



Spreading the News



4th August 2025



In Spreading the News
this month ...



- Let's be Fit and Active



Spreading the News



Here are some things for you to think about



1. Five good things about Being Active

Page 3



2. I'm not very sporty

Page 5



3. But if you would like to try something new

Page 10



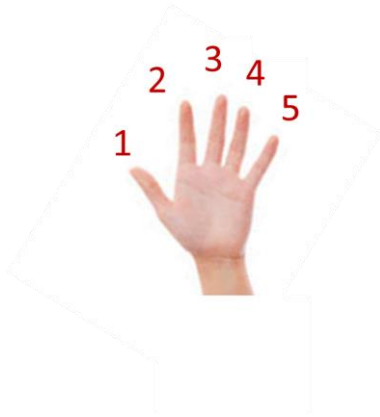
4. Where to go next

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5. Move More Sheffield

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1. Five good things about being Active

1. Physical Activity is good for your general health



- It can help you to lose weight
- It helps to lower the chances of you getting health problems such as diabetes and heart disease



2. Physical Activity makes you feel good and can improve your memory



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3. Physical Activity can help you have a better night's sleep



4. Physical Activity can help you feel more confident



5. By taking part in Physical Activity you might meet new friends



2. I'm not very sporty person



- Keeping fit and active does not mean you have to play sports and games against other people



- You do not have to go training at the gym



- You can just do something active for fun ... and keep fit at the same time



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- Try a walk in the countryside, or in your local park, with a group of friends



- Walk and talk is good



- You don't need any special sports clothes or equipment



- And it doesn't cost anything



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SOUTH YORKSHIRE COMMUNITIES TOGETHER

- South Yorkshire Communities Together



- Are having a walk in Clifton Park



- Followed by a Picnic



- On Saturday 16th August 2025 (11.00am – 1.00pm)



- And it's all Free



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SOUTH YORKSHIRE COMMUNITIES TOGETHER

- South Yorkshire Communities Together



- To book a place



- Phone 07785 114257

or



- Email sughrabegum177@gmail.com



- You need to book so they know how many people are coming

Celebratory Organic Networking Walk



Image by [Pavel Danilov](#) from [Pixabay](#)

Time: 11.00—1.00

**Date: Saturday 16th
August 2025**



PARKING

Charges apply to the Museum and Doncaster Road car park.

Cash - Doncaster Road car park only

ACCESSIBLE

PARKING

Parking for Blue badge holders is available at both car parks, with parking permitted in any bay as long as a valid permit is on display.



Image by [Alina Dymov](#) from [Pixabay](#)

Dedicated spaces are available in both car parks.

ELECTRIC VEHICLES

Electric vehicle charging points are available in the Museum car park.

Picnic in the park

Come along and enjoy a gentle walk through the park and a delicious picnic afterwards

**Clifton Park and
Museum
Clifton Lane
Rotherham
S65 2AA**

South Yorkshire Communities Together

Contact person: Sughra Begum 07785114257

Email: sughrabegum177@gmail.com



SOUTH YORKSHIRE COMMUNITIES TOGETHER



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3. But if you would like to try something new

What sport or activity would you like to try?



- Racket sport such as badminton ... tennis pickleball



- Cycling



- Bocha



- Swimming



- Kayaking



- Dancing



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There's lots to choose from ...



- Ask someone you trust to help you



- And when you have decided



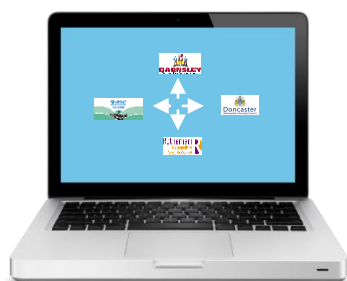
- Where do you go next?



4. Where to go next ...



- Ask for more information about sports and activities at your local Leisure Centre



- All our main towns and cities in South Yorkshire have online information about local sports and activities for you



- Ask someone you trust to help you look at the links on the next page



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- Barnsley



<https://www.barnsley.gov.uk/whats-your-move>



- Doncaster



<https://getdoncastermoving.org/>



- Rotherham



<https://ruct.co.uk/youth-and-inclusion/disability-send/>



- Sheffield



<https://www.disabilitysheffield.org.uk/admin/resources/leisure-factsheet-3.pdf>



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5. Move More Sheffield



**SHEFFIELD INCLUSIVE
SPORT PROGRAMME**

Move More

SHEFFIELD

Celebrates Inclusive Sport



Thursday
11
September
2025

Time  

9:30am, for a 10am start – 2:30pm

Age

Post 16 and Adults

Venue

EISS | English Institute of Sport Sheffield
Coleridge Rd | Sheffield | S9 5DA

Cost

↓

Try a range of fun sports and activities from across the Sheffield area.
This fun packed day is open to anyone with a disability and will include activities such as:

Wheelchair Basketball | Tennis | Dance | Cycling | Cricket | Athletics | Football | Boccia | Kurling and many other activities.



[Click here to book your place](#)

If you would like more information, get in touch
garth.hayden@sheffield.gov.uk & dawnwood135@live.com

www.movemoresheffield.com





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- Move More Sheffield Celebrating Inclusive Sport



- Only £5 pay on the day



- Thursday 11th September 2025
10.00am – 2.30pm



- English Institute of Sport
Coleridge Road
Sheffield S9 5DA



- For more information and to book your place

gareth.hayden@sheffield.gov.uk

or

dawnwood135@live.com





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Let's get Active