



Children and Young People's

Sheffield
mencap
& Gateway

mencap
Sport

Fitness Group

First session only £1!!!
(£3 per person per
session after the first
week)

We are working alongside Street Games to run our brand new fitness group for Children and Young People aged 10-24 with a learning disability and/or autism. Siblings and family carers are welcome to join in too. We will be running a number of sports activities including circuit training, chair aerobics, dance, ball games, boccia and many more.

Starting 30th
November!!!
Thursdays 5pm-6pm



For more information please contact Kirsty or Natalie on:

kirstyworstenholm@sheffieldmencap.org.uk / natalieshaw@sheffieldmencap.org.uk or 0114 2767757

Registered Charity Number: 1056155

Company Reg No 3168775