YOUR HEALTH & WELLBEING GUIDE

January - April 2026

ROTHERHAM UNITED COMMUNITY TRUST

INTRODUCTION

At Rotherham United Community Trust, we are here to support others. Our team have a wealth of experience and passion around improving both physical and mental wellbeing, and the tools to encourage healthy and positive lifestyles. We run an abundance of health and wellbeing sessions to benefit our community, all of which are detailed within the booklet.

This booklet has been designed to support you, your colleagues, your friends and your family. Not only does it detail our sessions, but it also highlights other fantastic support organisations in and around Rotherham, and signposts you to external support.

Please note that the information provided is not exhaustive; many other support options are available that you may also wish to use.

Please take time to have a look at, use and share the information in this booklet. Looking after our mental and physical wellbeing has always been important, and never more so than now.

Attending our sessions - What to expect
Each session starts with a 15-minute welcome period. During this time, staff may ask you to fill out some simple paperwork. This could include things like signing in, answering basic health questions, or completing a short form to register for the session.

This process helps keep everyone safe, ensures the sessions run smoothly, and allows us to offer them at a low cost. It's a quick and important step before the main session begins.

ROTHERHAM UNITED COMMUNITY TRUST

OUR SUPPORT

RUCT Health and Wellbeing Sessions
January - April 2026

Project area	Activity	Day and time	Venue	Cost
Health & Growth Accelerator – Mental Health & Musculoskeletal Support	HiiT Class (High Intensity Interval Training)	Friday 12:30pm - 1pm	Activity Suite, Goal Zone @ NYS	Free
Open access	Circuit Training (lower intensity)	Monday 10am-11am	Activity Suite, Goal Zone @ NYS	£3
Older adults	Mature Millers Group (socialise and chat about RUFC/football)	Monday 10.30am-12.30pm	Brentwood Hotel, S60 2TY	Free
Older adults	U3A Walking Football	Monday 11am-12pm	Rotherham Indoor Football Centre, Chesterton Rd, S65 1SU	£3
Older adults	Mature Millers Walking Football	Monday 12pm-1:30pm	Rotherham Indoor Football Centre, Chesterton Rd, S65 1SU	£3
Mental wellbeing	Walking Football	Monday 1pm-2pm	Parkgate Astro Greasbrough Rd, Parkgate, Rotherham S62 6FH	Free
Open access	Circuit Training	Monday 5:30pm-6:15pm	Activity Suite, Goal Zone @ NYS	£3
Male mental wellbeing	Andys Man Club	Monday 7.00pm-9.00pm	Youth Hub, Goal Zone @ NYS	Free
Mental wellbeing	Coffee Morning and Boccia Club	Tuesday 11am-1pm	Activity Suite, Goal Zone @ NYS	Free
Health & Growth Accelerator – Mental Health & Musculoskeletal Support	Boxfit	Tuesday 7.15pm-8pm	Activity Suite, Goal Zone @ NYS	Free
Health & Growth Accelerator – Mental Health & Musculoskeletal Support	TRX Training	Wednesday 10am-10.45am	Activity Suite, Goal Zone @ NYS	Free
Health & Growth Accelerator – Mental Health & Musculoskeletal Support	Core Training	Wednesday 11am-11.30am	Activity Suite, Goal Zone @ NYS	Free

For more information email **health@ruct.co.uk** or call **01709 827767**

Continued on the next page

OUR SUPPORT

RUCT Health and Wellbeing Sessions
January - April 2026

Project area	Activity	Day and time	Venue	Cost
Recovering from alcohol & substance misuse	Pick & Mix fitness & social sessions	Wednesday 11.30am-1.30pm	Activity Suite, Goal Zone @ NYS	Free
Open access	Tai Chi	Wednesday 12.30pm-1.30pm	Activity Suite, Goal Zone @ NYS	£5
Mental wellbeing	Inclusion Football	Wednesday 2pm-3pm	Parkgate Astro Greasbrough Rd, Parkgate, Rotherham S62 6FH	Free
United in Health Healthy Lifestyle (weight management) *Booking essential*	12-week course starting 14th January	Wednesday 6.00pm-7.30pm	Goal Zone @ New York Stadium, S60 1AH	Free
Mental wellbeing	Badminton	Thursday 10am-11am	Rotherham Leisure Complex, Effingham Street, S65 1BL	£2
Open access *Booking essential*	Walking Group	Thursday 12pm-2pm	Various locations	Free
Open access	Table Tennis	Thursday 2pm-4pm	Activity Suite, Goal Zone @ NYS	£3
Health & Growth Accelerator – Mental Health & Musculo-skeletal Support	Stretch Session	Friday 11.30am-12.15pm	Activity Suite, Goal Zone @ NYS	Free
Men with BMI over 27.5	MAN v FAT Football	Friday 7pm-9pm	Parkgate Astro Greasbrough Rd, Parkgate, Rotherham S62 6FH	£35 per month

For more information email **health@ruct.co.uk** or call **01709 827767**

ROTHERHAM HEALTHWAVE

Get active with Rotherham Healthwave and RUCT!

Rotherham United Community Trust are proud to be partnering with Rotherham Healthwave to provide **FREE**, fun activity classes to improve your health. From table tennis to pilates, there's something for everyone!

Ready to make a change? Dive in and explore all the ways Rotherham Healthwave can support you. Follow the link to self-refer and start the path to a healthier, happier you!
ALL SESSIONS MUST BE BOOKED IN ADVANCE.

www.rotherham-healthwave.connecthealthcarerotherham.co.uk

Free weekly activities

	Activity	Location	Time
Mon	Bat and Chat	New York Stadium	15:00 – 16:30
	Fitness Class	New York Stadium	18:15 – 19:15
Tue	Badminton	Maltby Leisure Centre	12:00 – 13:00
	Line Dancing	New York Stadium	13:15 – 14:15
	TRX Fitness	New York Stadium	16:00 – 16:45
	Swimming	Wath Leisure Centre	17:00 – 18:00
Wed	Swimming	Wath Leisure Centre	12:00 – 13:00
	Pilates	New York Stadium	13:30 – 14:30
	Tai Chi	New York Stadium	16:45 – 17:45
Thu	Stretch Class	New York Stadium	9:30 – 10:30
	Badminton	Rotherham Leisure Centre	11:00 – 12:00
	Badminton	Aston Leisure Centre	18:00 – 19:00
	Themed Cooking Class (fortnightly)	New York Stadium	18:00 – 19:00
	Dance Class	New York Stadium	18:45 – 19:30
Fri	Pilates	The Centre in Brinsworth	12:00 – 13:00
	TRX Fitness	New York Stadium	14:00 – 15:00

ROTHERHAM UNITED COMMUNITY TRUST

Refer yourself and sign up for FREE via
rotherham-healthwave.connecthealthcarerotherham.co.uk

MOVING ROTHERHAM
More than Football

OUR SUPPORT

More Than Football Timetable

January - April 2026

Project area	Activity	Day and time	Venue	Cost
Female only	Badminton	Monday 10am-11am	Rotherham Leisure, Effingham St, Rotherham S65 1BL	£2
18+	Tee, swing and chat	Monday 12pm-1pm	Peter Cowen Golf Academy, Upper Wortley Rd, Rotherham S61 2SJ	£1
18+	Fit4U Football (Booking required)	Monday 7pm-8pm	Maltby Academy, Braithwell Rd, Maltby S66 8AB	£3
Female only	Female only swimming (Booking required)	Tuesday 1pm-2pm	Aston Lodge Primary School, Lodge Lane, S26 2BL	£2
Female only	Badminton	Wednesday 10am-11am	Rotherham Leisure, Effingham St, Rotherham S65 1BL	£2
18+	Football	Wednesday 7pm-8pm	Team Sport, Doncaster Rd, Rotherham, S65 2UF	£2
18+	Post Natal fitness session (Starting 26th February)	Thursday 10.30am-11.30am	Unity Centre, Saint Leonard's Rd, Rotherham, S65 1PD	Free
18+	Low intensity fitness	Friday 10am-11.30am	7 Day Fitness , Fitzwilliam Rd, Rotherham, S65 1SL	£2
18+	Dementia Voice – Local group (2nd Friday of each month, booking required)	Friday 11am-1pm	Clifton Park Gardens, Clifton, Rotherham S65 2AA	Free
18+	All About Football (Booking required)	Friday 7pm-8pm	Maltby Academy, Braithwell Rd, Maltby S66 8AB	£5

For more information email **ryan.canadine@ruct.co.uk**
or call **07946 038357**

MEET THE HEALTH TEAM

Emma Schofield
Head of Health & Wellbeing

Ryan Canadine
Special Projects Manager

Jodie Goodall
Health and Wellbeing Manager

Michael Dyson
Health and Wellbeing Coordinator

Jessie Broadhurst
Health and Wellbeing Officer

Daniel Murray
Health and Wellbeing Officer

Nazia Khan
Community Engagement Officer

Jonathon Clarke
Assistant Community Officer

Matthew Morris
Assistant Community Officer

John Fitzgerard
Man V Fat Officer

ROTHERHAM UNITED COMMUNITY TRUST

MENOPAUSE SUPPORT FITNESS AND CHAT

Activity	When	Venue
Dance Fit and Chat	**Monday** 1:30pm-3:00pm	The High Street Centre, S62 6LN
Body Tone and Chat	**Tuesday** 9:30am- 11:00am	Activity Suite, Goal Zone, New York Stadium, S60 1AH
Pilates and Chat	**Wednesday** 5:45pm-7:15pm	Activity Suite, Goal Zone, New York Stadium, S60 1AH
Dance Fit and Chat	**Thursday** 1:00pm-2:30pm	The Unity Centre, S65 1PD
Zumba and Chat	**Thursday** 5:45-7:15pm	Activity Suite, Goal Zone, New York Stadium, S60 1AH

FREE

All our fitness and chat sessions will start **April 2025**

NHS

To book contact health@ruct.co.uk or call 07950 435071

NOTES

NOTES

LOCAL SUPPORT

It's normal to feel low, stressed, or anxious at times, but if these feelings persist, it's important to seek support. Your GP is a good starting point, and many other mental health services are also available to help.

Rotherham Talking Therapies
Offers evidence-based talking therapies for adults registered with a Rotherham GP, addressing common issues like depression, stress, and anxiety. Self-referral available.
03000 215 108 | https://talkingtherapies.rdash.nhs.uk/

Kooth & Qwell
Free, anonymous support and tools to better your mental wellbeing.
www.kooth.com (11-25) | www.quell.io (18+)

Ieso
Typed therapy for a range of symptoms including anxiety and worry, depression, stress, PTSD, OCD, phobias and sleep problems. Free for many NHS patients across the UK.
www.iesohealth.com

Samaritans
The Samaritans are here, day and night, for anyone who's struggling to cope and needs someone to listen without judgement or pressure.
116 123 free | www.samaritans.org/branches/rotherham

RotherHive
Digital signposting service offering practical wellbeing information, support, and advice for adults in Rotherham.
www.rotherhive.co.uk

Rotherham and Barnsley Mind
Independent local provider of high quality mental health services in Rotherham, Barnsley and surrounding areas.
01709 919 929 | www.rbmind.co.uk/
Mindline Emotional Support Helpline, open 24/7 | 0800 138 1692

Be The One
Support, resources, and guidance to help prevent suicide in Rotherham.
www.be-the-one.co.uk

Beat - The UK's Eating Disorder Charity
Support for those affected by eating disorders, including friends and family.
Available online or by phone 365 days a year.
0808 801 0677 | www.beateatingdisorders.org.uk

Shout
Free, anonymous mental health support for South Yorkshire: Text '**EYUP**' to **85258** anytime for help with anxiety, stress, loneliness, depression, self-harm, or suicidal thoughts.

Groundwork Yorkshire - Green Doctor
The Green Doctor programme offers free support & practical measures for people who are struggling with high energy costs, cold homes, damp, mould, condensation issues & much more. Our expert energy advisers deliver home visits, telephone & video consultations across Yorkshire.
Online referral form: https://groundwork.my.salesforce-sites.com/gwyorkshiregreendoctors
0300 3033 292 | greendoctoryorkshire@groundwork.org.uk

Experiencing a mental health crisis?
Call Rotherham Crisis Team on 0800 652 9571, or call 111

Is your life in immediate danger?
Call 999

ROTHERHAM UNITED
COMMUNITY TRUST

Please email **health@ruct.co.uk**
or call **01709 827767** for more information.