



Issue 6 | January 2021

# MOVE MORE SCHOOLS NEWSLETTER



While the start of this academic year has been like no other, it's been amazing to see how physical education, sport and physical activity has stayed at the heart of so many schools across Sheffield.

Move More partners would like to take this chance to thank teachers, staff and schools across the district for showing why physical activity is so important in these challenging times.

This newsletter will share just a snippet of the fantastic work that has taken place throughout the Autumn Term, as well as showing more ways for schools to engage.

Schools needing support with PE, school sport and physical activity can contact your local School Sports Partnership/ Network, School Games Organiser or visit these websites for guidance and advice:

- [www.afpe.org.uk/physical-education/coronavirus-guidance-support](http://www.afpe.org.uk/physical-education/coronavirus-guidance-support)
- [www.youthsporttrust.org/coronavirus-support](http://www.youthsporttrust.org/coronavirus-support)
- [www.yorkshiresport.org/what-we-do/in-education](http://www.yorkshiresport.org/what-we-do/in-education)

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# Sheffield Get Moving!

## Lockdown Challenge

As Sheffield enters a national lockdown in January 2021 there are a range of resources available to schools, pupils, parents and families to stay active and move more every day.

With their being a lack of daylight, poorer weather and more structured remote learning through school, it is more important than ever that we are providing and promoting the importance PE, physical activity and sport for young people to help with their physical, social and emotional development.

Sheffield School Games Organisers have again relaunched the Active at Home Timetable which allows participants to have a structure to each day, and will be launching daily activities and challenges to engage with.

There are a range of resources available to support schools and parents at home with keeping children active and please signpost anyone who needs support to one of the Sheffield School Games Organisers.

We can not wait to see your creative ways of moving more during these unprecedented times.

For some more ideas to keep children, young people and families active at home throughout this time, please visit the Move More Sheffield website.

Information will be sent to all schools promoting the Sheffield Get Moving Lockdown Challenge. Throughout the lockdown period (until February Half-

device.

**Sheffield Schools Get Active Active Home Timetable**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Option 1</b>	<b>Marathon Mondays</b> Run, walk or jog for 30 mins Map a route around the local area - go out with your family Spin an outdoor Scavenger Hunt How many laps of your garden/road? It takes 10-15 mins to do one and a marathon?	<b>Twirling Tuesdays</b> Do an online Dance Routine Do Woods Just Dance Go Madcore (Strenuous) Dancing at Home - memory improvement BBC Superweekers	<b>Wheels Wednesday</b> Get out on your bike - roads or off-road Remember to stay safe! British Cycling - Ready Set Ride	<b>Thinking Thursdays</b> Active Learning at Home Bury O'Leary Teach Active Wiggle Maths Quest TagIt4U Active Story Time BBC Superweekers	<b>Fitness Friday</b> Watch a Home Fitness class TV Body Coach - Joe Wicks Sheffield Physical Activity Challenge	<b>Skills on Saturday</b> Practice your 7 Core Elements Movement Skills These include: Running, Jumping, Crawling, Swimming, Climbing, Striking an object, Agility, Balance, Over obstacles Activity Cards/Challenges	<b>Sporty Sunday</b> Choose one favourite sport and practice those skills needed to become a professional! Most sports have online available online
<b>Option 2</b>	<b>Motivation Mondays</b> Set yourself a Personal Challenge for the week! What can you learn this week? Sleeping, Juggling, Judoing with your neck, Joking, Learning your name, Games... Try to do challenges that are applicable to challenges!	<b>Time Out Tuesdays</b> Yoga & Active Mindfulness Activities Stretching - Thinking about which parts of the body you use - for different exercises Games: Kids' Yoga, Invention, Mindfulness	<b>Workout Wednesday</b> Understand a Personal Fitness Plan Create your own Fitness Plan TV Body Coach - Joe Wicks Underline (Golf), Physical Activity Challenge	<b>Team Games Thursdays</b> Active Games with members of your family can be fun Active Manually Bowling Active Games & Leaders Youth Sport Trust - PE at Home Cards Real Play or Home with Real PE	<b>Fun Time Friday</b> Create your own active game with the class Choose your favourite activity of the week	<p><b>Ask your children the following KEY QUESTIONS:</b></p> <p>What have you learned? And why is it important? What key words would you use to teach this to a friend? How does this make your body feel &amp; why?</p> <p><b>Why not get your parents to tweet us photos and video updates?</b></p> <p>@ForgeSSP @PointsLN @ArchesSSP @LinksSSP @WestFieldsSD #SheffieldSchoolsGetActive #StayInWorkOut</p>	

Term), we will be running a 'Personal Best' challenge that pupils can complete alone, alongside their parents/guardians or even within schools. Pupils and parents (and even teachers) can make one of two types of pledges:

1. To cover a certain distance by either walking, running or cycling/scooting.
2. To take part in any type of physical activity for a certain amount of time

Participants can track their progress throughout the lockdown period using trackers such as Fitbit, Garmin, Apple Watch, phone app (like Strava or Nike Running) or any other similar recording

You can even use websites such as mapmyrun.com to work out the mileage of your route or use online maps to calculate how far you've run if you're unsure of the distance or don't have access to a tracker.

If you choose to take part in the physical activity timed challenge, all you will need is a stopwatch to record how many minutes you are active for.

We will upload a virtual leaderboard once we start to receive submitted evidence also encourage you to submit photos on Twitter using the hashtag #SheffieldGetMoving and tag @ForgeSSP @ArchesSSP @LinksSSP and @PointsLN into the post.

# Pilot project to improve Sheffield PE

Working with Learn Sheffield and Mercia TSA, the PESSPA Alliance submitted a successful bid to the DfE for a project to improve the quality of PE teaching and leadership. This partnership have recruited a team of Specialist PESSPA Leaders and Champion Schools to work with identified schools and share good practice across the Sheffield district.

## This work will include the following:

### Targeted Support:

- Improving PE teaching in 20 schools
- Developing PE co-ordination working with in 10 schools
- Maximising the impact of Sports Premium supporting 10 schools

### Universal Training Offer:

- PE teaching
- PE co-ordination

### Plus:

- Locality PE Peer Review Programme
- Development of best practice guidance for engaging the least active and a toolkit for making the best use of Sports Premium funding
- Swimming & Water Safety
- Project Evaluation (by SHU)

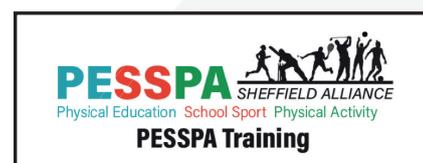
### Information regarding the Universal Training Offer for ALL Schools and to book on the sessions can be found here:

[www.learnsheffield.co.uk/Partners/PESSPA/PESSPA-Training](http://www.learnsheffield.co.uk/Partners/PESSPA/PESSPA-Training)

### Sessions include:

- Inclusion and SEND PE
- Assessment in Physical Education
- Early Years PE and Physical Development
- High Quality Teaching of Physical Education
- School Swimming & Water Safety
- Planning Procedures and Progress when returning to Physical Education (COVID-19 Restrictions)
- 'You Don't Have To Go Far To Have Fun' ...Simplified Systems for Staying local with Outdoor Learning
- Top Tips for New PE Subject Leads

- Intent, Implementation and Impact of your PESSPA Offer
- Ensuring pupils get their 30 active minutes of physical activity through the school day



This project has been delayed by COVID and the work will now take place between November 2020 and March 2021

## Jumping for Joy at the Sheffield Schools Skipathon

The Sheffield Schools Sports Partnerships and Skipping School Ltd project got 16,000 pupils skipping across 70 primary schools in November.

Many schools have been working with Skipping School Ltd for over three years to bring skipping into schools.

There was lots of good feedback from teachers about how children who hadn't engaged in sport before had taken to skipping. Seeing them enjoying being active has been a joy to behold, and has increased fitness and general wellbeing.

In November, the Sheffield Schools Skipathon project saw Key Stage 2 children try a range of individual skipping skills.

This included beginners who may not have done much skipping, and offered

more advanced skills for those wanting new activities to practice.

The plan was to try a new skill each day from Monday to Thursday with a Challenge Day on Friday for pupils to take on their own 'Personal Best Skipping Test'.

A tutorial was also created for children in Key Stage 1, to help with fundamental movement skills and have some fun learning something they may never have tried before.

Many of the schools decided to make this a whole school project. They invested in a set of skipping ropes for each child so they could follow COVID-19 restrictions and there would be a lasting legacy for the schools to continue skipping.





## Hunters Bar School Embrace the Skipping Spirit

HBJ were with a few others at the front of the queue to get skipping with Mr. Adebola even doing a promo video!

Throughout the week, each day focused on one of the five ways to wellbeing: Learn, Connect, Take Notice, Give and Be Active. Videos were shown to allow beginners and advanced skippers the

chance to develop. Even beginners wowed Mr. Adebola with their side swing skills.

It was amazing to see so many pupils across Sheffield getting involved and it's estimated that 16,000 children took part in skipping week across the city.

A huge thank you must go to Chris and Jodi at the Skipping School as well as the Sheffield Schools Get Active group (including our very own Points Learning Network). The success will hopefully mean that the Sheffield Schools Skipathon is likely to become an annual event. We're already looking forward to what we can learn for next year.

## St Patricks We Skip You a Merry Christmas

St Patricks Catholic Voluntary Academy have built on the Sheffield Schools Skipathon week which the children loved.

Most children are now skipping at dinner times in their bubbles, both individually and in small groups. They also started to use skipping as an alternative to their daily mile which is also going well around school.



With the buzz for skipping around school, they did a festive sponsored skip to raise money for this year's charity, Schools for Bethlehem.

All children and staff within school took on the challenge to skip to Christmas songs for 15 minutes at the same time with the theme being 'We skip you a merry Christmas'.



## Skipping Ropes on the Christmas List

At St John Fisher Primary CVA the pupils and staff really enjoyed the Sheffield Schools Skipathon.

Every child took part and showed progression in their skills over the week. As it was so popular with children and staff, the school has continued developing children's skipping with daily activities running through breaktimes and PE lessons.

The project has had a lasting legacy effect on the school, so much so, that some children even asked Father Christmas for a skipping rope!



# Positivity Points, Helen Steven: Points Learning Network Reflects on a 'Different' Start to the Term

Despite the difficulties surrounding this year for all of our schools, there is still a positive buzz around PE in many of them.

It was great to meet with the network of schools (albeit virtually) in February and to hear that most children in our schools are still getting their usual amount of PE lessons, just like in a normal year.

Core PE lessons are the bread and butter in developing PE literacy for all of our children in primary, so this was a relief to hear and also the result of a 'can-do' attitude by our PE coordinators and school staff.

Despite the many downsides of the pandemic, some of our schools were still able to find the positives in some of the necessary adjustments Covid-19 has forced us to make.



Here are some key positive messages that have come out of the term so far:



Classes coming changed ready on PE days has reduced changing times and enabled more efficient use of the time allocated.



When the weather has been bad classes still go outside for PE. They have a different mindset now as all PE lesson have been outside. They also come prepared for bad weather, including the teachers.



But many of our schools have not rested on their laurels and have continued to engage with the activities and festivals on offer.



The use of an adapted scheme for basketball which minimised equipment sharing and contact was well-received. The focus on skill development instead of competitive play was popular with certain children.



Where bubble festivals have been allowed on site, more children have benefited. In the past only 20-30 children would have come off-site to a festival but on-site 60-90 can be accommodated.

# Primary Schools Start New Term and Hit The Ground Running

Over 30 Sheffield Primary Schools have engaged in the School Games Hit the Ground Running Challenge across South Yorkshire.

It is a competition designed around getting out of the classroom and getting active using your space at school.

It is not about who is the fastest individually, but supporting pupils in your class to achieve a higher collective team score.



## HIT THE GROUND RUNNING CHALLENGE

In association with *Totally Runnable*

Even more schools engaged in December as the challenge from with Yorkshire Sport Foundation and Totally Runnable added Christmas themed milestones for bubbles of pupils to try and achieve.

It has been amazing to use running to reengage and add competition, where possible, to allow schools and pupils to feel proud of their efforts and achievements.

# Sheffield Schools Get Active Award Winners 2020

The annual awards celebrates those schools in the city who still manage to champion physical education, school sport and physical activity with inspirational results, even in the midst of a pandemic.

Primary and secondary schools across Sheffield continue to come up with innovative ways of getting their children active, supporting physical literacy and developing their ability to become independent learners.

The Sheffield School Get Active Group is made up of Points Learning Network, Arches, Forge and Links School Sports Partnerships and Sheffield City Council. We work as a group to develop strategic approaches across the district.

“The capacity that some of our schools have to incorporate a wide range of different activities, both in the curriculum, across other subject areas and as an extension to the school day never ceases to amaze.

Congratulations to all of those schools and individuals who have been recognised this year. We have collated a Case Study Booklet for schools and partners to see the great work of our nominees and shortlisted candidates.” To get your hands on a copy of this booklet then please contact your School Games Organiser for more information.

### And the winner are...

**Active Girls Award - Winner** - Pye Bank CE Primary

**Leadership in an Active School - Winner** - Helen Stokes (Waterthorpe Infant School)

**PE and School Sport for All - Joint Winners** - Mundella Primary and Woodseats Primary School

**Primary PE Coordinator of the Year - Winner** - Zoe Heath (Angram Bank Primary)  
**Highly Commended** - Danielle Svoboda (Bradway Primary)

**Primary School of the Year - Winner** - Ballifield Primary  
**Highly Commended** - E-Act Pathways

**Primary Sports Crew - Winner** - Hunters Bar Juniors  
**Highly Commended** - Deepcar Primary

**Primary Targeted Project - Joint Winners** - Bradway Primary and Abbeyfield Primary Academy

**Secondary Physical Activity Champion - Winner** - Helen Bowler (Forge Valley School)

**Secondary School of the Year - Winner** - Ecclesfield Secondary School

### Secondary Sports Leader

**Joint Winners** - Evie Bargh (Forge Valley) and Charlotte Dale (Birley Academy)

**Secondary Targeted Project Award - Winner** - Birley Secondary  
**Highly Commended** - Firth Park Academy

**SIV Health and Wellbeing Award - Winner** - Phillimore Primary

**Upskilling Staff Award - Winner** - Deepcar St Johns,  
**Highly Commended** - Abbey Lane

**Virtual Learning Award - Winner** - Claire Tierney-Kitchener (Meersbrook Bank Primary)

**School Games Award - Stradbroke Primary (Forge), Dobcroft Juniors (Points), Greengate Lane (Arches), Stocksbridge Juniors (Links)**

**School Games Spirit Award (Determination) - Winner** - Oliver Banyard – Oughtibridge



# Two Sheffield Schools Win South Yorkshire Award in the Yorkshire Primary PE Awards 2020

The PE and Sport Premium is designed to help children get an active start in life.

These awards celebrate schools who can demonstrate the impact they have had on their pupils through the best use of their Primary PE and Sport Premium grant.

It helps schools improve PE and sport provision so that pupils experience the benefits of regular exercise – from becoming healthier both mentally and physically, improving behaviour and better academic achievement.

A panel of experts from organisations including the Association for Physical Education and the Youth Sport Trust assessed a record number of applications and decided on the winners.



## Whole School Improvement Award – E-Act Pathway Academy

The school has transformed its PE, school sport and physical activity over the last two years. It has invested the grant in equipment to provide pupils with the chance to take part in a wider variety of activities.

The school has seen a significant increase in pupils taking part in extra-curricular activities, with pupils and their families now getting involved with community sports clubs and events.

Ofsted highlighted how pupils can contribute to school life and commended what has been done during a detailed look at PE in the school.



## Sustainability Award – Woodseats Primary School

The Daily Mile initiative was introduced to promote independence.

The school introduced an inter-school challenge to maintain children’s interest and to allow them to set personal challenges.

Staff reported that pupils returned to class more focussed and with an improved attitude to learning.

# Sheffield School Games Organiser wins National Recognition

Adam Fuller, School Games Organiser at Forge Valley School and the Arches School Sport Partnership was nominated for the Outstanding Contribution Award at the National School Games Summit in November. Adam was shortlisted against two amazing candidates from across the country however was able to win the award for his work throughout the last year in supporting Sheffield pupils to become more active, more often and supporting schools through the pandemic.

Adam said *“The work that we undertake as a Sheffield collective is fantastic and I would like to thank the schools, subject leaders and pupils for engaging in everything we do. Without the hard work of our dedicated schools engaging in opportunities provided the Sheffield School Games would not be as successful.”*



# Balanceability Boost for EYFS and KS1

The Arches School Sport Partnership continue to deliver the Balanceability-approved Learn to Cycle programme for children aged 2 and upwards.

Sessions aim to build confidence, spatial awareness, and dynamic balance.

Since return to school in September, the Arches have worked with Pye Bank CE Primary School, Shooters Grove Primary School and Lound Infant School.

Over 150 Early Years Foundation Stage children have enjoyed weekly sessions. The Arches plan to continue the programme after Christmas with other schools and help to inspire the next generation of cyclists.



# Circus programme to increase physical activity and fundamental skills

Greentop Circus have been creating and testing an exciting and accessible new Circus Programme for school children that can be delivered remotely.

Greentop Circus have been working closely with Year 6 Classes in Beck Primary School to develop this programme which is now available for all Sheffield schools.

The programme is delivered through videos, lesson plans, circus kits and inspirational resources for the school. The children explore a whole range of circus skills, develop creative routines and discover how it's great for their resilience and understanding how they learn.

It is also being adapted for blended learning with circus teachers coming into school when possible.

## Following a 7 week circus programme for 42 children:

- **85%** felt confident and happy doing the activities
- **79%** felt able to come up with new ideas
- **78%** felt able to learn lots of different skills
- **76%** felt it helped them take on and succeed at difficult challenges
- **71%** felt it helped them to learn about other subjects

*"It's non-competitive, collaborative and agility based. They loved the chance to create routines and explore ideas. They developed an affinity for a particular skill and I saw less active kids definitely engage more"* – Beck Primary School Teacher.



Greentop Circus is based in Brightside and has been delivering youth and adult classes and professional circus artist development as well as programmes and events for schools, communities and businesses for almost 25 years.

If you are in a primary school and thinking about how to get less active children on the move and are building your recovery curriculum - they might be able to help.

Email [manager@greentop.org](mailto:manager@greentop.org) to hear more.

This project has been supported by the Arts Council and Create Sheffield.



## Chance to Dance Sheffield want you to Move More

Chance To Dance want your help to develop dance participation and projects in Sheffield. Your schools' feedback is vital in helping Sheffield

shape what this will look like and how best to support our dance sector.

Please take a few minutes to fill in

the survey on your experiences of dance, both in school and links to local opportunities for your pupils.  
[www.surveymonkey.co.uk/r/C6XQPZK](http://www.surveymonkey.co.uk/r/C6XQPZK)

## An Active Start at Royd Nursery Infant School

Royd Nursery Infant School have decided to add physical activity tasks for throughout Autumn Term in addition to their two hours of Physical Education. Physical activity has so many health benefits and it is needed more now than ever with the impact of COVID-19 on people's wellbeing.

These have included Active 15 where the children can walk, run or jog for 15 minutes or alternatively they can complete 1-minute challenges such as press ups, star jumps or sit ups.

Children have also completed 30 minute challenges such as aerobic sessions and events set up by Links School Sports Partnership like skipping, athletics and gymnastics. It has been brilliant seeing children have a smile on their faces!





## Stocksbridge Juniors Go with the Glow!

Stocksbridge Junior School children had a go at a different type of activity the last few weeks of Autumn Term - Clubbercise!

They learned different movements to music, all while holding glow sticks in a darkened room! This has been successfully led by Megan Pinder, from the Links Sports Partnership. Mrs Foster explained "Due to the pandemic, the children have missed out on their usual extra-curricular activities within school, so we thought it would be a lovely chance to try something different." The children and staff have thoroughly enjoyed taking part in these sessions and hope to do it again soon!

## Redbrik Estate Agents Support Oughtibridge Primary To Get Out And Get Active

While it has been a little harder for schools to provide their usual range of extra-curricular fun, Oughtibridge Primary School have been working hard to prepare for when things get a little closer to normal. Redbrik Estate Agents have very kindly donated hi-viz vests and headtorches for the KS2 children, so the Running Club can start earlier in the year.

Last year, the club averaged over 80 children running every week from across Key Stage 2. The children can't wait to get going again!

## Woodthorpe Primary Active Afternoons



At Woodthorpe they decided to build an extra afternoon activity time into the daily timetable.

There was new 15-minute slot on the playground for each class, with the emphasis of "being active and having fun!". "We came up with the idea as the children had so much time stuck at home.

We saw that pupils would have been unable to be active or even go outdoor for large parts of the lockdown period.

Staff were given training to help them plan activities and games for this activity time. The afternoon activity has been a huge success and the children really loved it, saying how they look forward to this time.

It has been brilliant to see them playing the games and activities in their social times at school.

It has even allowed the school to develop 'Sports Leaders' in each class in KS2, whose roles include creating games and activities, and sometimes even leading the sessions.



# Malin Bridge Move It In Autumn

Malin Bridge Primary School used the return to school to add even more activity through their school day. Pupils have had the chance to get outside and get active in a range of different subjects including literacy, numeracy, history and more.

The school makes the most of break times by adding new ways to be active including an activALL board which has been great for pupils across key stages.

It even helped them get active in support for Children in Need! We can't wait to see what other innovative ways the school can think of to bring activity into everyday life for their pupils. Mr Green even asked:

*"Is there a more active school in Sheffield?"*

Sounds like a challenge to us all...





## Sheffield United Community Foundation Support Anti Bullying Week

During anti-bullying week our Premier League Primary Stars coaches delivered workshops around anti-bullying in Netherthorpe and Whiteways Primary Schools.

The lesson looked at how bullying can be prevented and what a child should do if they experience or see someone being picked on.

Casper, a pupil in year one, said: *“I really enjoyed the lesson. I have learnt that if I saw someone being bullied that I should tell them to stop.”*

James Morley, Premier League Primary Stars Coordinator said: *“It was a really enjoyable lesson to deliver to the children. They now understand the importance of dealing with bullying and how to stop it.”*

Mrs Heyes, a teacher at Whiteways Primary, added: *“James delivered a lovely session with our Year 1 Children today. He made sure the children understood how they could ask to help if they were being bullied.”*

Sheffield United Community Foundation will be delivering more workshops around important subjects like anti-bullying throughout the academic year.

If your school would like more information about getting involved, please email [james.morley@sufc-community.co.uk](mailto:james.morley@sufc-community.co.uk)

## Outdoor Learning

“You don’t have to go far to have fun...!” - By Martin Clist, Outdoor Education Advisor, Sheffield city council

It’s been difficult to move more this year - large parts of our time have been spent indoors to stop the spread of the virus. It’s also never been more vital! Working in schools has also been tough, with so many extra restrictions put on us.

So, when the Move More Schools Group asked me to come up with a presentation to schools for this year’s Move More theme around Outdoor Learning, my first thought was “Keep it simple and close”. That way teachers wouldn’t have to deal with the extra hassle of planning outdoor activities a long way from their base. This is a challenge at the best of times!

So, the task was to point teachers at the resources they might have already (or just not know about) that could be done really easily and really close to their base (maybe even within the school grounds).

One of our big tasks at the moment is to try and reduce the burden of paperwork on teachers- so we spent a bit of time first talking about how reams of paperwork and planning for these sort of activities isn’t required or necessary (they are low risk trips, in school grounds- they’re really just another lesson). We’re also trying to put the message out about how safe school trips are, as feedback has

shown that many staff feel worried about organising these sort of activities.

With the scene set, we moved onto resources - the two we focused on were the Outdoor Learning Cards and Orienteering for schools.

All Sheffield schools were at some point given a set of Outdoor learning cards (maybe yours are down the back of a sofa or in a filing cabinet?) and they’re really easy to use and adapt to get your students outside with a simple focused task. You can buy more sets as well - feel free to contact us.

The Orienteering resources are brilliant, available free online from the British Orienteering Federation website and link into the fact that all Sheffield schools at some point were “mapped” (maybe your map is on the shared hard drive somewhere?) or you could create your own with the students.

Lastly, we also looked at the National Trust’s “50 things to do before you’re 11” campaign which has some really quick and simple ideas for getting kids outside exploring new ideas.

The feedback on the session was great and it was great to have the opportunity to put the word out about simple trips to over 30 schools. Maybe you could have a go?

For more info, or to see the webinar yourself- link here: [www.youtube.com/watch?v=t57a7pxgQn4&t=519s](https://www.youtube.com/watch?v=t57a7pxgQn4&t=519s)

Any questions, or to tell us what you’ve been up to, please contact **Martin Clist** at [martin.clist@sheffield.gov.uk](mailto:martin.clist@sheffield.gov.uk)





