

WITHIN REACH

Sport & Physical Activity for Disabled People in Sheffield

www.withinreach.org.uk





Sport & Physical Activity for Disabled People in Sheffield

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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

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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



Activity Timetable

Monday

D.A.W.S. Community Gym
Various times
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Inclusive Sport
11am - 12.30pm
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Inclusive Tennis
1.30pm - 3pm
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Leisure Swimming
Various times
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Norfolk Lodge Lionesses
5:30pm - 6:30pm
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Places Wellness
Anytime during opening times
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Private Disability Swimming
Lessons
10:00am, 1:00pm & 2:00pm
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Sheffield City Boxing Club
4.45 pm-6.00 pm 11-16yrs & 6.00
pm-7.30 pm 16+
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Sheffield SUPER 15
5pm-6pm
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Snookerskills
10am - 3pm
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Spartans FC
6pm - 7pm
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Tuesday

D.A.W.S. Community Gym
Various times
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Disability and Autism Friendly
Swimming
12 noon - 1.30pm
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Inclusive Sport Multi Sports
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10am – 11am
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Activity Timetable

Leisure Swimming
Various times
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Lynx Basketball Club
5pm - 6pm
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Places Wellness
Anytime during opening times
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Private Disability Swimming
Lessons
10:00am, 1:00pm & 2:00pm
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Sheffield Cycling 4 All
10am - 12.30pm, 1pm - 3pm
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Sheffield Inclusive Basketball
Club
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Sheffield Parent Carer Forum
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Sheffield Wheelchair Tennis
Club
10am - 12pm Tuesday, 11am - 1 pm
Saturday
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Sheffield Steelers Wheelchair
Basketball Club
4.30pm - 5.30pm
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Snookerskills
10am - 3pm
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South Yorkshire Goalball Club
5pm - 7pm
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Wednesday

Asperger's Children and
Carers Together
7pm - 9pm
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D.A.W.S. Community Gym
Various times
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Activity Timetable

Leisure Swimming
Various times
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Mavericks Sports Club
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Net4All at Sheffield Concord
Netball Club
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Norfolk Lodge Lions
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Places Wellness
Anytime during opening times
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Private Disability Swimming
Lessons
10:00am, 1:00pm & 2:00pm
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Sheffield Blind Archery Group
10am -2pm
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Sheffield City Boxing Club
4.45 pm-6.00 pm 11-16yrs & 6.00
pm-7.30 pm 16+
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Sheffield Otters Swimming
Club
8pm-9pm
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SRSB Pilates
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Sheffield Blind Bowlers
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Top Club Athletics Sheffield
6pm - 7.30pm
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Thursday

Albert Premier Table Tennis
Junior Club
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Activity Timetable

Children and young Peoples
Fitness
6.30pm - 8.30pm
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Dancestars
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D.A.W.S. Community Gym
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Disability and Autism Friendly
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12 noon - 1.30pm
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Fitness Fanatics
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Free Minds Contemporary
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11am - 12 noon
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Leisure Swimming
Various times
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Oakwell Terriers
2pm - 3.30pm
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Places Wellness
Anytime during opening times
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Sheffield City Boxing Club
4.45 pm-6.00 pm 11-16yrs & 6.00
pm-7.30 pm
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Sheffield Cycling 4 All
10am - 12.30pm, 1pm - 3pm
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Sheffield Smashers Boccia
Club
5.45pm - 7.15pm
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Activity Timetable

Sheffield Steelers Wheelchair Basketball Club
4.30pm - 5.30pm
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Sheffield Wednesday Community Programme
7.15pm
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SRSB Swimming Group
11.30am-1.30pm
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SRSB Yoga
4.30pm-5.30pm
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Westfield Disabled Swimming Group
7.30pm - 8.30pm
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Friday

Asperger's Children and Carers Together
6pm - 7pm
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Chesterfield FC Community Trust
6pm - 7pm
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City Knights FC
7pm - 9pm
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Cycle Happy Club
6pm - 7pm
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D.A.W.S. Community Gym
Various times
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Feel Good Tennis
11am
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Firth Park Friday Club
7pm-9pm
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Leisure Swimming
Various
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Activity Timetable

Leisure Time
10.30am - 12.30pm
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Places Wellness
Anytime during opening times
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Private Disability Swimming Lessons
10:00am, 1:00pm & 2:00pm
Page 53

Sheffield Lightning Athletics Club
5.00pm - 6.00pm
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Sheffield Steelkings Para Ice Hockey Club
Normally between 5pm - 8pm
Page 64

SRSB Tai Chi Group
2:30pm-3:30pm
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Saturday

All Inc Trampolining

10am, 11am & 12noon
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Asperger's Children and Carers Together
9.45am - 12.15pm
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Coach 2 Include football
6-12 team, 12-16 team and an adult team
11.15am - 12.15pm
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Derek Dooley Football Club
10am -12 Noon
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Disability Swimming Lessons
4.15pm - 4.45pm
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Disability Swimming Lessons
Various 30 minute lessons between 3-6pm
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Disability Trampoline Lessons
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Activity Timetable

Disability Trampoline Lessons
3.15-3.45pm
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Down Syndrome Children's
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2:30pm
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Family Time Tennis
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Leisure Swimming
Various times
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Snookerskills
10am - 3pm
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Places Wellness
Anytime during opening times
Page 52

Quick steps
9:30am-10:30am
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Sheffield United CF Kicks
Disability Session
10.00am -12 Noon
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Sheffield Wheelchair Tennis
Club
11am – 1pm
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Sunday

Places Wellness
Anytime during opening times
Page 52

Leisure Swimming
Various times
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Sheffield Otters Swimming
Club
Wednesday 8pm-9pm and Sunday
3pm-4pm
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Yorkshire Visually Impaired
Cricket Club
Various times
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A-Z Clubs and Activities



A-Z Clubs and Activities

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

Day	Thursday
Time	5.00pm-8.30pm
Level	Beginner, Intermediate, Advanced
Who's it for?	All ages
Cost	£4
Sex	Male & Female
Other info	FullyQualifiedCoaches,accessibletoilets,accessible changing room

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

A-Z Clubs and Activities

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

Day	Saturday
Time	10am, 11am & 12 Noon
Level	Beginner, Intermediate
Who's it for?	Age 5 upwards
Cost	£5
Sex	Male & Female
Other info	British Gymnastics qualified coaches. Sensory room is available during the sessions.

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

A-Z Clubs and Activities

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

Accivate 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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

Day Friday

Time 6pm - 7pm

Level Beginner, Intermediate, Advanced

Who's it for? 5 - 16

Cost £1

Sex Male & Female

Other info Accessible

A-Z Clubs and Activities

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@spireitetrust.org.uk

Main Contact

Nathan Khan

Booking required?

No

Sport or Activity

Football

Is the activity for specific disabilities?

No

Day Friday

Time 6pm - 7pm

Level Beginner, Intermediate, Advanced

Who's it for? 5 -16

Cost £3

Sex Male & Female

Other info Fully qualified disability coaches

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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.

A-Z Clubs and Activities

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

Day Monday - Friday

Time 6.00 pm – 7.00 pm

Level Beginner, Intermediate, Advanced

Who's it for? 12+

Cost Starting from £3.50

Sex Male & Female

Other info

A-Z Clubs and Activities

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.

Day Thursday

Time 5.00 pm – 6.00 pm

Level Beginner, Intermediate, Advanced

Who's it for? Children and young people up to the age of 16

Cost £2.50

Sex Male & Female

Other info

A-Z Clubs and Activities

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

Day	Saturday
Time	10am -12 Noon
Level	Beginner, Intermediate, Advanced
Who's it for?	Children and Adults
Cost	£3.5
Sex	Male & Female
Other info	Level 1 & 2 Coaches

A-Z Clubs and Activities

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

Day	Tuesday & Thursday
Time	12pm - 1.30pm
Level	Beginner, Intermediate, Advanced
Who's it for?	16+
Cost	From £1.95 (Lifecard plus junior) & £3.35 (Lifecard plus adult)
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

Day Saturday

Time 3.30pm - 4pm

Level Beginner, Intermediate

Who's it for? Children and Adults

Cost £5

Sex Male & Female

Other info

A-Z Clubs and Activities

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

Day Saturday

Time 3.15pm - 3.45pm

Level Beginner, Intermediate, Advanced

Who's it for? Children and Adults

Cost £5

Sex Male & Female

Other info

A-Z Clubs and Activities

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

Day Saturday

Time 2:30pm

Level Level 4 Tennis. Beginner, Intermediate, Advanced

Who's it for? 5-13 years

Cost £5

Sex Male & Female

Other info

A-Z Clubs and Activities

Family Time Tennis

Family Time Tennis is a weekly session in School Term Time for the whole family to get involved in. 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

Day Saturday

Time 11am - 1pm

Level Beginner, Intermediate, Advanced

Who's it for? Families

Cost £2

Sex Male & Female

Other info Level 2 Coach

A-Z Clubs and Activities

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

benhowarthtenniscoaching@gmail.com

Main Contact

Ben Howarth

Booking required?

No

Sport or Activity

Tennis

Is the activity for specific disabilities?

No

Day	Friday
Time	11am
Level	Level 4 Tennis. Beginner, Intermediate, Advanced
Who's it for?	16 +
Cost	£5
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

Day	Friday
Time	7pm-9pm
Level	Beginner, Intermediate, Advanced
Who's it for?	Learning Disabilities
Cost	£1
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

Sport or Activity

This session explores a wide variety of fitness activities

Is the activity for specific disabilities?

Yes-Learning disabilities and autism

Day	Thursday
Time	6.30pm - 8.00pm
Level	Beginner, Intermediate, Advanced
Who's it for?	16 +
Cost	£6
Sex	Male & Female
Other info	Includes, dance, football, circuit training, rounder's, boccia. cheer leading, aerobics, archery.

A-Z Clubs and Activities

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.

Sport or Activity

Contemporary Ballet

Is the activity for specific disabilities?

No

Day	Thursday
Time	5:00 pm-6:00 pm (term time only)
Level	Beginner, Intermediate, Advanced
Who's it for?	11+
Cost	Classes run on a donation basis. So participants can chose how much they wish or can afford to pay for each session
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

Day Thursday
Time 11am - 12pm
Level Beginner, Intermediate, Advanced
Who's it for? 11+
Cost £2.50
Sex Male & Female

Other info

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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.

A-Z Clubs and Activities

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?	
Cost	From £2.80
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

Day Friday

Time 10.30am - 12.30pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £3

Sex Male & Female

Other info

A-Z Clubs and Activities

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 Tuesday

Time 5pm - 6pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £10 per month

Sex Male & Female

Other info

A-Z Clubs and Activities

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

Day	Wednesday
Time	12pm - 3pm
Level	Beginner, Intermediate, Advanced
Who's it for?	18+
Cost	£2
Sex	Male & Female
Other info	Qualified Coaches, Accessible toilet, accessible parking, accessible showering facilities

A-Z Clubs and Activities

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

Day	Varied
Time	Varied
Level	Beginner, Intermediate, Advanced
Who's it for?	
Cost	An induction is required on you 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
Sex	Male & Female
Other info	

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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.

A-Z Clubs and Activities

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

Day	Wednesday
Time	6:30pm - 8:00pm
Level	Beginner
Who's it for?	17 +
Cost	£70
Sex	Male
Other info	Qualified coach

A-Z Clubs and Activities

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

Day	Thursday
Time	2pm - 3.30pm
Level	Beginner, Intermediate, Advanced
Who's it for?	16 +
Cost	£1
Sex	Male & Female
Other info	Level 1 Coaches, Inclusive Football

A-Z Clubs and Activities

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

Day All days

Time Anytime during opening times

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £0

Sex Female

Other info Instructor present during the sessions and all facilities are accessible

A-Z Clubs and Activities

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

Day Monday, Tuesday, Wednesday, Thursday, Friday

Time 1:00pm, 2:00pm & 10:00am

Level Beginner, Intermediate, Advanced

Who's it for? All Ages

Cost £8

Sex Male & Female

Other info Accessible changing facilities are available.

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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.

A-Z Clubs and Activities

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

Day	Mondays, Wednesday & Thursdays
Time	4.45pm - 6pm, 11-16yrs & 6pm - 7.30 pm, 16+
Level	Beginner, Intermediate
Who's it for?	Children and Adults
Cost	£2.50
Sex	Male & Female

Other info

A-Z Clubs and Activities

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

Day	Tuesday, Thursday
Time	10am - 12.30pm & 1pm - 3pm
Level	Beginner, Intermediate
Who's it for?	16 +
Cost	£4
Sex	Male & Female
Other info	Toilets are located in the Bowling Pavilion at the top of the park or at Hillsborough Leisure Centre.

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@gmail.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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

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

Cost £6

Sex Male & Female

Other info

A-Z Clubs and Activities

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 Fullywheelchair accessible, but no hoist or changing bench. No loud music or flashing lights.

A-Z Clubs and Activities

Sheffield Smashers 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.

Location

Pond's Forge - Sports Hall

Telephone

0114 274 4939

Email

charlotte.faulkner@irwinmitchell.com

Main Contact

Charlotte Faulkner

Booking required?

No

Sport or Activity

Boccia

Is the activity for specific disabilities?

No

Day Thursday

Time 5.45pm - 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 8 +

Cost £2.50

Sex Male & Female

Other info A number of Boccia Leaders, 2 x Level 1 Referees, accessible toilets available

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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

Day Saturday

Time 10.00am - 12 Noon

Level Beginner, Intermediate, Advanced

Who's it for? Children aged 12 plus and Adults

Cost £3.50

Sex Male & Female

Other info Equipment available for trial

A-Z Clubs and Activities

Sheffield Wednesday Community

Programme

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

Day Thursday

Time 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £4

Sex Male & Female

Other info All coaches FA qualified. Cannot cater for wheel chair users

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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

Day Saturday

Time 10.00am - 12 Noon

Level Beginner, Intermediate, Advanced

Who's it for? Children aged 12 plus and Adults

Cost £3.50

Sex Male & Female

Other info Equipment available for trial

A-Z Clubs and Activities

Sheffield Wednesday Community

Programme

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

Day Thursday

Time 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £4

Sex Male & Female

Other info All coaches FA qualified. Cannot cater for wheel chair users

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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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

Day Saturday

Time 10.00am - 12 Noon

Level Beginner, Intermediate, Advanced

Who's it for? Children aged 12 plus and Adults

Cost £3.50

Sex Male & Female

Other info Equipment available for trial

A-Z Clubs and Activities

Sheffield Wednesday Community

Programme

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

Day Thursday

Time 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £4

Sex Male & Female

Other info All coaches FA qualified. Cannot cater for wheel chair users

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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

Day Saturday

Time 10.00am - 12 Noon

Level Beginner, Intermediate, Advanced

Who's it for? Children aged 12 plus and Adults

Cost £3.50

Sex Male & Female

Other info Equipment available for trial

A-Z Clubs and Activities

Sheffield Wednesday Community

Programme

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

Day Thursday

Time 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £4

Sex Male & Female

Other info All coaches FA qualified. Cannot cater for wheel chair users

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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

Day Saturday

Time 10.00am - 12 Noon

Level Beginner, Intermediate, Advanced

Who's it for? Children aged 12 plus and Adults

Cost £3.50

Sex Male & Female

Other info Equipment available for trial

A-Z Clubs and Activities

Sheffield Wednesday Community

Programme

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

Day Thursday

Time 7.15pm

Level Beginner, Intermediate, Advanced

Who's it for? 16 +

Cost £4

Sex Male & Female

Other info All coaches FA qualified. Cannot cater for wheel chair users

A-Z Clubs and Activities

Sheffield United CF Kicks Disability Session

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?

A-Z Clubs and Activities

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

Jacque Stubbs

Booking required?

No

Sport or Activity

Wheelchair tennis

Is the activity for specific disabilities?

Yes-Wheelchair users

Day	Tuesday, Saturday
Time	10am - 12pm Tuesday, 11am - 1 pm Saturday
Level	Beginner, Intermediate, Advanced
Who's it for?	Adults
Cost	£6.30
Sex	Male & Female
Other info	Accessible for all disabled people

A-Z Clubs and Activities

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)

Day	Alternate Tuesdays
Time	5pm to 7pm
Level	Anyone who wants to learn more about the sport
Who's it for?	11+
Cost	£3 per session
Sex	Male & Female
Other info	Physically ambulant – participants need to be able to transfer from a seated position (defence) to a standing position (attack).

A-Z Clubs and Activities

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@snookerskills.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

A-Z Clubs and Activities

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

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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

A-Z Clubs and Activities

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	

A-Z Clubs and Activities

Top Club Athletics Sheffield

Training in track and field events.

Location

English Institute of Sport

Telephone

0114 268 5690

Email

phil_s_morgan@hotmail.com

Main Contact

Phil Morgan

Booking required?

Yes

Sport or Activity

Athletics

Is the activity for specific disabilities?

Yes-Learning disabilities.

Day Wednesday

Time 6pm - 7.30pm

Level Beginner, Intermediate

Who's it for? 16+

Cost £5

Sex Male & Female

Other info Accessible toilets, qualified coaches

A-Z Clubs and Activities

Yorkshire Visually Impaired Cricket Club

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

Location

Various

Telephone

07769 909906

Email

garbett.j@sky.com

Main Contact

John Garbett

Booking required?

Yes

Sport or Activity

Cricket

Is the activity for specific disabilities?

Yes, visually impaired people

Day Various dates, generally Sundays

Time Various times

Level Beginner, Intermediate, Advanced

Who's it for? Free for under 18. All ages

Cost £5

Sex Male & Female

Other info

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



A-Z Sports Facilities

Abbeydale Sports Club

Facilities

Gym, squash. Table-tennis, badminton, football, hockey. Rugby and Cricket teams also play on site

Cost

Dependent on activity

Times

Dependent on activity

Address

Abbeydale Sports Club Ltd,
Abbeydale Road South, Dore,
Sheffield, S17 3LJ

Accessibility

Clubhouse has accessible parking, accessible toilet, step free access to all areas

Email:

pavilion@abbeydalepark.co.uk

Website:

www.abbeydalesportsclub.co.uk

Facebook:

AbbeydaleSportsClub

Twitter:

abbeydalesport

Aston Leisure Centre

Facilities

Gym, Sports hall, Studio, Swimming Pool

Cost

Dependent on activity

Times

Mon-Fri: 7.30am-9.00pm
Sat: 7.30am-7.00pm
Sun: 7.30am-6:00pm

Address

Aston-cum-Aughton Leisure Centre, Aughton Road, Swallowsnest, Sheffield, S26 4SF

Accessibility

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

Email:

enquiries@aston-cum-aughtonleisurecentre.co.uk

Telephone:

0114 2942580

Website:

www.placesforpeopleleisure.org/centres/aston-cum-aughton-leisure-centre

Facebook:

astoncumoughtonleisurecentre

Twitter:

astonlc

A-Z Sports Facilities

All Saints Goals Soccer Centre

Facilities

Football Pitches, Sports Hall

Cost

Dependent on activity

Times

Mon-Fri: 9.00am-11pm (Bookings available after 5pm)
Sat- 9.00am- 6.00pm
Sun- 9.00am-10.30pm

Address

All Saints Goals Centre, 95 Norfolk Park Road, Sheffield, S2 2RU

Email:

sheffield@goalsfootball.co.uk

Telephone:

0114 2726700

Website:

www.goalsfootball.co.uk/clubs/yorkshire/sheffield

Facebook:

GoalsSheffield

Twitter:

goals_sheffield

A-Z Sports Facilities

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

A-Z Sports Facilities

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:

parkingeissheff

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

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:

graveshalthandsportscentre

Twitter:

gravescentre

A-Z Sports Facilities

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

A-Z Sports Facilities

Heeley Swimming Pool

Facilities

Swimming Pool

Cost

Dependent on activity

Times

Monday: 7.00am-9.00pm

Tues-Fri: 7.00am-9.30pm

Sat: 7.00am-5.00pm

Sun 7.00am-3.00pm

Address

Heeley Swimming Pool, Broadfield Road, Sheffield, S8 0XQ

Accessibility

Accessible toilet, accessible changing rooms

Email:

info@heeleypool.co.uk

Telephone:

0114 2802370

Website:

www.siv.org.uk/page/heeley-pool

Facebook:

heeleyswimmingpool

Twitter:

heeleypool

Hillsborough College

Facilities

Full Size football pitch which can be split for training and

Cost

Dependent on activity

Times

Address

Hillsborough College, Livesey Street, Sheffield, S6 2ET

Accessibility

Accessible toilet, Accessible changing rooms, accessible parking

Email:

info@sheffcol.ac.uk

Telephone:

0114 2602600

Website:

www.sheffcol.ac.uk

Facebook:

N/A

Twitter:

N/A

A-Z Sports Facilities

Hillsborough Leisure Centre

Facilities

Court hire, indoor athletics, outdoor football pitch, swimming pool, sports hall

Cost

Dependent on activity

Times

Mon-Fri: 5.30am-10.30pm

Sat-Sun: 7.00am-8.30pm

Address

Hillsborough Leisure Centre, Belulah Road, Hillsborough, Sheffield, S6 2AN

Accessibility

Email:

info@hillsboroughlc.co.uk

Telephone:

0114 2312233

Website:

www.hillsboroughlc.co.uk

Facebook:

hillsboroughleisurecentre

Twitter:

hillsboroughlcN/A

Twitter:

N/A

House of Elliot - Swimming

Facilities

Swimming Pool

Cost

£7.50 per lesson

Times

Mon-Fri-: 9.00am-6.00pm

Sat: 9.00am-5.00pm

Address

House of Elliot, 9 Penistone Road, Grenoside, Sheffield, S35 8QH

Accessibility

Email:

debbiefgcolley@hotmail.com

Telephone:

0114 2460772

Website:

www.sheffieldswimschool.co.uk

Facebook:

N/A

Twitter:

N/A

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:
kingedwardswimmingpool

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

Building, Broomgrove Road, Sheffield, S10 2BP

City Campus- Norfolk Building, Pond Street, Sheffield, S1 1WB,

Sports Park- Bawtry Road, Sheffield, S9 1UA

Accessibility

Dependent on venue

Email:
srs@shu.ac.uk

Telephone:
0114 225 3000

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

Facebook:
sheffieldhallamactive

Twitter:
shuactive

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

A-Z Sports Facilities

A-Z Sports Facilities

Thornccliffe 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

Thornccliffe 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/thornccliffe-health-and-leisure-centre

Facebook:

thornccliffehealthandleisure

Twitter:

thornccliffehlc

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

Facebook:

springsleisurecentre

Twitter:

springslc

A-Z Sports Facilities

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

Telephone:

0114 2629600

Website:

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

Facebook:

westfieldsportscentre

Twitter:

westfield_sc

A-Z Sports Facilities

Wisewood Sports Centre

Facilities

Gymnastics, Trampoline, 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

Telephone:

0114 2255340

Website:

www.shu.ac.uk/current-students/sport/sports-facilities/athletics-stadium

Facebook:

sheffieldhallamactive

Twitter:

shuactive

A-Z Sports Facilities

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

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

Accesible toilet

Accesible parking

Accesible changing rooms and shower with seat

Email:

info@sgpthorncliffe.com

Telephone:

0114 2846642

Website:

www.sgpthorncliffe.com

Facebook:

sgpthorncliffe

Twitter:

sgpthorncliffe

Useful Contacts



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.

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

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: Boccia England are responsible for all aspects of the sport in this country, from beginner to expert, providing for all levels of participation.

Useful Contacts

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

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

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.

Useful Contacts

Physical Activity and Sports Team - Sheffield City Council

Address

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

Contact Details

Telephone: 0114 2734266

Email:

sccphysicalactivityandsport@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

Useful Contacts

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.

Useful Contacts

Special Olympics Great Britian

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: 020 7490 3057

Email: info@uksportsassociation.org

Website:

www.uksportsassociation.org

The UK Sports Association (UKSA) supports talented athletes with learning disability in the UK to excel in national and international competitive sport.

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

WITHIN REACH

www.withinreach.org.uk

