially adapted tri-bike, a three-wheeled, e-bike with space for two passengers at the front and pedal powered by one ‘pilot’. Each trip starts from the care home and takes two passengers out for a ride around quiet roads and local parks, giving them the chance to enjoy the seasons, see what has changed locally and share memories. Cycle pilots are volunteers committed to slow, safe cycling and chatting with our passengers.

The first tri-bike was bought following a £9,500 grant from The National Lottery Community Fund. The voluntary organisation had previously won £1,000 at Sheffield

Soup in October and additional funds from Shipshape, Gripple, Waitrose and May Hearnshaw Charitable Trust. The tri-bike is based at Nuffield Health Centre in Napier Street, travelling to care homes in Sharrow, Nether Edge and Broomhall. They hope to get funding to base tri-bikes at more locations around Sheffield and work with care homes across the city. Ten pilots are being trained to start rolling out visits very soon.

Clare Rishbeth quote “We can’t wait to take our passengers around our beautiful Sheffield parks. It’s lovely to be out in nature and to feel the wind in your hair”.

If you would like to know more about being a volunteer pilot, contact Clare Rishbeth at clare.rishbeth@cyclingwithoutage.org.uk

On Board Skate Park

On Board Skate Park was originally built to offer a safe yet challenging place for young people to go and practice extreme sports. Amy and Jan came up with the idea while watching their grandchildren ride around on BMX and scooters in a cold warehouse – it would be a legacy to Amy’s father and Jan’s late husband who had a great interest in youth based projects.

In early 2018 On Board Skate Park were awarded funding from Sport England to turn the skate park from old crusty ramps and dim lights to a state-of-the-art, well-lit skatepark that will create its own footprint in the skatepark world.

“The impact this has had has been incredible, ‘Scooter holiday clubs’ during the holidays are jam packed with scooter lessons, fixing and maintenance workshops, smoothie making, graffiti and games!!!”

There is ‘Alternative Education Provision’ where they work with vulnerable young people who have often been taken out of mainstream education, have mental health issues or are in the care system.

The programme has had a massive impact on the young people both socially and emotionally, with one of the participants commenting: “Thank you so much Amy, this has been amazing & I would never get chance

to do this stuff”.

Local riders are also working with them and sharing knowledge and equipment with the participants saying: “people are nice to us here, usually they wouldn’t trust us”!

On Board Skate Park also hosts a free “ladies night” ran by Kayley Ashworth in partnership with StreetGames on the last Friday in the month. There are some amazing ladies that consistently attend from all over Sheffield and other cities including Manchester and Liverpool.



Parkour in Sheffield

Parkour, or Freerunning took off in France in the 1980s. Its a discipline of running, jumping and climbing to move freely over and through any terrain, using only the abilities of the body.

In recent years parkour facilities have been built in parks and green spaces , the first in Sheffield was in Endcliffe Park and has proved incredibly popular.

More recently, the Parks & Countryside Service have been working with local communities and schools near Broadfield Park in Nether Edge and Colley Park near Parson Cross on a new design. The aim is to provide parkour and fitness enthusiasts with a training facility and also spark interest for new users. At Colley Park this will be part of a wider improvements including landscaping and a new playground.

The aim is to have the new facilities built this year and continue working with the parkour community to organise events to raise the profile of the facilities. This will engage and inspire the wider community and get more people running free.



Help us spread the word about the importance of moving more. Start by dropping us a line at : MoveMore@Sheffield.gov.uk

WALKING FOR PURPOSE

Using Physical Activity to improve Employability

Walking for Purpose (WfP) is a project delivered by Sheffield City Council's Physical Activity and Sport Team, using the power of walking to help people move closer to the job market.

Working across People Keeping Well areas in Sheffield and with voluntary organisations they are successfully working with some of the hardest to reach members of Sheffield's communities, changing people's lives.

Tom Hughes the Project Manager explains: "it's a relatively simple approach, we are taking participants on a walk and moving away from the traditional employment sessions. We often find that these individuals are low on confidence and self-

belief. Getting outside and having a conversation with them has a real impact."

"The benefits of activity on your physical and mental health are well known and we are seeing significant improvements in wellbeing."

A recent participant commented that "It's reversed my life completely, because I've now got a paid job and completed training courses, so it's a real success. I can't champion this project enough."



If you are an organisation or a participant that wants to get in touch you contact the project team on 0114 273 4266 or walking4purpose@sheffield.gov.uk

Sheffield Hatters helping Children in Need



Sheffield Hatters have got funding from Children In Need to put on holiday activity camps for children at Goals Sports Centre each school holiday for the next 3 years.

The activity camps will be filled with stimulating and engaging activities, from multi sports, basketball coaching, fun games, healthy snacks and more! The activity camps will help build the confidence of children and young people

and teach them life skills while making friends and having fantastic holiday fun!

The project supports low income families, young carers, children with low confidence and self-esteem or who need a break from pressures in the home.

All camp places are fully funded so there is no cost to the participant.

Daily Mile – How to get involved in Yorkshire!



A new Daily Mile coordinator has started in Yorkshire to bring the benefits of manageable bursts of activity.

Shania Boom says: "The aim of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children – regardless of age, ability or personal circumstances."

It is a profoundly simple but effective concept any school can implement completely free of charge and without the need for staff training. Its impact can be transformational – improving not only children's fitness, but also attainment, mood, behaviour and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity. Children are encouraged to jog or run outside for 15 minutes every day at a time of their teacher's choosing.

"As The Daily Mile Local Coordinator for South Yorkshire and West Yorkshire, I help primary schools get started on their The Daily Mile journey. This could be an assembly/launch day, providing more information, ideas of how to keep it going or sharing stories of other schools successfully making it work.

"If your school has successfully used or adapted The Daily Mile, let me know and keep tagging me in your Daily Mile pictures on twitter @ShaniaBoom_

Sign up www.thedailymile.co.uk or contact Shania.boom@yorkshiresport.org 07964 209341

If you would like some more information please get in touch with Rachael Jenkinson via email inspireactivities@gmail.com

Active Pupils at Angram Bank

Angram Bank Primary School worked with the Arches School Sport Partnership and Sponsor Sport GB, to showcase how improvements to playground space would increase activity levels at school. The Primary Exercise Zone was completed in less than a week and has already changed playground activity for pupils.

It's a cost-effective solution for primary schools who want to improve outdoor spaces, enhancing sport, education and recreation. Using bright, water-based acrylic coatings, the existing playground is transformed using bold blocks of colour and simplified line markings to create an area that is adaptable and engaging for both children and staff.

"It has been amazing to see how the design has encouraged a range of pupils from the school to become more active, and in such a short space of time," said one teacher. The school will now offer staff learning opportunities with Arches SSP on how the space can be used within PE lessons. They will also be developing ideas on using the space to encourage activity throughout the school day in other subjects.



Before



After

For more information on Primary Exercise Zones please contact Sponsor Sport GB on ssgbinfo@gmail.com

Planning for an Active School

All schools should ensure all pupils are active for 30 minutes throughout the day, as well as supporting them to be active for 30 minutes outside of school. So it's important that schools plan, monitor and evaluate opportunities to make sure that they are working.

The Active School Planner, developed by the Youth Sport Trust and supported by Virgin Media is a fantastic tool to help schools to work out where they are and plan further developments. The dashboard creates heatmaps for each class to show which parts of the day are more sedentary than others. It also provides a range of ideas and an action planning tool to make significant changes to the amount of activity offered to pupils from EYFS to Year 6.

The Active Schools and Pupils Group across the city is working hard to promote many of these ideas. If you are looking to get children to Move More inside and out of school, please contact your School Games Organiser who will be happy to help.

To access the Active School Planner please visit www.activeschoolplanner.org

Active Archie Parties are a winner for Key Stage 1!



The Arches School Sport Partnership have held Active Archie Party events to show Y1 and Y2 pupils just how much fun you can have being active. The events based at the EIS and Concord Sports Centre entertained over 450 children.

Schools could bring whole classes to enjoy party-based games that they can play back at school as well as at home with families and friends. Bubbles and balloons helped pupils with their hand-eye coordination there were

party anthems to keep them moving all day. Pupils also got a free activity voucher from SIV to get them active outside of school.

Sheffield Schools Active Awards 2019

Nominations are now open for the Sheffield Schools Active Awards Evening to celebrate the fantastic work that has taken place developing physical education, physical activity and school sport within the city.

The event is on Wednesday 10th July 2019 at the English Institute of Sport, and will be delivered by the Sheffield School Sport Partnerships / Networks and other partners.

This will be a celebration of everything that has been achieved over the last academic year and we would love lots of nominations!

If you would like to nominate your school for any of the below awards then please contact us to find out how by the end of May 2019.

The awards that will be presented include the following and many more:

- **Primary School of the Year**
- **SIV Health & Wellbeing Award**
- **Outstanding School Sports Crew- Primary & Secondary**
- **Active Girls Award**
- **PE & School Sport for All Award-Inclusion**
- **Leadership in an Active School Award- Headteacher or Governor**
- **Secondary School of the Year**
- **Sports Leader of the Year Award- Primary & Secondary**

If you would like to find out how you can sponsor one of the awards then please contact us for more information.

Contact Adam Fuller - AFuller@forgevalley.sheffield.sch.uk

BIG STEPS OF HOPE – A 5K tribute walk – Raising funds for the MND Association

Join the Big Steps of Hope Tribute Walk to d'Feet MND on Sunday, 25th August 2019 in Graves Park, Sheffield. The 5k walk is in support of the Motor Neurone Disease (MND) Association and will bring together families, friends, carers and supporters to raise funds and awareness.

It is an chance to remember all the loved ones, friends and colleagues and an opportunity to fight back and to bring us closer to a cure. It reflects the dedication and increased hope that one day, there will be a world free from MND.

Everyone is welcome to join in, regardless of age or fitness levels. There will be a tombola, raffle, cakes, music, fun and of course, the 2-lap walk around the beautiful Graves park! It's a family-friendly event, all paths are buggy and wheelchair friendly, and you can even bring your four-legged friends to take part.

Every step makes a difference and will bring us closer to finding a cure. Whether you are walking in memory of a loved one or in support of someone, you are helping to ensure no one faces MND alone.

All proceeds raised through registration fees and fundraising activities on the day will help to support people living with MND and their families, and provide vital funds for research.

Together, let's take steps to d'feet MND!



To join the Big Steps of Hope Tribute Walk to D'Feet, please register on <https://www.bigstepsofhope.co.uk/>. Entries are £12 and include a Walk to D'Feet MND t-shirt and a commemorative finisher's medal.

Move More celebrates inclusive Sport in Sheffield

In celebration of Sheffield's growing reputation for inclusive sport, hundreds of people had a go at new activities at a Move More event on Thursday 28 March.

Since hosting the 2018 Special Olympics, disability sport is going from strength to strength in and around the city. Sheffield City Council, SIV and Within Reach have been working hard with other partners to promote physical activity for all, regardless of physical or mental ability.

Many clubs, groups and centres run sessions for people with disabilities to make sure they have the support they need to live an active and healthy life.

Local groups came together at The English Institute of Sport (EIS) to provide free taster sessions in activities like wheelchair basketball, bowls, cycling, dance, tennis and more. The event attracted 250 school children and 180 adults, some attending with their parents and carers, who were encouraged to try as many activities as they wished.

One participant said: "I had the best day ever at the EISS, I loved everything. I had never ridden a bike before and

it made me feel amazing, I am going to go to happy cycle club at Forge Valley every Friday now".

David Bly, Sports Programme and Engagement Manager for SIV who supported the event said: "The day celebrated the great partnership work that is happening across Sheffield in disability sport.

"There is a commitment to providing entry opportunities to people with disabilities, both young and old, with this showcasing some of the existing pathways across the city today."

Find out about more activities by visiting www.move moresheffield.com



These Girls Can (and do!)

We hear lots in the news about girls not engaging in sport. At Hinde House we hope that this isn't the case. Over the past few years we have made changes to our PE and sport curriculum to try and engage more children, girls included, to move more in a range of different ways.



The introduction of waveboards (think skateboard but with only two wheels, one at the front and one at the back) have proved to be a huge success, particularly with girls. 'All the girls can do it' is often heard from the boys! It lets children to surf in the

outdoor city or if it's a little cold, use their imagination and snowboard down the slopes!

As members of the Arches School Sports Partnership we have been able to take part in a bouldering

competition at the Climbing Works. And yes, the girls love it! For a city known for its rock climbing it really is great to introduce children to this amazing sport.

Mass participation in sport is a key feature of our House Competitions. We start with a tug of war competition in September and finish with sports day in July, and along the way we race our bikes and run through mud!

Most recently it was the cross country competition with the whole school running throughout the whole day. The Y5/6 race was highly competitive with the girls in the photograph finishing in the top six! That's girls and boys running together over the same distance, supporting the Totally Runnable initiative. Hopefully PE and sport at Hinde House is totally inclusive for all, enabling all children to move more.

Sheffield's Advanced Wellbeing Research Centre

Professor Rob Copeland has a clear vision for the future of Sheffield's Advanced Wellbeing Research Centre, commenting "Increasingly, healthcare in the twenty-first century is not just about treating illness and disease, it is about supporting people into better health, wellbeing and wellness,".

"The AWRC is in prime position to shape research, innovation and practice so that future generations are active enough to benefit their health, wellbeing and economic outcomes."

Rob Copeland was recently appointed the new director of the world-leading Sheffield Hallam University centre. He has been tasked with driving forward its mission to improve the health of the nation. He will take the helm at what is set to become the most advanced research and development centre for health and physical activity in the world.

"I am thrilled to be appointed the new director of Sheffield Hallam's Advanced Wellbeing Research Centre - Inactivity leading to long-term chronic illness is a global challenge. New, technological advances make it so easy for us to lead sedentary lifestyles but they also have huge potential to help people self-manage and adopt and maintain healthful behaviours. "



As director for the National Centre for Sport and Exercise Medicine in Sheffield - a London 2012 Olympic Games legacy programme that aims to improve the health and wellbeing of the nation through sport, exercise and physical activity - Professor Copeland is well placed to tackle the key healthcare issues of today.

In Sheffield, the NCSEM has been the catalyst for a systems approach to

increasing physical activity under the banner Move More, which aims to transform Sheffield into the most active city in the UK by 2020 by making it easier to be active as part of everyday life.

Under his leadership, the AWRC will seek to find solutions to key issues affecting the nation such as; physical inactivity and rising obesity.

Sport Development in the Community

SDC in the Community are a new society within Sheffield Hallam University, we are made up of Level 4 and 5 Sport Development with Coaching students. Our aims are to:

- Create a legacy of a student-run committee to develop sport within the community
- Enable those already active to become more active
- Provide a link from the university to outside partnerships
- Improve individual development skills as well as bringing communities together through sport and physical activity.

We strive to achieve these through creating small projects within the community, while also creating networks and working with existing organisations to increase the opportunities and participation within sport and physical activity.

SDC in the Community are a relatively new group. However, over the past few months we have created multiple networks. We have been involved in a meeting with Yorkshire Sport Foundation, created links with Street games, provided coaching sessions to students at Barnsley College and most recently been involved in a meeting with a member of the Scottish RFU to help provide potential opportunities for Women and Girls in Rugby.

For the future, as a group we are aiming to expand our society to be able to support many projects and organisations that improve sport and physical activity. We will also be creating our own projects that will have a positive impact within communities through sport and physical activity.

Over 60 years married and still exercising together!

Peter and Una Wade from Shiregreen, are local ambassadors for the area. They have volunteered for many years at the Shiregreen Community Centre, painting stage backdrops to making pork sandwiches at events. The centre on Sicey Avenue has been a very important part of their lives, and now their daughter helps run the centre.



Their secret to still be helping, despite being in their early eighties is they like to keep fit and take part in a gentle exercise class every week. Una was originally referred into exercise for her COPD over fifteen years ago with Dave Birds, a local fitness instructor, and brought her trusted sidekick Peter along for the journey.

Peter and Una now exercise on Tuesday mornings at their second home, the Shiregreen Community Centre. The classes are delivered by Community Wellness Services which is a one-hour gentle exercise session suitable for anyone of any ability, and is part of the trusted Sheffield Physical Activity Referral Scheme.

“We enjoy the classes immensely, they help maintain our good health and give us the energy to keep going. Clare makes it fun and friendly, so why not come along,” said Mr & Mrs Wade.

Sessions are delivered in community settings around the city, call 0114 5537807 for details.

Cycle for Health – Tinsley Women on the Move

A group of women from Tinsley were the proud recipient of a well-earned cycle trip to the Peak District National Park.

Peak District Mosaic, an organisation that encourages and supports BAME and other communities to enjoy the countryside got funding from Tinsley Community Fund for a project to encourage and introduce the women to cycling in a different environment. The funding covered transport, bike hire and Pedal Ready Cycling instructors to lead a group ride on the Monsal Trail.

On 20th March the women who have been learning to ride and building their confidence at the women-only session in Tinsley set off on a new adventure – cycling in the UK’s first National Park.

The women were elated to be out in the countryside on a cycle path without any traffic. They hit the trail and cycled from Hassop Hire Station to Cressbrook and back.

Avril and Simone – Pedal Ready cycling instructors were very pleased to see the women enjoying themselves and developing their confidence. The women have come a long way from learning to ride a bike to actual riding.

Avril said, “we cannot underestimate the sheer strength and courage it takes for these women to just turn up to a session, yet alone to be seen in public and riding a bike.

“The women area an example to the community to encourage others to get active”