



**NENG**

# EDGE

**Nether Edge Neighbourhood Newsletter**  
**February 2024**

# FIT FOR 2024

**PARK RUN, C25K, SHEFFIELD ROUND WALK**



**WWW.NETHEREDGE.ORG.UK**





The Nether Edge Neighbourhood Group was set up in 1973 with the following aims:

To improve the conditions of life especially of those living or working in the areas of Brincliffe, Nether Edge and Sharrow in Sheffield, without distinction of sex or race, or of political, religious or other opinions, by associating with local authorities, voluntary organisations and residents in a common effort to advance our education, to improve the environment and to provide facilities in the interest of social welfare for recreation and leisure time activities.

Company limited by guarantee No. 07414080.  
Registered charity no 1139239

**Individual views expressed are  
not necessarily those of the group**

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[www.netheredge.org.uk/](http://www.netheredge.org.uk/)

# **EDGE February 2024**

This issue of EDGE was edited by the Howard Fry & Edge Editorial Board  
Design & artwork: Stephen Houfe (stephenhoufe@gmail.com)

If you want to contribute to the March edition, please contact the EDGE  
Editorial Board – nengeditorialboard@gmail.com by 12th Feb at the latest

## **EDITORIAL**

**Kevin Hickey**



Well, January has got off to a very chilly start for us all and so the Editorial Board wish you all a much warmer and peaceful time in the coming months.

This edition of EDGE includes a few suggestions for encouraging us to get off our 'couch' and get moving, as we are repeatedly being told that this is good for us. There are range of activities from a gentle walk or run in the park on a Saturday morning with the Parkrun, accessing the C25K app to see what you can achieve, 'stepping out' in Nether Edge and increasing your steps or taking on the more significant challenge of completing the Sheffield Round Walk. If this isn't for you, take a walk to visit The Old Chapel Studios and Gallery; such talented artists living in Nether Edge.

There are also requests for volunteers to help with the installation of the Christmas trees next year above the shops and help with the creation of the Pocket Park; all volunteers are welcome as are contributions of articles for future editions of EDGE.

There are still copies of the new book celebrating Nether Edge over the past 50 years on sale in Wickwire – so buy your copy now - and a gentle reminder for us all to renew overdue subscriptions.

**We always welcome new members, whether you want to catch up with local news, get involved in any of our groups, or just support our work. Membership costs £10 per year and you will receive ten editions of The Edge - the NENG newsletter.**

*For further details email ken.lambert227@gmail.com, visit our website [www.netheredge.org.uk](http://www.netheredge.org.uk) or scan this QR code*





## ABBEYDALE PICTURE HOUSE

It was reported in The Star that the Abbeydale Picture House needs £160,000 for repairs to the ceiling. The Picture House originally opened in 1920 as a cinema, and closed in 1975. Numerous groups have been involved

in its restoration and currently the lease is held by CADs, a local charity dedicated to restoring 'unloved buildings' in the city for use by arts organisations. The charity says the Picture House is "at risk of immediate collapse" if they cannot secure £160,000 for repairs. ([www.thestar.co.uk/news/sheffields-abbeydale-picture-house-risk-collapse-following-unsuccessful-bid-save-building](http://www.thestar.co.uk/news/sheffields-abbeydale-picture-house-risk-collapse-following-unsuccessful-bid-save-building))

## A.S. BYATT

Antonia Susan Byatt, author, critic and poet died aged 87 in November 2023. AS Byatt lived on Meadow Bank Avenue in Nether Edge (pictured) from when she was born in 1936, until she left for Cambridge University. In 1954 the house was sold, and her parents moved to Sevenoaks, in Kent. Her sister, Margaret



Drabble, was born in the same house in 1939. Both Margaret and Antonia have returned to Meadow Bank Avenue and have written and spoken positively about their childhood on the avenue. However, other references in their novels suggest a less happy picture, perhaps coloured by a rather dysfunctional family and the fact that they lived in Nether Edge during the Second World War. See 'Nether Edge : People and Places' by the Nether Edge History Group for more information on AS Byatt's early life in Nether Edge. (<https://www.netheredgehistory.org.uk/nehg/>)

## SARCOIDOSIS UK NEW SHEFFIELD SUPPORT GROUP

The aim of this group is to provide a place for those affected by sarcoidosis to meet others, to share their experiences and to learn from each other. If you are interested in joining the Sheffield Sarcoidosis Support Group, please contact [info@sarcoidosisuk.org](mailto:info@sarcoidosisuk.org)

Next meeting 15th February, 1.30-4pm at Shirley House, 51 Psalter Lane S11 8YL  
Scan the QR code to find out more about SarcoidosisUK Support Groups



## ARCHER LANE ALLOTMENT AND HOME GARDEN SOCIETY

The Nether Edge Neighbourhood Group map of Nether Edge on the Nether Edge Bowling Club wall incorrectly names the Allotment Society as the 'Nether Edge Allotment Club'. We apologise profusely to the society. The correct name is as above.

## COMMUNITY LANGUAGES CAFÉ IN NETHER EDGE

Have you ever thought about learning Urdu or Nepalese? Or maybe you'd like to brush up your French or Spanish? Come along to our Languages Café to practice your skills or simply learn some new words in one of the many languages spoken in our community. Join native speakers of a range of different languages to learn through games and activities in a relaxed setting. The Languages Café is hosted by Voz Theatre in collaboration with Family Voice and kindly supported by Nether Edge and Sharrow Ward Pot. Email Jessica at [voztheatre@gmail.com](mailto:voztheatre@gmail.com) for more information.

*Everyone & all levels welcome. Common Ground Community Centre, Friday 1 March, 10-11.30am. Free tea, coffee & biscuits available*

**Exhibition at Art Scene**  
4 January – 2 March 2024



Judith Webster lives locally in Nether Edge and has been drawing, painting and printmaking for many years. These flower studies are done using a bamboo pen and black Quink ink on Hahnemühle paper. Colour is added with watercolour



After deducting framing costs any proceeds from sales will be divided equally between Food Works Sheffield and UK for UNHCR (UN Refugee Agency)

Art Scene is an independent art supplies shop and Italian cafe at 35 Chesterfield Rd Sheffield S8 0RL. Tel 0114 255 5299  
Open Mon, Tues, Thurs – Sat 10am – 5pm





# Christmas came to Nether Edge



## Howard Fry

You will I hope have noticed that Christmas trees with shiny white lights appear as if by magic every year above the shops in the Nether Edge centre. I imagine that most people think it's our lovely City Council who are responsible with an unexpected burst of generosity. But no. They haven't got that much cash to spare, and if they did, I'm sure it could be better spent on needier folk around Sheffield.

Maybe it's Santa and all his elves what dunit? If you do, you're getting closer, but we wouldn't like to burst any child's bubble of Christmas imagination. The answer of course is that NENG and the Farmers' Market organise the whole thing

from their secret lair underneath the Bowling Club. They also volunteer the labour putting all the trees up, then taking them down again by 12th night.

Before we had access to our secret basement hide-out, the process was fraught. Chopping back tree bases to fit into the brackets (previously installed above the shops some years ago), then fixing the decorations to them was a chilling and, occasionally, very damp job. Now, the only hint that NENG's own elves are hard at work in the basement is the occasional cackle of laughter or yell of pain as the chopping part didn't go quite as well as

## Nether Edge Christmas Market

**A journalism student, Q Cummins, came to the Nether Edge Christmas Market, and wrote a report for Edge.**

This December, the Nether Edge Farmers' Market took place on Sunday the 3rd. A day marked by thick snow that led to a yellow Met weather warning for Sheffield. But despite this challenge, the Market went ahead and in the bustling streets the weather only added to the festivity of the occasion.

With performances from Giving Voices, Nether Edge School Choir, The Salvation Army, 7 Hill Kapelye Band, Jacapella and Fairy Cakes, it felt like Christmas had come early.

Each market focuses on charities chosen by the market committee at an annual meeting, and in the spirit of Christmas this market's charities were HARC (homeless and rootless at Christmas), Amy's House (a weekend-based childcare charity for children with additional needs and their carers,) and Joybank (who provide toys to families who need them).

The event raised a grand total of £2400, to be split between each organisation.

While the other charities were, unfortunately, unable to attend the event itself, Fiona Cooper, the founder of Joybank, said that the market was "lovely". "I love the music... I've lived here for 15 years and come regularly."

She went on to explain just why Joybank had been selected by the organisers.

Joybank is the first toybank in the country. "It is a no-brainer of an idea because there are masses of unwanted toys out there. One child in four lives in poverty in Britain, and more [than the average] in Sheffield".

The event is equally beneficial for local businesses. Joe Shrewsbury, owner of Tonco (bakery, restaurant and provisions), said the atmosphere made a stark contrast to everyday business. "We



spend a lot of time indoors [usually], so it's really nice to get out and about, to meet people in the community. There's a bit more of a vibrant feel of 'old style' street trading which I really enjoy." Tonco has been a bakery presence at the past three Nether Edge Markets, and prior to that hosted a barbeque.

This focus on small and independent businesses is one that committee member Huw Evans called a large factor in why the market is so successful. "Some of the stallholders have said 'can you do it monthly? Can you do it weekly?' And the answer is no, we've got jobs! We do other things!"

He stressed that all organisers, musicians and stall holders are volunteers. "The idea of having it four times a year... was there from the beginning because it was felt to be the interval where volunteers would be able to come and offer their time... and that was a reasonable ask."

When asked for a favourite part of the market Evans cited its importance to the local community and the effectiveness with which it is put together, and packed away. "When it's not here the only thing that is here are the memories... we try to tidy up and leave it tidier than when we started... when you come here on any other day than market day you won't see a trace of it".

planned. Then we emerge, triumphant with fully dressed trees and scramble up ladders (slightly precariously, as the elves are no longer in the prime of youth), to fix them above the shops. Plugging in the lights inside the shops and flats can also be problematic. Getting the cables through the doors, so they still open and close is usually OK, as most of the shopfronts are getting a bit old and there's space round the frames, but finding a convenient socket outlet is another matter! Usable socket outlets may have disappeared entirely, due to modernisation - the builders seeing no obvious need for power by the door. Finding one that actually works and isn't already stuffed with other appliances is always a challenge at Christmas.

We are however most grateful for the forbearance of all the shops, cafes and hairdressers, who allow us to plug our trees in without too many trailing cables or alarming their customers. We are equally grateful to the many householders surrounding the market, who put up with the temporary chaos and inconvenience that the market creates for one Sunday each quarter. As you are probably aware, the money that is earned by NENG through the market goes to local charities, but we set back a small amount for on-going repairs and replacements. The money to buy the trees (involving frequent excursions to find the best buy, then stuffing them all in the car over several journeys), then testing and replacing lights, cables, taking the old trees to the tip and so forth, all comes from bits left over from the market's income.

What we could really do with, is a few more elves. An organising elf to start the whole thing off each year and get everyone lined up would be very handy, decorating elves who are good with reindeer or climbing elves who say pooh to acrophobia and have a working knowledge of sleighs would also be made welcome. If you are such an elf, or know a nice one, please contact [nengfarmersmarket@gmail.com](mailto:nengfarmersmarket@gmail.com) so you can continue the tradition next Christmas.

# NEWS

## Pocket Park News

**Howard Fry**

After an anxious few months getting the council, Amey and our insurers Zurich 'round the table' to sort out agreements for the new pocket park next to Sainsbury's, we are pleased to be able to confirm that we are all set to commence work this March. We also have a well qualified local Architect, Peter Vaughan, who is taking over project management responsibilities

The first steps will be for Amey to undertake a CAT scan to mark any underground services that may not have been identified accurately on the statutory services plans we've received. Amey has then offered to scoop up and cart away the old tarmac from the site. The more eagle-eyed may have noticed some dashed yellow lines painted on the ground next to Sainsbury's. This shows the extent of the new park.

When the tarmac has been cleared, we will hopefully see if there are any significant voids or weak ground where the former basement of 1 Violet Bank Road used to be before it was demolished some years ago to widen Machon Bank Road. These will be treated or back-filled as necessary and we may need to lay a fabric membrane to seal the area. We are also in discussion with a local landscape contractor to construct a dwarf (40cm high) boundary wall of timber sleepers to contain the garden. This will have a break, roughly in the middle, to provide an informal path to give access to the back garden of 3 Violet Bank. This will double as a maintenance route and low seats will be built into the dwarf wall, to give our gardeners and indeed visitors somewhere to rest. Unfortunately, the site is not blessed with sun-lit southerly views over gazelle and the occasional wildebeest, but we can't have everything! When the enclosure is complete, our contractor will lay a minimum of 30 cm of screened low-nutrient topsoil, as well as a flexible metal edging to the internal pathways to separate the planting from the access way, which will be built up from compressed hoggins (a clay and gravel mix).

By April, we hope that our team of volunteers can actually start planting in the ground. Fran Halsall, our landscape consultant has already prepared a detailed and costed planting schedule, and she will direct planting operations. The new plants will be young and fairly small (so they have a better chance of survival while they put on a bit of growth) and will be planted quite densely with a

good layer of mulch, to protect them and reduce the need for watering. We'll not be mounding soil against the gable wall of our neighbour at 3 Violet Bank to avoid any risk of damp ingress. We will however create planting pockets, set back from the wall, so we can plant climbing hydrangea and the like off wires or trellises fixed against the wall. We will also tidy up and repaint the outside face of their garden wall. We were previously thinking of creating a degree of structure to the pocket park by 'planting' a few big stone boulders in the middle, but the cost of transporting them seemed disproportionate, so maybe we'll have a smallish tree. Watch this space! There will also be a self-built bug hotel and some edible plants and herbs on the edges.

Funding for the park is going well. £2408 was raised through crowdfunding and a further £365 from donations from friends of our former Chair, David Pierce as well as £500 in Ward Pot funding. Added to this, we had received agreement from the Co-op to use a grant of nearly £5K they had made to Kenwood Community Growers, before permission for them to use the site at the Kenwood Hotel was terminated. However, the Kenwood Hotel has recently lost its appeal against refusal of their planning application (Hooray!). The down-side is that the growers are applying to re-open their garden at Kenwood, so if they are successful, we might feel obliged not to spend their grant on the pocket park after all. But topping all of this, we have received an incredibly generous offer of a donation from a local couple, who want to support the pocket park initiative. It therefore came as a great surprise to us that Amey might undertake some of their work at minimal cost, which puts us in a healthy position.

A number of NENG members have already volunteered to help to establish and maintain the site, to whom we are most grateful and we will be setting up a WhatsApp group, so we can contact each other and plan work days. We expect these to commence in April. The planting operation will probably run over several weeks however, so we would welcome even more active gardeners from our lovely gardening and bug-hotel-building community. Please leave a message on [nengpocketparks@gmail.com](mailto:nengpocketparks@gmail.com), if you are interested.



# SHELDON ROAD TREES

Howard Fry



I know the city council has been starved of cash for the last 13 years and there are many other desperate calls on the limited funds available, but I really hope the council and Amey can make space to do something soon to improve the pavements of Sheldon Road. The trees are too big for the limited width of the footway, so the path is obstructed. And the root bulges are huge. Numerous stretches of pavement have been forced upwards, making the route almost impassable for those in wheelchairs or pushing prams, let alone those who are simply not as steady on their feet as they used to be. As a result, residents and visitors have little option but to avoid the obstacles by walking in the middle of a very busy road, often to the outside of cars parked by the kerb and in the mainstream of traffic. I've seen cars blowing their horns impatiently at people who had no option but to use the middle of the road. An accident waiting to happen and most unnerving for those involved.

During the now-notorious campaign by SCC to save money by felling street trees across the city, I naively assumed that the sensible priority would be to get rid of the ones that were actually causing danger, as well as the dead, diseased and dying. Unfortunately, that was not to be. Swathes of healthy trees were removed at enormous financial and ecological cost - not to mention the eventual political fall-out. Yet Sheldon Road remains a dark and unsafe place for those who have



need to travel along it on foot or worse still, in a wheelchair.

I suspect that the very idea of removing any more street trees will be considered a heresy by many. There may even be some residents of Sheldon Road who would be sad to lose their trees. They obviously capture carbon and help to draw pollutants from the air, which is important along a heavily trafficked suburban street where cars, vans and their exhaust fumes tend to stack up for most of the day. However, a degree of balance is called for. Thanks to the valiant efforts of NESST (Nether Edge and Sharrow Sustainable Transformation) and many others, including NENG, over the last couple of years, new street trees are now being planted and the future is looking greener. We just wish Sheldon Road wasn't quite so green and impossibly bumpy

Even on Sheldon Road, some new trees have been planted, but they tend to be a bit overshadowed by the existing, overgrown stock of trees that darken the road and surrounding houses. I am not suggesting that all the big old plane and lime trees should go, but there are quite a few that seem intent on closing down the footpath altogether.

I believe that some of our local councillors are equally keen for the footpaths on Sheldon Road to be made more safe, particularly for elderly and more vulnerable residents. Do you agree and should we press the council to do more?

## OVERDUE SUBSCRIPTIONS AND STANDING ORDERS

The Committee has been advised that there are still many overdue subscriptions for 2023-24 and indeed quite a number of EDGE readers have also not paid their subscription for 2022-23.

It is appreciated that times are hard financially for many people, but it does not seem fair that most subscribers do pay on time. Also, the cost of printing has risen, though the Committee has taken steps to keep the costs as low as possible so that the subscription can remain at £10 for 10 copies a year. It is also not really reasonable to expect the local distributor to collect subscriptions in cash, which was the "traditional" means of payment pre Covid.

The Committee has agreed to stop delivery of EDGE to readers with two years' subscriptions outstanding. So please help us to help you if you have not already paid (with thanks to those that have) by paying promptly and before the end of March You can:

- make a bank transfer into the NENG bank account (Sort code 30-97-51 A/C 36208368 NENG and your address as the reference);
- set up a standing order, using the above bank account details and your address as the reference; or
- send a cheque to Ken Lambert, 32 Thornsett Road, Sheffield S7 1NB making sure your address is enclosed, or even drop off cash with a note of your address.

For bank payments, please let me know by email ([ken.lambert227@gmail.com](mailto:ken.lambert227@gmail.com)), and using your address as the reference is important to help identify which record to update

If you are are not sure whether you have already paid or not, contact me at the above email address or phone 07518 118789

Standing orders – quite a number of subscribers who do pay by standing order are still using the old rates of £8 or £5. Could these subscribers please amend their standing orders to £10 for the year.

*Ken Lambert, NENG Chair & Membership Secretary*

# GET MOVING!

**January & February is a time when many people decide to increase their fitness and exercise regime. Here we feature a variety of options to get out and moving in the New Year - from a simple walk around the block to a more challenging local walk. Crucially, most of these options are free, open to all and not requiring any commitment at all (other to yourself and your fitness)**

## STEPPING OUT

The health benefits of walking 10,000 steps per day have been discussed and promoted in recent years and many people now religiously monitor their step count, on phones, smart watches, and other electronic devices.

There are research papers which outline the benefits of walking. It helps cardiovascular fitness, aids weight management and reduces the risk of heart disease. Regular walking also enhances mood and mental well-being by releasing endorphins, reducing stress, and improving cognitive function. Additionally, it helps strengthen bones, muscles, and joints, contributing to overall physical fitness. Achieving 10,000 steps can help to foster a more active lifestyle, boosting metabolism and supporting better sleep.

There are also research papers which argue that the number of steps isn't so important - just getting out there is the key.

The idea of walking 10,000 steps a day as a benchmark for physical activity originated in Japan in the 1960s when a pedometer named "manpo-kei," meaning "10,000 steps meter," was marketed. While it's a convenient goal and has gained popularity, there's no magical health threshold at exactly 10,000 steps. The key is regular physical activity, and the specific number can vary based on individual health goals and fitness levels.

The actual number of steps a person needs can vary based on factors such as age, fitness level, health goals, and overall activity levels. Health experts generally agree that any amount of physical activity is better than none, and the key is to find a level of activity that is sustainable for you.

According to an analysis of 15 studies with nearly 50,000 people, the 10,000 steps per day rule does not hold fast for every age group. The studies do show that a certain amount of daily steps can help reduce the

risk of diseases and add longevity to your life, but the exact amount you need depends in part on your age.

Current guidelines from health organisations, like the World Health Organization (WHO) and the NHS\* suggest adults aged 19-64 should aim to:

- do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- spread exercise evenly over 4 to 5 days a week, or every day
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

There is further guidance from NHS for adults over 65 which is broadly similar to above, but emphasises the need for activities to improve strength, balance and flexibility on at least two days a week.

There are some critics of the whole idea of counting steps to improve fitness. Some people have found that the constant counting of steps can sometimes take the pleasure out of walking, disappointment at not hitting that 10,000 mark can be demotivating. A study by a psychologist at Duke University USA\*\*, found that individuals tracking their steps enjoyed their walk less than those who simply went out walking. The 10,000 steps target can also limit others, they may stop at that point and not challenge themselves to go further.

Ultimately, the most important thing is to engage in regular physical activity that

you enjoy and that fits your lifestyle. If you have specific health or fitness goals, it may be helpful to consult with a healthcare professional or a fitness expert to determine the most appropriate level of activity for your individual needs.

Older adults need to be more careful when goal setting. Consider your mobility and historic exercise levels before you start tracking your steps. If you're concerned about your mobility or want to increase your activity levels, consider visiting a GP before you start. Crucially have fun and enjoy your walks.

**So what does 10,000 steps mean in practice? Locally, these are some approximate step counts\*\***

***Oxfam to the Stag (via Montgomery Rd/Wostenholm Rd/Sharrow Lane) - 2,000 steps***

***Oxfam to Hunters Bar (via main roads) - 1,750 steps***

***Oxfam to Meersbrook Park: bottom entrance - 1,400 steps; Bishops House - 2,300 steps***

***Oxfam to town centre: Atkinsons - 2,700 steps; Crucible - 3,700 steps***

***Oxfam to Chelsea Park (top entrance via Nether Edge Rd & Brincliffe Edge) - 1,600 steps***

***Oxfam to Cemetery (main/bottom gate Stalker lees Rd) - 2,000 steps***

***\*\* The number of steps for a given distance will vary considerably, depending on the walkers stride length. Taller people will cover a distance with fewer steps than a shorter person. There can also be variance of measuring devices.***

*Why not walk with a friend, or if you are alone, listening to a podcast or the radio on headphones as you walk - the steps can fly by! Or follow a route: The Nether Edge History Group has produced two packs of four local walks taking in a number of places of historical interest around Nether Edge. The walks packs are available from Wickwire - £5 each.*



\* NHS (2021) <https://www.nhs.uk/live-well/exercise/exercise-guidelines/>

\*\* Etkin, J. (2016). The hidden cost of personal quantification. Journal of Consumer Research, 42(6), 967-984. <https://doi.org/10.1093/jcr/ucv095>



# THE PHENOMENON THAT IS PARKRUN

**Michael Richardson (Nether Edge resident)**

I did my first Parkrun back in the summer of 2011. I wasn't a runner then, I didn't even like running, but an expanding waistline and me saying I would sign up to do the Sheffield 10km race with a friend introduced me to a running phenomenon which would take over my Saturday mornings from then on.

For those that aren't aware, Parkrun is a free, community event where you can walk, jog or run a 5km route run on a Saturday morning at 9am in parks across the country. More information can be found on [www.parkrun.org.uk](http://www.parkrun.org.uk). Please don't think this is just an event for runners. It's welcoming and inclusive with no time limit so you can run, walk or jog at your own pace.

So, back to 2011 where I found myself at Endcliffe Park at 9am on a summer's morning. I'd registered on the parkrun website and got my barcode (free from the website and needed to identify you on the results). My aim was to jog round, make it to the finish and, most importantly of all, make it to the fabulous Endcliffe Park café for breakfast. As I said before I didn't really like running at that point but parkrun isn't really about the running. I liked it so much I spent the rest of my summer Saturday mornings in the café, post parkrun chatting with friends and meeting new people. Oh, and trying to improve on my time from last week!

Back then parkrun was a relatively small affair in Sheffield and 164 people were at the first run I did in Endcliffe. Over the years parkrun has grown – Endcliffe now gets around 600 people every Saturday



morning and the number of events taking place in Sheffield parks has also grown, more recently at Graves Park and Millhouses Park. Wherever you go the ethos is the same: A community of people getting out in the fresh air and building a community.

If you really don't like running but still want to experience the buzz of a parkrun then volunteering might be for you. Every week thousands of volunteers across the country spend time at parkrun either marshalling the course (essentially cheering people on and pointing them in the right direction), timekeeping (not as stressful as it sounds) or scanning participants' barcodes to ensure they get their results. Local parkruns are always seeking volunteers and all you need to do is contact your local parkrun by email and offer your services. You can dip in and out as it suits, it doesn't have to be a regular commitment.

In 12 years of parkrunning, and over 500 parkruns later, it has been a key feature of my Saturday morning routine. I went on to love running and joined a local running club, Steel City Striders. I have done parkruns abroad, all over the UK and visited some wonderful places I would never have known about had it not been for parkrun. With your parkrun barcode I've found you can turn up to any parkrun in the world and instantly make new friends who share the same passion.

If it's something you're interested in I encourage you to pop down to your local parkrun one week and see if it's something that could be part of your Saturday mornings.





# C25K OR NEW YEAR, NEW YOU



## Nicky Erlen

Before we start, let's get a few things straight. The 25 in C25K is misleading. This is modern speak for getting yourself from the couch up 'to' a five kilometre run, so don't be put off by the name. Secondly the term 'run' means different things to different people. The average person starting out from the couch will only in rare cases reach the speed of an Eliud Kipchoge, and achieving a gentle jog will be a wondrous achievement. Thirdly, your excuses for not being able to do this do not hold water. "I can't even run for a bus", is a common response. But running for a bus is a very difficult thing to do. You will be wearing the wrong shoes, carrying unwieldy packages and trying to progress at great speed from a standing start, so hardly surprising. "I can't run", is another one. Without a physical barrier, or advice from your GP that this would not be a good idea, anybody and everybody has the potential to run, even if it's only for a short distance (don't get hung up about 5k at this stage).

It is just a matter of getting into the habit of putting one foot in front of the other, being out in the fresh air and feeling smug when you think of all the other people who are still couch potatoes.

So how do you do this? There are a number of free C25K apps to download on your phone. They all use the same method of starting you off very gradually with lots of walking so that you never feel out of your depth. You can even choose a favourite celebrity to talk you through the stages and give you encouragement. All you need is a pair of trainers and commitment, and some degree of success will follow. If you do not progress through to the next stage it doesn't matter. Just repeat until you are ready to move on. The most important thing is to establish the habit of going out there and doing what you can. If you are able to train with a friend, all the better. There is nothing like a commitment to another person to make you stick to something. Or you can find a local group running a C25K course.

Local running clubs offer them periodically. Go on [www.runtogether.org](http://www.runtogether.org) to find the nearest course to you. It is difficult to explain the power of a group activity but those who take part tend to really benefit from the joint endeavour and support.

Why should you bother? I can't guarantee that you will lose weight. After all, muscle weighs more than fat (apparently, I'm not an expert). But you will feel happier that you are more active and running gives you a space to clear your head. It may alleviate a health issue such as high blood pressure but it is always best to check with your GP first.

Is it easy? No, of course not. It takes determination especially when it is cold and wet outside. As Charlie Dark MBE of Run Dem Crew says: "You have to funnel yourself through the uncomfortable moments to get to the great moments". Persevere and there will be great moments and you will find the new you.



# SHEFFIELD ROUND WALK



**Stephen Houfe**

For a bigger walking (or running) challenge, why not try the Sheffield Round Walk? A long-distance circular walking route around SW Sheffield and a popular choice for a day-long walking adventure. The route is approximately 15 miles long (24km or 33,000 steps!) and provides walkers with a diverse range of landscapes, including urban areas, parks, woodlands, and scenic countryside. It takes you to green spaces, paths and shortcuts that you may not know exist. We were amazed by some of the places we discovered the first time we walked the route.

If you want to tackle the whole loop in one day, allow around 6 hours and take sturdy

shoes - there are a few bits of rough ground. However the route is well signposted throughout and, crucially, there are many places along the route to stop off and get a coffee, sandwich or even a pint.

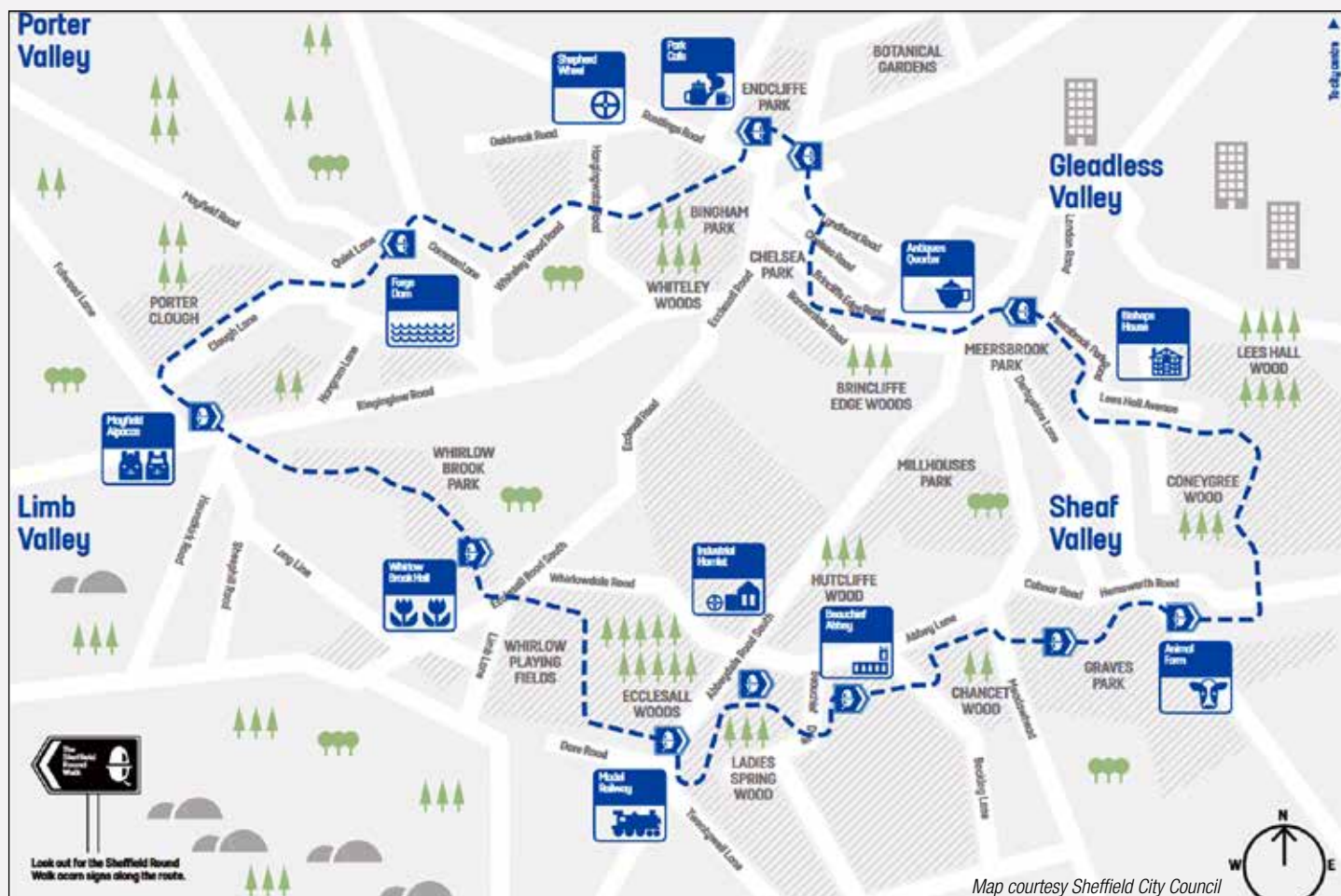
The Sheffield Round Walk can start and finish in Nether Edge (it goes through Chelsea Park) and takes walkers through various neighbourhoods, green spaces, and alongside rivers: it takes in Ecclesall, Ladies Spring, Chancet and Brincliffe Edge Woods; Endcliffe, Graves, Meersbrook and Chelsea Parks; the Porter Brook and the Limb Brook; and sights like the 16th century Shepherd Wheel, Mayfield Alpacas, medieval Beauchief Abbey and Bishops' House.

Being Sheffield, it is bound to be a bit up and down, but actually there are few big uphill

stretches to tackle - the biggest is perhaps the climb through Ladies Spring Woods.

There is also a 2020 guidebook by Jon Barton available (Vertebrate Publishing) which includes OS maps and lots of information about the walk. It splits the Round Walk into four linear sections, each with its own character - from the picturesque Porter Valley, well trodden by families and dog walkers, to the more urban vantage points of the Gleadless Valley. Each section is around 3-4 miles, so you can tick off sections on different days if you want a more easy-going approach to the route.

And there are also maps available on the internet to download - it's quite a popular route!



Map courtesy Sheffield City Council



## AN INTERVIEW WITH

# Frances Hegarty

Pat Rogers

**Frances Hegarty is an artist living in Nether Edge. She was a lecturer in Fine Art for many years and has recently had three pieces accepted by the National Collection in Dublin. She remains Professor Emeritus of Sheffield Hallam University.**



### ***Where did you grow up and what brought you to Sheffield?***

I grew up in the west of Ireland, on the Atlantic coast. A Gaelic speaker, I subsequently moved to Scotland as a teenager, where I learned English. I came to Sheffield for my first job, working in set design at the Crucible Theatre. Later I took up a post as a lecturer at Psalter Lane Art College, part of the then Sheffield City Polytechnic.

### ***What sparked your interest in art?***

I grew up in a predominantly oral, musical culture. People often gathered together to tell stories: an amalgam of Greek and Irish myth that aroused my young imagination. As a child, I didn't encounter much secular art, but I remember vividly two fire-screens in our house, bearing reproductions of paintings by Jean-François Millet: "The Gleaners" and "The Angelus". These depictions of work and prayer were early familiars, prompting the realisation that you could make work about lived experience.

### ***How would you describe your art?***

I use drawing, film, video and other media, often as ways of framing physical actions or gestures, devised to convey particular ideas or feelings. Mostly, I make installations of multiple parts, for gallery and public spaces.

### ***What influences your art?***

In my work, I often refer to my early experience as an immigrant, especially the loss of mother tongue and the challenges of cultural blending. I have often used the motif of the female figure in landscape; and ways of mark-making that fall between drawing and writing, and so have something to do with both the visual and the linguistic. I am a politically-engaged artist, and have a long-standing interest in feminist thinking about the gaze and female experience.

### ***Where have you exhibited?***

I have exhibited all over the world: mainly in the UK and Europe, but also in the USA, South America and Australia. I've shown

as a solo artist, as a participant in group exhibitions of Irish art, and in projects created jointly with my partner Andrew Stones.

### ***You are a member of Aosdána. What is this?***

Aosdána is an Irish association of visual artists, writers, poets and musicians, each of whom must have produced "a distinguished body of work of genuine originality".

### ***How can people see more of your work?***

Most of my exhibited works are documented on my own website  
[www.franceshegarty.com](http://www.franceshegarty.com)

My joint projects with Andrew Stones are documented separately at  
[www.brighter.org/hegartystones](http://www.brighter.org/hegartystones)





**Pets at Rest**  
home euthanasia vet

I'm Rob, a local vet and resident of Nether Edge. You might see me out and about in my electric car, visiting pet owners in our community. I run an independent business that comes to your home to support with end of life care. Saying goodbye at home, ensures your companion feels safe and calm, surrounded by loved ones.

You can find out more on my website or by using the QR code to visit my Facebook page.

07866 243673  
www.petsatrestvet.com



**Happy Patient**

**Bannerdale Osteopaths**

**Google Review**

I presented myself with painful feet after long walks. Not content to accept that it was a natural part of getting older, I am delighted to report that Pooja Guria set me on a path to a pretty speedy improvement within 5 sessions and one of those was taken up with a pulled back muscle (oh the relief!)

I like the app they use and did the homework Pooja set me (still do though not as often, and after 2 months was back to walking 15 miles across the Peaks without pain.

★★★★★

# LETTERS



We have received this response to our latest NENG 50th Anniversary publication. The book featured an article about when Concorde made a planned flypast of Nether Edge in 1978.

Dear Edge

Congratulations to the team that put the history together. I am enjoying reading it. I just thought I would offer a footnote to the piece about the Concorde flypast in 1978.

Somehow, although already living in Nether Edge, I managed to miss the event. I only learnt about it later when my mum rang to tell me, mainly because the pilot was David Rowlands who was my first ever boyfriend, for a very short time. I went to Abbeydale Grammar for Girls and attended the local youth club at Millhouses. David and I were both members and part of a group of friends, and some of us are still in touch with one another. He lived at Meadowhead beside Graves Park and I believe at the time he attended the grammar school which was called Abbeydale Grammar School for Boys to distinguish it from my, much older, school. I think it only became Abbeydale Grange when the comprehensive system came in. David eventually became General Manager of the Concorde Fleet and retired in 1999. In 2010 he became President of the Royal Aeronautical Society. I only discovered the later facts when someone with his name popped up on the tv as a talking head with the very impressive strapline. Of all the original Millhouses youth club gang, I think David was the one who achieved dizzier heights (literally) than any of the rest of us.

Best wishes  
Helen Ward



**Nether Edge 1973-2023 is available from Wickwire on Nether Edge Road. It's an 86 page, full colour celebration of Nether Edge over the last 50 years. It costs £6.**

# The Old Chapel Studios and Gallery

## NETHER EDGE'S NEW, EXCITING ART GALLERY

Emma Whiteley

Many people will know the old chapel building on Union Road at the crossroads with Osborne Road, as being the home of offices for the care provider, Twelve Trees, and formerly home to a company of shop fitters. This fine building which dates from 1860 has now been converted into a beautiful art gallery with four excellent studios.

### THE GALLERY

Sheffielder and owner Pauline Calvert, herself a talented painter, found that there was a severe shortage of exhibition space to rent in Sheffield and nothing at all in our part of town. Gradually the idea of converting the chapel into a gallery with studios was born. Nether Edge seemed like the ideal locality for an art gallery as it is a vibrant, cultured community. The first exhibition was held in the gallery in October this year and since then many local artists have shown there. Although painting is the main art form on display, the gallery space is also perfect for photography, ceramics, jewellery, small sculptures, even for workshops, courses and talks. (When Baslow suffered from floods recently, a charity exhibition due to be held in the village suddenly had no venue. Luckily the Old Chapel was available and the Baslow artists held a highly successful show there raising a good sum for the Samaritans). The gallery can be rented from the owners as long as artists staff their own shows.

### The artists who have a studio in the Old Chapel.



Mark Beresford



Anne Atkinson



### MARK BERESFORD

Mark is a successful, well-established painter who shows in many galleries around the country and abroad. He was first inspired to paint when, as a child, he was captivated by the foggy, winter's atmosphere and colours in the centre of Sheffield. Mark is self-taught and only took up art full-time in 2022. Using oils and working from photographs and memory, Mark paints all types of landscape "from the city to the sea" but principally busy cityscapes and tranquil seascapes. His main focus is to communicate atmosphere and the emotions aroused by a particular view.

Mark was very pleased to find this studio in Nether Edge as it gave him more space than he had at home. Although usually working to a deadline, he has an open door policy when at his studio. He appreciates the relaxed, village community in Nether Edge and has enjoyed meeting many local people.

### ANNE ATKINSON

Anne mainly paints still lifes, flowers and highly atmospheric landscapes of the Peak District and Scotland. Her works, often in mixed media, are not intended to be a literal representation but are an "intuitive, personal response". She feels privileged to have a studio in Nether Edge, an area to which she feels drawn for personal reasons and which she recognises as a cultured, artistic community. Having this space has allowed her to paint on a larger scale than she could previously when working at home so she is enjoying the new possibilities that this offers. Anne shares her studio with another painter, Vanessa Bell.

### KATH WILLIAMSON

Kath Williamson started out as a photographer around twenty years ago and now produces mainly black and white images digitally distilled from photographs she has taken. As well as photography, she draws and uses a range of printing techniques to create works focusing on line and mark-

making. Her work is complex and original: on the one hand serious and thoughtful but on the other experimental and playful. Kath does not see herself as a commercial artist but one for whom the creative process is paramount and deeply personal.

Kath lives in Nether Edge and values her studio in the Old Chapel as a place where she can work peacefully.

The other artist who has studio space at the Old Chapel is photographer Bev Stout: more about her work at a later date.

The Chapel Gallery Artists is a group which includes Pauline Calvert, the artists who have studios in the Old Chapel and several others. They, along with many other mainly local artists, will be exhibiting in the gallery next year. Do go along and see their fantastic work!

(I am enormously grateful to the highly talented artists mentioned above for giving up so much of their valuable time to talk to me about their work. It was inspiring and a real pleasure to meet them all. Good luck with future projects and thank you very much!)



# WHAT'S ON

in and around Nether Edge in February 2024

## Union Hotel

Union Road, Nether Edge

The popular **Monday Night Pub Quiz** starts at 9pm. All are welcome.

**Wednesday 7th February**  
9.00 pm. **Monthly Pop Quiz.**  
Union, Nether Edge.

## Café #9

9 Nether Edge Road S7 1RU

**Thur 8th Feb. Nigel Wearne**, a singer/guitarist and multi-instrumentalist, who blends blues, folk and Americana-noir. Tickets £16.50

**Fri 9th Feb. Al Lewis**, singer/songwriter from Cardiff performing a mixture of contemporary adult pop and acoustic rock. Tickets £16.50

**Sun 11th Feb. Gabriel Moreno** and **Ned Cartwright**, influenced by the likes of Cohen, Callahan, Cave and other poetical singers.

**Tue 13th Feb. The Epic of Sigurd, and Fafnir the Dragon** - Story told by Jason Buck who brings to life the legend that inspired Tolkien.

**Wed 14th Feb. Dark Valentins Tales** - Told by Jason Buck, an antidote to a traditional Valentines night for couples, singles and friends.

**Thur 15th Feb.** An evening with **The Finn Collinson Band**, who create dynamic English folk music for the 21st Century.

**Fri 16th Feb. The Often Herd band** who reach beyond what is expected of a bluegrass band. Tickets £16.50.

**Sun 18th Feb.** An evening with **Soup Review** and friends, what happens when South Yorkshire

meets South Coast, when folk tradition meets anti-folk downbeat self-deprecation.

**Thur 22nd Feb. Fredi Gebhardt Trio**, Fredi Gebhardt is one of the young upcoming talents of Gypsying. tickets £16.50



**Fri 23rd Feb. Cerys Hafana** (above) is a musician from Machynlleth. She plays arrangements of Welsh folk tunes and songs, alongside original compositions on the triple harp and piano.

**Wed 28th Feb. John Kirkpatrick**, an outstanding folk singer/songwriter and one of the finest squeezebox players. Tickets £16.50.

**Thur 29th Feb.** An evening with **Mambo Jambo**, a joyous whirlwind of roots music..

*All performances start at 7.00pm and tickets from WeGotTickets are £13.80 (unless specified separately) including booking fee and byo/ corkage fee should you want to bring alcohol.*

## Byron House

Nether Edge Road, S7 1RU

**Quiz night every Sunday** at 9.30pm. Cash prizes to be won.

## Nether Edge Bowling Club

At Nether Edge Bowling Club

**Fri. 2nd Feb** 7.30 - 11.00 pm.  
**Giles Robinson and Thom Cowley**

**Fri. 16th Feb** 7.30 - 11.00 pm.  
**Washboard Resonators.**

## Sheffield General Cemetery

**Sat 3rd Feb** 8pm. Cemetery Sessions present **Bean Weevil** and **The Last Path**. with frenetic energy and melodic sensibilities, Bean Weevil brings a fuzzy edge to the alt rock sound. Tickets £10+ Booking Fee from TICKET SOURCE. No tickets on the door.

**Thur 15th Feb** 6.30pm-9.30pm. **Chef's Counter-Moroccan Street Food** at The Samuel Worth Chapel. Tickets £18.00+Booking Fee via TICKET SOURCE. No tickets on the door.

*For further information about events contact [sgct@gencem.org](mailto:sgct@gencem.org)*

## Nether Edge Women's Institute (W.I.N.E.)

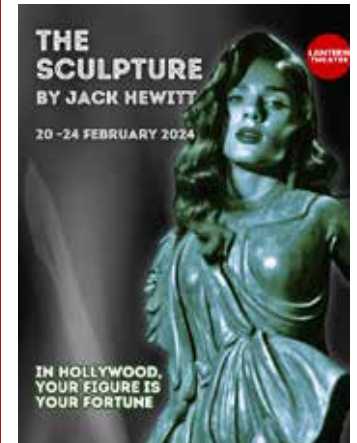
Nether Edge Club,  
Moncrieffe Road S7 1HR

Enjoy lively, interesting speakers and activities on the first Tuesday evening of the month. Meet like minded women at our dining, theatre, craft and walking groups.

*Contact us on facebook for a chat or pop into the club on our meeting evening at 7.00 pm and ask for a committee member.*

## Lantern Theatre S7 1NF

**Tues. 20th - Sat. 24th February 7.30pm.** The **Sculpture** by Jack Hewitt.



The Sculpture blends stage, screen and vaudeville-style variety to tell the true and tragic story of Molly O'Day.

£12.84 - £13.91, includes booking fee.

**Tues. 27th - Sat. 2nd March 7.30 pm.** **Behold Ye Ramblers** by Neil Gore.

This is a new play about The Clarion newspaper and the organisations formed by its readership, including the famous rambling club, who campaigned for the right to roam.

£5.35 - £12.84, includes booking fee. From ticketsource.co.uk

## St Andrew's Psalter Lane Church

31 Psalter Lane S11 8YL

**Saturday 3rd Feb** 9.30 - 12.30 am.

**Working party** to tidy the church grounds. Join in at any time - refreshments at 11.00.

## Shirley House

(St. Andrew's Psalter Lane Church). Next door to MHA Southcroft.



**The Tuesday Café**  
Every Tuesday from 2.00pm to 4.00pm

Hot drinks, cakes, music, games, crafts and more...

Where do we meet?  
Shirley House,  
31 Psalter Lane,  
Sheffield S11 8YL  
(next to St Andrew's Psalter Lane Church)

Access ramp available  
Please park in the church car park

Need further information?  
Please contact the Church Office  
Tel: 0114 267 8289  
E-mail: [office@standrewpsalterlane.org.uk](mailto:office@standrewpsalterlane.org.uk)

A café especially for people living with memory loss and their carers, and older people living alone

**The Tuesday Café. Tuesdays** 2.00 - 4.00 pm.  
A café for those living at home with memory loss or dementia and their carers. Hot drinks, cakes, biscuits, music, singing, and more. For further information please contact the Church Office: Telephone 0114 2678289

**Knit and Natter Group . Mondays** 10.00 - 12.00  
Everyone is welcome to come and knit, sew, craft or just chat and enjoy a drink and a slice of cake.

## Common Ground Community Centre

Woodstock Road S7 1GR

**Fri. 2nd and 23rd Feb. Ammi's Kitchen Friday Takeaway**

Please visit the website for details of the delicious meal on offer. Preorder at: [ammiskitchensheffield.org](http://ammiskitchensheffield.org). Collection between 3.00 - 6.00 pm. Delivery available.

**Ammi's Kitchen Community Lunch**

**Fri. 9th Feb & Fri. 1st March** 12.00 - 2.00 pm. £4.00

## Hallam University

Pearson Building Broomgrove Rd S10 2NA

**Walking netball. Thursdays** 1.00 - 2.00 pm

Lots of limbering up, fun activities (See England Netball website) and a short game. You don't have to be skilled or very agile; it's just great fun. *Details: [patrirog@gmail.com](mailto:patrirog@gmail.com)*

## Nether Edge Folk Club

at Nether Edge Bowling Club,

**Wednesday evenings** at 8.00 pm

Come and enjoy acoustic music of many genres. All are welcome, whether experienced or beginners, to play, sing or listen.

*There is no admission charge but everyone is asked to contribute £2 to the guest booking fund.*

# 2024 PREVIEW

## FEBRUARY

Chinese New Year - Year of the Dragon (10 Feb)

Leap Year extra day (29 Feb)

## MARCH

Arthur Miller's 'The Crucible' at The Crucible (2 - 30 March)

St Patrick's Day (17 March)

NENG Nether Edge Market (Sun 24 March)

Easter Sunday (31 March)

## APRIL

Sheffield Half Marathon (Sunday 7 April)

Eid al-Fitr (9-10 Apr) - marks the end of Ramadan

World Snooker Championship at the Crucible (20 April - 6 May)

St George's Day (23 April)

Big Ride 2024: A family-friendly bike ride to say Sheffield needs safe space for cycling (Saturday 27 April, Devonshire Green)

## MAY

Local Council elections. In Nether Edge & Sharrow one seat (currently held by Maroof Raouf) is being contested (Thurs 2 May)

Open Up Sheffield - the largest open studio event outside of London showcasing some of Sheffield's finest creative talents (4 - 6 May & 11 - 12 May)

Graves Park Country Show (Mon 6 May - free)

Archer Lane Allotment and Home Garden Society plant sale. (Sat 11th)

Weston Park May Fayre - a wonderful nostalgic family day out (Sun 19 May, free)

Sheffield Food Festival: a bustling exhibition of Sheffield's flourishing food & drink scene (25 -27 May, City centre, free)

## JUNE

NENG Nether Edge Market (Sun 9 June)

Cancer Research UK's Race for Life: 'Pretty Muddy kids and Pretty Muddy adults' on 8th June and the 3k, 5k and 10k on 9th June. Graves Park

Eid al-Adha (Tentative date - Mon 17 June) - Festival of Sacrifice

NENG Nether Edge Open Gardens. Contact [howard.fry@icloud.com](mailto:howard.fry@icloud.com) on how to take part. (Sun 23 June)

## JULY

Tramlines - Sheffield's annual festival in Hillsborough Park. The Tramlines Fringe includes many free events across the city (26-28 July)

## AUGUST

Sheffield Fayre - a fantastic day out for all of the family in Norfolk Park (Mon 26 Aug)

Rock n Roll Circus - three concerts at Don Valley Bowl, featuring Richard Hawley, Milburn & Becky Hill (29-31 Aug)

Archer Lane Allotment and Home Garden Society annual show. (Sat 31 Aug)

## SEPTEMBER

Heritage Open Days. Free access to heritage sites and community events that are not usually open to the public <https://www.heritageopendays.org.uk/> (6 - 15 Sept)

Art in the Gardens - one of the largest outdoor art markets in the North of England (7 & 8 Sept, Botanical Gardens)

NENG Nether Edge Market - Sun 15 Sept

Festival of the Mind - The University of Sheffield's showcase of innovative, imaginative and impactful events, performances, installations and exhibitions in venues across the city, including the wonderful Spiegeltent (19-29 September)

Sheffield 10K (Sun 22 Sept)

NENG Nether Edge Arts Festival (tbc)

## OCTOBER

Les Misérables - A spectacular production featuring an extraordinary new design and a cast & orchestra of over 65 visits Sheffield (10-13 Oct, Sheffield Arena)

Off the Shelf Festival of Words - celebrating books, words and ideas

## NOVEMBER

Diwali (Hindu Festival of Lights) (1 November)

## DECEMBER

NENG Nether Edge Christmas Market (Sun 8 Dec)



**ON SALE NOW**

**NETHER EDGE**  
A SHORT HISTORY  
1973-2023

A new book celebrating Nether Edge over the past 50 years

"It looks amazing and the content is superb"  
Gail, Chelsea Rd

"It's fascinating"  
Kate, Meadow Bank Ave

"fantastic"  
Pat, Ashland Rd

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# MUSCULOSKELETAL PROBLEMS?

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[www.hallamshirephysiotherapy.com](http://www.hallamshirephysiotherapy.com)

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- JOINT PAIN
- ANKLE SPRAIN
- TENDON PAIN
- ARTHRITIS PAIN
- SCIATICA
- MUSCLE STRAINS
- SPORTS INJURIES
- And many more