



Spreading the News



1st August 2023

What's in Spreading the News this month?





Spreading the News



Help, Support and Information for having a Good Life:



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1. Being Active and Healthy



Big Health Day –

Move More Sheffield



At the English Institute of Sport
in Sheffield



To find out more phone or
email Sally or Katie ...

Phone: 07971 031445 or
07483 157293



Email: sally@peakup.org.uk

katie.hirst2@nhs.net



See poster on next page ...



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Move More Sheffield

14th September 2023
Arrive for 9.30am, 10am
start -2.00pm finish

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

£3.00 per person
Carers and supporters go 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.
Aged 16 plus.

Try activities like Cycling, Football,
Rave Dance, Tennis and attend
Healthy Living Workshops.

To find out more or to book your
place, please contact:
katie.hirst2@nhs.net or
Sally@speakup.org.uk
Or call: 07971 031445
07483 157293. If you want to go,
you need to book.



South Yorkshire and Barnsley
Integrated Care System





Spreading the News



Every Friday Morning from
Speakup ...

Walking Bubbles



For all abilities



To find out more phone or
email Hayley ...

Phone: 01709 720462

email: hayley@speaup.org.uk





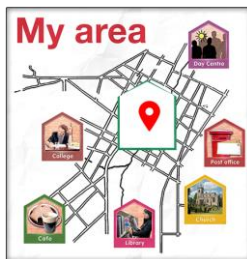
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Functional Fitness ...



Exercises for your individual needs by Leon



Unit 2 Galax Business Centre
Fitzwilliam Road
Rotherham S65 1SL



To find out more phone or email Leon ...

Phone: 07740 188212



email: functionalfitnesstrx@gmail.com



Booking and Charges may apply ...

Phone for details



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2. Being Safe Online

Being online should be fun ...



- You can “search the web” for useful information and new ideas



- You can play games



- You can keep in touch with family and friends



But you need to do all of these things Safely



Follow this link for ...

Safe at home Safe online

click



<https://www.friendlyinformation.org.uk/safe-at-home-safe-online>



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Healthy Surfers ...

Healthy Surfers is another useful resource to help you ...

- Use the internet safely
- Look for things about your health and having a healthy life.



There is a film and information to tell you how to use the internet safely



Follow this link to watch the film and to the easy read information

click



www.speakup.org.uk/healthysurfers



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Speakup and CF Media have co-produced a film ...

Grooming is not just a Comb



The film shows you how anyone can be tricked, online, into believing they have a new friend



The new online “friend” is really a Bully and could cause the person harm



Watch the film with friends, or someone you trust ...

Follow this link

click



www.friendlyinformation.org.uk/grooming



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3. Bills ... bills ... bills What are we going to do?



Maybe we could borrow the money



Before you borrow money think very carefully



Do not borrow money from someone you meet who seems to be a good friend



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Do not borrow money from a friend you just meet in the pub



Do not borrow money from someone you just meet at the bus stop



Do not borrow money from someone you just meet at the local shop



They may be a Loan Shark



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If you are short of money



Talk to someone you know well, and can trust, for good advice



Follow this link to learn more about Loan Sharks and how to borrow money safely

click



www.speakup.org.uk/sharked



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4. Learning Disability England “Good Lives Action ...”



Good Lives brings together people's thoughts and ideas about what it will take for Everyone with a Learning Disability to be able to live Their Good Life



To find out what's been happening so far

Follow this link ...

click



[Good Lives: Building Change Together – Learning Disability England](#)