



The Moving Mums Initiative

Activity Brochure for Sheffield

September 2024

WELCOME

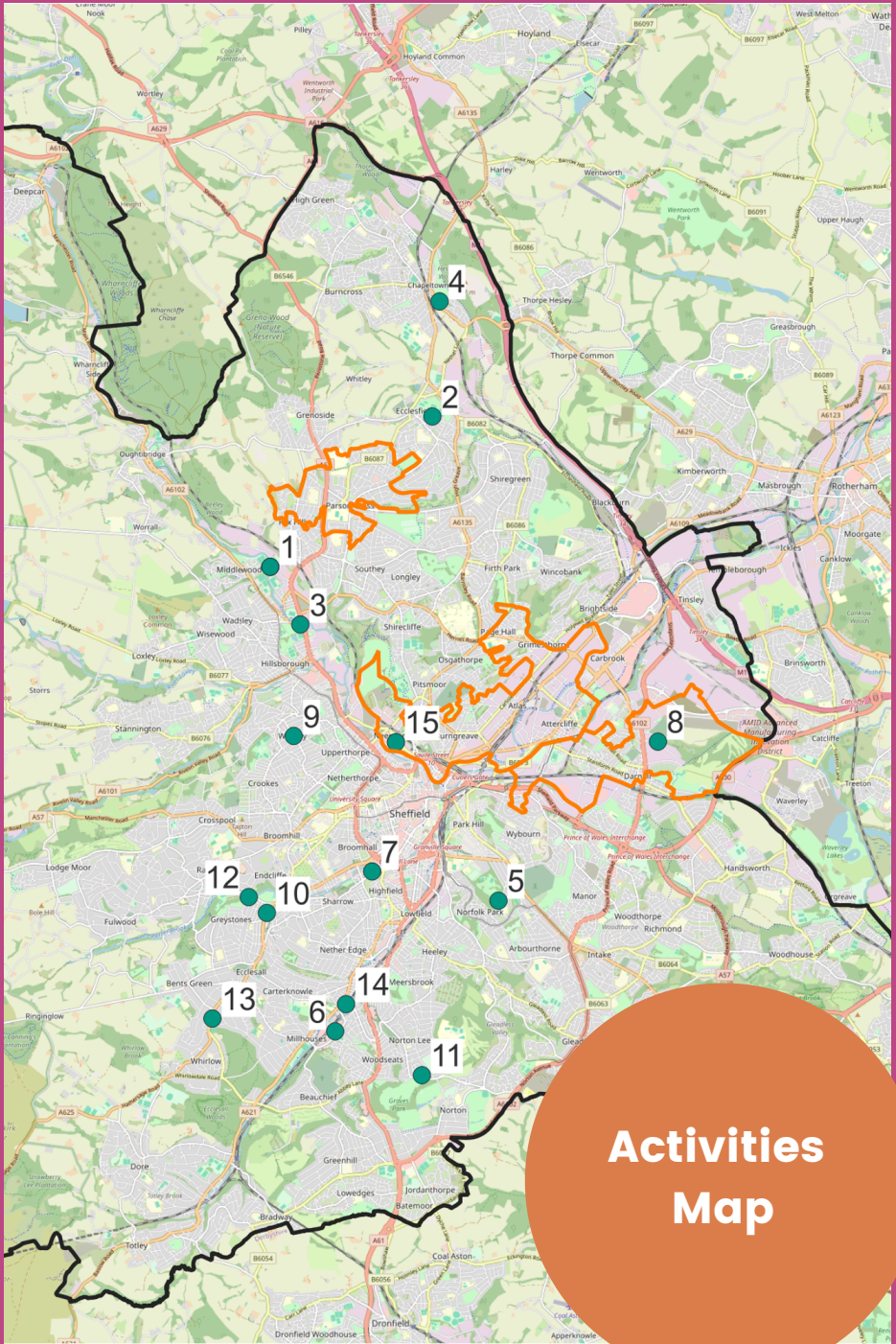
The Moving Mums Initiative is a collaboration between Sheffield Teaching Hospitals NHS Foundation Trust, the Active Pregnancy Foundation, the National Centre for Sport & Exercise Medicine (NCSEM) Sheffield, Sheffield Hallam University, and Yorkshire Sport Foundation.



We've come together to support women by highlighting the joys and benefits of staying active throughout their childbearing years. Our initial focus has been on **Burngreave, Parson's Cross, and Darnall**, and this guide highlights activities available in these areas. However, we've also ensured it includes useful information for women across the city.

In addition to highlighting local activities, we've enhanced provision by training more pre- and postnatal exercise instructors and expanding the national This Mum Moves network with 30 new local ambassadors. This broader network aims to provide better support and facilitate helpful conversations about staying active. We hope this guide connects you with valuable resources and empowers you to move in a way that works for you. You've got this!





Activities Map

- 1 Sheffield Wednesday FC – Mum’s Dance
Sheffield Wednesday FC – Owls Family Fitness
- 2 Sheffield Wednesday FC – Parents & Babies Buggy Walk
- 3 Sheffield Family Hubs – Walk & Talk – Hillsborough Park
- 4 Sheffield Family Hubs – Walk & Talk – Chapeltown Park
- 5 Sheffield Family Hubs – Walk & Talk – Norfolk Heritage Park
- 6 MummyFit – Gym based exercise class – Firehouse Fitness Millhouses
- 7 MummyFit – Gym based exercise class – Nuffield Health
- 8 Boss BoxFit – Mum & Baby / Boss Tots
- 9 Woods Fitness – Parent & Baby
- 10 Yoga at the Reach – Pre- & postnatal yoga classes
- 11 Buggyfit Sheffield – Graves Park
- 12 Buggyfit Sheffield – Endcliffe Park
- 13 Kate Campbell Fitness
- 14 Ruth Alison Pilates – Pre- & Postnatal Pilates
- 15 LR Elite Sports Therapy – Bring your baby, strength focused exercise classes for mums
- CW Citywide – Blaze Trail – Parent & baby walking group

LOCAL ACTIVITIES

BLAZE TRAIL

Walking group with babies and toddler specific walks.

Address: Citywide

Day / Time: Various

Who's it for? Postnatal women & babies/toddlers

Booking Required? Yes

Cost: Free



blazetrails.org.uk/walkinggroups



Blaze Trails - Sheffield Baby Walking Group



BUGGYFIT SHEFFIELD

Outdoor fitness sessions with your baby.

Address: Graves Park (S8 8LJ) and Endcliffe Park (S11 7AB)

Day / Time: Mondays (10.30am), Tues (9.45am), Weds (10.30am), Fri (10.30am)

Who's it for? Postnatal women & babies

Booking Required? Yes

Cost: £5-£7 per session



buggyfit.co.uk/locations/lianna-bell-endcliffe-park-sheffield



Buggyfit Sheffield Southwest



BOSS BOXFIT -Mum and baby/ Boss tots

Mum and baby postnatal gym based exercise class with song and play for baby - 8 weeks to pre-walkers. Boss Tots is a parent/carer exercise class designed as a fun interactive exercise class for both adults and toddlers.

Address: Boss Boxfit, 329 Colefield Road, Darnall, Sheffield, S9 5NF

Day / Time: Mon 11.30am-12.10pm

Who's it for? Postnatal women & babies

Booking Required? Yes

Cost: £5 per session

Pregnancy Pilates

Day / Time: Sunday 9am

Who's it for? Pregnant women

Booking Required? Yes

Cost: £5 per session



happity.co.uk/schedules/boss-boxfit-sheffield-329b-coleford-rd-mum-and-baby-boss-boxfit



Boss Boxfit



KATE CAMPBELL FITNESS

Pre- & postnatal personal training and group sessions.

Address: Kate Campbell Fitness Studio, 345a Ecclesall Road South Sheffield, S11 9PW

Day / Time: Various

Who's it for? Pre- & postnatal women

Booking Required? Yes

Cost: Varies



katecampbellfitness.com



LR ELITE SPORTS THERAPY

Balancing childcare and getting back into an exercise routine can be a challenge for mothers. As can knowing what exercises are appropriate and suitable for you to help you recover and return to pre-baby activity levels. That's why I have introduced 'Bring Your Baby'. A weekly strength class designed to help you gain strength and confidence with exercise and your capabilities without having to worry about a babysitter!

Address: Unit 4, Neapsend Business Triangle, Burton Road, Sheffield, S3 8BW

Day / Time: Thursdays, 11am

Who's it for? Postnatal women & babies

Booking Required? Yes

Cost: £7- £8 per session



lrelitesportstherapy.com



RUTH ALISON PILATES

Pre- & postnatal pilates classes designed to help keep you fit and healthy throughout and after your pregnancy. Suitable for all stages of pregnancy.

Address: 15 Buttermere Road, Sheffield, S7 2AX

Day / Time: Tues, 6.15-7pm (pre-natal/early postnatal),
Sun, 5.30-6.30pm (postnatal)

Who's it for? Pre and postnatal women

Booking Required? Yes

Cost: Prenatal classes are £7.50/£8.50 and
Postnatal classes are £10/£11 per session



ruthallisonpilates.co.uk



Ruth Allison Pilates



MUMMYFIT

Postnatal classes for mums & babies.

Address: Firehouse Fitness Millhouses,
8 Archer Road, Sheffield, S5 0LB

Day / Time: Mondays, Wednesdays,
Thursdays & Fridays, 10.30am

Address: Nuffield Health Sheffield, Napier Street,
Sheffield, S11 8HA

Day / Time: Mondays (12pm) & Wednesdays
(12.15pm)

Who's it for? Postnatal women & babies

Booking Required? Yes

Cost: Varies



mummyfit.co.uk



MummyFIT South Yorkshire Ltd



SHEFFIELD FAMILY HUBS

A friendly and informal face to face walk, allowing time for chat and getting to know other local parents / carers. Walk and talk around the park where you can share experiences, receive support, all while receiving the health benefits of physical activity. Staff from health visiting and Family Hubs will be on hand, if needed, to offer support and advice on caring for yourself and your new baby.

Address: Hillsborough Park

Meeting point: the corner by the Little Imps Nursery

Day / Time: Wednesday, 10.30-11.30am

Address: Chapletown Park, 63 Cowley Lane, Chapeltown, S35 1SX

Meeting Point: Outside the entrance on Cowley Lane on the roundabout

Day / Time: Wednesday, 10-11am

Address: Norfolk Heritage park, Guildford Avenue, Sheffield, S5 2PL

Day / Time: Thursday 10-11am

Who's it for? Postnatal women & babies.

Booking Required? Yes

Cost: Free



sheffielddirectory.org.uk/sheffield-family-hubs



Sheffield Family Hubs



SHEFFIELD WEDNESDAY FC COMMUNITY PROGRAMME

Mum's Boxercise class

Address: SWFC Community Facility, Claywheel Lane, Sheffield, S6 1LZ

Day / Time: Mondays, 12-1pm

Who's it for? Women

Mum's Dance: Dance session for mums & babies.

Address: SWFC Community Facility, Claywheel Lane, Sheffield, S6 1LZ

Day / Time: Fridays, 1.30-2.30pm

Who's it for? Postnatal women & babies

Owls Family Fitness: Free gym sessions for parents/ carers of children up to 3yrs old.

Address: SWFC Community Facility, Claywheel Lane, Sheffield, S6 1LZ

Day / Time: Thursdays, 10.30-11.15am & 11.30-12.15am

Who's it for? Postnatal women

Parents & Babies Buggy Walk: Social walking group for parent/carers and babies.

Address: Ecclesfield Park (S35 9YQ)

Day / Time: Tuesdays, 10.30-11.30am

Who's it for? Postnatal women

Booking Required? Yes

Cost: Free



swfccp.co.uk/health



Sheffield Wednesday Community Programme



WOOD'S FITNESS

A fitness class for new parents to bring their baby/child. We have a play area set up for the kiddies while the parents have a structured, tailored and fun workout. The circuit class will consist of warming up and some stretches with a mix of light cardio, body weight and resistance training. Although this might sound daunting everything will be done at your own pace and aimed at postnatal mums. All fitness levels are welcome. No gym experience needed. We will set the exercises (with adaptations) and give coaching throughout.

Address: Wood's Fitness Gym, 299 South Road, Sheffield, S6 3TA

Day / Time: Monday, 9.30-10.10am

Who's it for? Postnatal women & babies

Booking Required? Yes

Cost: £10 per session



woods-fitness.co.uk



Wood's Fitness



YOGA AT THE REACH

Pre- and postnatal yoga, birth classes, baby yoga and massage.

Address: Blenheim Reach, Floor 6, 861 Ecclesall Road, Sheffield S11 8TH

Day / Time: Various

Who's it for? Pre- & postnatal women

Booking Required? Yes

Cost: From £7 per session



Yoga At The Reach



ONLINE ACTIVITIES

Check out these two fantastic programmes! They're free, online, and have been endorsed by the Active Pregnancy Foundation. You can stay active and enjoy all the benefits from the comfort of your own home.

Couch to Fitness - Prenatal



www.couchtofitness.com/prenatal



Couch to Fitness - Postnatal



www.couchtofitness.com/postnatal



RESOURCES & SUPPORT

IS IT SAFE?

Being active during pregnancy has great benefits for both your body and your mind, and is generally safe for most women. But it's completely normal to feel unsure or worried about what's right for you.

Pre-activity screening is a helpful first step in ensuring safe and enjoyable engagement with physical activities.

The Get Active Questionnaire for Pregnancy (GAQ-P) is here to help you figure out if you need to talk to a healthcare professional before you get started or continue with your activities.



You can fill out this form for your own reassurance, or you may be asked by a fitness professional, leisure operator, or healthcare professional to complete it.

Overall, it's designed to support you in taking charge of your health and wellbeing throughout your pregnancy.



FIND YOUR ACTIVE

If you're unsure whether your usual activities are safe or suitable, or if you're looking to get more active or try something new, take a look at the Active Pregnancy Foundation's 'Find Your Active' resources.

Created with experts, these tips and guidelines will help you navigate your activities during pregnancy and beyond, so you can stay active with confidence.



activepregnancyfoundation.org/findyouractive



SQUEEZE & LIFT

During and after pregnancy, your pelvic floor muscles play a crucial role in supporting your bladder, bowel, and reproductive organs. These muscles can become stretched and weak due to the demands of pregnancy and childbirth.

Strengthening your pelvic floor helps prevent common problems like leaking urine when you cough, sneeze, or lift something heavy. Regular pelvic floor exercises can keep these muscles strong and support your overall pelvic health.

Check out the following resources for more information and support.



squeezezyapp.com



thepogp.co.uk



YOU'RE NOT ALONE

Physical activity can be a powerful way to support your mental health, boosting your mood, reducing anxiety, and improving sleep. Even gentle activities like walking, stretching, or yoga can be effective in lifting your spirits and reducing stress.

However, if you're finding things tough, don't hesitate to reach out for support - talking to friends, family, or professionals can make a big difference.



maternalmentalhealthalliance.org



sportinmind.org



SHEFFIELD IS SUPER

For local information, initiatives, and ideas to help you get more active, check out these websites:



sheffielddirectory.org.uk



movemoresheffield.com



DISCLAIMER

Activities listed are accurate as of September 2024.

Instructors' credentials have not been verified unless the programme is listed as endorsed by the Active Pregnancy Foundation.

Always consult with your healthcare professional and follow their advice. This resource is not a substitute for medical guidance.

Images are for illustrative purposes only and do not represent actual classes or participants.

ACKNOWLEDGEMENTS

This resource was developed by Rachael Weston and Dr Marlize De Vivo.

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CONTACTS

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