Disability Sheffield
The Centre for Independent Living

Disability Sheffield Information Service

Physical Activity Factsheet

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This factsheet is one way we can highlight and provide you with access to information about physical activities that already exist in the city and keep you informed of new opportunities. You can also keep up to date by looking at news and events on our website and by signing up there to receive our free news bulletins. We've grouped our information under the following headings:-

Get Yourself Active

The project works with partners to uncover the experiences of disabled people and people with long term health conditions when we try and get active, including by using personal budgets.

Move More Sheffield

Encourages more physical activity in all age groups and abilities, in all parts of the city. Includes Disability Sport Sheffield and the Physical Activity Referral Scheme .

Support for a Healthier Lifestyle

Services to support you to make changes to your lifestyle Including activities to improve your health at your local community well being centre and support from Sheffield Health Trainers.

Sport Facilities and Concessions

Accessible sports facilities in the city including Sheffield City Trust and leisure discounts for disabled people.

Other Sport and Leisure Activities

Resources to find activities in the city - the Sheffield Directory and the Sheffield Mental Health Guide plus local organisations offering activities including our own inclusive cycling project in Hillsborough Park, Sheffield Cycling 4 All

National Websites and Resources

Links to a selection of national organisations that provide sport and leisure information, services and resources for disabled people

Get Yourself Active

The Get Yourself Active Project is about disabled people having better opportunities to take part in physical activity and sport.

Get Yourself Active (GYA) is a national project led by Disability Rights UK and funded by Sport England, which works to demonstrate that improved access to physical activity and sport for disabled people can improve quality of life.

Disability Sheffield was one of four Disabled People's User Led Organisations (DPULOs), working together to develop better opportunities for disabled people to be more physically active in the 'Get Yourself Active' project.

GYA works to make the conversation happen between disabled people, the sports sector, and the health and social sectors. Everyone involved in the Get yourself Active project wants you to have the choice, control and independence to get active in a way that's right for you. For some people this might be going rock climbing or joining a local football team, for others it might be joining a local gardening club!

The project is about improving your wellbeing and growing opportunities for people with lived experience of physical and sensory impairments, mental health issues, learning disabilities and health conditions to participate in physical activity and sport including by using personal budgets. Many disabled people want to be more independent and confident, to be part of the community or a team, to meet new people or to see their friends. You can achieve all of these outcomes and more through taking part in physical activity and sport. Check out their guides http://getyourselfactive.org/all-guides/

Being Active: An Everyday Guide

The English Federation of Disability Sport, in partnership with Disability Rights UK and Sport England have produced Being Active: An every day guide for people living with an impairment or health condition This comprehensive guide aims to answer four main questions; why should I get more active? How do I get more active? What should I do? and Where do I find out more?

We are proud that our Sheffield Cycling 4 All project in Hillsborough Park, is a popular initiative which has received national recognition, and shows the added value of improving wellbeing through taking up exercise.

You can find all the information you'll need about Cycling 4 All, and many other projects and activities throughout this factsheet.

If you need support to find activities call our Disability Information Service on **(0114) 253 6750** or email info@disabilitysheffield.org.uk

Move More Sheffield

The Move More initiative is designed to encourage more physical activity in all age groups and abilities, in all parts of the city. It is supported by all major City partners including the voluntary sector, universities, NHS and Sheffield City Council, and the message is simple: move more and you'll feel better, look better, work better and play better. Information about the aims of Move More can be found here, including a video and the Move More Plan. The best way to get involved, and get active is to simply go to the Move More website where you can get started straight away.
Find out about the various 'Ways to Get Active' projects, some of which are listed below, on this page https://www.movemoresheffield.com/new-page

Disability Sport Sheffield (formerly Within Reach)

This is the main Move More project for sport and physical activity for disabled people building on the work of Within Reach since 1989 to enable people of all ages with all types of disabilities to take part in sport and recreation opportunities in the city.

Their Move More brochure ,provides information on local sports clubs and leisure facilities in Sheffield available for disabled people.

Move Well (previously SPARS – Sheffield Physical Activity Referral Scheme)

Move Well is designed to offer a one-stop resource for physical activity support. It helps patients overcome barriers and empowers individuals with health conditions to take control of their physical activity choices. You can be referred or self refer.

The Move Well scheme at Move More Sheffield is for people with long term health conditions and people who are inactive , at risk of a condition and require an extra helping hand and motivation to be more physically active. You can get professional advice about how to get started and providers can design the most suitable physical activity plan for you.

We are Undefeatable

This campaign is a movement supporting people with a range of long term health conditions whose purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them.
https://weareundefeatable.co.uk/

Find out what's happening in Sheffield as part of Move More.
https://www.movemoresheffield.com/new-page-1

This Girl Can – Sheffield

This Girl Can Sheffield is a Move More partner for women and girls who want to know how, when and where they can get moving. The project aims to inspire more women and girls to get moving and to prove that the common barriers many women face such as judgement, body image and competency fears time, money and energy can be overcome. It celebrates women who are doing their thing no matter how they do it.
https://www.movemoresheffield.com/this-girl-can

Support for a Healthier Lifestyle

The following advice on changing your lifestyle to improve your health was taken from the NHS Your Health, Your Choices website.

Keeping fit and healthy can be a challenge if you have a long-term condition, but it will make a big difference to your wellbeing. If you've been thinking about making changes to your lifestyle, such as stopping smoking, losing weight, eating healthily or doing more exercise, there's plenty of help and support available.

Talking to your GP and other healthcare workers, including pharmacists, is the first step. They'll be able to help you to look at your lifestyle and can suggest changes that are suitable for your condition and any treatment you're having. Your health or care worker can also let you know about local services that can help you.

It's important not to overdo exercise. Start slowly by doing a little at a time and build up at a steady pace that feels right for you. Tell the 'teacher' about your condition and make sure they know how to work safely if there are any particular risks.
You don't need to take up running or aerobics to get fit and active. Find the right activity for you. It could be a more gentle exercise class such as yoga, T'ai Chi or Pilates.

Regular exercise can help ease your pain and make you feel happier. It can help you lose weight, and could help reduce the symptoms and flare-ups of many long-term conditions, including arthritis, asthma and heart disease.

Ask your GP about vaccinations that could help you stay healthy. People with long-term health conditions can sometimes be more vulnerable to infections such as flu and pneumonia.

For more details on a healthier lifestyle visit the NHS Live Well website or the new NHS Better Health , Healthier Families website and Get Active https://www.nhs.uk/better-health/get-active/

Yorkshire Smoke Free – Sheffield

Yorkshire Smoke Free: Sheffield is a specialist NHS support service designed to help you quit smoking. They can help in lots of different ways depending on your preference and what's available in your area. They offer telephone support, face to face sessions, live chat and their unique online quit program.
Their services are FREE, friendly and flexible and you will always have access to their specialist advisors who have helped 1000s of people to go smoke-free. Support is available at a large number of locations across Sheffield, and you can find your nearest clinic here.
Tel: **0800 612 0011** (Free from landlines)
Tel: **0330 660 1166** (Free from most mobiles)

People Keeping Well

This network of local organisations helps people to keep well in their community with activities to support people to improve their health, including eating healthily and exercising more perhaps with advice from a one-to-one Health Trainer.

A full list of community wellbeing providers can be found in the Drop Down Box under' List of People Keeping well Organisations' on this page of the Sheffield Directory.
https://www.sheffielddirectory.org.uk/adults/healthy-living/advice-pages/keeping-well-in-your-local-community/

These include Zest, SOAR, Shipshape, Darnall Wellbeing and Manor and Castle Development Trust among others and all offer different services and activities.

You can also contact Sheffield City Council's Community Wellbeing Programme on **0114 293 0682**

Sheffield Health Trainers

Health Trainers can offer one to one support around leading a healthy lifestyle. Health Trainers also support people with long term conditions, for example type 2 diabetes, or persistent pain. A Health Trainer will not tell you what to do, but will ask you what you want to do and how you want to do it.

Health Trainers can:

- Support, encourage and motivate you to change or lead a healthy lifestyle
- Support you to self-manage your long term conditions
- Offer advice and information on healthy eating and increasing physical activity
- Offer advice on losing weight and referral to stop smoking support
- Help you to work out exactly what you want to change and how to go about it
- Accompany you to first appointments (with other services)
- Identify groups or activities in your area
- Support you in setting your own health goals
- Signpost you to other services.

Health Trainers are understanding and supportive. They will help and encourage individuals to achieve and maintain a healthier lifestyle. The service is available in all Community Wellbeing (People Keeping well) areas.
https://www.sheffield.gov.uk/public-health/community-wellbeing

Guide to Living Well

This 72-page guide has been produced by Sheffield City Council along with their 'People Keeping Well' partner organisations who they fund to deliver a range of health and wellbeing support and activities in the city. It covers a wide range of health and wellbeing services, leisure and social activities, employment, education courses and places to go for advice and support.
Download the Guide to Living Well

Sports Facilities and Concessions

Everyone Active

In January 2025 Everyone Active replaced Sheffield City Trust as the new operator of Sheffield's leisure centres and golf courses. They are committed to ensuring that every person in Sheffield has access to facilities and services that support them in being more active, more often.

heir operational and contact details as well as their pricing structure are provided through their centre websites:

Ponds Forge International Sports Centre
English Institute of Sport Sheffield
ICE Sheffield
Hillsborough Leisure Centre
Concord Leisure Centre
Springs Leisure Centre
Heeley Pool and Gym

On each website you can click on 'Timetable and Prices' or 'Membership'.
'Pay as You Go' is also available.

Places Leisure
Places Leisure, (part of Places for People) offers an Inclusive Membership scheme which can be used at:

Graves Health and Sports Centre
Thorncliffe Health and Leisure Centre
Wisewood Sports Centre

Sheffield Carer Card
Unpaid Carers can obtain a Sheffield Carer Card from Sheffield Carers Centre. Card holders can access discounts at Everyone Active venues .
https://www.sheffieldcarers.org.uk/sports-leisure-crafts

Disability Awareness With Sport (DAWS)
A non-profit organisation based in south-east Sheffield which aims to make exercise accessible to everyone, especially those who may experience isolation within their community. As well as providing fitness training in their gym by a fully-qualified instructor and tailored to individuals' needs, DAWS also organises social get-togethers and other sports activities and is a provider for the Sheffield Physical Activity Referral Scheme. DAWS provides the only Invictus wheelchair treadmills in the area, which can be taken to various venues
Email: daws.sheffield@gmail.com
Phone: Stephen 07527118968 or Tracey 07414225161
Website: www.dawssheffield.co.uk

Other Sport and Leisure Activities

As well as the Disability Sports Brochure we are also aware of other resources, organisations and groups, not least our own projects at Disability Sheffield, Sheffield Cycling 4 All.

Sheffield Cycling 4 All

Cycling is amazing! We're making it accessible to everyone.
Sheffield Cycling 4 All is an inclusive cycling project, run by Disability Sheffield. We offer public and condition-specific cycling sessions in Hillsborough Park on a range

of trikes for disabled people and people with long-term health conditions. We are able to run the project thanks to the National Lottery Community Fund and Sport England

We also offer:
Free transport to your first session
Trike Loan: Borrow an E-trike free of charge for up to 3 months
Advice about buying your first trike
Other cycling sessions at Parkwood springs Sheffield and at Herringthorpe Rotherham

The sessions are run by a qualified and experienced cycle leader and at least one volunteer, who are able to provide help, advice and assistance throughout the session. There are various cycles to choose from, each built to cater to specific needs. The cost is £4 for cyclists, support/carers are free.

For more information about any of the above, visit our website
Sheffield Cycling 4 All where you can find our timetable of cycling sessions.

Click here for our contact form or contact us direct.

Tom@sheffieldcycling4all.org or **07922 183 338**
Ella@sheffieldcycling4all.org or **07565 695 296**
Krysia@sheffieldcycling4all.org or **07724 302308**

Sheffield Directory

The Sheffield Directory is an online Sheffield City Council resource of voluntary, community, faith, health and social care organisations in Sheffield. There are over 5000 entries covering a wide range of subjects including sport and exercise.
https://www.sheffielddirectory.org.uk/

The directory has a 'Things to Do' section and a general 'Sport' page.
https://www.sheffielddirectory.org.uk/adults/leisure-and-culture/leisure-and-cultural-activities/sport/

Sheffield Mental Health Guide

Taking part in physical activity on a regular basis can have a positive effect on our mental health. Studies show that regular physical activity can help people to recover from depression, lifting their mood, reducing anxiety, improving self-esteem and concentration. Sheffield Mind explains how;
https://www.sheffieldmind.co.uk/getting-active

The Sheffield Mental Health Guide as well as containing details of the support available from mental health friendly services across the city also has an activities section https://www.sheffieldmentalhealth.co.uk/activities

Here are their search result entries for physical health and disability
https://www.sheffieldmentalhealth.co.uk/search?context=service&search=&categories%5B%5D=148

Local Organisations

Look out for any dedicated pages on local health condition support group websites detailing sport and leisure opportunities they offer or are aware of.

Examples include:-

Sheffield Royal Society for the Blind

https://www.srsb.org.uk/Our-Services/Sport-and-Leisure-Opportunities/

Sheffield ME and Fibromyalgia Group

https://www.sheffieldmegroup.co.uk/current-activities

Sheffield Mencap and Gateway

https://www.sheffieldmencap.org.uk/sports-health-wellbeing/

Cycle Happy Club

A British Cycling Club based in Sheffield which aims to promote cycling for young people and adults with learning difficulties, encouraging health and well-being. The club meets to ride at Forge Valley Cycle Circuit (Forge Valley School S6 5HG) most Fridays from April until September. Please call Julie on 07748693126 or Martin:on 07765105934 first if you are new to the club.
http://www.cyclehappy.org/

Leisure Time

A fun and friendly group which organises leisure events for disabled people has restarted bigger and better following the loosening up of Covid-19 regulations. The 'Leisure Time' sessions take place on Friday mornings from 10.30-12.30 at **Concord Sports Centre**, Shiregreen Lane, Sheffield S5 6AE, and costs £3 for participants with their carers admitted free. There are various activities such as football, badminton, table tennis, and cricket. It is a relaxed space where participants can do as little or as much as they want, take time out, chat and make friends. The building is fully accessible.

For further information you can contact participant representative Grace by mailing **grace.maria47@gmail.com**

Living Life Without Limits

Specialising in sports ,No Limits Ltd is a disability support service providing professional and semi professional athletes as support workers to help people living with a disability reach their potential and support them to live a life without limits. No Limits aims to build strong relationships with local professional sporting organisations and bring these opportunities to their members. Their services include 1:1 community and home support (tailored to individuals' needs and goals) shared support and community and club access.
https://www.nlimits.co.uk/

Sheffield CycleBoost

The Cycle Training element offers adults in Sheffield a chance to improve their cycling skills, whatever level of cycling they currently have. There are free Learn to Ride, Cycle Confidence and Road Confidence group sessions, as well as one-to-one

Bike Buddy sessions. The CycleBoost bike loan element offers keyworkers in Sheffield a chance to try cycling for four weeks without making the initial commitment of buying a bike. https://www.sheffieldcycleboost.org/

Sheffield and Hallamshire FA Disability Football

Get involved with disability football across South Yorkshire with inclusive opportunities for everyone
https://www.sheffieldfa.com/players/disability-football

Special Needs Inclusion Playcare Service (SNIPS) Early Help Team

SNIPS work to support children with disabilities to access clubs and activities of their choice. They work with a variety of different clubs in Sheffield – From football clubs and rock climbing clubs to Drama, Art and multi- activity clubs and help to break down barriers to inclusion by offering mentoring support.
Level 6, North Wing, Moorfoot Building, Sheffield, S1 4PL
Tel (0114) 273 5368
Email: SNIPSBusinessSupport@sheffield.gov.uk

Post Covid Recovery and Exercise

Resources and supporting information to help people manage their post-Covid recovery is available on Sheffield Teaching Hospital's website
https://www.sth.nhs.uk/services/a-z-of-services?id=331

Ramblers Wellbeing Walks and Step Out Sheffield

A national organisation working to support people into getting active and staying active through walking.
https://beta.ramblers.org.uk/go-walking/wellbeing-walks

Ramblers Wellbeing Walks - Step out Sheffield is a volunteer-run organisation providing a choice of walks at 24 different locations across the city each week, primarily using parks and greenspaces. https://www.stepoutsheffield.co.uk/

The Conservation Volunteers

A wide range of TCV activities provide opportunities to improve physical and mental health and wellbeing through physical activity and social interaction. All general conservation volunteering sessions and training activities aim to be inclusive and in accessible locations for disabled people but not all green spaces in Sheffield are level/wheelchair friendly.
https://www.tcv.org.uk/

A list of their 'Green Gyms' is available on this link
https://www.tcv.org.uk/greengym/find-green-gym/

National Websites and Resources for Physical Activity and Sports

Access for All: Opening Doors: A guide to support sports clubs to improve physical access for disabled people

"Access for all: Opening Doors" is a guide produced by the English Federation of Disability Sport (EFDS) which aims to break down

one of the main barriers for people with a range of impairments- venue accessibility. The English Federation of Disability Sport and access experts Jean Hewitt Consulting Ltd have worked together to produce this user-friendly guide to ensure more disabled people can enjoy being active in more places.
Download Access for All: Opening Doors

The guide is aimed at anybody involved in running or working in a sports club. It is not a detailed technical guide, but intended as a starting point. The main areas of physical access are identified and readers are signposted to further information and support. As well as it making good business sense to be welcoming to a huge section of our population, there is also a legal duty to ensure sports clubs are accessible for disabled people to use. The Equality Act 2010 requires sports clubs and other providers to make reasonable adjustments to services so everyone has access, with no exemption for private clubs any more.A plain text Word version is available upon request.

The EFDS have produced 25 other guides similar to Access for All which focus on the sports available to specific disabilities and the charities which support them, all of which can be found on the EFDS Resources Page

AccessAble
Accessable (previously DisabledGo) is a website and directory which provides detailed access information to venues across the UK including sports facilities. Search by place, town or postcode and venue type
https://www.accessable.co.uk/

Accessible Countryside for Everyone
Accessible Countryside for Everyone (ACE) is an independent voluntary project which promotes disabled access to the countryside, sport and leisure. Their website contains information on all areas of the United Kingdom, however you may find their Accessible Yorkshire page to be the most useful.

Activity Alliance
The charity Activity Alliance helps organisations to include disabled people in their programmes and support more disabled people to be active and is a leading voice for disabled people in sport and activity.
http://www.activityalliance.org.uk

BBC Sport: Get Inspired
The Get Inspired pages include activity guides such as How to Get into Boccia
https://www.bbc.co.uk/sport/get-inspired/45062111

British Blind Sport
Encourages blind and partially sighted adults and children to get active and play sport s at all levels, from grassroots to the Paralympic Games.
www.britishblindsport.org.uk

Cerebral Palsy Sport
CP Sport collaborates with local, regional and national partners to provide physical activity that is accessible and enjoyable for people with cerebral palsy – children, young people and adults, all across the UK.
Find out the sports and where you can take part
https://cpsport.org/sports/

Dwarf Sports Association UK
Dwarf Sports Association UK is the leading National Disability Sports Organisation providing sport and activity for people with a restricted growth condition
www.dsauk.org

Inclusive Football Directory
Inclusive.Football has been developed to help you find your nearest disability football training sessions, clubs and local inclusive leagues and events in the UK
https://inclusive.football/

LimbPower
Limb Power was engages amputees and individuals with limb impairments in physical activity, sport and the arts to improve quality of life and to aid lifelong rehabilitation
www.limbpower.com

Paralympic Association
As the National Paralympic Committee (NPC) for Great Britain, it is the BPA's responsibility to select, prepare, enter, fund and manage the Great Britain and Northern Ireland team at the Paralympic Games. This team is known as Paralympics GB. www.paralympics.org.uk

You can also get active with **Every Body Moves**
https://everybodymoves.org.uk/

Sense
Sense has launched a new Activity Finder to help to find and register for local sports and physical activity opportunities**.**

Special Olympics Great Britain
Special Olympics GB provides year-round sports training and competition opportunities for people with learning disabilities . Their athletes have the chance to compete in their National Games as well as in European and World Summer and Winter Games.
https://www.specialolympicsgb.org.uk/

UK Deaf Sport
UK Deaf Sport are proud to be leading and growing online physical activities to make sure deaf people stay active and grow opportunities for more deaf people to participate In sport.
https://ukdeafsport.org.uk/deaf-active-online/

What do you think of this factsheet?

If you would like to comment on this factsheet or provide additional information from your own experience please let us know and we would be happy to consider adding to or amending the factsheet. We welcome any comments to help us improve our service. Our contact details are:-

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Disclaimer

No recommendation is given or implied by providing these details. Whilst every effort is made to ensure accuracy we cannot accept responsibility for any errors or omissions. Please note that the inclusion of groups or individuals on the factsheet does not mean that they have been vetted or are recommended by Pacesetters Information and Signposting Service or Disability Sheffield. Details may change so it is important you check the information provided to make sure they are accurate and suitable for your own requirements.

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