Sport & Physical Activity for Disabled People in Sheffield

www.withinreach.org.uk
Welcome
Activity Timetable
A-Z Clubs and Activities
A-Z Sports Facilities
Useful Contacts

Whilst every care has been taken to ensure that the information contained in this directory is accurate, WITHIN REACH and Sheffield City Council do not accept any responsibility for any error or omission that has occurred.

ACKNOWLEDGEMENTS: These photos were carried out by Deborah Stone Photography, UK Coaching and Will Roberts, Vox Multimedia.
Welcome

Welcome to the WITHIN REACH Sports Directory
This directory aims to provide you with information on local sports clubs and leisure facilities that are available for disabled people in and around Sheffield. For example, you can find all club details, session times and dates, costs as well as affiliation details. The directory also provides information on sport and leisure facilities as well as useful contacts that can offer you help, assistance or advice.

How to use the Directory
This sports directory has been designed to be a useful and up to date guide of all the sports clubs, activities and facilities throughout Sheffield. It has been divided alphabetically by club or activity name to help you to find the activity for you.
### Activity Timetable

**Monday**
- **D.A.W.S. Community Gym**
  - Various times
  - Page 24
- **Inclusive Sport**
  - 11am - 12.30pm
  - Page 40
- **Inclusive Tennis**
  - 1.30pm - 3pm
  - Page 41
- **Leisure Swimming**
  - Various times
  - Page 42
- **Norfolk Lodge Lionesses**
  - 5:30pm - 6:30pm
  - Page 49
- **Places Wellness**
  - Anytime during opening times
  - Page 52
- **Private Disability Swimming Lessons**
  - 10:00am, 1:00pm & 2:00pm
  - Page 53

**Tuesday**
- **D.A.W.S. Community Gym**
  - Various times
  - Page 24
- **Disability and Autism Friendly Swimming**
  - 12 noon - 1.30pm
  - Page 27
- **Inclusive Sport Multi Sports Activities**
  - 10am – 11am
  - Page 39

**Sheffield City Boxing Club**
- 4.45 pm-6.00 pm 11-16yrs & 6.00 pm-7.30 pm 16+
- Page 56
- **Sheffield SUPER 1S**
  - 5pm-6pm
  - Page 65
- **Snookerskills**
  - 10am - 3pm
  - Page 70
- **Spartans FC**
  - 6pm - 7pm
  - Page 71

**Sheffield Wheelchair Tennis Club**
- 10am - 12pm Tuesday, 11am - 1 pm Saturday
- Page 68

**Sheffield Steelers Wheelchair Basketball Club**
- 4.30pm - 5.30pm
- Page 63

**Lynx Basketball Club**
- 5pm - 6pm
- Page 45

**Places Wellness**
- Anytime during opening times
- Page 52

**Private Disability Swimming Lessons**
- 10:00am, 1:00pm & 2:00pm
- Page 53

**South Yorkshire Goalball Club**
- 5pm - 7pm
- Page 69

**Wednesday**
- **Asperger’s Children and Carers Together**
  - 7pm - 9pm
  - Page 17
- **D.A.W.S. Community Gym**
  - Various times
  - Page 24

**Sheffield Inclusive Basketball Club**
- 6pm - 7pm
- Page 58
<table>
<thead>
<tr>
<th>Activity</th>
<th>Timetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leisure Swimming</td>
<td>Various times</td>
</tr>
<tr>
<td>Mavericks Sports Club</td>
<td>12pm - 3pm</td>
</tr>
<tr>
<td>Net4All at Sheffield Concord Netball Club</td>
<td>6pm - 8pm</td>
</tr>
<tr>
<td>Norfolk Lodge Lions</td>
<td>6:30pm - 8:00pm</td>
</tr>
<tr>
<td>Places Wellness</td>
<td>Anytime during opening times</td>
</tr>
<tr>
<td>Private Disability Swimming Lessons</td>
<td>10:00am, 1:00pm &amp; 2:00pm</td>
</tr>
<tr>
<td>Sheffield Blind Archery Group</td>
<td>10am - 2pm</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td></td>
</tr>
<tr>
<td>Sheffield City Boxing Club</td>
<td>4.45 pm-6.00 pm 11-16yrs &amp; 6.00 pm-7.30 pm 16+</td>
</tr>
<tr>
<td>Sheffield Otters Swimming Club</td>
<td>8pm-9pm</td>
</tr>
<tr>
<td>SRSB Pilates</td>
<td>5pm-6pm</td>
</tr>
<tr>
<td>Sheffield Blind Bowlers</td>
<td>10.30am-12pm</td>
</tr>
<tr>
<td>Top Club Athletics Sheffield</td>
<td>6pm - 7.30pm</td>
</tr>
<tr>
<td><strong>Children and young Peoples Fitness</strong></td>
<td></td>
</tr>
<tr>
<td>6.30pm - 8.30pm</td>
<td>Page 20</td>
</tr>
<tr>
<td><strong>Dancestars</strong></td>
<td></td>
</tr>
<tr>
<td>5pm - 6pm</td>
<td>Page 25</td>
</tr>
<tr>
<td><strong>D.A.W.S. Community Gym</strong></td>
<td>Various times</td>
</tr>
<tr>
<td><strong>Disability and Autism Friendly Swimming</strong></td>
<td>12 noon - 1.30pm</td>
</tr>
<tr>
<td><strong>Fitness Fanatics</strong></td>
<td>6.30pm - 8.00pm</td>
</tr>
<tr>
<td><strong>Free Minds Contemporary Ballet</strong></td>
<td>5pm - 6pm</td>
</tr>
<tr>
<td><strong>Inclusive Gym Session</strong></td>
<td>11am – 12 noon</td>
</tr>
<tr>
<td><strong>Sheffield Smashes Boccia Club</strong></td>
<td></td>
</tr>
<tr>
<td>5.45pm - 7.15pm</td>
<td>Page 62</td>
</tr>
<tr>
<td>Activity Timetable</td>
<td>Activity Timetable</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td><strong>Sheffield Steelers Wheelchair Basketball Club</strong>&lt;br&gt;4.30pm - 5.30pm&lt;br&gt;Page 63</td>
<td><strong>Leisure Time</strong>&lt;br&gt;10.30am - 12.30pm&lt;br&gt;Page 44</td>
</tr>
<tr>
<td><strong>Sheffield Wednesday Community Programme</strong>&lt;br&gt;7.15pm&lt;br&gt;Page 67</td>
<td><strong>Places Wellness</strong>&lt;br&gt;Anytime during opening times&lt;br&gt;Page 52</td>
</tr>
<tr>
<td><strong>SRSB Swimming Group</strong>&lt;br&gt;11.30am-1.30pm&lt;br&gt;Page 73</td>
<td><strong>Private Disability Swimming Lessons</strong>&lt;br&gt;10.00am, 1:00pm &amp; 2:00pm&lt;br&gt;Page 53</td>
</tr>
<tr>
<td><strong>SRSB Yoga</strong>&lt;br&gt;4.30pm-5.30pm&lt;br&gt;Page 77</td>
<td><strong>Sheffield Lightning Athletics Club</strong>&lt;br&gt;5.00pm - 6.00pm&lt;br&gt;Page 59</td>
</tr>
<tr>
<td><strong>Westfield Disabled Swimming Group</strong>&lt;br&gt;7.30pm - 8.30pm&lt;br&gt;Page 80</td>
<td><strong>SRSB Tai Chi Group</strong>&lt;br&gt;2.30pm-3.30pm&lt;br&gt;Page 74</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td><strong>Asperger’s Children and Carers Together</strong>&lt;br&gt;6pm - 7pm&lt;br&gt;Page 18</td>
<td><strong>All Inc Trampolining</strong></td>
</tr>
<tr>
<td><strong>Chesterfield FC Community Trust</strong>&lt;br&gt;6pm - 7pm&lt;br&gt;Page 19</td>
<td><strong>10am, 11am &amp; 12noon</strong>&lt;br&gt;Page 15</td>
</tr>
<tr>
<td><strong>City Knights FC</strong>&lt;br&gt;7pm - 9pm&lt;br&gt;Page 21</td>
<td><strong>Asperger’s Children and Carers Together</strong>&lt;br&gt;9.45am - 12.15pm&lt;br&gt;Page 16</td>
</tr>
<tr>
<td><strong>Cycle Happy Club</strong>&lt;br&gt;6pm - 7pm&lt;br&gt;Page 23</td>
<td><strong>Coach 2 Include football</strong>&lt;br&gt;6-12 team, 12-16 team and an adult team&lt;br&gt;11.15am - 12.15pm&lt;br&gt;Page 22</td>
</tr>
<tr>
<td><strong>D.A.W.S. Community Gym</strong>&lt;br&gt;Various times&lt;br&gt;Page 24</td>
<td><strong>Derek Dooley Football Club</strong>&lt;br&gt;10am -12 Noon&lt;br&gt;Page 26</td>
</tr>
<tr>
<td><strong>Feel Good Tennis</strong>&lt;br&gt;11am&lt;br&gt;Page 34</td>
<td><strong>Disability Swimming Lessons</strong>&lt;br&gt;4.15pm - 4.45pm&lt;br&gt;Page 28</td>
</tr>
<tr>
<td><strong>Firth Park Friday Club</strong>&lt;br&gt;7pm-9pm&lt;br&gt;Page 35</td>
<td><strong>Disability Swimming Lessons</strong>&lt;br&gt;Various 30 minute lessons between 3-6pm&lt;br&gt;Page 29</td>
</tr>
<tr>
<td><strong>Leisure Swimming</strong>&lt;br&gt;Various&lt;br&gt;Page 42</td>
<td><strong>Disability Trampoline Lessons</strong>&lt;br&gt;3.30pm - 4pm&lt;br&gt;Page 30</td>
</tr>
</tbody>
</table>
### Activity Timetable

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability Trampoline Lessons</td>
<td>3.15-3.45pm</td>
<td>31</td>
</tr>
<tr>
<td>Down Syndrome Children’s Tennis</td>
<td>2:30pm</td>
<td>32</td>
</tr>
<tr>
<td>Family Time Tennis</td>
<td>11am - 1pm</td>
<td>33</td>
</tr>
<tr>
<td>Leisure Swimming</td>
<td>Various times</td>
<td>42</td>
</tr>
<tr>
<td>Snookerskills</td>
<td>10am - 3pm</td>
<td>70</td>
</tr>
<tr>
<td>Places Wellness</td>
<td>Anytime during opening times</td>
<td>52</td>
</tr>
<tr>
<td>Quick steps</td>
<td>9:30am-10:30am</td>
<td>54</td>
</tr>
<tr>
<td>Sheffield United CF Kicks Disability Session</td>
<td>10.00am -12 Noon</td>
<td>66</td>
</tr>
<tr>
<td>Sheffield Wheelchair Tennis Club</td>
<td>11am – 1pm</td>
<td>68</td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Places Wellness</td>
<td>Anytime during opening times</td>
<td>52</td>
</tr>
<tr>
<td>Leisure Swimming</td>
<td>Various times</td>
<td>42</td>
</tr>
<tr>
<td>Sheffield Otters Swimming Club</td>
<td>Wednesday 8pm-9pm and Sunday 3pm-4pm</td>
<td>60</td>
</tr>
<tr>
<td>Yorkshire Visually Impaired Cricket Club</td>
<td>Various times</td>
<td>79</td>
</tr>
</tbody>
</table>
### Albert Premier Table Tennis Junior Club

**Recreational table tennis club**

**Location**
Darnall Baptist Church, Darnall Road, Darnall, Sheffield, S9 5AL

**Telephone**
07793 050037

**Email**
albertttcentre@live.co.uk

**Main Contact**
Sean Alvey

**Booking required?**
No

**Sport or Activity**
Table Tennis

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>5.00pm-8.30pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>All ages</td>
</tr>
<tr>
<td>Cost</td>
<td>£4</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Fully Qualified Coaches, accessible toilets, accessible changing room</td>
</tr>
</tbody>
</table>

### All Inc Trampolining

Members are coached through British Gymnastics achievement award scheme. Members remain the responsibility of parents/carers at all time but most parents enjoy the chance to meet and chat with each other.

**Location**
Goals Soccer Centre, Norfolk Park Road

**Telephone**
07984 410855

**Email**
allinc@hotmail.co.uk

**Main Contact**
Liz Brown

**Booking required?**
Yes

**Sport or Activity**
Trampolining

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>10am, 11am &amp; 12 Noon</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Age 5 upwards</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>British Gymnastics qualified coaches. Sensory room is available during the sessions.</td>
</tr>
</tbody>
</table>
Asperger’s Children and Carers Together
Current activities include ICT suite, board games, lego, art, outdoor sports, a sensory room and much more!

Location
St Mary’s Community Centre, Bramall Lane, Sheffield, S2 4QZ

Telephone
0114 223 0242

Email
enquiries@acctsheffield.org.uk

Main Contact
Nicola Hough

Booking required?
Yes

Sport or Activity
Acctivate Children’s Club

Is the activity for specific disabilities?
Yes-Asperger’s syndrome and autism

Day
Saturday

Time
9.45am - 12.15pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
5 - 12

Cost
£0

Sex
Male & Female

Other info
Accessible

Asperger’s Children and Carers Together
Activities include arts and crafts, pool, board games, lego, outdoor sports and ICT Suite.

Location
St Mary’s Community Centre, Bramall Lane, Sheffield, S2 4QZ

Telephone
0114 223 0242

Email
enquiries@acctsheffield.org.uk

Main Contact
Nicola Hough

Booking required?
Yes

Sport or Activity
Teenage Youth Club

Is the activity for specific disabilities?
Yes-Asperger’s syndrome and autism

Day
Wednesday

Time
7pm - 9pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
12 - 19

Cost
£0

Sex
Male & Female

Other info
Accessible
### Asperger’s Children and Carers Together

All abilities football club including skills and games.

**Location**
Goals Sheffield, 95 Norfolk Park Road, Sheffield, S2 2RB

**Telephone**
0114 223 0242

**Email**
enquiries@acctsheffield.org.uk

**Main Contact**
Nicola Hough

**Booking required?**
Yes

**Sport or Activity**
Football Club

**Is the activity for specific disabilities?**
Yes-Asperger’s syndrome and autism

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>6pm - 7pm</td>
<td>Beginner, Intermediate, Advanced</td>
<td>5 - 16</td>
<td>£1</td>
<td>Male &amp; Female</td>
<td>Accessible</td>
</tr>
</tbody>
</table>

### Chesterfield FC Community Trust

Activities include arts and crafts, pool, board games, lego, outdoor sports and ICT Suite.

**Location**
Whittington Green School

**Telephone**
01246 264030

**Email**
nathankhan@spireitesttrust.org.uk

**Main Contact**
Nathan Khan

**Booking required?**
No

**Sport or Activity**
Football

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>6pm - 7pm</td>
<td>Beginner, Intermediate, Advanced</td>
<td>5 - 16</td>
<td>£3</td>
<td>Male &amp; Female</td>
<td>Fully qualified disability coaches</td>
</tr>
</tbody>
</table>
Children and young Peoples Fitness
We do a variety of activities including games, boccia, dance, badminton, archery to name a few. The groups runs 36 weeks of the year in 12 week blocks with 2 facilitators and volunteers.

Location
Sheffield Mencap and Gateway, Park Grange Road, Sheffield S2 3QF

Telephone
0114 2758879 / 01142767757

Email
kirstyworstenholm@sheffieldmencap.org.uk

Main Contact
Kirsty Worstenholm

Booking required?
Yes

Sport or Activity
Aerobics, football, archery, games, badminton, rounders, dance to name a few

Is the activity for specific disabilities?
No

Day    Thursday
Time    6.30pm - 8.30pm
Level   Beginner, Intermediate, Advanced
Who’s it for?  5 - 16
Cost    £3
Sex     Male & Female
Other info  Accessible

City Knights FC
We have 4 levels of ability and focus on the players ability

Location
Davy’s Sporting Club, 630 Prince of Wales Road, Sheffield, S9 4ER

Telephone
07940 787703

Email
Cityknightsfc@gmail.com

Main Contact
Sharon Lavender

Booking required?
No

Sport or Activity
Football training

Is the activity for specific disabilities?
No wheelchair users

Day    Friday
Time    7pm - 9pm
Level   Beginner, Intermediate, Advanced
Who’s it for?  16+
Cost    £3.5
Sex     Male & Female
Other info  We have qualified Coaches all with their DBS

For accessibility information visit: https://www.accessable.co.uk/
Coach 2 Include football
Football training, working on basic football skills with the opportunity to join the Sheffield FC disability team changing rooms, all qualified coaches, first session free

Location
Hillsborough College, S6 2ET, on the Astro turf pitch

Telephone
07580 051508

Email
Andrew.H@coach2include.co.uk

Main Contact
Andrew Hibberd

Booking required?
No

Sport or Activity
Football

Is the activity for specific disabilities?
No

Day
Saturday

Time
11:15 am-12:15 pm

Level
Beginner, Intermediate

Who’s it for?
6-12 team, 12-16 team and an adult team

Cost
£3.00

Sex
Male & Female

Other info
For accessibility information visit: https://www.accessable.co.uk/

Cycle Happy Club
The club aims to promote cycling for people with learning difficulties, encouraging health and well-being. We have some bicycles, tricycles and balance bikes you can use/share or bring your own. Other family members and/or carers are encouraged to join in.

Location
Forge Valley Cycle Track, Forge Valley School

Telephone
0114 2305072

Email
julie.grafton@googlemail.com

Main Contact
Julie Grafton

Booking required?
Yes

Sport or Activity
Cycling

Is the activity for specific disabilities?
Please phone before coming the first time to discuss requirements

Day
Friday

Time
6.00 pm – 7.00 pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
7 +

Cost
£2.00 children & £3.00 adults

Sex
Male & Female

Other info
We do not have specialised equipment for physical disabilities.
### D.A.W.S. Community Gym

**D.A.W.S. Community Gym**

Gym, Exercise Classes, Indoor Disability Sports and personal specialist disability training. We also have specialist sports equipment for wheelchairs including wheelchair weighing scales.

**Location**

Isobel Bowler Sports Ground and Various Community venues

**Telephone**

07527 118968

**Email**

daws.sheffield@gmail.com

**Main Contact**

Stephen Birkby

**Booking required?**

Yes

**Sport or Activity**

Various Activities

**Is the activity for specific disabilities?**

All abilities and people with long term health conditions

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday - Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>6.00 pm – 7.00 pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>12+</td>
</tr>
<tr>
<td>Cost</td>
<td>Starting from £3.50</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

### Dancestars

**Dancestars**

Dancestars is a dance group for children and young people with special educational needs and disabilities. The group promotes physical activity and helps the dancers to establish and maintain friendships outside of school or college. They dance to contemporary music.

**Location**

St Mary’s Church, Bramall Lane, Sheffield, S2 4QZ

**Telephone**

07969 762389

**Email**

carly.dancespace@gmail.com

**Main Contact**

Carly Winter

**Booking required?**

No

**Sport or Activity**

Dancing

**Is the activity for specific disabilities?**

Yes - We are open to children and young people with special educational needs and disabilities, and their siblings.

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>5.00 pm – 6.00 pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children and young people up to the age of 16</td>
</tr>
<tr>
<td>Cost</td>
<td>£2.50</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

For accessibility information visit: [https://www.accessable.co.uk/](https://www.accessable.co.uk/)
### Derek Dooley Football Club

Football Training and Monthly fixtures during Football season for children and young people with special educational needs and disabilities. The group promotes physical activity and helps its players to establish and maintain friendships.

**Location**  
Goals Soccer Centre 95 Norfolk Park Rd, Sheffield S2 2RB.

**Telephone**  
07740 280775

**Email**  
dawnwood135@live.com

**Main Contact**  
Dawn Wood

**Booking required?**  
No

**Sport or Activity**  
Football Training and Fixtures

**Is the activity for specific disabilities?**  
All abilities welcome

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>10am -12 Noon</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children and Adults</td>
</tr>
<tr>
<td>Cost</td>
<td>£3.5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Level 1 &amp; 2 Coaches</td>
</tr>
</tbody>
</table>

For accessibility information visit: https://www.accessable.co.uk/

### Disability and Autism Friendly Swimming

Inclusive swim session in the centre section of the leisure pool at Ponds Forge. Shallow water available, also hoist or gratuated steps entry options. Not available in school holidays. Changing places and accessible changing rooms available

**Location**  
Ponds Forge International Sports Centre, Sheaf Street, S1 2BP

**Telephone**  
0114 223 3400

**Email**  
info@ponds-forge.co.uk

**Main Contact**  
Sarah Livesey

**Booking required?**  
No

**Sport or Activity**  
Swimming

**Is the activity for specific disabilities?**  
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Tuesday &amp; Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>12pm - 1.30pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>16+</td>
</tr>
<tr>
<td>Cost</td>
<td>From £1.95 (Lifecard plus junior) &amp; £3.35 (Lifecard plus adult)</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td></td>
</tr>
</tbody>
</table>

For accessibility information visit: https://www.accessable.co.uk/
### Disability Swimming Lessons
Swimming lesson for children with physical or learning disabilities.
2 teachers present for each session and parents can accompany children into the water if required. A hoist is available for pool entry as well as graduated steps or ladder.

**Location**
Ponds Forge International Sports Centre, Sheaf Street, S1 2BP.

**Telephone**
0114 223 3400

**Email**
lessonadmin@siv.org.uk

**Main Contact**
Alex Crawshaw

**Booking required?**
Yes

**Sport or Activity**
Swimming lesson

**Is the activity for specific disabilities?**
No

**Day** | Saturday  
**Time** | 4.15pm - 4.45pm  
**Level** | Beginner, Intermediate  
**Who’s it for?** | Children and Adults  
**Cost** | £28.50 per month (includes SIV junior membership)  
**Sex** | Male & Female  
**Other info** | We have qualified Coaches all with their DBS  

---

### Disability Swimming Lessons
Swimming lesson for children with physical or learning disabilities. Unfortunately there is no hoist access for these lessons. An advanced disability squad lesson is available for advanced swimmers.

**Location**
Hillsborough Leisure Centre, Beulah Road, S6 2AN.

**Telephone**
0114 231 2233

**Email**
lessonadmin@siv.org.uk

**Main Contact**
Sarah Smith

**Booking required?**
Yes

**Sport or Activity**
Swimming lesson

**Is the activity for specific disabilities?**
No

**Day** | Saturday  
**Time** | Various 30 minute lessons between 3-6pm  
**Level** | Beginner, Intermediate, Advanced  
**Who’s it for?** | 16+  
**Cost** | £28.50 per month (includes SIV junior membership)  
**Sex** | Male & Female  
**Other info** | We have qualified Coaches all with their DBS  

For accessibility information visit: https://www.accessable.co.uk/
## Disability Trampoline Lessons

Our inclusive friendly trampoline lessons are 30 minutes long and class sizes are a maximum of 4. Participants are taught elements of trampolining. Participants with Down’s Syndrome require medical screening.

### Location
Hillsborough Leisure Centre, Beulah Road, S6 2AN

### Telephone
0114 223 5620

### Email
charlotte.rogerson@siv.org.uk

### Main Contact
Charlotte Rogerson

### Booking required?
Yes

### Sport or Activity
Trampoline Lesson

### Is the activity for specific disabilities?
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>3.30pm - 4pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children and Adults</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

### Other info
For accessibility information visit: https://www.accessable.co.uk/

---

## Disability Trampoline Lessons

Our inclusive friendly trampoline lessons are 30 minutes long and class sizes are a maximum of 4. Participants are taught elements of trampolining. Participants with Down’s Syndrome require medical screening.

### Location
Springs Leisure Centre, East Bank Road, S2 2AL

### Telephone
0114 223 5620

### Email
charlotte.rogerson@siv.org.uk

### Main Contact
Charlotte Rogerson

### Booking required?
Yes

### Sport or Activity
Trampoline Lesson

### Is the activity for specific disabilities?
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>3.15pm - 3.45pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children and Adults</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

### Other info
For accessibility information visit: https://www.accessable.co.uk/
### Down Syndrome Children’s Tennis
This tennis session is suitable for children with Down Syndrome and their siblings.

**Location**
Brentwood Tennis Club

**Telephone**
07986 277 596

**Email**
benhowarhtenniscoaching@gmail.com

**Main Contact**
Ben Howarth

**Booking required?**
No

**Sport or Activity**
Mini Tennis

**Is the activity for specific disabilities?**
Yes - Down Syndrome and their siblings

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>2:30pm</td>
</tr>
<tr>
<td>Level</td>
<td>Level 4 Tennis. Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>5-13 years</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

### Family Time Tennis
Family Time Tennis is a weekly session in School Term Time for the whole family to get involved. Families can play together and also learn new skills to improve their game.

**Location**
Brentwood Tennis Club

**Telephone**
07986 277 596

**Email**
benhowarhtenniscoaching@gmail.com

**Main Contact**
Ben Howarth

**Booking required?**
No

**Sport or Activity**
Mini Tennis

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>11am - 1pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Families</td>
</tr>
<tr>
<td>Cost</td>
<td>£2</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Level 2 Coach</td>
</tr>
</tbody>
</table>
### Feel Good Tennis
Feel Good Tennis is session to get you rallying, moving around and playing tennis. Most importantly it’s organised to make you feel good.

**Location**
Brentwood Tennis Club

**Telephone**
07986 277 596

**Email**
benhowarhtenniscoaching@gmail.com

**Main Contact**
Ben Howarth

**Booking required?**
No

**Sport or Activity**
Tennis

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>11am</td>
<td>Level 4 Tennis. Beginner, Intermediate, Advanced</td>
<td>16 +</td>
<td>£5</td>
<td>Male &amp; Female</td>
<td></td>
</tr>
</tbody>
</table>

For accessibility information visit: https://www.accessable.co.uk/

### Firth Park Friday Club
Recreational fun and various activities group for people with learning disabilities

**Location**
Ecclesfield support unit, 712 wordsworth Avenue, Sheffield, S5 9JN.

**Telephone**
07787 936 873

**Email**

**Main Contact**
Selina Sadler

**Booking required?**
N/A

**Sport or Activity**
Various sporting activities

**Is the activity for specific disabilities?**
Yes-Learning Disabilities

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>7pm-9pm</td>
<td>Beginner, Intermediate, Advanced</td>
<td>Learning Disabilities</td>
<td>£1</td>
<td>Male &amp; Female</td>
<td></td>
</tr>
</tbody>
</table>

For accessibility information visit: https://www.accessable.co.uk/
### Fitness Fanatics
Fitness Fanatics is a learning disability friendly fitness and healthy eating class. Members can pay in blocks, weekly or ask for it in their budgets. The group helps to tackle obesity by raising awareness around good diet choices, portion sizes and light exercise.

**Location**
Sheffield Mencap and Gateway, Park Grange Road, Sheffield S2 3QF.

**Telephone**
0114 275 8879 / 0114 276 7757

**Email**
kirstyworstenholm@sheffieldmencap.org.uk

**Main Contact**
Kirsty Worstenholm

**Booking required?**
No

**Day**
Thursday

**Sport or Activity**
This session explores a wide variety of fitness activities

**Is the activity for specific disabilities?**
Yes-Learning disabilities and autism

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6.30pm - 8.00pm</td>
<td>Beginner, Intermediate, Advanced</td>
<td>16 +</td>
<td>£6</td>
<td>Male &amp; Female</td>
<td>Includes, dance, football, circuit training, rounder’s, boccia. cheer leading, aerobics, archery.</td>
</tr>
</tbody>
</table>

### Free Minds Contemporary Ballet
Free Minds Contemporary Ballet group with ibk initiatives run a contemporary ballet class in Sheffield with a creative and therapeutic edge for both disabled and non disabled young people and adults aged 11+. Classes are adaptable for everyone.

**Location**
Seven Hill School Dance Studio, Granville Road, Sheffield.

**Telephone**
07494 433165

**Email**
rhbottrill@tiscali.co.uk

**Main Contact**
Roxanne Bottrill

**Booking required?**
No booking is required but just a call or email to let me know you are coming for the first time.

**Day**
Thursday

**Sport or Activity**
Contemporary Ballet

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5.00 pm - 6.00 pm (term time only)</td>
<td>Beginner, Intermediate, Advanced</td>
<td>11+</td>
<td></td>
<td>Male &amp; Female</td>
<td>Classes run on a donation basis. So participants can chose how much they wish or can afford to pay for each session</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male &amp; Female</td>
<td></td>
</tr>
</tbody>
</table>
**Inclusive Gym Session**
A structured lead gym session with a fitness instructor.

**Location**
Wisewood Sports Centre.

**Telephone**
0114 233 5457

**Email**
enquiries@wisewoodsportscentre.org

**Main Contact**
Selina Sadler

**Booking required?**
No

**Sport or Activity**
Access to the Gym facility

**Is the activity for specific disabilities?**
No

---

**Inclusive Sport Multi Sports Activities**
Instructor lead session with all facilities accessible.

**Location**
Wisewood Sports Centre.

**Telephone**
0114 233 5457

**Email**
enquiries@wisewoodsportscentre.org

**Main Contact**
Wisewood Sports Centre

**Booking required?**
No

**Sport or Activity**
Multi Sports Activities

**Is the activity for specific disabilities?**
No

**Day**
Tuesday

**Time**
6.30pm - 8.00pm

**Level**
Beginner, Intermediate, Advanced

**Who’s it for?**
All Ages

**Cost**
£2.50

**Sex**
Male & Female

**Other info**
For accessibility information visit: https://www.accessable.co.uk/
Inclusive Sport
Multi Sports session offering a variety of sports and activities. A coach will be present to deliver the session and all facilities are accessible.

Location
Wisewood Sports Centre.

Telephone
0114 233 5457

Email
enquiries@wisewoodsportscentre.org

Main Contact
Selina Sadler

Booking required?
No

Sport or Activity
Multi Sports

Is the activity for specific disabilities?
No

Day
Monday
Time
11am - 12.30pm
Level
Beginner, Intermediate, Advanced
Who’s it for?
All ages
Cost
£2.80
Sex
Male & Female
Other info

Inclusive Tennis
Our Inclusive Tennis Session is a coach session by a tennis coach, where participants will take part in Tennis Matches amongst themselves and also learn the fundamentals of Tennis.

A Tennis Coach is provided and all facilities are accessible.

Location
Graves Health and Leisure Centre. Tennis Courts.

Telephone
0114 283 9900

Email
enquiries@graveshealthandsportscentre.org

Main Contact
Alasdair Ford

Booking required?
No

Sport or Activity
Tennis

Is the activity for specific disabilities?
No

Day
Monday
Time
1.30pm - 3pm
Level
Beginner, Intermediate, Advanced
Who’s it for?
Adults
Cost
£1.50
Sex
Male & Female
Other info

For accessibility information visit: https://www.accessable.co.uk/
Leisure Swimming
Leisure Swimming with wave features, flumes, pirate ship and water fountains. Accessible changing rooms and pool chair for beach access to the pool

Location
Hillsborough Leisure Centre, Beulah Road, S6 2AN

Telephone
0114 231 2233

Email
info@hillsboroughlc.co.uk

Main Contact
Sarah Livesey

Booking required?
No

Sport or Activity
Swimming lesson for children with physical or learning disabilities.

Is the activity for specific disabilities?
No

Day
All days

Time
Various

Level
Beginner, Intermediate, Advanced

Who’s it for?
16 +

Cost
From £2.80

Sex
Male & Female

Other info
There is no hoist access for these lessons. An advanced disability squad lesson is available.

For accessibility information visit: https://www.accessable.co.uk/

Leisure swimming/Lane Swimming
Leisure Swimming in the leisure pool with lazy river, geezers, flumes and wave features. Hoist available as well as graduated steps entry. Lane swimming in the competition pool, deep water with hoist entry available. Changing places and accessible changing rooms available

Location
Ponds Forge International Sports Centre, Sheaf Street, S1 2BP.

Telephone
0114 223 3400

Email
info@ponds-forge.co.uk

Main Contact
Sarah Livesey

Booking required?
No

Sport or Activity
Swimming

Is the activity for specific disabilities?
No

Day
Various

Time
Various

Level
Beginner, Intermediate, Advanced

Who’s it for?
16 +

Cost
From £2.80

Sex
Male & Female

Other info

For accessibility information visit: https://www.accessable.co.uk/
Leisure Time
An easy going, friendly and open environment where you can stay active and meet new people. Take part in activities including badminton, boccia, cricket, table tennis and football and jump around on our bouncy castle. Suitable for adults with a mild to more severe learning and or physical disability.

Location
Concord Sports Centre, Shiregreen Lane, S5 6AE.

Telephone
0114 223 5620

Email
charlotte.rogerson@siv.org.uk

Main Contact
Charlotte Rogerson

Booking required?
Advised

Sport or Activity
Multi Sports, bouncy castle and sensory rooms.

Is the activity for specific disabilities?
No

---

Lynx Basketball Club
Basketball for Children and Adults with SEND. The group promotes fitness and health through physical activity.

Location
Goals Soccer Centre, 95 Norfolk Park Rd, Sheffield, S2 2RB

Telephone
07969 870155

Email
shellguite@hotmail.com

Main Contact
Michelle Guite

Booking required?
Yes

Sport or Activity
Basketball

Is the activity for specific disabilities?
Basketball for Children and Adults with Learning Difficulties

Day
Monday
Time
10.30am - 12.30pm
Level
Beginner, Intermediate, Advanced
Who’s it for?
16 +
Cost
£3
Sex
Male & Female
Other info

Day
Tuesday
Time
5pm - 6pm
Level
Beginner, Intermediate, Advanced
Who’s it for?
16 +
Cost
£10 per month
Sex
Male & Female
Other info
## Multi Sensory Rooms

**Location**
Concord Sports Centre, Shiregreen Lane, S5 6AE.

**Telephone**
0114 223 5620

**Email**
charlotte.rogerson@siv.org.uk

**Main Contact**
Charlotte Rogerson

**Booking required?**
Yes

**Sport or Activity**
Multi Sensory Rooms

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Varied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Varied</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who’s it for?</th>
<th>An induction is required on your first visit for just £12.00 which includes use of the Multi-Sensory Room for 1 hour. A one hour session costs £9.80 with a Sheffield lifeCARD (£10.45 without a Sheffield lifeCARD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

**Other info**
Male & Female

---

## Mavericks Sports Club

**Boccia and Multi-sport club**

**Location**
Sheffield Mencap, Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

**Telephone**
0114 268 3776 / 0114 438 4082

**Email**
m-pelliott@tiscali.co.uk

**Main Contact**
Mike Elliott / Bob Moody

**Booking required?**
Yes

**Sport or Activity**
Boccia, Cricket, Pool, Table Tennis and Multi-Sports

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>12pm - 3pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who’s it for?</th>
<th>18+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>£2</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

**Other info**
Qualified Coaches, Accessible toilet, accessible parking, accessible showering facilities

---

For accessibility information visit: https://www.accessable.co.uk/
**Norfolk Lodge Lionesses**
The women’s football team welcomes all players 16+. The team are coached by qualified coach and train every Monday for one hour 5:30 to 6:30 each session costs £2. Lots of fun drills and games to increase confidence, make friends and ultimately have fun.

**Location**
Sheffield Mencap, Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

**Telephone**
0114 276 7757

**Email**
aaronfirth@sheffieldmencap.org.uk

**Main Contact**
Natalie Shaw

**Booking required?**
Yes

**Sport or Activity**
Coaching and Football

**Is the activity for specific disabilities?**
Yes-Learning disabilities

**Day**
Monday

**Time**
5:30pm - 6:30pm

**Level**
Beginner

**Who’s it for?**
16

**Cost**
£2

**Sex**
Female

**Other info**
Accessible building, accessible toilet and disabled parking.

---

**Net4All at Sheffield Concord Netball Club**
Inclusive netball for SEN girls aged 11-18

**Location**
Fully Qualified Coaches, accessible toilets, accessible changing room
EIS, Sheffield Coleridge Road, S9 5DA.

**Telephone**
07710 495177

**Email**
Helenthorneloe@aol.co.uk

**Main Contact**
Helen Thorneloe

**Booking required?**
No

**Sport or Activity**
Netball

**Is the activity for specific disabilities?**
Intellectual impairments

**Day**
Wednesday

**Time**
6.00pm-8.00pm

**Level**
Beginner, Intermediate

**Who’s it for?**
11-18

**Cost**
£6

**Sex**
Female

**Other info**
Qualified Coaches, Accessible toilet, accessible parking, accessible showering facilities

---

For accessibility information visit: https://www.accessable.co.uk/
Norfolk Lodge Lions
The Norfolk Lodge Lions are a male team of adults with learning disabilities who play in the mixed ability league. We train once a month at Goals Soccer centre. The team are coached by a qualified coach and it is an ideal way to keep fit, play football and make new friends.

**Location**
Goals Sheffield.

**Telephone**
0114 276 7757

**Email**
aaronfirth@sheffieldmencap.org.uk

**Main Contact**
Natalie Shaw

**Booking required?**
Yes

**Sport or Activity**
Coaching and Football skills

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>6:30pm - 8:00pm</td>
<td>Beginner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who's it for?</th>
<th>Cost</th>
<th>Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 +</td>
<td>£70</td>
<td>Male</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qualified coach</td>
</tr>
</tbody>
</table>

Oakwell Terriers
We offer a variety of session in Barnsley aimed at people who have lived experience of mental ill health, their carers or family. Sessions are mixed ability with coached sessions and Game play. All sessions have a qualified Coach and a first aider.

**Location**
Shaw Lane & Oakwell F.C

**Telephone**
01226 730 433 / 07917 650 091

**Email**
hannah.burton@swyt.nhs.uk

**Main Contact**
Hannah Burton

**Booking required?**
No

**Sport or Activity**
5, 7 & 11 a side football training

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who's it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>2pm - 3.30pm</td>
<td>Beginner, Intermediate, Advanced</td>
<td>16 +</td>
<td>£1</td>
<td>Male &amp; Female</td>
<td>Level 1 Coaches, Inclusive Football</td>
</tr>
</tbody>
</table>
**Private Disability Swimming Lessons**

Private swimming lessons either 1-1 or in a small group setting for participants to Learn to Swim with a swimming teacher delivering the session. Private Swimming Lessons are worked around the individual and instructors availability.

**Location**

Thorncliffe Health and Sports Centre

**Telephone**

0114 2843910

**Email**

enquiries@thorncliffehealthandleisurecentre.org

**Main Contact**

Dawn Cooper

**Booking required?**

Yes

**Sport or Activity**

Learn to swim with an instructor

**Is the activity for specific disabilities?**

No

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday, Tuesday, Wednesday, Thursday, Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>1:00pm, 2:00pm &amp; 10:00am</td>
</tr>
<tr>
<td><strong>Level</strong></td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td><strong>Who’s it for?</strong></td>
<td>All Ages</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>£8</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

**Other info**

Accessible changing facilities are available.

---

**Places Wellness**

Places Wellness is a specific gym programme for all abilities, bespoke to each individual.

**Location**

Graves Health and Sports Centre

**Telephone**

0114 283 9900

**Email**

enquiries@thorncliffehealthandleisurecentre.org

**Main Contact**

Christopher Deighton

**Booking required?**

Yes

**Sport or Activity**

One - One personalised gym, with a bespoke programme for each individual

**Is the activity for specific disabilities?**

No

<table>
<thead>
<tr>
<th>Day</th>
<th>All days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>Anytime during opening times</td>
</tr>
<tr>
<td><strong>Level</strong></td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td><strong>Who’s it for?</strong></td>
<td>16 +</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>£0</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td>Female</td>
</tr>
</tbody>
</table>

**Other info**

Instructor present during the sessions and all facilities are accessible.
**Sheffield Blind Archery Group**

The group meets each week to practice. There is also the opportunity to enter competitions.

**Location**
Northern General Hospital Spinal Injuries Unit Wheelchair Sports Hall

**Telephone**
0114 246 5515

**Email**
info@srsb.org.uk

**Main Contact**
Janet Culf

**Booking required?**
Yes

**Sport or Activity**
Archery

**Is the activity for specific disabilities?**
Yes, visually impaired people. (Sighted spotter required). Contact for more information.

**Day**
Wednesday

**Time**
10am to 2pm

**Level**
Beginner, Intermediate

**Who’s it for?**
18+

**Cost**
4 weeks free trial, then £20 per year to join the wheelchair sports club and then £1 per week.

**Sex**
Male & Female

**Other info**
Accessible toilets, accessible changing room.

---

**Quick steps**
Fun games developing fundamental movements and skills in an inclusive environment changing rooms, all qualified coaches, first session free

**Location**
Hillsborough college, S6 2ET

**Telephone**
07580 051508

**Email**
Andrew.H@coach2include.co.uk

**Main Contact**
Andrew Hibberd

**Booking required?**
No

**Sport or Activity**
Quick steps

**Is the activity for specific disabilities?**
No

**Day**
Saturday

**Time**
9:30am-10:30am

**Level**
Beginner

**Who’s it for?**
6 - 12

**Cost**
£7

**Sex**
Male & Female

**Other info**
Accessible toilets, accessible changing room.
**Sheffield City Boxing Club**
Inclusive Boxing Sessions for all - disabled and non-disabled children and adults. Classes are adapted for everyone.

**Location**
Old Sharrow Junior School, South View Road, Sheffield, S7 1DB

**Telephone**
07791 301984

**Email**
bwarbo@yahoo.co.uk

**Main Contact**
Brendon Warburton

**Booking required?**
No

**Sport or Activity**
Boxing

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Mondays, Wednesday &amp; Thursdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>4.45pm - 6pm, 11-16yrs &amp; 6pm - 7.30 pm, 16+</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children and Adults</td>
</tr>
<tr>
<td>Cost</td>
<td>£2.50</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td></td>
</tr>
</tbody>
</table>

---

**Sheffield Cycling 4 All**
Our project enables anyone to enjoy cycling, whatever difficulties or disabilities they face. You can ride one of our adapted trikes, or get a lift on one of our side-by-side tandems or wheelchair trikes.

**Location**
The Ballcourts, Hillsborough Park

**Telephone**
07565 695 296

**Email**
info@sheffieldcycling4all.org

**Main Contact**
Rosemary Hill

**Booking required?**
No

**Sport or Activity**
Cycling on one of our accessible trikes

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Tuesday, Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>10am - 12.30pm &amp; 1pm - 3pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>16+</td>
</tr>
<tr>
<td>Cost</td>
<td>£4</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Toilets are located in the Bowling Pavilion at the top of the park or at Hillsborough Leisure Centre.</td>
</tr>
</tbody>
</table>
A-Z Clubs and Activities

Sheffield Inclusive Basketball Club
Basketball for children and young people with special educational needs and disabilities. The group promotes physical activity and helps its players to establish and maintain friendships.

Location
Ponds Forge Sports Hall

Telephone
07740 280775

Email
dawnwood135@live.com / aaronclarke88@ymail.com

Main Contact
Dawn Wood

Booking required?
No

Sport or Activity
Basketball

Is the activity for specific disabilities?
Anyone with a disability can attend

Day
Tuesday

Time
6pm - 7pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
14+

Cost
£3

Sex
Male & Female

Other info

For accessibility information visit: https://www.accessable.co.uk/

Sheffield Lightning Athletics Club
An inclusive athletics club for children with Autism, Asperger’s, ADHD and their siblings. Would you like to run on an indoor athletics track, learn how to throw a Javelin, jump far into a sand pit and make new friends

Location
English Institute of Sport, Coleridge Road, Sheffield, S9 5DA

Telephone
07840 906 477

Email
sheffieldlightningathletics@gmail.com

Main Contact
Laura Gillespie

Booking required?
Yes

Sport or Activity
Athletics

Is the activity for specific disabilities?
Yes - Autism, Asperger’s, ADHD and their siblings

Day
Friday

Time
5.00pm - 6.00pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
8+

Cost
We charge £60 annual membership to join the club and athletes pay to access the track each session that they attend.

Sex
Male & Female

Other info
Qualified coaches and volunteers

For accessibility information visit: https://www.accessable.co.uk/
Sheffield Otters Swimming Club  
Swimming for Adults and Young People

Location  
Concord Sports Centre

Telephone  
07599 610966

Email  
sheff.otters@gmail.com

Main Contact  
Robert Hattersley

Booking required?  
Yes

Sport or Activity  
Swimming

Is the activity for specific disabilities?  
For young people and adults with a learning disability

Day  
Wednesday and Sunday

Time  
Wednesday Ponds Forge 8pm-9pm and Sunday Goodwin Sports Centre 3pm-4pm

Level  
Young people and adults with a learning disability

Who’s it for?  
Young people and adults with a learning disability

Cost  
£6

Sex  
Male & Female

Other info  

Sheffield Parent Carer Forum  
Monthly trampolining sessions for disabled children and young people and their parents and siblings.

Location  
Jump Inc, Meadowhall, Vulcan Road, Sheffield S9 1EW

Telephone  
0300 321 4721

Email  
enquiries@sheffieldparentcarerforum.org.uk

Main Contact  
Eva Juusola

Booking required?  
Yes via http://www.sheffieldparentcarerforum.org.uk/events

Sport or Activity  
Trampolining

Is the activity for specific disabilities?  
No-Participants must be able to follow safety instructions.

Day  
Every third Tuesday of the month

Time  
6pm - 7pm

Level  
Beginner, Intermediate, Advanced

Who’s it for?  
0-25 years and children under the age of six must be accompanied by a participating adult

Cost  
£4

Sex  
Male & Female

Other info  
Fully wheelchair accessible, but no hoist or changing bench. No loud music or flashing lights.

For accessibility information visit: https://www.accessable.co.uk/
### Sheffield Smasheers Boccia Club
Join us for these fun and sociable boccia sessions each week. There is a drinks/biscuits break halfway through each session. There are some opportunities through the year to attend friendly tournaments and competitions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Pond's Forge - Sports Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone</td>
<td>0114 274 4939</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:charlotte.faulkner@irwinmitchell.com">charlotte.faulkner@irwinmitchell.com</a></td>
</tr>
<tr>
<td>Main Contact</td>
<td>Charlotte Faulkner</td>
</tr>
<tr>
<td>Booking required?</td>
<td>No</td>
</tr>
<tr>
<td>Sport or Activity</td>
<td>Boccia</td>
</tr>
<tr>
<td>Is the activity for specific disabilities?</td>
<td>No</td>
</tr>
<tr>
<td>Day</td>
<td>Thursday</td>
</tr>
<tr>
<td>Time</td>
<td>5.45pm - 7.15pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>8+</td>
</tr>
<tr>
<td>Cost</td>
<td>£2.50</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>A number of Boccia Leaders, 2 x Level 1 Referees, accessible toilets available</td>
</tr>
</tbody>
</table>

### Sheffield Steelers Wheelchair Basketball Club
The club aims to promote Wheelchair Basketball for people with a disability, we encourage health and well-being

| Location | The Princess Royal Spinal Injuries Unit, Northern General Hospital, Herries Road, Sheffield, S5 7AU |
| Email | s_ryan5@sky.com |
| Main Contact | Steve Ryan 07775500029 or Kev Hayes 07972 774250 |
| Booking required? | No |
| Sport or Activity | Wheelchair Basketball |
| Is the activity for specific disabilities? | No - Contact before first session |
| Day | Tuesday and Thursday |
| Time | 4.30pm - 5.30pm |
| Level | Beginner, Intermediate, Advanced |
| Who’s it for? | Under 16s |
| Cost | £2 Juniors (under 16) per week |
| Sex | Male & Female |
| Other info | For accessibility information visit: https://www.accessable.co.uk/ |
Sheffield Steelkings Para Ice Hockey Club
Para ice hockey is a highly skilled, fast, physical team sport, perfect for people with low body impairments or disabilities. Attendees need to have a strong upper-body and be prepared to work as part of a team.

Location
IceSheffield, Coleridge Road, Sheffield. S9 5DA

Email
sheffieldsteelkings@gmail.com

Main Contact
Jake Oakley

Booking required?
Yes

Sport or Activity
Para ice hockey

Is the activity for specific disabilities?
Yes-Physical disabilities

Day
Friday

Time
Normally between 5pm - 8pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
18 +

Cost
£8

Sex
Male & Female

Other info
Equipment available for trial

Sheffield SUPER 1S
Gives young people aged 12-25 with disabilities the chance to regularly play cricket. By creating community cricket hubs for young people to receive coaching from the Yorkshire Cricket Board, we give participants the chance to compete against peers and enjoy the benefits of sport.

Location
Bawtry Road cricket ground, Bawtry Rd, Sheffield S9 1UA

Telephone
Rohan 07519 122246 or Tony 07722 011933

Email
r.randhawa@yorkshirecb.com

Main Contact
Rohan Randhawa and Tony Postle

Booking required?
No

Sport or Activity
Cricket

Is the activity for specific disabilities?
No

Day
Monday

Time
5pm - 6pm

Level
Beginner, Intermediate

Who’s it for?
12-25

Cost
£0

Sex
Male & Female

Other info
Accessible toilets / Level 2 cricket coach - Safeguarding and dbs checked
### Sheffield United CF Kicks Disability Session

**Description:**
Football Training and Monthly fixtures during Football season for children and young people with special educational needs and disabilities. The group promotes physical activity and helps its players to establish and maintain friendships.

**Location**
Goals Soccer Centre 95 Norfolk Park Rd, Sheffield S2 2RB.

**Telephone**
0114 261 9883

**Email**
Keith.Ward@sufc-community.co.uk

**Main Contact**
Keith Ward

**Booking required?**
No

**Sport or Activity**
Football Training and Fixtures

**Is the activity for specific disabilities?**
No

<table>
<thead>
<tr>
<th>Day</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>10.00am - 12 Noon</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Children aged 12 plus and Adults</td>
</tr>
<tr>
<td>Cost</td>
<td>£3.50</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Equipment available for trial</td>
</tr>
</tbody>
</table>

### Sheffield Wednesday Community Programme

**Description:**
Football session open to both men and women with hearing impairment, visual impairment, autism and other special educational needs providing a great platform to learn new skills and techniques.

**Location**
Sheffield Wednesday FC Training Ground, Middlewood Rd, Sheffield

**Telephone**
0114 324 0523

**Email**
bradley.fox@swfc.co.uk

**Main Contact**
Brad Fox

**Booking required?**
No

**Sport or Activity**
Football

**Is the activity for specific disabilities?**
No wheelchair users

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>7.15pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>16 +</td>
</tr>
<tr>
<td>Cost</td>
<td>£4</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>All coaches FA qualified. Cannot cater for wheelchair users</td>
</tr>
</tbody>
</table>
### Sheffield Wheelchair Tennis Club
Coaching is provided on Tuesday and Saturday is recreational.

**Location**
Graves Health and Leisure Centre

**Telephone**
0114 258 0518

**Email**
jacquiestubbs@waitrose.com

**Main Contact**
Jacquie Stubbs

**Booking required?**
No

**Sport or Activity**
Wheelchair tennis

**Is the activity for specific disabilities?**
Yes - Wheelchair users

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10am - 12pm Tuesday, 11am - 1 pm Saturday</td>
<td>Beginner, Intermediate, Advanced</td>
<td>Adults</td>
<td>£6.30</td>
<td>Male &amp; Female</td>
<td>Accessible for all disabled people</td>
</tr>
</tbody>
</table>

### South Yorkshire Goalball Club
Goalball is a Paralympic sport for blind and partially sighted people but sighted people can also play as everyone wears eye shades so that no one can see. It is then about using your other senses – listening for the audible ball and feeling for the tactile court. Coached sessions.

**Location**
English Institute of Sport, Coleridge Road, Sheffield S9 5DA

**Telephone**
07795 263642

**Email**
kathryn@achievepotentials.co.uk

**Main Contact**
Kathryn Fielding

**Booking required?**
No

**Sport or Activity**
Goalball

**Is the activity for specific disabilities?**
Yes - Blind and partially sighted (but sighted people can also play)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Who’s it for?</th>
<th>Cost</th>
<th>Sex</th>
<th>Other info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alternate Tuesdays</td>
<td>5pm to 7pm</td>
<td>Anyone who wants to learn more about the sport</td>
<td>11+</td>
<td>£3 per session</td>
<td>Male &amp; Female</td>
<td>Physically ambulant – participants need to be able to transfer from a seated position (defence) to a standing position (attack).</td>
</tr>
</tbody>
</table>
**Snookerskills**  
The UK Snooker Awards, developed by The Stephen Harrison Academy, is a six-step modular training into work programme using the sport of snooker.

**Location**  
Walkley Snooker Centre, 7a Fir Street, Sheffield, S63TG

**Telephone**  
07864 046826

**Email**  
stephen@snoookerskills.com

**Main Contact**  
Stephen Harrison MBE

**Booking required?**  
No

**Sport or Activity**  
Snooker coaching and competitions

**Is the activity for specific disabilities?**  
Yes - SNIPs referral only

---

**Day**  
Monday, Tuesday, Saturday

**Time**  
10am - 3pm

**Level**  
Beginner, Intermediate, Advanced

**Who’s it for?**  
8-18

**Cost**  
Free

**Sex**  
Male & Female

**Other info**  
UK and World Snooker accredited coaches

---

**Spartans FC**  
Football training

**Location**  
Newfield School

**Telephone**  
07799 075 469

**Email**  
mike.stylianou@hotmail.co.uk

**Main Contact**  
Mike Stylianou

**Booking required?**  
Yes

**Sport or Activity**  
Football

**Is the activity for specific disabilities?**  
Yes - Learning disabilities

**Day**  
Monday

**Time**  
6pm - 7pm

**Level**  
Intermediate

**Who’s it for?**  
16 +

**Cost**  
£3

**Sex**  
Male

**Other info**  
Accessible toilets, qualified coaches

---

For accessibility information visit: https://www.accessable.co.uk/
A-Z Clubs and Activities

SRSB Pilates
By working to the 8 basic principles of relaxation, concentration, co-ordination, centring, alignment, breathing, stamina and flowing movements, ‘core stability’ is achieved. This method can work for everyone regardless of fitness level. Coached sessions.

Location
SRSB, Mappin Street, Sheffield. S1 5DT

Telephone
0114 272 2757

Email
info@srsb.org.uk

Main Contact
Joanne Ardern

Booking required?
Yes

Sport or Activity
Pilates

Is the activity for specific disabilities?
Yes, visually impaired people.

Day
Wednesday

Time
5pm - 6pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
18+

Cost
£9 for waged, £7 for unemployed and students

Sex
Male & Female

Other info

A-Z Clubs and Activities

SRSB Swimming Group
A friendly group of visually impaired SRSB clients meet at their Mappin St centre each week, and travel to the swimming baths on SRSB’s minibus. Entrance at swimming baths

Location
Upperthorpe Baths

Telephone
0114 272 9885

Email
info@srsb.org.uk

Main Contact
Kathryn Greenwood

Booking required?
Yes

Sport or Activity
Swimming

Is the activity for specific disabilities?
Yes, visually impaired people.

Day
Thursday

Time
11:30 am - 1:30pm

Level
Intermediate, Advanced

Who’s it for?
18+

Cost
Free. Travel costs not included.

Sex
Male and female

Other info
Accessible toilets, accessible changing room

For accessibility information visit: https://www.accessable.co.uk/
### SRSB Tai Chi Group
This group aims to make tai chi accessible and inclusive. Coached sessions.

**Location**
SRSB, Mappin Street, Sheffield. S1 5DT

**Telephone**
0114 272 2757

**Email**
info@srsb.org.uk

**Main Contact**
Joanne Ardern

**Booking required?**
Yes

**Sport or Activity**
Tai Chi

**Is the activity for specific disabilities?**
Yes, visually impaired people

**Day**
Friday

**Time**
2:30pm - 3:30pm

**Level**
Beginner, Intermediate, Advanced

**Who’s it for?**
18+

**Cost**
£0

**Sex**
Male and female

**Other info**
For accessibility information visit: https://www.accessable.co.uk/

### Sheffield Blind Bowlers
Friendly bowling group. With refreshments at the end of the session. Coached sessions.

**Location**
Hillsborough Park in the summer season, Concord Sports Centre in the winter season

**Telephone**
0114 286 4121

**Email**
graham.draycott@gmail.com

**Main Contact**
Graham Draycott

**Booking required?**
Yes

**Sport or Activity**
Crown Green Bowling

**Is the activity for specific disabilities?**
Yes, visually impaired people

**Day**
Wednesday

**Time**
10:30am - 12pm

**Level**
Beginner, Intermediate, Advanced

**Who’s it for?**
All ages

**Cost**
£1

**Sex**
Male and female

**Other info**
For accessibility information visit: https://www.accessable.co.uk/
### Sheffield Visually Impaired Walking Group (SVIWG)

Friendly group with an annual programme of walks in and around the Peak District and South Yorkshire. Walks vary in length and degree of difficulty to suit the varying capabilities of the visually impaired walkers.

**Location**
Various

**Telephone**
0114 236 6685

**Email**
hewitt.c4@sky.com

**Main Contact**
Christine Hewitt (Membership Secretary)

**Booking required?**
Yes

**Sport or Activity**
Walking

**Is the activity for specific disabilities?**
Yes, visually impaired people

| **Day** | Various |
| **Time** | Various |
| **Level** | Beginner, Intermediate, Advanced |
| **Who’s it for?** | 18+ |
| **Cost** | Free. Travel costs not included. |
| **Sex** | Male and female |
| **Other info** | Accessible toilets, qualified coaches |

### SRSB Yoga

These sessions are FREE, provided by Yoga Quota who aim to make yoga accessible and inclusive. Coached sessions.

**Location**
SRSB, Mappin Street, Sheffield. S1 5DT

**Telephone**
0114 272 2757

**Email**
info@srsb.org.uk

**Main Contact**
Joanne Ardern

**Booking required?**
Yes

**Sport or Activity**
Yoga

**Is the activity for specific disabilities?**
Yes, visually impaired people

| **Day** | Thursday |
| **Time** | 4:30pm - 5:30pm |
| **Level** | Beginner, Intermediate, Advanced |
| **Who’s it for?** | 18+ |
| **Cost** | £0 |
| **Sex** | Male and female |
| **Other info** | Accessible toilets, qualified coaches |
### Yorkshire Visually Impaired Cricket Club

Friendly cricket sessions for visually impaired people. The group soon hopes to branch out into football and other VI sports. Coached sessions.

<table>
<thead>
<tr>
<th>Location</th>
<th>Various</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone</td>
<td>07769 909906</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:garbett.j@sky.com">garbett.j@sky.com</a></td>
</tr>
<tr>
<td>Main Contact</td>
<td>John Garbett</td>
</tr>
<tr>
<td>Booking required?</td>
<td>Yes</td>
</tr>
<tr>
<td>Sport or Activity</td>
<td>Cricket</td>
</tr>
<tr>
<td>Is the activity for specific disabilities?</td>
<td>Yes, visually impaired people</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Various dates, generally Sundays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Various times</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate, Advanced</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>Free for under 18. All ages</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
</tbody>
</table>

### Top Club Athletics Sheffield

Training in track and field events.

<table>
<thead>
<tr>
<th>Location</th>
<th>English Institute of Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone</td>
<td>0114 268 5690</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:phil_s_morgan@hotmail.com">phil_s_morgan@hotmail.com</a></td>
</tr>
<tr>
<td>Main Contact</td>
<td>Phil Morgan</td>
</tr>
<tr>
<td>Booking required?</td>
<td>Yes</td>
</tr>
<tr>
<td>Sport or Activity</td>
<td>Athletics</td>
</tr>
<tr>
<td>Is the activity for specific disabilities?</td>
<td>Yes-Learning disabilities</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>6pm - 7.30pm</td>
</tr>
<tr>
<td>Level</td>
<td>Beginner, Intermediate</td>
</tr>
<tr>
<td>Who’s it for?</td>
<td>16+</td>
</tr>
<tr>
<td>Cost</td>
<td>£5</td>
</tr>
<tr>
<td>Sex</td>
<td>Male &amp; Female</td>
</tr>
<tr>
<td>Other info</td>
<td>Accessible toilets, qualified coaches</td>
</tr>
</tbody>
</table>
A-Z Clubs and Activities

Westfield Disabled Swimming Group
Leisure swimming activities for all levels of competence including non swimmers in a friendly atmosphere

Location
Westfield Sports Centre

Telephone
0114 239 4484

Email
a.n.smith@sky.com

Main Contact
Alan Smith

Booking required?
No

Sport or Activity
Leisure swimming for disabled people and their friend or carer.

Is the activity for specific disabilities?
No

Day
Thursday

Time
7.30pm - 8.30pm

Level
Beginner, Intermediate, Advanced

Who’s it for?
12 years and above

Cost
£3

Sex
Male & Female

Other info
Disabled changing rooms and easy access to the pool including a chair hoist

A-Z Sports Facilities
<table>
<thead>
<tr>
<th>Facility</th>
<th>Facilities</th>
<th>Cost</th>
<th>Times</th>
<th>Address</th>
<th>Accessibility</th>
<th>Email</th>
<th>Website</th>
<th>Facebook</th>
<th>Twitter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbeydale Sports Club</td>
<td>Gym, squash, Table-tennis, badminton, football, hockey. Rugby and Cricket teams also play on site.</td>
<td>Dependent on activity</td>
<td>Dependent on activity</td>
<td>Abbeydale Sports Club Ltd, Abbeydale Road South, Dore, Sheffield, S17 3LJ</td>
<td>Clubhouse has accessible parking, accessible toilet, step free access to all areas</td>
<td><a href="mailto:pavilion@abbeydalepark.co.uk">pavilion@abbeydalepark.co.uk</a></td>
<td><a href="http://www.abbeydalesportsclub.co.uk">www.abbeydalesportsclub.co.uk</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aston Leisure Centre</td>
<td>Gym, Sports hall, Studio, Swimming Pool</td>
<td>Dependent on activity</td>
<td>Mon-Fri: 7.30am-9.00pm Sat: 7.30am-7.00pm Sun: 7.30am-6.00pm</td>
<td>Aston-cum-Aughton Leisure Centre, Aughton Road, Swallowsnest, Sheffield, S26 4SF</td>
<td>Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist</td>
<td><a href="mailto:enquiries@aston-cum-aughtonleisurecentre.co.uk">enquiries@aston-cum-aughtonleisurecentre.co.uk</a></td>
<td><a href="http://www.placesforpeopleleisure.org/centres/aston-cum-aughton-leisure-centre">www.placesforpeopleleisure.org/centres/aston-cum-aughton-leisure-centre</a></td>
<td>astoncumaughtonleisurecentre</td>
<td>astonlc</td>
</tr>
<tr>
<td>All Saints Goals Soccer Centre</td>
<td>Football Pitches, Sports Hall</td>
<td>Dependent on activity</td>
<td>Mon-Fri: 9.00am-11pm (Bookings available after 5pm) Sat: 9.00am- 6.00pm Sun: 9.00am-10.30pm</td>
<td>All Saints Goals Centre, 95 Norfolk Park Road, Sheffield, S2 2RU</td>
<td></td>
<td><a href="mailto:sheffield@goalsfootball.co.uk">sheffield@goalsfootball.co.uk</a></td>
<td><a href="http://www.goalsfootball.co.uk/clubs/yorkshire/sheffield">www.goalsfootball.co.uk/clubs/yorkshire/sheffield</a></td>
<td>Goalssheffield</td>
<td>goals_sheffield</td>
</tr>
</tbody>
</table>
**Concord Sports Centre**

**Facilities**
Gym, Swimming Pool, football pitches, badminton, squash, table tennis, raquetball and astroturf pitches

**Cost**
Dependent on activity

**Times**
Centre - Mon-Fri: 7.00am-10.00pm
Sat/Sun 8.00am-5.00pm
Gym - Mon-Thurs: 7.00am-10.00pm
Fri: 7.00am-9.00pm
Sat/Sun: 8.00am-4.00pm

**Address**
Concord Sports Centre, Shiregreen Lane, Sheffield, S5 6AE

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist

**Email:** info@concordsportscentre.co.uk
**Telephone:** 0114 2570053
**Website:** www.siv.org.uk/page/concord-sports-centre
**Facebook:** concordsportscentre
**Twitter:** concordsc

---

**English Institute of Sport- Sheffield**

**Facilities**
Gym, Sports Hall, Athletics, Netball, Basketball, Badminton, Table Tennis

**Cost**
Dependent on activity

**Times**
Mon-Fri: 7.00am-10.00pm
Sat-Sun: 9.00am-5.00pm

**Address**
EIS, Coleridge Road, Sheffield, S9 5DA

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible

**Email:** info@eis-sheffield.co.uk
**Telephone:** 0114 2235600
**Website:** www.siv.org.uk/page/eis-sheffield
**Facebook:** eissheff
**Twitter:** eissheff

---

**Firvale Community Sports Centre**

**Facilities**
Sports Hall, Gym, Astro-turf pitches, Hard Courts

**Cost**
Dependent on activity

**Times**
Mon-Thurs: 9.00am-5.00pm
Fri: 8.30am-4.30pm
Sat-Sun CLOSED

**Address**
Fir Vale School, Owler Lane, Sheffield, S4 8GB

**Email:** info.active8sheffield@interserve.com
**Telephone:** 0114 2402308
**Website:** www.active8-sheffield.com/firvale-community-sports-centre
**Facebook:** N/A
**Twitter:** activ8sheffield

---

For accessibility information visit: https://www.accessable.co.uk/
A-Z Sports Facilities

Graves Health and Sports Centre

Facilities
Gymnastics, Trampolining, Badminton, Swimming, Tennis, Volleyball

Cost
Dependent on activity

Times
Mon-Fri: 6.30am-10.00pm
Sat-Sun: 7.30am-8.00pm

Address
Graves Health and Sports Centre, Bochum Parkway, Sheffield, S8 8JR

Accessibility
Accessible toilet, accessible changing room, accessible parking

Email: enquiries@gravestennisandleisurecentre.org
Telephone: 0114 2839900
Website: www.placesleisure.org/centres/graves-health-and-sports-centre
Facebook: graveshealthandsportscentre
Twitter: gravescentre

Greens - Nuffield Health and Fitness Centre

Facilities
Gym, Swimming Pool, Tennis, Football

Cost
Membership packages vary

Times
Mon-Fri: 6.30am-10.00pm, Sat/Sun: 8.00am-9.00pm

Address
Greens, Napier Street, Sheffield, S11 8HA

Accessibility
Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist

Email: sheffieldmanagement@nuffieldhealth.com
Telephone: 0114 2765333
Website: www.nuffieldhealth.com/gyms/sheffield
Facebook: nuffieldhealth
Twitter: nuffieldhealth

For accessibility information visit: https://www.accessable.co.uk/
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heeley Swimming Pool</strong></td>
<td><strong>Hillsborough College</strong></td>
</tr>
<tr>
<td><strong>Facilities</strong></td>
<td><strong>Facilities</strong></td>
</tr>
<tr>
<td>Swimming Pool</td>
<td>Full Size football pitch which can be split for training and</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Cost</td>
</tr>
<tr>
<td>Dependent on activity</td>
<td>Dependent on activity</td>
</tr>
<tr>
<td><strong>Times</strong></td>
<td><strong>Times</strong></td>
</tr>
<tr>
<td>Monday: 7.00am-9.00pm</td>
<td>Monday: 7.00am-9.00pm</td>
</tr>
<tr>
<td>Tues-Fri: 7.00am-9.30pm</td>
<td>Tues-Fri: 7.00am-9.30pm</td>
</tr>
<tr>
<td>Sat: 7.00am-5.00pm</td>
<td>Sat: 7.00am-5.00pm</td>
</tr>
<tr>
<td>Sun: 7.00am-3.00pm</td>
<td>Sun: 7.00am-3.00pm</td>
</tr>
<tr>
<td><strong>Address</strong></td>
<td><strong>Address</strong></td>
</tr>
<tr>
<td>Heeley Swimming Pool, Broadfield Road, Sheffield, S8 0XQ</td>
<td>Hillsborough College, L Ivewey Street, Sheffield, S6 2ET</td>
</tr>
<tr>
<td><strong>Accessibility</strong></td>
<td>Accessibility</td>
</tr>
<tr>
<td>Accessible toilet, accessible changing rooms</td>
<td>Accessible toilet, Accessible changing rooms, accessible parking</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td>Email:</td>
</tr>
<tr>
<td><a href="mailto:info@heeleypool.co.uk">info@heeleypool.co.uk</a></td>
<td><a href="mailto:info@sheffcol.ac.uk">info@sheffcol.ac.uk</a></td>
</tr>
<tr>
<td><strong>Telephone:</strong></td>
<td>Telephone:</td>
</tr>
<tr>
<td>0114 2802370</td>
<td>0114 2602600</td>
</tr>
<tr>
<td><strong>Website:</strong></td>
<td>Website:</td>
</tr>
<tr>
<td><a href="http://www.siv.org.uk/page/heeley-pool">www.siv.org.uk/page/heeley-pool</a></td>
<td><a href="http://www.sheffcol.ac.uk">www.sheffcol.ac.uk</a></td>
</tr>
<tr>
<td><strong>Facebook:</strong></td>
<td>Facebook:</td>
</tr>
<tr>
<td>heeleyswimmingpool</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Twitter:</strong></td>
<td>Twitter:</td>
</tr>
<tr>
<td>heeleypool</td>
<td>N/A</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Hillsborough Leisure Centre</strong></th>
<th><strong>House of Elliot - Swimming</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Facilities</strong></td>
<td><strong>Facilities</strong></td>
</tr>
<tr>
<td>Court hire, indoor athletics, outdoor football pitch, swimming pool, sports hall</td>
<td>Swimming Pool</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>Cost</td>
</tr>
<tr>
<td>Dependent on activity</td>
<td>£7.50 per lesson</td>
</tr>
<tr>
<td><strong>Times</strong></td>
<td><strong>Times</strong></td>
</tr>
<tr>
<td>Mon-Fri: 5.30am-10.30pm</td>
<td>Mon-Fri: 9.00am-6.00pm</td>
</tr>
<tr>
<td>Sat-Sun: 7.00am-8.30pm</td>
<td>Sat: 9.00am-5.00pm</td>
</tr>
<tr>
<td><strong>Address</strong></td>
<td><strong>Address</strong></td>
</tr>
<tr>
<td>Hillsborough Leisure Centre, Belulah Road, Hillsborough, Sheffield, S6 2AN</td>
<td>House of Elliot, 9 Penistone Road, Grenoside, Sheffield, S35 8QH</td>
</tr>
<tr>
<td><strong>Accessibility</strong></td>
<td><strong>Accessibility</strong></td>
</tr>
<tr>
<td>Email:</td>
<td>Email:</td>
</tr>
<tr>
<td><a href="mailto:info@hillsboroughlc.co.uk">info@hillsboroughlc.co.uk</a></td>
<td><a href="mailto:debbiefgicolley@hotmail.com">debbiefgicolley@hotmail.com</a></td>
</tr>
<tr>
<td>Telephone:</td>
<td>Telephone:</td>
</tr>
<tr>
<td>0114 2312233</td>
<td>0114 2460772</td>
</tr>
<tr>
<td>Website:</td>
<td>Website:</td>
</tr>
<tr>
<td><a href="http://www.hillsboroughlc.co.uk">www.hillsboroughlc.co.uk</a></td>
<td><a href="http://www.sheffieldswimschool.co.uk">www.sheffieldswimschool.co.uk</a></td>
</tr>
<tr>
<td>Facebook:</td>
<td>Facebook:</td>
</tr>
<tr>
<td>hillsboroughleisurecentre</td>
<td>N/A</td>
</tr>
<tr>
<td>Twitter:</td>
<td>Twitter:</td>
</tr>
<tr>
<td>hillsbroughlc</td>
<td>N/A</td>
</tr>
</tbody>
</table>

For accessibility information visit: https://www.accessable.co.uk/
A-Z Sports Facilities

Hillsborough Leisure Centre

Facilities
Swimming Pool

Cost
Dependent on activity

Times
Mon-Fri: 7.00am- 9.30pm
Sat: 9.00am-3.00pm (Lessons only)
Sun: 9.00am-3.00pm

Address
King Edwards Swimming Pool
Clarkhouse Road
Sheffield, S10 2LB

Accessibility

Email:
info@kesp.co.uk

Telephone:
0114 2671116

Website:
www.kesp.co.uk

Facebook:
kingedwards Swimmingpool

Twitter:
N/A

Ponds Forge International Sports Centre

Facilities
Swimming Pool, gym, Sports Hall offering badminton, netball, table tennis, fitness classes

Cost
Dependent on activity

Times
Mon-Fri: 6.30am-10.00pm, Sat-Sun: 8.00am-8.30pm

Address
Ponds Forge International Sports Centre, Sheaf Street, Sheffield, S1 2BP

Accessibility
Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist, Lifts

Email:
info@pondsforge.co.uk

Telephone:
0114 2233400

Website:
www.siv.org.uk/page/ponds-forge

Facebook:
pondsforgeinternational-sportscentre

Twitter:
pondsforge

Sheffield Hallam University Active

Facilities
Collegiate- fitness suite, astroturf, movement studio, gymnasium,
City Campus- Sports hall, fitness suite, Sports Park

Cost
Dependent on activity

Times
Dependent on activity/Location

Address
Collegiate Campus- Pearson

Email:
srs@shu.ac.uk

Telephone:
0114 225 3000

Website:
www.shu.ac.uk/sport/active

Facebook:
sheffield hallam active

Twitter:
shu active

For accessibility information visit: https://www.accessable.co.uk/
## A-Z Sports Facilities

### Thorncliffe Health and Leisure Centre

**Facilities**
Gymnastics, Trampolining, Badminton, Swimming, Tennis, Volleyball

**Cost**
Dependent on activity

**Times**
Mon-Fri: 6.30am-10.00pm, Sat-Sun: 7.00am-6.00pm

**Address**
Thorncliffe Health and Leisure Centre, Pack Horse Ln, Sheffield S35 3HY

**Accessibility**
Disabled parking, Disabled change, Pool Hoist

**Email:** srs@shu.ac.uk

**Telephone:** 0114 2844 890

**Website:** [www.placesleisure.org/centres/thorncliffe-health-and-leisure-centre](http://www.placesleisure.org/centres/thorncliffe-health-and-leisure-centre)

**Facebook:** thorncliffehealthandleisure

**Twitter:** thorncliffehlc

### Springs Leisure Centre

**Facilities**
Gym, Swimming Pool/Lessons, Sports hall offering table tennis, badminton, football, netball, trampolining and gymnastics

**Cost**
Dependent on activity

**Times**
Mon-Fri: 8.30am-9.45pm, Sat: 8.00am-4.00pm, Sun: 8.00am-1.00pm

**Address**
Springs Leisure Centre, East Bank Road, Norton, Sheffield, S2 2AL

**Accessibility**
Accessible Toilet, Accessible Parking

**Email:** info@springsleisurecentre.co.uk

**Telephone:** 0114 2390880

**Website:** [www.siv.org.uk/page/springs-leisure-centre](http://www.siv.org.uk/page/springs-leisure-centre)

**Facebook:** springsleisurecentre

**Twitter:** springslc

### Virgin Active - Broadfield Road

**Facilities**
Gym, Swimming Pool, Group exercise classes, climbing wall

**Cost**
Dependent on activity

**Times**
Mon-Thurs: 6.00am-10.00pm, Fri: 6.00am-9.00pm, Sat-Sun: 8.00am-9.00pm

**Address**
Virgin Active, 300 Broadfield Road, Sheffield, S8 0XQ

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist

**Email:** info@virginactive.co.uk

**Telephone:** 0114 2629600

**Website:** [www.virginactive.co.uk/clubs/sheffield-broadfield-park](http://www.virginactive.co.uk/clubs/sheffield-broadfield-park)

**Facebook:** virginactiveuk

**Twitter:** virginactiveuk

### Westfield Sports Centre

**Facilities**
Swimming Pool, Football Pitches, 5-a-side pitches, multi-sport courts, sports hall, fitness classes and coached activities

**Cost**
Dependent on activity

**Times**
Mon-Fri: 3.30pm-9.15pm, Sat: 9.00am-5.00pm, Sun: 9.00am-3.00pm

**Address**
Westfield Sports Centre, Eckington Road, Sheffield, S20 1HQ

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible parking, Pool Hoist

**Email:** info@westfieldsportscentre.co.uk

**Telephone:** 0114 2513962

**Website:** [www.westfieldsportscentre.co.uk](http://www.westfieldsportscentre.co.uk)

**Facebook:** westfieldsportscentre

**Twitter:** westfield_sc

For accessibility information visit: [https://www.accessable.co.uk/](https://www.accessable.co.uk/)
A-Z Sports Facilities

Wisewood Sports Centre

**Facilities**
Gymnastics, Trampolining, Badminton, Football 3G, Gym

**Cost**
Dependent on activity

**Times**
Mon-Fri- 6.30am- 10.00pm
Sat-Sun- 9.00am-5.00pm

**Address**
Wisewood Sports Centre, 75 Laird Road, Sheffield, S6 4BS

**Accessibility**
Accessible Toilets, Accessible Changing Rooms

**Email:** enquiries@wisewoodsportscentre.org
**Telephone:** 0114 2335457
**Website:** www.wisewoodsportscentre.org
**Facebook:** Wisewoodsportscentre wisewoodsc

---

Woodbourn Road Athletics Stadium - Sheffield Hallam University

**Facilities**
Running Track, Pole Vault and High Jump areas, Field Athletics areas, Long Jump and Triple Jump

**Cost**
Dependent on activity

**Times**
Mon-Fri- 4.30pm-9.00pm
Sat-Sun- 9.00am-2.00pm

**Address**
SHU City Athletics Stadium, Woodbourn Road, Sheffield, S9 3HL srs@shu.ac.uk

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible parking

**Email:** info@shu.ac.uk
**Telephone:** 0114 2255340
**Website:** www.shu.ac.uk/current-students/sport/sports-facilities/athletics-stadium
**Facebook:** sheffieldhallamactive
**Twitter:** shuactive

---

St Georges Park - Westfield

**Facilities**
Gym, Exercise Classes, Football Pitch Hire

**Cost**
Dependent on activity

**Times**
Mon-Fri- 6.30am-10.00pm
Sat-Sun- 8.00am-6.00pm

**Address**
St Georges Park Westfield, Moss Way, Sheffield, S20 8FA

**Accessibility**
Accessible toilet, Accessible changing rooms, Accessible parking

**Email:** info@sgpwestfield.com
**Telephone:** 0114 2484829
**Website:** www.sgpwestfield.com
**Facebook:** sgpwestfield
**Twitter:** sgpwestfield

---

St Georges Park - Graves

**Facilities**
Football pitch hire (5/7/9 or 11 a side), coaching courses, football leagues

**Cost**
Dependent on activity

**Times**
Mon-Fri- 9.00am-10.00pm, Sat-Sun- 9.00am-6.00pm

**Address**
St Georges Park Graves, Bochum Parkway, Sheffield, S8 8JR

**Accessibility**

**Email:** info@sgpgraves.com
**Telephone:** 0114 2375349
**Website:** www.sgpgraves.com
**Facebook:** sgpgraves
**Twitter:** sgpgraves

---

For accessibility information visit: https://www.accessable.co.uk/
A-Z Sports Facilities

St Georges Park - Thorncliffe

Facilities
Football pitch hire, coaching courses, football leagues

Cost
Dependent on activity

Times
Mon-Fri- 9.00am-10.00pm
Sat-Sun- 9.00am-6.00pm

Address
St Georges Park Thorncliffe, Pack Horse Lane, Sheffield, S35 3HY

Accessibility
Accessible toilet
Accessible parking
Accessible changing rooms and shower with seat

Email:
info@sgpthorncliffe.com

Telephone:
0114 2846642

Website:
www.sgpthorncliffe.com

Facebook:
sgpthorncliffe

Twitter:
sgpthorncliffe

For accessibility information visit: https://www.accessable.co.uk/
Useful Contacts

**Activity Alliance**
**Disability Inclusion Sport**

**Address**
Sport Park, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

**Contact Details**
*Telephone: 01509 227750*
*Email:*
*Website: www.activityalliance.org.uk*

**Details:** Activity Alliance work closely with key partners to enable them to support disabled people and allow them to be and stay active for life.

---

**Boccia England**

**Address**
Ground Floor, Media House, Padge Road, Beeston, Nottingham, NG9 2RS

**Contact Details**
*Telephone: 0115 9678455*
*Email: info@bocciaengland.org.uk*
*Website: www.bocciaengland.org.uk*

**Details:** Through its projects and programmes, Aspire offers practical support to the 40,000 people living with a spinal cord injury in the UK. This support allows people with spinal injury to lead fulfilled and independent lives in their homes, with their families, in their workplace and in leisure time.

---

**ASPIRE**

**Address**
ASPIRE, Wood Lane, Stanmore, HA7 4AP

**Contact Details**
*Telephone: 020 8954 5759*
*Email: reception@aspire.org.uk*
*Website: www.aspire.org.uk*

**Details:** Through its projects and programmes, Aspire offers practical support to the 40,000 people living with a spinal cord injury in the UK. This support allows people with spinal injury to lead fulfilled and independent lives in their homes, with their families, in their workplace and in leisure time.

---

**British Blind Sport**

**Address**
Pure Offices, Plato Close, Tachbrook Park, Leamington Spa, Warwickshire, CV34 6WE

**Contact Details**
*Telephone: 01926 424247*
*Email: info@britishblindsport.org.uk*
*Website: www.britishblindsport.org.uk*

**Details:** British Blind Sport help blind and partially sighted people to get active and play sport. They encourage adults and children to participate in activities at all levels, from grassroots to the Paralympic Games. They aim to ensure that sport and leisure facilities are accessible to every blind or partially sighted person in the UK.

---

**Cerebral Palsy Sport**

**Address**
5 Heathcoate Building, Nottingham Science Park, University Boulevard, NG7 2QL

**Contact Details**
*Telephone: 0115 9257027*
*Email: info@cpsport.org.uk*
*Website: www.cpsport.org*

**Details:** Cerebral palsy sport is the sports organisation for people with cerebral palsy, providing sporting opportunities to individuals of all ages and at all levels from the recreational right through to paralympic competition.

---

**Downs Syndrome Association**

**Address**
Langdon Down Centre, 2a Langdon Park, Teddington, Middlesex, TW11 9PS

**Contact Details**
*Telephone: 0333 1212 300*
*Email: info@downs-syndrome.org.uk*
*Website: www.downs-syndrome.org.uk*

The only organisation in the country focusing solely on all aspects of living successfully with downs syndrome.
Useful Contacts

**Easy Health**

**Address**
73 Summerstown, Tooting, London, SW17 0BQ

**Contact Details**
**Telephone:** 020 8879 6333  
**Email:** Complete form online  
**Website:** www.easyhealth.org.uk

Easy health is a useful way of finding accessible health information, using easy words and pictures.

**Follow your Dreams**

**Address**
Main Road, Gwynfa House, Church Village, CF38 1RN

**Contact Details**
**Telephone:** 01443 218443  
**Email:** admin@followyourdreams.co.uk  
**Website:** www.followyourdreams.org.uk

Follow your dreams is a charity that raises awareness and helps young people with learning disabilities to realise their full potential within Sport, Art, Music, Drama and ICT.

**Great Britain kurling association**

**Address**
Hunters Lodge, Cherry Garden Lane, Maidenhead, SL6 3QD

**Contact Details**
**Telephone:** 01303 873 270  
**Email:** gbka_secretary@hotmail.co.uk  
**Website:** www.gbkurling.co.uk

These Clubs are members of the Great Britain Kurling Association if you would like to participate in Kurling please contact the Club nearest to your address. There are now 30 Clubs currently registered with GBKA for England and 1 for Scotland.

**Green Estate stepping stones group**

**Address**
Stepping Stones, Green Estate LTD, Manor Oaks Farmhouse, 389 Manor Lane, Sheffield, S21UL

**Contact Details**
**Telephone:** 0114 2762828  
**Email:** info@greenestate.org  
**Website:** www.greenestate.org

Catering for all ages from school leaver onwards, the Stepping Stones group offer classes in cooking, arts and crafts and gardening. The organisation serves to allow people to learn about their impact on the environment and the local community and to create and manage local greenspaces to turn them into assets.

**Physical Activity and Sports Team - Sheffield City Council**

**Address**
Floor 5, Howden House, Union Street, Sheffield, S1 2SH

**Contact Details**
**Telephone:** 0114 2734266  
**Email:** sccpysicalactivityandsport@sheffield.gov.uk  
**Website:** sheffield.gov.uk

**Sheffield Mencap and Gateway**

**Address**
Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

**Contact Details**
**Telephone:** 0114 276 7757  
**Email:** mencapoffice@sheffieldmencap.org.uk  
**Website:** www.sheffieldmencap.org.uk
### Sheffield Parent Carer Forum
**Address**
Sheffield Parent Carer Forum, St Marys community centre, Bramall Lane, Sheffield, S2 4QZ

**Contact Details**
**Telephone:** 03003214721 (local call rate) Offices open 9.30am-3.00 pm Mon-Fri
**Website:** https://sheffieldparentcarerforum.org.uk

An independent group of parents and carers of children and young people (0-25) with disabilities and special educational needs. Aiming to ensure the needs of children are met. Bringing together parent carers from across Sheffield to provide mutual support, exchange information, and influence policy and practice.

### Special Needs Inclusion Playcare Service (SNIPS)
**Address**
Level 6, Northwing, Moorfoot Building, Sheffield, S1 4PL

**Contact Details**
**Telephone:** 0114 2735368  
**Email:** snipsbusinesssupport@sheffield.gov.uk  
**Website:** www.sheffielddirectory.org.uk

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.

### Special Olympics Great Britain
**Address**
CAN Mezzanine, 2nd Floor, 49-51 East Road, Hoxton, London, N1 6AH

**Contact Details**
**Telephone:** 020 7247 8891  
**Email:** info@sogb.org.uk  
**Website:** www.specialolympicsgb.org.uk

Special Olympics Great Britain is the country’s largest provider of year-round sports training and competition programmes for children and adults with intellectual disabilities.

### UK Sports Association
**Address**
UK Sports Association for People with Learning Disability, PO Box 1318, Enfield, Middlesex, EN1 9ZH

**Contact Details**
**Telephone:** 01296 395995  
**Email:** info@wheelpower.org.uk  
**Website:** www.wheelpower.org.uk

WheelPower promotes equality of opportunity in sport for all people with physical disabilities.

### Wheelpower - British Wheelchair Sport
**Address**
Stoke Mandeville Stadium, Guttman Road, Stoke Mandeville, Buckinghamshire, HP21 9PP

**Contact Details**
**Telephone:** 01296 395995  
**Email:** info@wheelpower.org.uk  
**Website:** www.wheelpower.org.uk

WheelPower promotes equality of opportunity in sport for all people with physical disabilities.