

# *The Heart Trail Millhouses Park*

## *The Friends of Millhouses Park*

On the 12<sup>th</sup> June 1995 the charity *Friends of Millhouses Park (FoMP)* was formed after local residents formed an action group to oppose the sale of the closed Lido in Millhouses Park.

Since then FoMP has campaigned and raised funds to provide for park projects some £200k since 2009 alone. FoMP now has over 250 members and is free to join with no joining requirements.

FoMP campaigned for the existing playground, the swings, climbing block & slide and Trim Trail; initiated and part funded the Splash Waterplay and were heavily involved with creating the Fish Pass.

We fully funded the Sensory Garden; family outdoor gym, kiddies scooter park, the skate park improvements, the zip wire, a new Oak Avenue, refurbishing the Small Mill Building and creating the Willow Tunnels & Milly Jam. We undertake Balsam removal, gardening and litter picking.

In the planning stage are projects to rejuvenate the climbing block area and to provide and manage bee hives. We are working with other organisations: The Rotary Club of Sheffield Vulcan on the Heart Trail and to improve the area behind the Fish Pass including the installation of a Pooh Bridge; The Rotary Club of Abbeydale for crocus planting and The Bowling Club to raise £20k to modernise the toilet block. FoMP also plans to bring the whole Mill Building site back into productive use with a community emphasis.

[www.friendsofmillhousespark.org](http://www.friendsofmillhousespark.org)

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## *What is Rotary?*

Rotary International has over 1.2 million Rotary members aged 30+ (Rotarians) in 34,000 Rotary Clubs in 200 countries worldwide. Rotary is a network of men and women who devote their spare time, energy and skills to a whole range of charitable projects both locally and internationally. A rotary club provides ideal opportunities for social interaction and to develop friendships.



## *The Rotary Club of Sheffield Vulcan*

is an active club. We support local charities including St Luke's and Bluebell Wood Hospices and Whirlow Hall Farm, we collect for local and national charities and we undertake environmental projects around the City. We assist the Operation Christmas Child shoebox appeal, hold a charity Golf Day, a Charity Walk and other charity events. If you would like more information or would like to join us at one of our meetings go to:

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

We meet at Abbeydale Park Sports Club at 18.30hrs every Tuesday except those weeks with a bank holiday.

*The Rotary Club of Sheffield Vulcan Trust*  
Charity No: 1139500

*The Heart Trail was funded by the SW Community Assembly  
with assistance from SCC Parks & Countryside*

# *The Heart Trail*

## *a cardiac rehabilitation walk in Millhouses Park*

Designed by people who have themselves had cardiac surgery, The Heart Trail provides opportunity and incentive for those who need structured exercise as part of a rehabilitation programme. The Trail is based on 21 marker plates alongside the pathways round Millhouses Park nominally placed at 100 metre intervals. Marker 1 is at the entrance to the Park nearest to the Café.

Your exercise programme could start at Marker 1, at Markers 8 or 9 on the riverside walk by the main car park, at Marker 21 by the Beauchief car park or anywhere you wish in between.

*A collaboration between  
The Friends of Millhouses Park  
and  
The Rotary Club of Sheffield Vulcan*

Start your exercise programme by walking as briskly as you can between any two 100m Markers. When you feel able, increase the distance, to 200 metres. As you feel fitter increase the distance further and further until you can complete the full Heart Trail.

To complete the full 2.5km (1.56miles) Heart Trail start at marker 1, follow markers 2-8 to marker 9. Continue to 10, round the cricket ground to 13 and back to 9. The Trail then backtracks through markers 8 and 7 along the riverside path to marker 14 before continuing along the riverside path to marker 21 at the Beauchief end of the Park. From 21 it backtracks to 17 and then directly back to marker 1.

Alternatively, if you prefer the direct walk along the riverside path from marker 12 (the Archer Road entrance) to marker 21 (The Beauchief car park) you will walk 1.125km (0.7mile).

