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**CALL FOR ARTICLES**

Send your articles to:  
[Tom.Hughes@sheffield.gov.uk](mailto:Tom.Hughes@sheffield.gov.uk)



**New campaign to help people with long-term health conditions get active.**

We Are Undeatable is a national campaign in support of the 15 million people who live with one or more long-term health conditions in England. Launched in August, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives.

The campaign brings together 15 health and social care charities along with Sport England and benefits from National Lottery funding.

We Are Undeatable wants to inspire, reassure and support people by showing how people living with a variety of conditions – both visible and invisible – find their own ways to be active.

Sometimes a short walk might be all you can manage or it might be swimming or getting

active at home. It all helps.

Sheffield is one of the areas that will be leading the way in delivering this campaign so keep your eyes peeled and follow @movemoresheff on social media.

**WE ARE UNDEFEATABLE**

Join the movement on twitter by following @MoveMoreSheff and use the #MoveMoreMonth2019 whenever you share how you moving more!

Visit: [MoveMoreSheffield.com](http://MoveMoreSheffield.com) for more information

# We need your help to get the workplace moving!



You might know that Sheffield has big ambitions for our economy and tourism, but did you know our vision is to become the most physically active city in the UK?

We know a more active and socially connected city has health benefits that far surpass any prescribed medication, but we need to do it together.

To make a difference where we work we need Move More Ambassadors – people like you who can help colleagues think about being a little more active and get all the amazing health benefits that comes with it.

By getting your workplace involved you can help improve the lives of all those who work around you, simply by moving more.

It's as simple as leading by example, maybe changing how you travel to work – even if it's only getting off a few bus stops earlier. You could take up a new activity or start weekly lunchtime walks taking advantage of the city's parks, green spaces or leisure facilities. Sheffield Olympic Legacy Parks for example is great for walking, running or cycling.

We would love to grow our network of ambassadors in workplaces across the city. As an ambassador, you will be kept up to date on the latest Move

More ideas and could help us with next year's workplace challenge.

Being an ambassador doesn't require a big commitment, and there will be opportunities to meet up and share how you are helping people get more active in the workplace.

You will have a contact at Move More that can support you with a welcome pack, digital flyers, logos and templates to help promote any activities at work.

Want to know more? Contact Andy Picken at: [ajp28consultancy@gmail.com](mailto:ajp28consultancy@gmail.com)

## Could you help people Move More as a community ambassador?

Are you someone who always sings the praises of physical activity? Someone who wants everyone where you live, work, or play to benefit from all the good stuff physical activity brings? If so, you could be one of our Move More Ambassadors.

We want to help people get their communities active. This could be as part of your day job or as a volunteer. We want to know what people where you are do to get active and get more

people involved. We can support activities in the community and help include activity opportunities in groups where activity isn't included.

We can help with training, money, and our time and effort to make things happen. We are particularly interested in ambassadors who work or live in Darnall, Manor, Woodhouse or Gleadless Valley, but all are welcome. Get in touch with Adam to find out more about how to get involved, or what the role would entail.



Want to know more? [A.Batty@vas.org.uk](mailto:A.Batty@vas.org.uk)

# New blood at The National Centre for Sport and Exercise Medicine in Sheffield

Dr Anna Lowe, a chartered physiotherapist with a special interest in activity and healthy ageing is the new programme manager for the Sheffield Centre.

Anna will be based at Sheffield Hallam University's Advanced Wellbeing Research Centre (AWRC) at the Sheffield Olympic Legacy Park. Anna will work alongside current NCSEM and AWRC Director, Professor Robert Copeland, and the rest of the NCSEM partners to shape the next phase of the Olympic Legacy programme including the Move More programme.

Anna said "I am absolutely delighted to be joining the team as Programme Manager. It's a great opportunity to use my experience in education, clinical practice, research and leadership to drive forward the ambitious plans to make Sheffield the most active city in the UK."

Anna is well placed to drive forward real changes to tackle inactivity across the health and care system having worked in the NHS for many years as a physiotherapist.

She developed her interest in activity through her doctoral study and secondments with Public Health England. More recently, she has worked with NHS England in the National Cancer Programme team and is also Lead Allied Health Physical Activity Clinical Champion for Public Health England.

Professor Copeland said "Anna is a superb addition to the NCSEM team here in Sheffield. Her leadership, understanding of system issues at a local and national level and her clinical insight and research background will be of real value as we work towards transforming Sheffield into the most active City in the UK. I'm sure everyone involved in NCSEM and Move More will join me in welcoming Anna to the team."

## South Yorkshire School Games come to Sheffield!

Friday 5th July saw the South Yorkshire School Games County Finals return to Sheffield. Nearly 1,000 children and young people from schools across the county came together in a celebration of sport and activity. The day was the culmination of the hard work that pupils, teachers and School Games Organisers had put in throughout the school year.

There were a record number of events and competitions in both traditional sports including Tri Golf, Cricket, Orienteering and Hockey as well as new activities like Cycling, Fencing, Outdoor Team Games, Adventure Challenge and the first South Yorkshire Schools Colour Smash.

This colourful spectacle saw 200 Secondary School Girls take part in a 3km run while being pelted with powdered paint. The event was a huge hit and the first time that many had been chosen to represent their school. Next year this event will grow and allow many more young people from across Sheffield the chance to take part, get active and have lots of fun.



## Challenging Times at Montenev Primary – But in a good way!

Changes are afoot at Montenev since PE Coordinator Jake Fisher decided to challenge his pupils to get more active.

In the autumn Jake introduced Montenev Movers at the school as a 'Personal Challenge' project. His aim is to get more children engaged with productive activity at lunch and breaks without putting off the less sporty children.

The project invites pupils to have a go at different activities at break times and try to beat their own score.

With the help of play workers and sports ambassadors, Montenev Movers has seen more and more pupils taking part in sport and physical activity challenges at the school.

Weekly challenges are displayed on brightly-coloured noticeboards dotted around school. These promote the personal challenges for the week, explain the rules and are meeting points for clubs, and activities.

As a member of the Points Learning Network who advocate personal challenge events, Jake and his team at Montenev are a great example of turning ideas into action. Keep up the excellent work!

## Sheffield hosts annual Age Better Conference - Making great strides against loneliness

In July, Sheffield hosted the annual Ageing Better Celebration, which attracted over 100 delegates from 13 other delivery areas around the country.

The programme which is funded by the National Lottery Community Foundation's Ageing Better programme brought people to Sheffield's Town Hall to share good practice and learnings from their previous projects.

The delegates were also treated to a walking tour of Sheffield's City Centre by Tom Hughes from Sheffield City Council to showcase our wonderful city and the now famous Move More Hopscotch. They were such a hit that some people did them twice!

A great example of action in Sheffield is Better Journeys, delivered by PWLC. They give advice and support

to help the elderly use buses as well as walking and cycling.

At the other side of the city, Sheffield Mind's project The Ripple Effect provides support for people who live in Beauchief and Greenhill ward and who have been bereaved. Part of what they do is help people rekindle lost passions for activities including gardening, which can make a real difference.

Sheffield Mind project Wellbeing Practitioners helps people cope with mental health challenges through dance and movement therapy.

**If you want to join over 2,000 people and be part of the action, you can find out more at [www.agebettersheff.org.uk](http://www.agebettersheff.org.uk) or contact the Age Better in Sheffield team on 0114 2900 294.**

## Health Walks at Sheffield United Community Foundation!

Bramall Lane has been the starting point for regular walks for two years. The Health Walk programme helps people face inactivity and isolation and is run in partnership with Step Out Sheffield and Drink Wise, Age Well.

The sessions run from the stadium every Wednesday from 10am until 12pm. Most walkers are retired and the group walk at a pace that suits everyone. A big part of this idea is to tackle inactivity and social isolation.

Sheffield United Community Foundation offered to help when approached by Step Out Sheffield volunteers.

Step Out Sheffield volunteer walker and treasurer Nigel Ross explained how the Community Foundation has helped: "Just over 3 years ago our programme was taken over

by volunteers. We started talking to Sheffield United Community Foundation and within a couple of days we were on our way starting the walks from the club.'

'With 30 walkers regularly attending, Bramall Lane has been a huge pull, particularly amongst men, which is a demographic that we sometimes struggle to hit.

'It's a feather in our cap that we've got a walk at a Premier League Club.'

**To join the Health Walk, please meet up on Wednesdays at 10am at the statues in the Bramall Lane main car park. The walk usually takes around an hour, with hot drinks and biscuits available afterwards**



## Step Out Sheffield

At a loose end? Want to socialise more (maybe with a bit of exercise thrown in)?

Then why not join us on one of our free weekly Health Walks?

Walks start from 29 locations across Sheffield throughout the year. We walk for an hour at a comfortable pace so you can chat and usually round it off with a cuppa. Walks are free, the cost of refreshments varies from walk to walk. All are led by a team of trained volunteer walk leaders.

We make sure walks start within easy reach of public transport, and most start at a time when those with bus passes can use them! You do not need to book, just turn up on the day.

If you are just beginning your journey, our Health Walks are between one and two miles and certainly not trekking across moors or climbing mountains! You do not need special equipment, just some sensible clothing and shoes are all you need.

**Step Out Sheffield runs these walks as part of the national Walking for Health scheme, currently administered by the Ramblers. If you have any queries you can email us on [admin@StepOutSheffield.org](mailto:admin@StepOutSheffield.org) telephone us on 075 0563 9524 or visit the Walking for Health website [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)**

## Meet Yorkshire Sport Foundation's Team Sheffield

Yorkshire Sport Foundation are the Active Partnership for South Yorkshire and West Yorkshire and believe in the power of sport and physical activity to change people's lives. The vision is to create a vibrant, healthy and prosperous Yorkshire through sport, supporting the work of local, regional and national organisations. To help that happen in Sheffield the local team is led by Development Manager Rachael Weston with two Development Officers, Lauren Havercroft and Kendle Hardisty.

As Development Manager, Rachael ensures that Yorkshire Sport Foundation are contributing towards the Move More Strategy for Sheffield. Kendle works across the north and north east

of Sheffield and Lauren covering the east and south east of the City.

Yorkshire Sport Foundation can offer support for clubs, schools, community groups or other third sector organisations and have Satellite Club Funding to support activity around 14-19 year olds. If you want to find out more visit [www.yorkshiresport.org](http://www.yorkshiresport.org) or contact one of the team.

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[Kendle.Hardisty@yorkshiresport.org](mailto:Kendle.Hardisty@yorkshiresport.org)

## Sheffield pupils promote Clean Air Day around schools

Active travel has been on the agenda for primary children in Sheffield to improve the quality of air around school.

In June, youngsters from Nether Edge Primary School and Watercliffe Meadow Community Primary School made a stand against air pollution with a day of active travel as part of Clean Air Day. This was a first of its kind event and part of city's Move More Month.

There was a range of activities for the day, including an active travel breakfast aimed at encouraging families to leave the car at home and move more on the school run.

Glen Road and Boynton Road were closed in the morning to stop idling engines outside the school gates and keep the children safe from busy traffic.

At Nether Edge Primary, most of the children walked, cycled or scooted to school before playing on the Move More hopscotch court and enjoyed a healthy breakfast.

Katie Hall, co-headteacher of Nether Edge Primary School, said: "We're very much a school that goes the extra mile. These children are our future so we want them to be fit, active and healthy. To be able to walk to school, safely and in a nice, safe environment is a great start to that."



## Will you join the new junior parkrun at Olympic Legacy Park?

Sheffield Olympic Legacy Park is setting up a brand new junior parkrun for 4-14s with a launch on Sunday, November 17 from 9am.

Set within the Olympic Legacy Park you will be running round the new state of the art Advanced Wellbeing Research Centre and home of the Sheffield Eagles and Sheffield United Women's Football Team. What better way to countdown to the Tokyo Olympics in 2020?

So if you are aged between 4 and 14, get yourself along!

**Volunteers wanted:** If you want to help, get in touch and sign up. You may be a parent or relative or just keen to inspire the next generation to Move More.

If you are interested or want more information head over to [www.sheffieldolympiclegacypark.co.uk](http://www.sheffieldolympiclegacypark.co.uk) or contact Claire Fretwell via email; [Claire.fretwell@olympiclegacypark.co.uk](mailto:Claire.fretwell@olympiclegacypark.co.uk)



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## Move More 2019 launches with Guinness World Record

664 participants, including hundreds of pupils from schools, businesses, community groups and GP's surgeries across Sheffield broke the Guinness World Record for the amount of people simultaneously playing hopscotch at the city's FlyDSA Arena.

For more information visit [www.movemoresheffield.co.uk](http://www.movemoresheffield.co.uk)



The record attempt officially launched the city's 2019 Move More Month, which ran throughout June.

Move More Sheffield is a physical activity programme to make Sheffield the UK's most active city. The mass-participation project is run by the National Centre for Sport and Exercise Medicine (NCSEM), a collaboration between universities, healthcare trusts, local authorities and private and voluntary sector organisations.

Sheffield hopped, skipped, and jumped their way to a Guinness World Record to launch Move More Month.



## Davy's Sporting Club takes the Move More title



Davy's Sporting Club just off Prince of Wales Road in Darnall romped home to win the Move More Challenge in June, racking up on average 190 active minutes each day.

The team who collected their trophy and prize at the awards evening said that they had set themselves a target of hitting 20,000 steps each day and this has started to change their behaviour.

Activities included how they travelled to work, taking the stairs, getting out and about wherever possible and even sneaking in a walk around the house and garden before bed to hit their targets!

They took home the top prize of £300 which is to be spent on equipment to help other people Move More!

Fancy taking on Davy's Sporting Club and going for the title in 2020? Stay in touch with any upcoming developments via social media by following @movemoresheff

## The Most Active GP Surgery is...

Falkland House Surgery took home the coveted title of the most active GP surgery at the Move More Awards in July. The surgery team logged an average of 131 active minutes each day throughout June.



Zoey Hall, Practice Manager said that 'We were a team of 12 runners, cyclists and walkers. We first got involved with Move More in 2018 after hearing about it from another GP Surgery. We wanted the challenge to motivate ourselves, but we are also hoping to inspire and promote wellbeing amongst our patients.

"It helped to push ourselves further as individuals, but was also great for team bonding. It gave us a common interest outside of work and are already looking forward to Move More Month 2020!"

As well as being the most active surgery, they also came second overall in the Move More Challenge. They will use their prize money on a set of blood pressure machines that can be borrowed by patients to use at home.



## Workplace wellbeing celebrated at Move More awards event

B Braun Medical Ltd generously hosted Sheffield's most physically active businesses and individuals to help them celebrate their achievements during Move More Month at a special awards ceremony in July.

Awards went to the district's top three most active workplaces, most active team, best newcomer, most engaged workforce, most active GP Practice and most active sole trader.

Guest speakers included Greg Fell, the Director of Public Health. He explained how Move More and Sheffield's ambition to become the most active city in the UK is a priority for health, community and the economy.

Tom Hughes, Move More project lead at Sheffield City Council, said: "Millions of active minutes were recorded in Move More Month. It was great to celebrate the activity achievements of workplaces and individuals from across the city at the home of one of Sheffield's most physically-active organisations, B. Braun Medical Ltd.

For more information visit [www.movemoresheffield.com](http://www.movemoresheffield.com)

## It's all go at Walkley Primary School



Walkley Primary School pledged to get involved in Move More Month and get pupils active inside and outside of school. What they didn't expect is that the Move More buzz would catch on with the staff as well.

The Staff Team were crowned the most active school in Sheffield following a month of walking, running, cycling and sport.

"At Walkley we love a good, healthy competition, and when an opportunity arose for us to take part the staff were very keen! This is the second year we have competed and due to its huge success in 2018 nearly three times as many staff joined in this year!"

The teams included teaching staff, support staff and the

cleaning and maintenance teams. Co-workers were split into mixed teams from across school with a team leader to keep them motivated and complete their active minutes. This included encouraging staff through the school day, joining in with the children during active assemblies and playtimes, and getting their classes outside moving as much as possible.

Teachers and staff said how they could clearly see the morale improving, with everyone feeling much healthier and happier.

**48 Sheffield schools** pledged to become More Active during June with active lessons, extra clubs, sessions and challenges in the playground plus much more!

Sheffield ran, swam, hop, skipped and walked their way to a staggering **3.6 million active minutes!**

Over **130 businesses, groups and organisations** signed up to the Move More Challenge!

People set up their own events and put on new sessions to encourage more people to become active!

We would like to say a huge thank you to everyone who was involved!

## Step into the ring

Greentop Circus are flying high with circus skills classes with children and adults taking to the air and its open to absolute beginners. Greentop are also the only organisation in South Yorkshire offering regular early years, parent and child and autism circus skills classes.

Greentop also offer a range of children and adult classes for any level or ability. Research currently being undertaken with Hallam University is starting to show the full range of how circus benefits health.

Richard Moore from Sheffield Hallam University's Sport Industry Research Centre says "Circus activity contributes to improved physical and mental wellbeing and helps to develop confidence as well as providing a strong foundation for physical development. It is also beneficial to those who aren't attracted to traditional sports because it is fun, inclusive and provides a range of varying activities for people of all ages."

For more information visit: <http://www.greentop.org> or contact: Teo Greenstreet 0114 244 8828 for more details.



## Manor and Castle are helping Men to Move More

"Recently we've been focusing on supporting and encouraging men to move more, particularly men who don't usually do sport or physical activity" says Kellyanne Sharman, Health and Wellbeing Development Officer at Manor and Castle Development Trust.

"We know that a lot of people don't see themselves as 'sporty', but they can still make small changes and find ways to enjoy themselves while being more active."

Kellyanne knows the importance of people making their own choices about the activities they want to do, having conversations with colleagues and a local group for men in the Norfolk Park and Arbourthorne area. Members of the group identified their interests, past hobbies or skills and worked together on a programme of activities that they wanted to do.

Kelly Anne says "Some of the activities such as pitch and putt, walking football, table tennis and crown green bowling are obviously active but just getting up and out of the house to meet, play pool and listen to a speaker is beneficial. Many of them have spent most of their time in the house, rarely going out or socialising.

They all say that they've been enjoying themselves and that the group makes a difference to their mental and physical wellbeing."

For more information contact [info@manorandcastle.org.uk](mailto:info@manorandcastle.org.uk)



## Walking the talk



They say mighty oaks from tiny acorns grow, something similar is happening at the walking football at Stocksbridge Community Leisure Centre. The sessions started in 2016 with just enough participants for five or six-a-side. Sometimes only three.

Now though, they now regularly attract 18 with ages from 59 with the eldest nearly 72. Besides the football the session has created friendships, camaraderie, laughs and fitness. "Who would ever believe that we would be playing football at our time of life experiencing the craic, laughs, competitiveness and the smell of liniment that we experienced 30 /40 years ago. Its brilliant."

The group are not just competing locally, they recently travelled to a tournament in Holland, finishing 3rd!

**So if you're 50+ and still want a kick about, try Walking Football. Get a work out, meet new people and have fun. Whether you have played before or not, come down and have a go on Thursdays from 12 noon to 1pm.**

Its very popular so please call the centre to book a place on 0114 288 3792.

## Ground-breaking 'I Can' centre is helping users Move More

A ground-breaking 'I Can' Therapy Centre run by independent charity Valley Leisure Ltd encourages those with long-term health conditions to increase their physical activity. Its first Impact Report shows how using 'I Can' is helping users move more and feel better.

The report reveals over half of their users are living with three or more conditions such as musculoskeletal conditions such as osteoarthritis, neurological conditions including MS, Parkinson's and post-stroke, cardiac and pulmonary conditions. A quarter consider themselves to be disabled with many users over 60 and a high proportion being over 71.

Importantly, the 'I Can' Impact Report features inspiring feedback from users which resonates with the national

'We Are Undefeatable' campaign (see page 1) launched by Sport England and national charity partners at the end of August.

"I no longer feel as lonely or isolated."

"I can tie my own shoelaces again after having had to wear Velcro straps after the stroke."

"My strength and mobility have increased."

"I've dropped 2 dress sizes."

For the full Impact Report visit [www.icantherapycentre.co.uk](http://www.icantherapycentre.co.uk)



## Crescent Runners

Sheffield's running boom saw a new group launch this summer, with Crescent Runners setting out to encourage more Asian people to lace up their trainers and get out into the Outdoor City.

Crescent Runners are a social running group setting about getting people off their couch and into running.

"We're hoping to get more people running, exercising and improving their fitness in the Asian and Muslim communities," said Arif Ali, one of the founders.

"You see mostly white faces at running events, so by launching our group on social media and taking part in events like the Round Sheffield Run, we hope to double or treble the numbers of Asian and Muslim people running over the next couple of years."

Marathon runner Arif said many young Asian people are encouraged by parents to focus on studying and careers rather than exercise, so find it harder when they're older.

The group aims to launch a Couch to 5k course in the autumn and will be visiting community centres, mosques and temples to promote how running can help fitness and mental health.

The group is not an affiliated athletics club, so competitive members can stick with their own running clubs as well as with Crescent Runners.

"Anyone interested in getting involved can contact the group on social media", said Arif, adding that parkrun and local running clubs are all helping to spark interest.



## Workers Step Out for Milestone Walk in Sheffield

A scheme offering free weekly guided walks across Sheffield city centre celebrated its first birthday in October. "Sitting down all day at work can lead to a number of health risks", says Richard Pilgrim, from South Yorkshire Passenger Transport Executive's (SYPTe) Sustainable Travel team, and one of the scheme's accredited walk leaders.

"According to a survey by the Get Britain Standing campaign group, the average UK worker sits for 8.9 hours a day, which can lead to health problems."

"A walk at lunchtime is a quick and easy way to increase your physical activity without taking too much time out of your working day", says Richard.

The weekly walks, in and around the city centre, are part of Step Out Sheffield – Walking for Health, the biggest volunteer-led walking for health scheme in the country, which offers 60 weekly options across the city.

Lorna Martin, a Service Information officer who has been enjoying the SYPTe-led walks since last January, says: "Joining the Wednesday Walk has become part of my routine and I'm much fitter for it. I can see different parts of the city but not have to spend time looking into routes that fit in with my timetable – that part is done for me."



Weekly walks depart every Wednesday at 12:30pm from SYPTe's head office at 11 Broad Street West and last 40 to 45 minutes spanning a variety of routes. For more information visit <https://www.travelsouthyorkshire.com/organisedwalks>

# Take a Chance to Dance

Participants at Sheffield Dance to Health groups at Fir Vale, Stocksbridge and St Augustine's chose to celebrate their move towards becoming sustainable by taking part in Chance to Dance, which took place throughout Sheffield City Centre on a very hot Saturday 29 June.



The groups that meet up for activities that improve stability came together for a joint public performance with the public invited to join in.

"Everyone had been rehearsing the

choreography since early June. It was a great showcase for Dance to Health in Sheffield and we were privileged to have been selected to take part in the festival this year" said one of the group.

An audience member said, "Anything that can convince me to dance in a public place must be a great model. The accessibility of the steps was great and the enthusiasm of the leaders and participants was inspiring."

Martin, aged 79 said: "Chance to Dance made me feel invigorated and happy. Great to have the opportunity to perform in the centre of town. There was a feeling of togetherness."

Dance to Health Local Coordinator Jenny Johnson adds, 'I have been lucky enough to see all three groups rehearsing. It was brilliant to see it all come together, particularly as we had wonderful sunny weather. It hasn't felt right dancing to 'Walking On Sunshine' these past few rainy weeks!'

A big thanks goes to the Dance Artists, Peer Motivator volunteers and participants for all the hard work that went into this memorable performance

## Sports Van for Sheffield International Venues (SIV)

Over the summer, Sheffield International Venues got funding for a "Sports Van" scheme. It headed off into Sheffield's communities and provided sports activities to children and young people, keeping them active during the summer holidays.

As well as providing sport, the children had access to free food and drink to encourage them to eat healthier. 17 different parks were visited across the city each week of the holidays.

The children who took part in this scheme all came from all different backgrounds and had a chance to take part in a number of sports.

After the 6 weeks, children were given equipment to keep and take home, to encourage them to stay active! If you would like more information; info@siv.org.uk



## Swapping afternoon nap time to exercising with friends makes all the difference for residents

Guildford Grange, a purpose built 'Extra Care' Supported Places Housing Scheme swapped normal afternoon routine for a Gentle Fit Weekly Activity programme. It was tailored for the residents, over-55s who require support to help them live independently.

The 4-week programme was delivered by the leadership team from Places Leisure Sheffield, with activities like seated sports, gentle exercises programmes and relaxed mindfulness. People particularly enjoyed the friendly competition when completing the activities, which enabled them to swap their normal afternoon naps for mini tournaments between the groups.

Weekly sessions were well attended, with an inspiring 99 year old who attended every week and thoroughly enjoyed it. The feedback after the very positive:

"It was great to have the session to

look forward to each week and a highlight to our activities. It lifted my mood and energy levels."

"Bringing everyone together and doing a little bit of exercise with friends made this session something to look forward to each week and has inspired me to get active."

To help residents Move More and stay active Rochelle Scott, Places Leisure Contracts Health and Wellbeing Manager, shared home exercise DVD programmes in the communal area so people could be active together.

Rochelle added, "We had a fantastic

response to the programme from residents who all engaged with the weekly sessions. Seeing the residents smile and get involved in the activities was brilliant and we thoroughly enjoyed delivering the programme.

This programme is one of many offered by the Places Leisure Health and Wellbeing team, who support a range of health-focussed physical activity programmes for those living with a range of health conditions. Even a small increase in light and moderate activity can make all the difference to physical and mental wellbeing.

## First Ever Invictus Trials Come to Sheffield

Sheffield gained another notch on its sporting belt this summer as it hosted the first ever Invictus UK Trials.



The event saw almost 500 wounded, injured or sick military personnel and veterans compete in an adaptive multi-sport championship and wider programme of activity.

Run by the Invictus UK partnership comprising Help for Heroes, the Ministry of Defence and the Royal British Legion, events took place from 22-26 July, across Sheffield's top sporting venues.

Over the five days 475 competitors, supported by their friends, family and local community, competed in up to nine sports – archery, athletics, cycling, indoor rowing, powerlifting, sitting volleyball, swimming, wheelchair basketball and wheelchair rugby.



## Moor-foot, Less-lift at work

We know that sedentary working can have negative impacts on physical and mental health. Using the stairs is a simple and effective way to fit moderate exercise into your day, improving health and wellbeing.

Each year more evidence shows how long periods of sitting increase the risk of chronic health conditions and shorten your life .

To support Sheffield City Council's Being Healthy at Work Strategy, the stairs are the way to go.

A project at Moorfoot includes installing better lighting on both main stairwells with motivational posters by lifts to encourage stair use. Pull-up banners and direction signs were put in public areas to provide a nudge and Staff and visitors are directed to the stairs as the first option by reception staff.

# Women's Football European Championships coming in 2021

Sheffield United's Bramall Lane stadium will stage games in the prestigious continental championship featuring teams from 16 countries, played at eight venues across the country building to a showpiece final at Wembley Stadium.

The announcement is a boost for the economy and profile of the Sheffield area, Sheffield United's aspirations to host more high-profile fixtures and the development of the women's game at all levels.

Sheffield City Council and Sheffield United worked with partners across the city to contribute to the FA's bid for the competition, which also includes provision for team training facilities.

Councillor Mary Lea, Cabinet Member for Culture, Parks and Leisure at Sheffield City Council, said: This is not only fantastic news for England, but for Sheffield and the City Region. Sheffield is the home of football and the sport has a proud place in our city's history.

I'm thrilled that the combined efforts

of the council and our partners at Sheffield United have helped to secure this world-class event, which as a city we are well equipped to deliver.

The competition will be especially exciting for women and girls who are interested in sport and for everyone who's a football fan but more importantly will inspire a whole new generation of female footballers.

Involvement in women's football is growing across South Yorkshire and with EURO 2021 games set to be played in Sheffield and Rotherham I am sure this will rapidly continue. We look forward to sharing further announcements of the matches that will be played in Sheffield and to the excitement leading up to the competition in 2021.

Keep your eyes peeled for further announcements over the coming months!

## Sport & Physical Activity for Disabled People in Sheffield

The new Sport & Physical Activity Brochure for Disabled People in Sheffield aims to provide information on local sports clubs and leisure facilities.

You can find club details, session times, dates and costs. The directory also provides information on sport and leisure facilities as well as useful contacts for help or advice. This directory has been designed to be accessible and an up-to-date guide of all the sports clubs, activities and facilities throughout Sheffield.

To download the latest brochure, please visit [www.withinreach.org.uk](http://www.withinreach.org.uk)

## Sheffield will host Rugby League World Cup in 2021

Sheffield has been selected as one of 14 host cities who will get a piece of the action in the Rugby League World Cup 2021.

Following a successful bid from Sheffield City Council and partners, Sheffield has been chosen by the RFL to host an England men's group game at Bramall Lane. The wheelchair games, including the double header semi-finals will be at the English Institute of Sport.

As well as the city's significant role in the tournament, Sheffield will also have opportunities to be involved in the RFL's diverse InspirationALL legacy programme.

The tournament, which will be held in October and November 2021, is planned to be the biggest, best, most attended and most viewed Rugby League World Cup ever. It is estimated that the games will be watched worldwide by 150million people across 115 countries.

The games will be one of the most

inclusive and diverse events ever hosted in England, promoting the three simultaneous disciplines of the men's, women's and wheelchair Rugby League World Cup.

In Sheffield the sporting stage for an England men's game will be Sheffield United Football Club's Bramall Lane stadium, which holds 30,000+ spectators.

The SIV-operated English Institute of Sport, Sheffield, located at the Sheffield Olympic Legacy Park will stage games in the wheelchair tournament.

