

# Move More Sheffield

12th September 2022  
Arrive for 9.30am,  
10am start - 2.30pm finish

Venue:

English Institute for Sport  
Coleridge Rd,  
Sheffield,  
S9 5DA

£3.00 per person carers and supporters FREE - this money helps to pay for the sports activities. Please bring cash on the day.

Keeping Healthy event for people with learning disabilities and autistic people who live in Sheffield, Rotherham, Doncaster, Barnsley.

Try activities and workshops on: Health Passports and Screening, Cycling, Wheelchair Rugby, Football, Taekwondo. At the end of the event (2.30pm) head over to ICE Sheffield for Accessible Ice skating.

To find out more or to book your place please contact Speakup: [Sally@speakup.org.uk](mailto:Sally@speakup.org.uk) or [Hayley@speakup.org.uk](mailto:Hayley@speakup.org.uk) Or call: 07483 157300 07483 157293. If you want to go, you need to book



South Yorkshire and Bassetlaw  
Integrated Care System

