



Move More

SHEFFIELD



A photograph of children running in a park. In the foreground, a young girl with dark hair is running towards the camera, wearing a white t-shirt with 'Colour SMASH' and 'Yorkshire Sport Foundation' logos. She has paint splatters on her face and shirt. To her right, a boy in a blue t-shirt is also running. In the background, other children are visible, some wearing blue and pink shirts. The setting is an outdoor grassy area with a building in the background.

# Move More

Annual Highlight Report 2024

# Introduction and Background

## About the NCSEM

The NCSEM is an Olympic Legacy programme aimed at enhancing the nation's health and wellbeing through sport, exercise, and physical activity. It includes three regional hubs based in the East Midlands, London, and Sheffield.

These hubs engage in research, evaluation, influence, translation, and education, focusing on five key themes optimising health and wellbeing through lifestyle, physical activity, and nutrition; exercise for managing health conditions; rehabilitation and musculoskeletal health; mental health and wellbeing; and supporting athlete performance and injury prevention.

The NCSEM Sheffield represents a strategic consortium of 11 partner organisations, including Sheffield Hallam University, Sheffield Children's NHS Foundation Trust, Sheffield City Council, Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield Chamber of Commerce, The University of Sheffield, Yorkshire Sport Foundation, Sheffield Health and Social Care NHS Foundation Trust, South Yorkshire Integrated Care Board, UK Sports Institute, Voluntary Action Sheffield.

The NCSEM Sheffield is currently in Phase III of its Implementation Plan (2023 to 2028). This phase aims to create equitable, healthier lives through sport, exercise, and physical activity by focusing on making it easier for everyone in Sheffield to move more.



The Move More Annual Highlight Report 2024 celebrates the physical activity initiatives and collaborations that have taken place under the umbrella of Move More, the city-wide strategy that aims to create a healthier, happier, and more connected Sheffield. This initiative has been in operation since 2012, driven by the National Centre for Sport and Exercise Medicine (NCSEM) Sheffield as part of the London 2012 Olympic Legacy Programme.

# Overview of the Past Year

This highlight report provides a snapshot of the activities undertaken over the past 12 months, showcasing achievements and acknowledging the challenges faced along the way.

The successes documented here are the result of collaboration among many dedicated individuals and organisations in Sheffield. Throughout the report, we focus on these partnerships and new initiatives, recognising that numerous valuable physical activity efforts contribute collectively towards a shared vision of creating a happier, healthier and more connected Sheffield.

At the heart of our efforts are the six Move More networks: **Communities, Education, Health & Social Care, Active Travel, Sport, and Environment**. Each network plays a crucial role in shaping Sheffield's active lifestyle landscape by fostering community engagement, advancing education and healthcare practices, and acting as vital platforms for connection, learning, and sharing.

Together, they reflect the complexity of the systems involved, where work across and between networks often yield the most valuable outcomes.





# Cross Cutting Priorities

There were 3 cross cutting priorities:

## Build capacity

Focus resources to help develop our workforce across the system in each of our priority areas outlined below.

### How have we done this?

- We have worked with Sport England to secure Transition Fund investment which has enabled an increase in capacity to focus on coordinating local whole systems evaluation activity and support the learning, sharing and collaboration across the Move More networks.
- We continue to identify opportunities to support and invest in partner and stakeholders to enhance their focus on sport, exercise, and physical activity, including investment into Voluntary Action Sheffield and the appointment of a Project Officer to work closely with focus communities.
- We have secured funding enabling us to be part of the National Place Based Physical Activity Clinical Champion (PACC) Pilot and now have a Place Based PACC embedded within our team, enhancing work locally.

## Connect, learn and share

Support and grow physical activity networks across Sheffield. To further develop ways to capture and share learning and to evaluate Sheffield's approach.

### How have we done this?

- We are supporting the efforts of the National Evaluation and Learning Partnership (NELP) hosted by Sport England and Sheffield Hallam University.
- We continue to support the six Move More networks across Sheffield, bringing together passionate experts and specialists in their respective areas. This facilitates meaningful connections to ensure better outcomes for Sheffield.
- Recognising where support is needed, we convene stakeholders to discuss opportunities, including the Cancer Pathways Coproduction Workshops and the Move More Health and Social Care Network events.
- Working collaboratively with evaluators and Sport England, we aim to gain a deeper understanding of 'what works' in Sheffield to achieve collective impact. This learning and insight will shape future work.

## Celebrate

Celebrate physical activity in Sheffield and to showcase the great work that goes on across the city. This will be done regularly throughout the year.

### How have we done this?

- We supported partners to host the third Olympic Legacy in Action event at Sheffield Olympic Legacy Park, with over 3,000 local people attending.
- We celebrated our schools through the Sheffield Schools Get Active Awards, recognising schools that go the extra mile to keep their staff and pupils active.
- In partnership with Sheffield City Council we launched the new Sheffield Physical Activity Referral Scheme, Move Well.
- We brought partners together to celebrate the completion of the Moving Mums Initiative, sharing key learnings, strengthening connections, and exploring ideas for the future development of this work.

# The Sheffield Picture

Sheffield is one of the ten largest cities in the UK, with a population of 573,252. However, 23.8% of the city's Lower Super Output Areas (LSOAs) are in the 10% most deprived places in England.

When it comes to healthy life expectancy, both men and women in Sheffield can expect to live, on average, 58.1 years in good health. This is lower than the national average in England, where men can expect 61.5 years and women 61.9 years of healthy life. A similar proportion of people in Sheffield (8.5%) report their day-to-day activities being limited due to long-term physical or mental health conditions, compared to 8.1% in Yorkshire and the Humber, though this is higher than the national average of 7.3%.

When it comes to activity levels, Sheffield is doing relatively well: 67.2% of adults in the city are active, meeting the recommended 150+ minutes of physical activity per week. However, 23.1% are inactive, doing less than 30 minutes a week. This is slightly better than the national average in England, where 63.7% of adults are active, and 25.1% are inactive. While most adults in Sheffield are active, some areas of the city have significantly lower activity levels, with some communities reporting as little as 54.1%. We also know that certain groups, such as women, people from ethnically diverse communities, and those living with long-term conditions or disabilities, are less likely to be active, and when these factors overlap, the inactivity rates are even higher.

When it comes to children and young people, just over half in Sheffield are active, achieving an average of 60+ minutes of physical activity per day.

Unfortunately, there are significant disparities in 'healthy life years' across the city. The gap between how many years people can

expect to live in good health in the wealthiest parts of Sheffield compared to the most disadvantaged areas is around 20 years. These disparities are also seen among specific groups, including Black, Asian, Minority Ethnic, and Refugee communities, as well as people living with learning disabilities.

Everyone should have the right to the best possible health, and it's simply unfair that life chances and health are so often determined by the conditions people are born into, live in, and grow up in. Achieving equity in health means closing the avoidable gaps in health outcomes between groups with different social advantages. It means focusing on improving the health of the most disadvantaged and tailoring our approaches to meet the unique needs of different communities.

The evidence shows that some people in Sheffield find it much easier to be active than others. This is not about motivation or willpower, but about factors such as where people live, their age, and their health. Physical activity can help mitigate some of the effects of disadvantage, such as poor mental health or chronic stress. It can also play a crucial role in achieving Sheffield's goal of closing the health gap between rich and poor within a generation. Healthy, vibrant communities create skilled, happy, and productive individuals, which in turn leads to a stronger, more resilient economy that benefits everyone. It's vital that everyone in Sheffield has equal opportunities to experience the benefits of an active lifestyle. These opportunities should not be limited to the wealthiest parts of the city.

## 23.8%

of Sheffield's LSOA (lower super output areas) are in the 10% most deprived places in England.

## 58.1 years

average healthy life expectancy for males and females living within Sheffield.

## 67.2%

of adults in Sheffield are active (150+ minutes a week).

## 57.4%

of children and young people in Sheffield are active (getting an average of 60+ minutes per day).

# Move More Communities

The ambition is that all communities in Sheffield can experience the benefits of physical activity in a way that works for them, this will contribute to creating vibrant, healthy communities across Sheffield.

This applies to communities that are bound by geography or communities that come together because they share something important, such as heritage, religion or a health-related factors.

This network brings together organisations that work across our place with the aim of harnessing our collective resource in impact local communities.

## Move More Connect

Investment was secured from Sport England through the Transition Fund to deliver on local priorities. The project focuses on the three elements, involving a programme of collaborative work to bring health to communities through physical activity:

- **Element 1:** Connecting Communities - supporting VCSE organisations to create health in communities.
- **Element 2:** Connecting with Health & Wellbeing – developing alliances and infrastructure to tackle major challenges to health.
- **Element 3:** Developing learning and sharing networks - pairing international thought leadership with local implementation.

## Sheffield Local Skills Accountability Board

Sheffield Local Skills Board is now working towards launching the Sheffield local skills plan for sport and physical activity this year. The board have worked to establish three recommendations for the city that will shape the plan.

- To enable a diverse workforce that reflects Sheffield's communities.
- Develop purposeful education programs tailored to the needs of the sport and physical activity industry and employers in Sheffield. Equipping students with the skills, qualifications, and experiences to become work ready.
- To have a city approach to high quality, and accessible work experience and placements. Enabling people to be work ready.

Each recommendation has a sub group with representation across the city working collectively to form an action plan that will feature in the skills plan.

We Continue to build and develop partners and have formed a strategic group who have become our critical friends to the work, being advocates in leveraging the work into systems and funding opportunities and supporting us to check and challenge the development of the plan to ensure it is reflective of Sheffield.

## Olympic Legacy in Action

The third annual Olympic Legacy in Action event took place in June. The event attracted **3,000 visitors** to Sheffield Olympic Legacy Park who participated in 26 different activities across **7 venues** and the event was supported by **44 different organisations**.



# Move More Education

The ambition is that all educational settings value, and benefit from the synergy between physical activity and learning. Ultimately, every learner in Sheffield should have the opportunity to enjoy activity in a way that supports their education, their social, emotional and physical development and their health.

The network provides an oversight of the work of the 4 School Sport Partnerships in Sheffield and how they can act as a support for other stakeholders working in this space to positively influence the physical activity agenda, particularly in primary school settings.

## Girls Week

The 4 Sheffield School Sport Partnerships (SSP) ran the first ever Girls Week led by Arches SSP. The week saw over **300 Key Stage 2 girls** engage in **3 events** and **6 sports** under the South Yorkshire School Games event categories of Compete, Develop and Play and Inspire and Engage.

The week was co-designed with the pupil voice of a targeted group of inactive girls from one of our junior schools. We worked with key partners including the Eagles Foundation, Sheffield City Trust, Sheffield Wednesday Community Programme and Bradfield Cricket Club to deliver fun, inclusive events with a focus on participation at various sporting locations across the city.

*"We got involved in the Girls Day and KS2 Girls Cricket Festival. Both events were fantastic and very well organised. A special mention must go to the Sports Leaders who supported both events as they were great role models and support the children brilliantly throughout the event. Overall, the children really enjoyed the experiences provided to them and they came back to school beaming."*

## Barclays Girls Football Partnership

This project has enabled us to train **90 Y5 Girls** at the English Institute of Sport to become football activators back in their primary and junior schools. They accessed workshops on the roles and responsibilities of sports leaders and learned different football activities they could take back and deliver to their schools, supported by Sheffield United Community Foundation.

## Sheffield Primary PESSPA Conference

- **150 attendees**, including PE Subject Leads, Senior Leadership Teams and Headteachers.
- **95% of Sheffield Primary Schools represented.**
- **25 marketplace providers** key partner organisations.

## This Girl Can

Made a return in June at the Olympic Legacy Park, Rugby, Boxing, Glow Rave, Ice Skating were all on offer for **14 schools, 200 Y9 girls** and their teachers to join in with, finishing the day with the famous colour run!

*"Last year one of the Year 9 students that attended the colour run sat on the grass at the end of the day and stated, 'this has been the best day ever!'. She had the biggest smile on her face, whilst sat covered in paint. Following the event this individual signed straight up for Ultimate Frisbee Club at school, a non-traditional sport that she wanted to have a go at. She had not attended extra-curricular clubs before. I have the pleasure of teaching this individual again this year and she still carries her PE kit in her This Girl Can bag with pride. What a fabulous event for students who don't get to experience these types of activities"*

- PE Teacher, Forge Valley School

## Girls School Rugby Project

The network has partnered with the Rugby Football Union on the Girls 6-12 Rugby project, promoting girls access to Rugby Union within schools and local clubs. This project is being delivered in collaboration with key partners, and we are excited to continue this work into 2025, in celebration of the Rugby Women's World Cup that comes to the UK later this year.

- **10 schools** have received in school delivery, an additional 5 schools are engaged in the festival.
- **235 girls engaged** and introduced to rugby so far.
- The next festival is on 21st May as part of the Move More Conference.

## SEND/ Inclusion

Through our commitment to collaborative working with key partner organisations, our offer of high-quality Sport, physical activity and movement opportunities for children and young people with SEND is second to none. Throughout the 23/24 academic year, we had over **16,000 young people** showcasing their abilities in a variety of fully inclusive, fun and engaging events.

In partnership with The School Games and Special Olympics, The MATP (Motor Activity Training Programme) has upskilled **4 SGO's, 18 school staff** working with SEND and provided opportunities for **over 100 primary and secondary aged pupils**.

## The Sheffield Academy of Young Leaders in Sport (SAYLS)

The Sheffield Academy of Young Leaders in Sport (SAYLS) is a historic citywide programme, championing the sports leaders who have progressed through our sports leader programmes across the city's secondary schools, and collating them into a central group of exceptional young volunteers.

The SAYLS programme was relaunched in 2024 by the 4 School Sport Partnerships, with a focus on providing positive experiences for the young people as well as a focus on personal and professional development. They are currently undertaking the Level 2 Community Sports Leaders Award, and from our work with the Sheffield City Council Major Events team, had the incredible opportunity to work ringside at the World Boxing Cup at the English Institute of Sport in November.

Thank you to KitLocker for supplying the young leaders with their leaders' uniform.

- **Number of Young Leaders: 25**



## Opening Schools Facilities (OSF)

OSF funding from the Department of Education allows schools to open their facilities to allow increased activity for their students and their wider communities through facility development, community connections and targeted interventions for inactive groups of young people. This year has seen **10 schools** access the final year of this funding which has seen **over £85,000 allocated to schools**. Over **900 individual sessions** have been delivered across these sites with over **10,000 individual attendances** at activities after school, evenings and in school holidays. These sessions have focused on a range of opportunities some of which include swimming, learn to ride, trampolining, martial arts and wider access to the outdoor green spaces in school.

## Active Start

Active Start is a programme of support for Early Years practitioners and settings funded by the South Yorkshire ICB and CYP Alliance. It aims to develop the confidence and competence of those working with young children in promoting physical activity to children aged 2-5, as well as their families.

Working with nurseries, schools, family hubs, healthcare practitioners and the Early Years Team within the local authority, Sheffield has provided **training and resources to 15 individual settings** as well as **15 Active Start Champion settings** across the city. These will work with other settings locally to support the messaging around the importance of being active in child development and school readiness. Providers will now embed physical activity into their provision to support physical development of the children in their care as well as upskill others within their sector around health, community and education.

## School Games

The School Games is a national model delivered to reflect local needs. It is underpinned by 10 core principles to achieve the vision, mission and outcomes:

1. Tackle local inequalities targeting young people in greatest need
2. Ensure everything that we do is safe, inclusive, accessible and meaningful
3. Improve the physical literacy of young people through positive experiences
4. Drive equal access; embed youth voice to give young people a choice and opportunity
5. Collaborate, share and learn locally, determining need that reflects agendas
6. Celebrate the difference we make to young people
7. Champion the 60 active minutes guidelines and support schools to reflect this in their provision
8. Support Schools to apply, achieve and celebrate their engagement through School Games Mark
9. Increase secondary engagement and opportunities
10. Connect communities and ensure young people can access appropriate local opportunities.

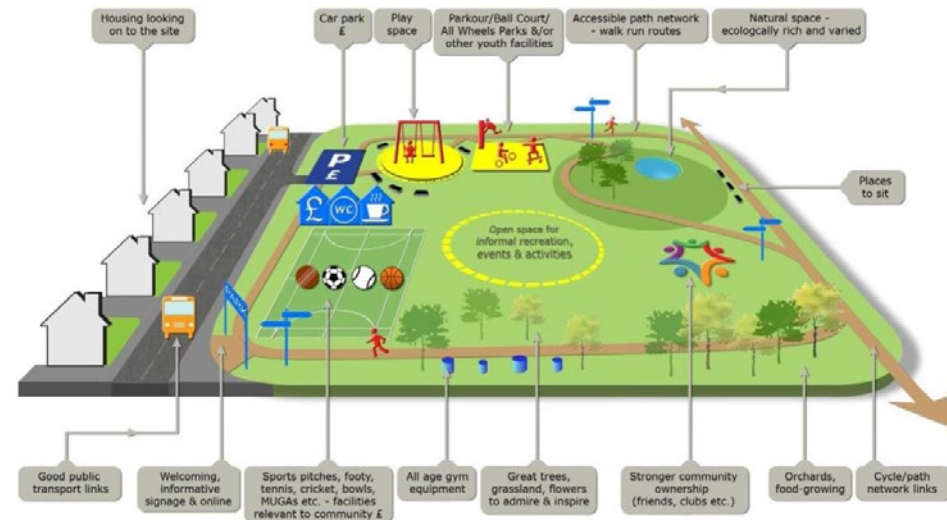
The mission and vision: The School Games will: make a positive and meaningful difference to the lives of young people put physical activity and sport at the heart of schools provide young people with the opportunity to enjoy and learn through competition to achieve their personal best.

**Over 60,000 participation occurrences over 300 events, festivals and competitions.** Sports: Sports Hall Athletics, Panathlon, Showcase, MATP, AquaFest, Basketball.

## Move More Environments and Active Travel

The ambition is that everyone in Sheffield can enjoy being active in local places and spaces regardless of their ability or location in the city, and that active travel is the preferred choice of short journeys within Sheffield.

This network brings together stakeholders who can contribute to those ambitions becoming reality.



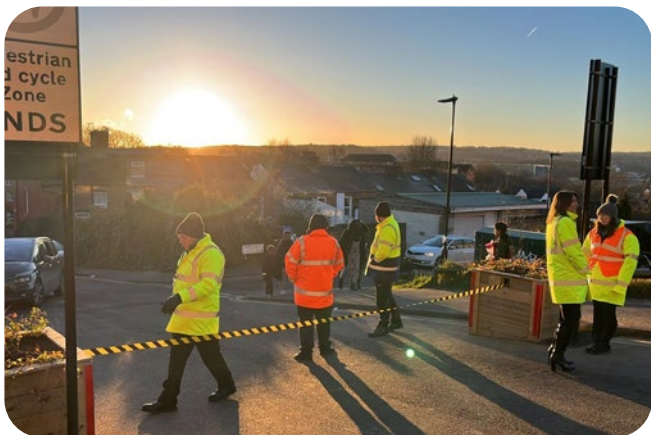
### Active Parks

Active Parks is a broad idea of a park or green space that is well designed and managed, which can provide outdoor recreational opportunities for all ages and abilities. Each park and green space is unique, however there are common themes or ingredients that come together to make a Park vibrant and full of activity and people.

- Accessibility facilities: including toilets and refreshments provision.
- Quality recreational & sport facilities that welcome all ages & abilities.

- Good design – open views, and key is housing overlooking the green space, accessible path network and signage.
- Makes a positive contribution to the Ecological and Climate Change emergencies.
- Sustainable delivery model – in partnership with stakeholders across the community, voluntary and commercial sectors (with services that provide a site presence).





## School Streets

School Streets are an initiative designed to make areas around schools safer, healthier, and more enjoyable by restricting traffic during key times, such as school drop-off and pick-up hours. By limiting vehicle access, these streets become pedestrian-friendly zones, encouraging children to walk, cycle, or scooter to school. This reduces air pollution, improving air quality and promoting better public health.

School Streets also reduce traffic congestion, making the area around schools calmer and less stressful. With fewer cars, children have safer spaces to play and socialize, contributing to their physical and mental well-being. The initiative fosters community engagement by involving local residents, parents, and schools in creating a shared space.

School Streets enhance safety, promote active travel, reduce environmental impact, and strengthen community ties, providing a healthier, more vibrant environment for children and families. “My child is now able to walk to school on her own. Previously, the road outside school was really dangerous with a number of cars driving up it at school time, sometimes parking on the zig zags right outside the school gate, people dropping their kids off in the middle of the road, and cars idling their engines.”

*“The School Street Scheme has made the walk to school significantly better. It is a lot safer and much more enjoyable.”*

*“Please, please, please keep going with this, the difference in atmosphere outside school is tangible and it must contribute to the children starting the day calmer and better able to learn.”*

*“Feels calm, safe, accessible and welcoming.”*

Sheffield City Council have supported **12 permanent schemes and 6 trial schemes across the city**. Between March 2024 and March 2025, Sheffield City Council have **implemented 5 new trials for new school streets!**







## Better Points

The scheme aims were to encourage active and sustainable travel habits among Sheffield residents and workers. The scheme has been extended for a further year.

- The program has successfully increased registered users to **11,463** and recorded **1,895,403** active or sustainable journeys, replacing approximately **830,000** single occupancy car trips.
- Second successful CityWide Day ticket promotion.
- Supporting STH to engage staff and promote sustainable trips to Northern General and Central Campus.
- Working with large employers close to Connecting Sheffield schemes (DWP and SYP).
- Working on a campaign to promote the Kelham-Neepsend-City Centre Connecting Sheffield scheme.
- Liaising with Move More colleagues to identify opportunities for collaboration.





## Access Sport

Access Sport have supported the engagement of **175 children and young people** to get involved in cycling in both Hillsborough and Concord Park. We have also continued to support the Hillsborough BMX Club to build a thriving cycling community with the support of amazing local volunteers.

Through their outreach work we have engaged with **7 local schools** that have taken part in our 5-10 week Cycling Outreach Programme. This is where students get the opportunity develop their riding abilities on the pump tracks and are taught by our fantastic British Cycling BMX qualified coaches.

Their outreach is expanding to Parkwood Springs next term, and we are excited about the opportunity of enabling more young people with the chance to gain the skills and confidence to ride a bike in local and safe environments.



## Walking Forum

The purpose of the Walking Forum is to assist the City Council to promote walking for everyone, by reducing barriers and achieving a better walking environment, so that walking is a natural choice for everyday local journeys. The Walking forum was re-established to bring together active travel/sustainability managers within Public Health, Universities & Colleges, SYMCA as well as local Rambling Groups with the aim of promoting walking in Sheffield and inputting into the various plans working towards net zero.



# Move More Health and Social Care

The network brings together a mix of individuals and organisations who are passionate about improving health through physical activity.

This includes healthcare professionals, fitness professionals, researchers, community leaders and experts by experience. Everyone involved shares a common interest in integrating physical activity into healthcare systems to support people with health conditions.

The primary aim of the network is to embed physical activity within healthcare systems. We believe this will empower people with health conditions to lead more active lives, which in turn helps to reduce health inequalities, as people with health conditions are less likely to be physically active and may face greater barriers to accessing opportunities for physical activity.



## Move Well

Sheffield's Physical Activity Referral Scheme, now rebranded as Move Well, was successfully relaunched at the end of September 2024. This came after an 18-month co-production process, where we learned that people with long-term health conditions want personalised support based on their unique needs.

It became clear there's no one-size-fits-all approach to helping people become more active. Healthcare professionals told us they need simpler, quicker referral tools and struggle to stay updated, while community providers shared challenges like missed appointments and the need for better collaboration with healthcare services. In response, we developed a new model that includes a centralised hub for referrals, a triage system to better personalise support, and a new navigator role hosted at Sheffield City Council.

We've also worked with the Sheffield Directory to keep information about physical activity in the community up-to-date and developed a chat bot to test if using AI can help people find up to date information more effectively. The new model includes a set quality standards that will be implemented by providers in the scheme. The standards were developed through a collaborative, evidence-based, Delphi process to build trust and confidence in the scheme.



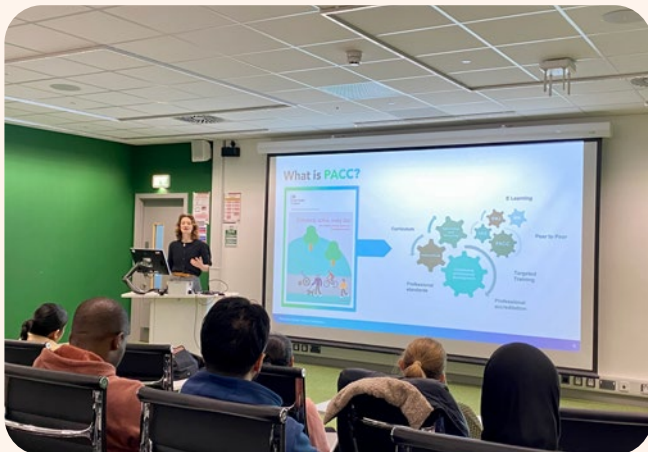
The scheme is currently in its pilot phase, funded for two years through Sport England's place-based funding (Move More Connect). You can find more information on the new webpage: [Move Well — Move More Sheffield](#).



## PACC

As part of the national Moving Medicine initiative, we have been trialling a place-based approach to the Physical Activity Clinical Champion (PACC) programme. Sheffield is one of four pilot locations, with Dr Jo Maher appointed as the local PACC. Dr Maher's role includes delivering PACC training and working closely with local partners across the Move More Networks, as well as with the central PACC team, to ensure alignment with local priorities.

Since the start of the pilot, Dr Maher has successfully delivered training to undergraduate healthcare professionals, as well as those working in Primary Care, Secondary Care, and Community Health. She has also built new relationships and strengthened existing partnerships across Sheffield.



## Upskilling the workforce at Sheff Care

Yorkshire Sport Foundation delivered their Helping People to Move More training to Activity Coordinators and Carers from Sheff Care, supporting staff across care homes in Sheffield.

This three-hour, face-to-face training is designed for non-clinical health and care workforce roles across South Yorkshire and West Yorkshire. It covers key areas such as understanding physical activity in different settings, building resilience, exploring benefits and barriers, behaviour change techniques, active conversations, and signposting opportunities.

Staff were highly engaged throughout the session and shared a range of creative ideas for integrating more physical activity into residents' daily routines—fostering independence and making movement enjoyable.



## Cancer pathways

We hosted two workshops focused on developing Sheffield's physical activity and cancer pathway. These sessions brought together professionals from health and social care, the voluntary and community sectors, and the fitness industry, as well as patient representatives who had undergone cancer treatment in Sheffield. The workshops explored ways to embed physical activity into the cancer care pathway, with a focus on making sure people receive the right support at the right time. We discussed how to connect services across different sectors, identified current provision and good practice, and highlighted gaps and potential solutions. Following the workshops, we developed a report outlining the key findings and recommendations. These emphasise the need for a more joined-up approach to physical activity support, integrating existing resources and developing flexible programmes tailored to individual needs.



## Moving Mums Initiative

The Moving Mums Initiative was a collaborative project involving Sheffield Teaching Hospitals NHS Foundation Trust (STH), the Active Pregnancy Foundation (APF), Sheffield Hallam University (SHU), Yorkshire Sport Foundation (YSF), and the National Centre for Sport and Exercise Medicine (NCSEM). Targeting communities with significant health inequalities in Burngreave, Parson Cross, and Darnall - the initiative focused on using physical activity as a vehicle to improve maternal and infant health outcomes. This aligns with STH's overarching mission to reduce health disparities and improve outcomes through preventative healthcare measures, as well as APF's goal of removing barriers to physical activity during the childbearing years. The Moving Mums Initiative aimed to lay the foundations for promoting physical activity in Sheffield, initially focusing on healthy women with uncomplicated pregnancies. The project included three core delivery elements: scoping, upskilling, and embedding of resources. These components were designed to enhance understanding of the local context and to support future initiatives that promote physical activity among women.

- **29** multidisciplinary professionals were trained as This Mum Moves Ambassadors.
- **12** newly qualified Level 3 Pre- and Postnatal Exercise Instructors
- **16** physical activity opportunities for pre- and post-natal women were shared and uploaded to the Sheffield Directory.
- Sheffield Wednesday Community Foundation were supported with funding to set up a new group for pre-natal women.





## Networking Event

In July, we held a networking event that brought together over **50 professionals** from health, community, leisure, and physical activity sectors. The event focused on building stronger connections across the system, with the theme of overcoming barriers to linking people with physical activity opportunities. We were joined by Dr Hussain Al-Zubaidi, who shared how his approach to promoting physical activity has evolved over the years, thanks to the support and feedback from his patients. The event also featured a panel of local experts by experience, who shared their personal journeys of overcoming barriers to physical activity and how they now support others. Feedback from the event was positive, with attendees appreciating the chance to learn from real-life experiences and connect with others working in the sector.

## MSK Events

In the summer, the health & social care network supported the Sheffield Teaching Hospitals MSK outpatient physiotherapy service to pilot Community Appointment Days at Graves and Concord Leisure Centres. The aim was to deliver more personalised care and join up community support. All the patients on the physio waiting list are invited to an event. Physios can give people advice treatment during the event, but unlike usual care, other community services were also available on the day to give support, using a 'what matters to you' approach.



There were **13 community providers** that attend the community appointment days. The community providers offered a broad range of services that patients from Sheffield could offer such as weight management, mental health services, local community groups, diet and lifestyle and the exercise referral schemes. There was also an opportunity for patients to link with employment services. All the community providers fed back that the event was a valuable experience in terms of professional networking and building connections.

# Move More Sport

The ambition is to have an inclusive, city-wide sport offer that enables everyone in Sheffield to experience the joy and benefit of sport. Sport means many different things to different people, it can include participation in formal or informal sport, spectating, volunteering or being part of the extensive sport workforce.

This network has an oversight of Sport in the city. Acting as a point of access for key citywide and national stakeholders inc. National Governing Bodies, Major Events and Sport Specific stakeholders.

## Sheffield Major Events Legacy Group

The group was formed this year to create an impact and legacy from the Major events that take place in Sheffield.

The group has key partners and stakeholders represented who work alongside Sheffield City Council Major Events Team to create sustainable, long term impact.

The group has supported events including:

- The Tour of Britain Men's Race, delivery legacy events to **250 young people and families** across two venues. As well as supporting **10,000 school students** to line the race route.
- World Cup of Boxing included community use tickets for local groups and organisations. Come and try boxing session with GB Coaches and a Boxing Activator Course with schools staff trained to deliver basic boxing coaching sessions
- International Ice Hockey Association Women's Olympic Ice Hockey Qualifying Event saw **400 children** from **10 schools** invited to watch the qualifiers and to take part in a programme of activities that included ice skating, ball hockey and fundamental skills across ice Sheffield and EISS.

## Move More Inclusive Sport Event 2024

The Inclusive Sport Event organised by the Sheffield Inclusive Sport Network and hosted at the English Institute for Sport Sheffield provided over **600 participants** with a showcase event of 23 different sports including Wheelchair Rugby, Wheelchair Basketball, Archery, Boxing, Dance, Tennis, Badminton, Football, Cycling, Karate, Fencing, Snooker, Table Tennis, Goalball

## Inclusive Sport Investment

The 5-year project will aim to provide access to high-quality sports coaching and training for people with disabilities. The project is fully funded by Firehouse Fitness.

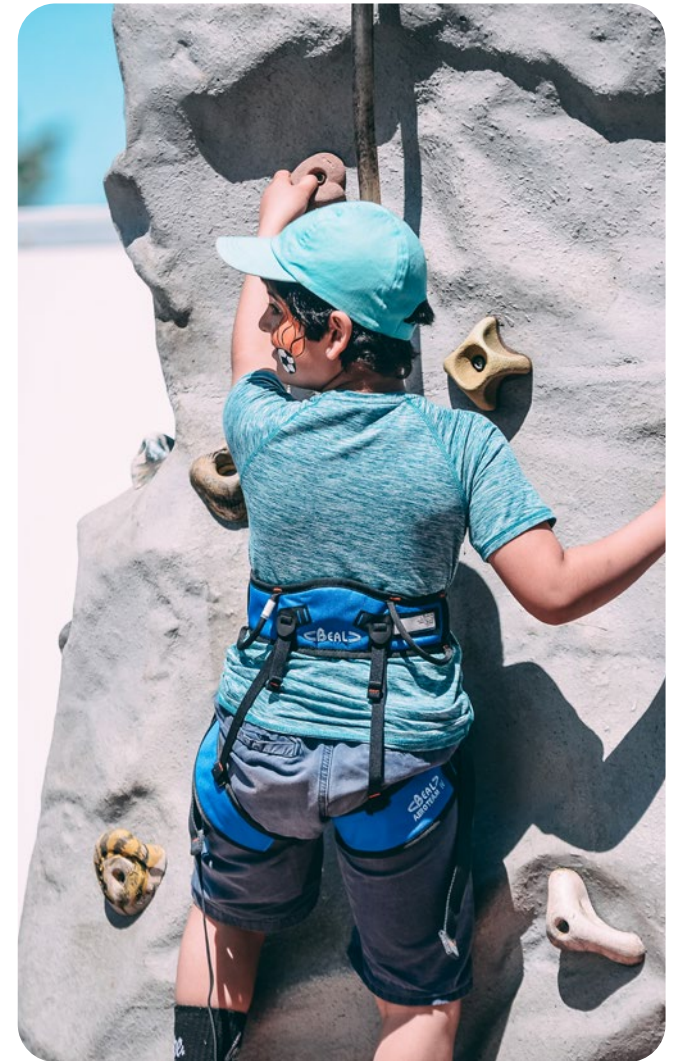
The initiatives will be open to children from 5-years-old to adults who have a disability, it will deliver a range of sports sessions tailored to people of all abilities, helping to foster physical fitness, build confidence, and encourage social inclusion as well as developing the future workforce.

## The Gordan Banks Sports Hub

The long-standing football site on Woodbourn Road in Darnall, Sheffield has had a revamp thanks to a **£2.1m grant from the Premier League, The FA and Government's Football Foundation and an additional £0.9m in partnership funding from Sheffield City Council**. Thanks to this significant investment the local community now has access to multiple floodlit pitches, and a refurbished pavilion building, that provides changing facilities and a social space that hosts a cafe and meeting room. 'The Gordon Banks Sports Hub' provides much improved playing opportunities for people of all ages in and around Darnall thanks to its seven LED floodlit small-sided 3G pitches; turn up and play sessions are available, and local group Darnall Education and Sports Academy (DESA) are running activities for young boys and girls in the community. Sheffield United Community Foundation (SUCF) are putting on Premier League Kicks sessions and local clubs Aden Steelers, Darnall Diamonds. Weekly coaching programmes for disabled young people by SUCF and a new pan-disability league in partnership with Sheffield and Hallamshire County FA are becoming a regular fixture providing competitive football for players aged 16 years and over. In addition, athletes from Sheffield Hallam University are making use of the facilities in the pavilion after training and races at the 400m track which is also on site.

## Leisure Investment

Sheffield City Council have been undertaking feasibility work to develop proposals for new builds at Springs Leisure Centre and Concord Sports Centre. Investment will create modern, welcoming, and accessible spaces for all with the new centres providing upgraded facilities designed to support fitness, wellness, and community engagement. The developments, set to begin in late 2026, will ensure that Sheffield residents have access to high-quality leisure services for years to come. Community engagement was launched in March 2025 to gather feedback to ensure the new centres meet community needs.





# Join the Movement

If you are interested in the work of the Move More networks, please feel free to contact the Chairs or Vice Chairs to hear more.

## Move More Communities



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## A large group of people, including children and adults, are gathered on a paved path and grassy area. Some people are standing, talking, or sitting on the grass. A man in a blue and black jacket is walking towards the camera. In the background, there are trees and a large building.

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- A large group of people, including children and adults, are gathered outdoors on a paved path and grassy area. Some people are standing, while others are sitting or kneeling on the grass. There are colorful cones and buckets on the ground, suggesting a community event or race. The background shows more people walking and greenery.

A large group of people, including children and adults, are gathered on a paved path and grassy area. Some people are standing, talking, or sitting on the grass. A man in a blue and black jacket is walking towards the camera. In the background, there are trees and a large building.







**Move More**  
S H E F F I E L D

## Contact

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