

Organisation	Activity	Day / time	Cost	Other information
The Albert Table Tennis Club Darnall Baptist Church, Darnall Road, S9 5AL www.inclusivepingpong.co.uk	Table tennis / Ping pong Group coaching sessions, private 1-1 session.	Variable		See website for further details
Aspergers Children and Carers Together (AACT) St Mary's Community Centre, Bramall Lane, S2 4QZ 0114 223 0242 / 07527 824 034 www.acctsheffield.org.uk	ACCT Academy Football Club Inclusive football for autistic children / young people aged 7 – 19 years @ Goals Sheffield, 95 Norfolk Park Road, S2	Fri 6-7pm		Contact Nicola: Nicola.hough@acctsheffield.org.uk 07527 824 034
	Swimming Exclusive hire of the pool for ACCT members @ Hillsborough Leisure Centre	Once a month on a Sunday 4.30 – 5.30pm		Contact ACCT for further details.
Sheffield Mencap and Gateway Norfolk Lodge, Park Grange Road, S2 3QF www.sheffieldmencap.org.uk 0114 276 7757	Fitness Fanatics Led by two experienced fitness instructors. The group is to help people with a learning disability to adapt a healthy lifestyle through exercising.	Thurs 6.30 – 7.30pm	£3	Contact for further details.
	Cricket Led by a professional cricket coach, also offer table cricket.	Tues 5 – 6pm	£3	
	Snooker	Tues 5.30 – 6.30pm	£3	
	Men's Football training @ Goals Sheffield	Third Weds of the month	£5	
	Women's Football Training @ Norfolk Lodge	Every 2 weeks on Monday evenings	£3	
City Knights Football Club Sheffield Works Dept and Social Club Heeleybank Road, S2 3GL	Football training for people who are partially sighted – all sight levels welcome.	Every Friday evening		Please contact for more information

Cityknightsfc@hotmail.com				
Coach 2 include				
Cycle Happy Club www.cyclehappy.org	Cycling for people with a learning disability @ Forge Valley Circuit Sheffield	From 1 st April 2022 Fri 6 – 7pm		See website for more details
DAWS Community Gym Isobel Sports Ground, S20 8FA www.dawssheffield.co.uk	<i>Waitign for info</i>			
Derek Dooley Football Academy Goals Soccer Centre 95 Norfolk Park Road, S2 2RB www.derekdooleyfc.co.uk	Inclusive Football for people of all abilities	Sat 10am – 12pm		
Dancing for Health www.dancingforhealth.co.uk 07721 046757	Dancing for people with long term health conditions. Seated Dance Class (ONLINE) Dance Class (ONLINE)	Thurs 2 – 3.30pm Tues 10.30am	FREE FREE	Call to book a place. Please call or see website for details of other classes running at various venues across the city.
Wisewood Sports Centre 75 Laird Road, S6 4BS www.placesleisure.org/centres/wisewood-sports-centre 0114 233 5457	Inclusive Multi-sports session Inclusive Gym	Weds 11am – 12pm Mon – Fri 11am	Vary	Please call or see website for more information.
Lynx Basketball Club Goals Soccer Centre, 95 Norfolk Park Road, S2 2RB 07969 810555	Basketball club for people with a learning disability	Tues 5 – 6pm	£10 per month	For more information contact Michelle Guite: shellguite@hotmail.com

07769 Net4All EIS, Coleridge Road, S9 5DA www.sheffieldconcordnetball.co.uk	Inclusive netball for young girls up to the age of 18 with Special Educational Needs.	Monthly sessions 6 – 8pm		For more information or to book please see website or email: helenthorneloe@aol.co.uk
Sheffield Royal Society for the Blind 5 Mappin Street, S1 4DT www.srsb.org.uk 0114 272 2757	Archery Group	Weds 10am – 2pm		All abilities welcome. Contact Janet Culf for more details: 0114 246 5515 or email: info@srsb.org.uk
	Visually Impaired Snooker @ Stephen Harris Academy, Attercliffe	Monthly		Call for more information: 0114 272 2757 / 01709 722 420
	Visually Impaired Cricket Club	Various times and locations (usually Sundays)		All abilities welcome. Contact John Garbett for more information: 07769 909906 or email: JohnGarbett7@gmail.com
	Visually Impaired Football with the FA @ Tapton School	Various		Contact Annette for more information: 0114 272 2757
	Goalball (paralympic sport for blind and partially sighted people) @ EIS, Coleridge Road, S9	Thurs 5 – 6.45pm		Contact Kathryn Fielding for more information: 07795 263642 or email: southyorkshiregoalballclub@gmail.com
	Horse Riding @ Aughton, Rotherham	Fortnightly		Transport available. Booking is essential. Call 0114 272 2757 for more information.
	Visually Impaired Walking Group around the Peak District and South Yorkshire	1 st Tues, 2 nd Weds, 4 th Sun of the month. Once a month on a Thurs		Walks vary in length and degree of difficulty. Contact Sue Hill for more information 07903 311329 or email: susanamryhill56@icloud.com
	Visually Impaired Tennis Club @ Hallamshire Tennis Club, Ecclesall Road, S11	Various		Contact Annette for more information: 0114 272 2757

	Swimming Group @ ZEST	Thurs 10.30 – 11.45am		Transport available. Contact Annette for more information 0114 272 2757.
	Tai Chi Face to Face and Online	Fri 2.30 – 3.30pm		Booking is essential. Contact the office for more information.
	Yoga (Online)	Thurs 9 – 10am	Free	
	Running with sighted guides	Vary		
Sheffield Cycling 4 All www.disabilitysheffield.org.uk/sheffield-cycling-4-all 07565 695296	Public and condition specific cycling sessions in Hillsborough park	Mon – Thurs Last Sat of the month 10.30am – 2.30pm	FREE	
Sheffield Otters Swimming Club	Swimming club for youth and adults with learning disabilities	May – Sept Sun 2 – 3pm Oct – Apr Sun 4 – 5pm @ Sheffield University Pool Weds 8 – 9pm @ Concord Sports Centre		Contact Jo and Rob Hattersley for more information: Sheff.otters@gmail.com
Sheffield Smashers Boccia Club	Paralympic sport game for people with disabilities @ Ponds Forge Sports Centre	Thurs 5.45 – 7.15pm	£2.50	Contact Cheryl Faulkner for more information: 0114 274 4939 Cheryl.Faulkner@irwinmitchell.com
Sheffield Steelers Wheelchair Basketball	Wheelchair Basketball @ The Spinal Injuries Unit, Northern General Hospital	Tues & Thurs 4.30 – 5.30pm		All abilities welcome. Contact Steve Ryan 07775 500029 or Kev Hayes 07972 774250 for more information.
Sheffield Steelkings Para Ice Hockey Club www.sheffieldsteelkings.co.uk	Ice hockey for disabled people @ IceSheffield, Coleridge Road	Various days / times for training		See website for more information
Graves Health and Sports Centre Bochum Parkway, S8 8JR	Wheelchair Tennis	Tues 11am		Contact for more information

www.placeslesisure.org/centres/graves-health-and-sports-centre 0114 283 9900				
Westfield Sports Centre Eckington Road, S20	Disabled Swimming	Thurs 7.30 – 8.30pm	£3	Contact Alan Smith 0114 239 4484 or Roger Smith 0114 239 3723 for more information.
Sheffield Flourish Upper Floor, 4 Windrush Way, S3 8JU www.sheffieldflourish.co.uk 0114 273 7009	Brunsmear Awareness FC Mental Health Friendly football for men and women.	Tues 1.30 – 3pm @ Goodwin Sports Centre Weds 7 -8 @ Goodwin Sports Centre (women only) Thurs 5 – 6pm @ Hillsborough Park (Apr – Sept only)	Free	Contact Sam Dawson for more information: 07971 828 594