Burngreave Messenger

Issue 91 · December 2010 · Free to everyone in Burngreave

www.burngreavemessenger.org

Voice of the Burngreave Community

Firshill crossing complete

Story: Liz Smith

A zebra crossing has been installed on Firshill Crescent, after a successful campaign by St Catherine's School and local residents.

Whilst local schools were closed in October, planned traffic control measures, including yellow lines and zigzags, were put in place outside St Catherine's school and the Crescent Community Centre. The measures were agreed as part of the planning approval for the expansion of St Catherine's School. Parking on Firshill Crescent is more restricted now, and parents using the local schools are encouraged to 'park and stride' from the Sheffield United Academy; they have kindly agreed that parents can use their car park .

Parking Services are attending regularly to help to deal with any parking issues, and everyone is working hard to reduce disruption to residents and bus services at busy school times. Thank you to everyone in the community for their support in making the Firshill estate safer for pedestrians (both young and older)!



Lego club meets the Queen

Story Rashida Hassanali

The Lego Club at Firs Hill School was included as part of a volunteering showcase for the Queen's visit to Sheffield on 19th November.

Children and parents from Firs Hill showed how lego overcomes cultural and gender barriers, improves children's fine motor skills and lets their imaginations go wild!

The Queen also saw a demonstration of the great contribution that student volunteers from Sheffield University have been making in our local schools



for the past two years, bringing the aspiration to go to University ever closer and making it more accessible. The project has also developed to include



sessions at St Catherines, Byron Wood and from January, Owler Brook.

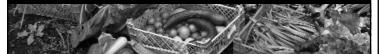
Two Firs Hill students presented the Queen with flowers, and parents and children alike were very excited to be meeting a Royal for the first time! Children from Byron Wood and St Catherines were also at the Cathedral for the Royal Visit as part of the 'Sing It'

To find out about all the Christmas and holiday events in this issue, visit: www.burngreavemessenger.org/events



Green City Action

Telephone: (0114) 244 0353 enquiries@greencityaction.org.uk



Annual General Meeting 11am Saturday 4th December 2010

Abbeyfield Park House, Abbeyfield Road, Sheffield.

Lunch and refreshments at 12pm

Meet the Trustees, volunteers and the team at Green City Action and find out about the School for Vegetables project and the Community Toolbank.

Guest Speaker: The Right Worshipful the Lord Mayor of Sheffield, Councillor Alan Law JP.

Tool Bank open

Thursday 1pm-4pm and Saturday 10am-12 noon

The Tool Bank has a comprehensive collection of DIY tools, gardening tools and equipment available for loan.

We can show you how to use tools and we can give you free advice on DIY projects.

We have items for decorating, car repair, cycle maintenance, gardening, building, cleaning and DIY tools of all kinds.

A separate set of tools is available to community groups to use for cleanups and environmental projects. The equipment consists of spades, forks, rakes and wheelbarrows.

The Tool Bank is based at Abbeyfield Park House.

Green City Action has a vacancy for the post of



Project Worker

Salary: £22,500 per annum pro rata with a 5% pension contribution.

This post is part-time at 17.5 hours per week and is a 2 year contract.

The purpose of the job is to develop the School for Vegetables project and deliver horticultural training to residents, community groups and schools.

Applicants must have experience of sustainable food growing, working with schools, community development or activity in deprived communities.

For an application pack please contact Green City Action by email at enquiries@greencityaction.org.uk or by phone on 0114 244 0353.

The closing date for applications is Monday 13th December at 5pm.



(E)

BME PATHWAYS TO TRAINING, ENTERPRISE & EMPLOYMENT

Customised & Personal Support Services



Pathways is an exciting new project that brings generations together and equips people with skills to increase chances of further studies, better skills for work and work based experience

Meet employers who will make links with our communities

Training by a major employer to prepare young people for work (travel expenses paid)

Women's only support project Support for long term unemployed in learning new skills

> Support for older people who would like to learn IT skills or have benefits checks

For more information and enrolment times contact Qumar on 0114 263 4404 at 91 Spital Hill, Sheffield, S4 7LD





BCAF Quarterly Forum Meeting Saturday 11th December 11am-1pm



Cuts hit young people hardest

Burngreave Community Action Forum is concerned about the impact of cuts on front line services for young people.

Recent cuts to Sheffield Futures are already having an impact on youth activities and support in the area. And young people are not part of the discussion.

We need to ensure that years of hard work in Burngreave is not wasted and lost.

We have invited representatives of Sheffield Futures, Children and Young People's Service, the Youth Offending Team and the City Council, to report to the community about what is happening to their services.

Residents can also ask questions about local services for young people.

As usual a lunch and crèche will be available. For more info, contact BCAF on 272 8008 or e-mail enquiries@bcaf.org.uk

This will also be BCAF's Annual General meeting. If you'd like to join the Management Committee, please contact Yasmeen in the office - 272 8008.



Photos: Ivor Wallace

Local residents have continued to campaign to save Mildred Okpara and her young family from deportation.

A demonstration at the Town Hall in September was followed by David Blunkett MP pledging his support. The MP hopes the case will be reviewed.

The Okparas were told they would be deported on 25th October, but this was deferred after the intervention of the Nigerian High Commission, who would not give permission for travel. No new date for deportation has been given.

Local residents and local school St Catherine's are continuing their campaign for the Okparas to be allowed to stay permanently in the UK.

You can still offer your support by signing the online petition www.gopetition.com/petition/38613.html

Or follow the campaign facebook and blog http://okparacampaign.blogspot.com/

MP visits School Council

Story: St Catherine's School Council

On 5th November St Catherine's School Council had a visit from the MP David Blunkett. He came to speak to the School Council about the work they have been doing during the last half term.

When he arrived (with his guide dog Sadie) the School Council introduced themselves and then began telling Mr Blunkett about the Okpara campaign they have been involved with recently, the parking campaign around our school and how our School Council works. They also told him about the Careers Fair they are organising in December and invited Mr Blunkett to attend to talk to our children about his job. He said he would be delighted to attend!

We then found out a little about Mr Blunkett's job as an MP and about the work he has to do. We asked him lots of questions about his work as an MP (it's a



really interesting job) and about the jobs he has done before he became an MP (he used to be a teacher!).

He was really impressed with our School Council and thought the work we have done so far and our planning in the future was fantastic. He congratulated us on our support for the Okpara family and how we learnt all about Human Rights and how this has affected the Okparas. He told us that they have his full support.

Mr Blunkett was so impressed with our School Council that he invited us to visit him at the Houses of Parliament next year and see just how our MP's do their job, make decisions and run their meetings!



You can help support the Messenger

Everyone's feeling the atmosphere of cuts at the moment - and that includes the Messenger. We've been going solidly for over 10 years; now we need support if the Messenger is to continue.

Advertising is a big part of what keeps the Messenger going. One of the good things about having a local newspaper is that the adverts for local businesses and organisations are really effective at telling other local people what they're doing. By using our advertising space, you can help support a valuable community resource as well as getting your message to the 8500 households we deliver to in Burngreave and Fir Vale.

Even if you don't need to advertise, you could consider sponsoring us.

Thank you to all the advertisers who have helped us over the years - it's made a really big difference to us and the Burngreave Community.

For more information about supporting the Messenger or placing an advert contact us on 242 0564, or visit our website www.burngreavemessenger.org

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This month's team: MichelleCook, Rohan Francis, , Caroline Harris, Saleema Imam, Douglas Johnson, Jamie Marriott, John Mellor, Lisa Swift, Vivien Urwodhi.

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Dry Road

Story: Brent Moya

Dry Road is a once-monthly evening aimed at providing recovering alcoholics with the chance to maintain a social life, whilst also providing all the benefits of a pub without consuming alcohol.

The scheme is run by LaunchPad, a community-based project which offers a range of activities to the general public. Rita Hardwick, who set up Dry Road, hopes the scheme will offer a safe haven for people to come and socialise without the prospect of drinking.



"Dry Road offers a relaxed pub-like atmosphere without alcohol consumption, where people can meet, play games, listen to live music and generally enjoy themselves. Most of us love the idea of going to the pub, although not everyone wants to be confronted by alcohol, be it for religious beliefs, past experiences or something else," she said.

The group consists of people from all walks of life. Ian is the first recovering alcoholic to come forward and has been sober for over a year.

"Its been 491 days (almost 16 months) since I last had a drink. I am lucky enough to be able to walk into a pub without drinking, although I coudn't have done this without the help of others."

He hopes other like minded people will come forward and join the monthly sessions.

"I'm definitely an advocate for this type of place as it's very welcoming and people are here to support each other. The drop in centre at Sheffield Alcoholic Advice Centre is akin to this, although I would say this represents a step forward as there is a strong social element to it."

Rita explained they are working with Sheffield Alcohol Advice Centre, who's volunteers will be helping out. Each event will also bring in live acts as well and offer a range of activities.

"We've been really encouraged by the number of people who have said they want to come and perform here. We are open to ideas or suggestions and would encourage people to come forward regarding any."

Dry Road takes place on the first Thursday of every month at the Vestry Hall, from 7pm onwards -Next event 2nd December. To get involved contact Rita Hardwick on 07949 816 124.

SOLID closes

SOLID, a support group for parents and family members of prisoners, is to close by the end of the year due to a lack of resources.

The group has been meeting monthly since 2005, when it was started by Vivian Osborne (now chairperson), whose son is in prison. Feeling isolated, Vivian started to meet with other parents of prisoners, firstly in her own kitchen, and then in their current premises at SYAC. However, funding has been difficult to find, and with no fulltime worker and volunteers overstretched, the group has announced its closure.

"It's not easy to say you've got someone in prison, so it was great to meet other people for mutual support," explained Vivian. "And research shows if prisoners stay in touch with their families, they have a better chance of success when they are released. Unfortunately there aren't any other support groups in Sheffield, but



people still need the service. I hope people with more resources than us will take up the cause."

The last meeting will be on Monday 6th December, from 7pm-8.30pm at Office 2, SYAC, 120 The Wicker.

People needing support should contact the Offenders' Families Helpline on 0808 808 2003 or www.prisonersfamilieshelpline.org.uk

Arwa Relaxation Therapy (ART)

Story: Michelle Cook Photo: Richard Hanson

In February we featured local resident Arwa Havard's theraputic massage groups. Arwa trained with Vicky Gaughan, at the Sheffield Centre for Massage Training and gained a UK diploma.



Now, in addition to running sessions in self massage and relaxation techniques at Whiteways School and other local venues, Arwa is offering private relaxing and therapeutic massage for women in new premises near Abbeyfield Park.

I interviewed Arwa about her new business, Arwa Relaxation Therapy (ART) and was very lucky to receive a massage a lovely experience which I would recommend! Others felt the same:

"Today I walked up to Arwa's house feeling weary and stressed with a stiff neck and aching back. Now my aches and pains have eased and I feel refreshed and invigorated." Catherine Gaze

"Everytime I get a massage I come to life again", Maram Al A Jame

"Arwa has amazing hands. I went for a full body massage, after she'd finished I felt like I was floating on air. Best stress buster!", Shaima Nazer

Charges are £20 half hour, £40 full hour. She has a special offer of 10% off a full hour massage if you quote this article when you book! There is also a student discount available.

For more information or to book a session telephone Arwa on 07532 329 723.

Spital Hill buildings' future uncertain

Story: Lisa Swift

In September Burngreave New Deal made a public announcement that they would run out of money in December.

New Deal currently own Sorby House, Forum House and lease the Vestry Hall from the Council. While Forum House is currently empty, Sorby House provides office space for a number of local organisations and businesses, and the Vestry Hall hosts adult learning courses and projects.

Closing New Deal an option

At New Deal's partnership board meeting in October, the Executive Asset Manager, Jeremy Diskin explained that they were looking at a number of options including closing the New Deal organisation and selling all the buildings. If this happened, Government funding rules could mean all money spent on the buildings would have to be paid back: the total cost could be as much as £9million.

Sorby House Iosing money

New Deal's partnership board, which includes local residents, preferred to attempt to keep just one building. They favour Sorby House, despite it running at a loss of £10,000 per month.

The Council are still the 'accountable body' and ultimately responsible for the New Deal programme, and are working with the New Deal board. The Council told the Messenger,

"Sorby House currently operates at a loss which is not sustainable to New Deal even if significant efficiency savings are made. At the moment, options available to the Board include selling Sorby House or seeking to operate it with support from other sources if these can be found."

New Deal hope to use money from the sale of several shops on Spital Hill to fill the shortfall - if the government agrees.

The future of the Vestry Hall

The Vestry Hall is leased from the Council so New Deal, who have spent £3 million on refurbishing the listed building, hope to hand back responsibility for running it. The Council said,

"It is anticipated that the Council would wish to ensure this building remains an



accessible community building for local groups and local people and the Council has experience in managing such community buildings."

No choice

New Deal sought the views of local residents at their meeting in October but only 20 residents attended. It was obvious that those present did not want to see any buildings on Spital Hill empty or boarded up but it was impossible for local residents to have a say when the decision was beyond their control and, in reality, that of the New Deal board. *More from New Deal on their page*, see page 21.

New Deal -the Story so far

New Deal for Communities was a 10 year government regeneration project of £52million for approximately 4000 households in Burngreave. It officially finishes in March 2011.

The idea was to involve local people in the regeneration of the area. Many projects were funded; £11million went on extra Council services and about £10 million on buying and refurbishing buildings, including Sorby House and Vestry Hall.

In February 2009 New Deal announced that almost all the money had been spent. All remaining projects were ended early.

New Deal continued running the buildings at a loss, using reserves, which came from the sale of land at Woodside.

Now the reserves are gone and New Deal want to:

- Hand Vestry Hall back to the Council
- Sell Forum House
- Continue to run Sorby House
- Use £160,000 from the sale of shops they owned on Spital Hill to continue until March 2011

New Deal are holding a public meeting on 8th December at Sorby House, 5.30pm

Young people feel the cuts hardest

Back in July the Council agreed £6.5 million worth of cuts for the current financial year. Half of this was to be cut from Children and Young People's Services.

In August Sheffield Futures, who provide the city's core youth service and careers advice, announced 95 job cuts.

Despite claims by the Council that cuts would affect 'management levels' and that front line services would be protected, here in Burngreave youth workers, some of whom have worked in the area for years, have already lost their jobs.

So what next?

Sheffield Futures said they could not comment on the staff changes until they are completed in December. But many questions need to be asked

- How many youth workers has our area lost?
- What will happen to local youth centres?
- Who is going to reach out to young people and engage them?
- When is the Council going to give young people a say on these changes?

BCAF's quarterly meeting will be the place to ask these questions. Saturday 11th December, see page 2.

Burngreave march against cuts

Story: Carrie Hedderwick

Residents from Burngreave joined Cllr Jackie Drayton on a march and demonstration against the Government cuts.

From Ellesmere Green, on 23rd October, chants and placards carried the message, "there is an alternative". Thousands attended the demonstration against savage attacks on working people and communities, at the Town Hall protest. Speakers told the crowd the 'deficit' is an excuse to privatise services: a 2% wealth tax on the super-rich would raise £78 billion in one year; a 'Robin Hood' tax on City financial transactions would raise £3obillion.

For more information on Sheffield Against the Cuts, ring Carrie on 07715 010 962.

Holtwood plans

Story: Fran Belbin

About 25 concerned residents attended a meeting on 9th November about a planning application for White's Yard on the corner of Abbeyfield Road and Holtwood Road.

The application seeks permission for 14 four-bedroomed houses, 8 to be accessed via Holtwood Road and 6 via Abbeyfield Road. The Holtwood Road access is a worry for residents, significantly increasing traffic on a cul-de-sac that already experiences regular problems with parking and access. Holtwood Road resident Tim Neal said,

"It is dangerous enough already for children because most of us have to reverse on the road to get out. Adding a possible 20 vehicles will make it worse."

School places

The size of the development is also a cause for concern. While Burngreave prides itself on being a welcoming community, there is already enormous



pressure on local schools. It is unclear how school places, for example, will be provided for new kids moving into the large family homes.

The site is within the Burngreave/Pitsmoor Area of Special Character and backs onto Burngreave Cemetery, containing several listed buildings and graves. Opposite the site is Abbeyfield Park, a registered historic park, with a grade II listed building. Those attending the meeting criticised the quality of the proposed build and the negative impact on the environment. Resident Linda Cawley said,

"We have lived with this site looking terrible for years. We don't oppose new houses but we want it to be sensitive to the area; four-storey houses wouldn't be."



Derelict

However, Mr and Mrs White pointed out that new houses would be better than the derelict yard, and told the Messenger that all parking will be on the site, with some housing having access from Abbeyfield Road, minmising the impact on Holtwood Road. They also felt the development might improve local house prices and help reduce vandalism in Abbeyfield Park as some of the houses would overlook the entrance.

Planning application 10/02890/OUT can be viewed on the Council's planning website -www.sheffield.gov.uk/planning.

Or visit Holtwood Action Group Facebook group.

Carwood makeover

Story: Lauren Merryweather

Carwood Estate is to get much needed improvements to its green spaces in the next 4 months.

Carwood Tenants and Residents Association have been campaigning for years for better maintenance of the estate. Now with the help of the Community Assemblies, the area's green spaces will be mapped and systematically tidied up.

The Sheffield NEAT Team will be working to get rid of overgrown shrubs and bushes and carry out minor repairs, paving the way for easier and better maintenance in the future.

Dean Fearon, Sheffield City Council, said:

"The NEAT team employs trainees so that young people aged 16-20 can develop skills and gain further employment. The project in Carwood is really about



responding to what residents want and then helping to make it happen."

The project is fully supported by Councillor Jackie Drayton who said:

"Local councillors are putting in the money to improve the green spaces, to get them to a level where Sheffield Homes can better maintain them. We're also hoping it will help develop pride in the area so residents will want to help keep it looking good."

Fir Vale Regeneration meeting

The North Regeneration team and Local Councillors invite residents to view and discuss regeneration projects in Fir Vale including Earl Marshal, Skinnerthorpe and Page Hall.

Thurs 16th December, 6-8pm, Earl Marshal Connexions Centre, Heathcote St

For more information contact the North Regeneration team on 203 9568

Threat to stable estates

Story: Douglas Johnson

Alongside the Government cuts, Burngreave risks being badly hit by plans to reduce Council tenancies to just two years

The Prime Minister had made clear his plans to end "tenancies for life" in August. However, the latest announcement is that new council tenancies could be limited to just two years. If tenants can afford to move on after that time, they could be forced to do so, although they would be given 6 months notice to move.

In the past Burngreave has struggled with a very high turnover of tenants, which led to social problems with neighbours never getting to know each other properly. Housing campaigners fear that council estates will break down further if this policy is brought in. Estates would become areas with no-one in regular employment; those in good enough jobs would be forced to leave.

Organisations like Defend Council Housing campaign for more decent, affordable, secure council housing for more information, call 243 6775.

Keeping fit locally

If you feel like you need to get fit, lose weight or you just need an energy boost, Verdon Recreation Centres is the place to go.

Twice a week Activity Sheffield's Georgia Milborn, turns on the high energy music and gets women jumping, running and stretching for an hour packed with exercise. Georgia explains,

"Its about promoting general well being, but it can also help you get fit and lose weight. We do high energy routines and we mix it up with more gentle stretching and toning exercises."

The exercises certainly get the heart going and the blood pumping, but its not aimed at the athletic or super fit.

"I make sure that everyone can work at their own level, beginners are very welcome and can take it at their own pace."

The sessions were attended by a real mix of women from different backgrounds and abilities, and they were keen to tell the



Messenger how good it was.

"I started back in September after a bit of a break, everyone's friendly and we have a good laugh. It's tough at times, but its really worth the effort, you feel like you've achieved something - its good that its so local too." Emma.

"I've been coming for 3 weeks and I already feel better. And during the winter its really good to keep active." Evelyn

Women only Aerobic sessions Tuesday and Thursday 6.30-7.30pm. For more information contact Verdon Recreation Centre on 249 1626

New 'Chairobics for over 50s'

Gentle exercises that can be done sitting down or with the support of a chair.

Women Only Chair Aerobics
Every Monday starting 6th
December 10 - 11am Pakistan
Advice and Community
Association

Women Only Chair Aerobics and games

Every Tuesday staring 7th
December 10 - 11am Yemeni
Community Association, Fir Vale.

For more Information contact Nick Gill on 273 6496





Sponsored by NHS Sheffield's Healthier Communities Programme

Pride in Brunswick

Brunswick Road doesn't get a lot of attention and the area has had problems with litter, dumping and fly-tipping. This month Sheffield Homes organised a special event to talk to tenants and residents about tackling the problem.

Sheffield Homes gave practical advice on keeping the area clean and tidy. "Ratty" also made a special appearance and spoke to young people about the types of rubbish that attracts rats to communal areas and inside people's homes. Free cleaning kits were handed out and there were information stalls by Sheffield City Council's Environmental Services, South Yorkshire Fire Service and Veolia.

Over 50 tenants attended and provided feedback about Sheffield Homes' services. The issue of rubbish chutes in flats was also discussed during the day. Sheffield Homes are looking into the idea of having large outdoor bins for residents to use. A Spital Lane resident told the Messenger, "There's been rubbish dumped on the



landing in our block of flats every week. It's disgusting. It's good what Council are doing; it's better for the children if it's clean."

Another resident said, "We've had problems with the rubbish chutes smelling. We are happy with the idea of bins outside."

For more information contact Sheffield Homes on 293 0000.

Welcome Residents Group For Verdon Street, Nottingham Street, Brunswick Road, Andover Street, Rock Street, Woodside and neighbouring streets

Meets last Thursday every month 3.30-4.30pm, Welcome Centre Christchurch Nottingham Street. The group hopes to make sure residents interests are represented and positive things happen in the area. Come along or call BCAF on 272 8008

New houses at Wood Fold

Story: Rohan Francis

14 affordable new homes for rent are under construction on land next to the former Stanley Tools factory on Rutland Road, after planners gave the go-ahead in March this year.



The development, which is located next to Stanley Fields open space, includes the construction of 2 four-bed, 7 three-bed and 5 two-bed houses, with residents' parking on Wood Fold and within the site, on a new extension of Woodside Lane.

Local social landlord, Arches Housing, is the main developer behind the scheme, assisted by a grant from the Housing Corporation.

The plans involve the removal of 17 Poplar trees, however, the developer will have to contribute £17,000 to recreational facilities, including improvements to nearby open space.

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Wensley football success

Story & photos: Gladys Newbolt

On a cold, dark, winter evening, at the end of January, Streetkick began on the park at Wensley.

Every Tuesday since then, in every kind of weather, the attendance and the enthusiasm of the young people for the project has shown the need for activities like this on Wensley. The estate is quite isolated, with no buses during evenings or weekend. It is not ideal to be sending

your kids out, especially during dark nights, to find activities in other areas.

What started out as a ten week project, lasted for more than forty. Wensley TARA wish to thank all who supported including the Council's Small Grants and the Police for funding the project.

During three weeks of the school summer holidays, we brought Streetclimb, the portable climbing wall, to Wensley Park. This was most successful and thoroughly enjoyed by the numbers of kids and young people who participated.

Though the activities and equipment were organised by Activity Sheffield our local

PCSOs attended whenever possible and Wensley TARA volunteers attended every session. Permanent activities are needed, not just for Wensley kids, but also Hindewood, Archers estate and Page Hall.

The project has been a big success culminating in a visit for some of the football kids and their families to Bonfire night "After Dark" at Don Valley. They enjoyed the funfair, great food and a magical display of fireworks. From the resulting stories they obviously had a swinging, tilting, rolling, speeding, sickening treat.

Thanks to everyone who has had an input into this long, and successful, project.



Nearly 200 children have been run over in the Burngreave ward over the past 10 years.

Traffic is one of the biggest causes of death and serious injury of children. It's also one of the ways that children are most likely to be suddenly and violently bereaved; losing a brother, sister, parent or other close relative.

Statistics show that drivers who drive above speed limits, or too fast for the road and the people using it, are one of the biggest causes of deaths and injuries of kids. Slowing down is the single most important thing that drivers can do. The slower you drive, the more chance you have to react to the unexpected.

This Road Safety Week from 22nd November, as part of the South Yorkshire Safer Roads Partnership, Sheffield Council's Road Safety team is giving children a voice and is asking them how speeding traffic affects their lives; at home, school and play.



Their views are summed up by Natasha aged 7 from Owler Brook school who said, "It's hard to cross the road because there are too many cars on there going too fast." Niamh aged 10 from St Patrick's echoed this saying: "I think that speeding is bad. I saw someone who had children with them crossing the road - a car came round the corner fast and they could have got run over."

We know that children can be scared of traffic in their communities and often describe traffic as fast and coming out of nowhere.

The Safer Roads Partnership show children how hand-held speed cameras work. Children will be learning how to cross the road safely and how it is particularly important at this time of year to wear or carry something bright or reflective when they're out and about.

Children from several local schools have been writing poems about road safety. This one, written by a nine year old from Firs Hill Primary particularly relates to Road Safety Week:

Guess What

Did you hear about it?
That boy who lived up your street
He had an accident
Got knocked over
He nearly died
He's in hospital right now
And it's all my fault
I didn't mean to do it
It was an accident.

Hit at 30mph, 45% of pedestrians die, but at hit at 20mph there is a 95% chance they will live.

Children's overwhelming message is a simple one:

If we want to improve the safety and quality of life of kids using roads in our communities, we need to

SLOW DOWN.

ROADS SAFER



Firshill craft group

Story & photos: Saleema Imam

The Friday morning 50 plus craft group is moving from the St Catherine's family learning room to Thursdays in the Crescent Community Space and expanding its provision to a full day, including a soup and sarni lunch for just £1.50!.

Sessions in the much larger community room between 10am and 2pm will provide much more elbow room for a larger number of

participants. Drop in to the community café for a cuppa (30p) and check it out or stop by for lunch. All welcome.

Convened and taught by Marjorie and visiting experts, the craft group welcomes new members to try a variety of crafts from card making, to rag rugs, flower arranging to glass painting either mornings, afternoons, or if you've time, all day.

Transport is also provided on some Tuesday mornings to visit other craft providers such as Craftmatic and Fired Earth.

Firshill Craft Group, every Thursday 10am-2pm.

Visit the Firshill TARA office for details or phone The Crescent on 0845 421 0700

The Craft Group and St Catherine's School invite you to their

Christmas Fayre Thursday December 9th 1pm to 4pm.



We will be serving Christmas refreshments (including vegetarian mince pies).

There will be:

Guess the doll's name, toy tombola, bric-a-brac stall, guess the giraffe's name, craft stall, cake stall, Christmas card tombola, raffle **and lots more.**

Christmas is coming

...and the Firshill and Pitsmoor History Group did some more reminiscing.

Story: Marion Graham

Anne Murdoch remembered: "We used to make decorations from tissue paper cut it into strips and stuck together with flour and water paste to make circles, to link into a paper chain which was draped across the ceiling from corner to corner. I don't remember us getting cards - I don't think anyone could afford them. We used to write letters to Father Christmas and put them up the chimney. Every Christmas my Mum would make a new pegged rug out of rag cuttings and varnish the chairs and table legs. We didn't get many toys, just one main toy, a bag containing an apple, an orange and a new penny and a net stocking with sweets in it, if we were lucky. We didn't feel deprived because we didn't know any better. Our parents bought us what they could, and what they couldn't give us in material things they gave us in love".

Similarly Joyce Rason remembered: "We had a small artificial tree trimmed with glass baubles which we used each year. At the end of each branch a holder held a small candle - the same ones each year



because we never lit them. I don't remember having fairy lights. I always had nice presents, such as a doll's house one year and a school desk and a blackboard another. And always a game such as Ludo, Snakes and Ladders or Tiddlywinks. Then there were the pantomimes to look forward to, at the Lyceum and Empire theatres in town."

Janet Boam, grew up in the 50's – but there was still the tradition of throwing notes up the chimney for Father Christmas! She also told us: "When I was young we lived in the Newhall district of Sheffield and I remember watching my Father decorate the Christmas tree (pictured) it wasn't real one and it resembled a flue brush, made from bristles and twisted wire with a red berry on the end of each branch. The best part was choosing a present from the toy department at Banner's store in Attercliffe - it was like Aladdin's cave. The present would be wrapped and 'sent to Father Christmas' for delivery on Christmas Eve, when the carol singers came around to sing for a few pennies. When I was older I went carolling with my friend and one house gave us a shilling - which in the 1950's was a fortune. On Christmas Day there would be chicken with all the trimmings for lunch and Mum baked a Christmas cake and mince pies and tarts."

Milton, who came from the other side of the hills, gave us his memories – which turned out to be very similar . "I lived in Lancashire, near Bolton, and I remember that even when the war was on we always had Christmas lunch precisely at 12 noon. Roast pork with mashed Brussels sprouts, mashed and roast potatoes, carrots and thick brown gravy. Then Christmas pudding into which Mum put a couple of three-penny pieces or one sixpence. It was fun hoping you would find a coin in your piece of pudding – but you had to be careful you didn't swallow it."

The full text of Marion's article is on www.burngreavemessenger.org



Be Cancer Aware

It might make all the difference

We know that levels of awareness of cancer and use of cancer screening programmes is lower among Burngreave residents than in some other parts of Sheffield. For many forms of cancer the earlier you seek treatment the better your chances of surviving.

Lung, breast, bowel, prostate are the 4 most common cancers and 70% of cancers are diagnosed in people over 60.

The Good News

More and more people are surviving cancer due to better treatment. However many cancers are not picked up until the later stages of the disease which means there are less treatment options and this reduces chances of survival.

Don't delay, see your doctor

Be aware of the early warning signs for cancer (such as the symptoms in the diagram), don't delay, get them checked out by your doctor if you are not happy ask for another opinion. The fact is, we know our body better than anyone else, if you cannot explain any changes that you are feeling - go and see your doctor.

Cancer is still a taboo illness for many and there is a lot of fear surrounding the disease but the fact is: the earlier you are treated the much better your chance of making a full recovery.

Be Cancer Aware

We can't do anything about getting older but we can minimise the risks and keep an eye on any changes in our bodies. We recommend that you:

- · know what is normal for you,
- Familiarise yourself with the main symptoms of cancer.
- self examine regularly (particularly your breasts or testicles and skin)
- · participate in cancer screening programmes and
- · report any changes, however vague, to your doctor.
- DON'T JUST PUT CHANGES DOWN TO GETTING OLD.

Remember: be aware of the signs and symptoms of cancer. DON'T DELAY report any changes to you doctor as soon as you notice them IT COULD MAKE ALL THE DIFFERENCE.

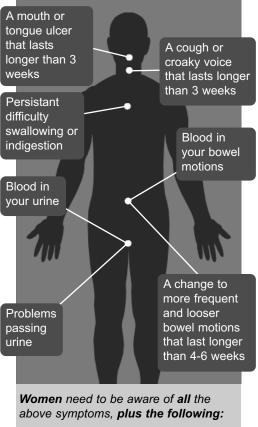
Cancer:

Know the warning signs...

and get them checked by your doctor. Cancer is easier to treat and cure if diagnosed early

Symptoms anywhere on your body:

- Women: An unusual lump or swelling (including breast, neck, armpit, groin or abdomen).
- · Men: An unusual lump or swelling (including neck, armpit, abdomen, groin, testicle or breast area).
- A change in the size, shape and colour of a mole.
- · A sore that won't heal after several
- Unexplained weight loss or heavy night sweats.
- Unexplained pain or ache that lasts longer than 4 weeks.





Bleeding from the vagina after the menopause or between periods

An unusual breast change

Cancer Awareness Project

NHS Sheffield have funded a cancer awareness project for Burngreave. Chetna Patel will talking to groups and making sure that there is plenty of information around the area. To find out more, contact Stella Mekonnen on 0114 305 1577 or stella.mekonnen@sheffieldpct.nhs.uk.

Cancer Screening

There are three national cancer screening programmes designed to detect cancer in its very early stages.

Bowel Screening - both men and women aged 60 to 74 will automatically receive a home screening kit through the post every two years (so long as you are registered with a GP), you can also request a test kit by calling the helpline number. If you are 75 or over you can still do a test - simply call the helpline and ask for a kit to be sent to you.

Bowel Screening helpline number and to request a kit 0800 707 6060

Breast Screening - all women aged 47-74 will be invited every 3 years for screening, over this age you are entitled to request a mammogram by calling the Breast Screening centre number below. Also if you have missed your appointment it is not too late to ask for another appointment.

Sheffield Breast Screening - to book an appointment call 0114 271 1920

Cervical Screening (Smear Tests) -

Women between 25 and 65 will be invited for screening either every 3 or 5 years. Above this age, women's risks of developing cervical cancer are greatly reduced. Make an appointment today at your local GP surgery if you are due for your test and tell your friends to. Smear tests can pick up cell changes long before cancer even develops so you can avoid getting cancer altogether.

Reduce your risk of cancer

Remember there is still a lot you can do to continue to reduce your risks of getting cancer and they include:

- · maintain a healthy balanced diet and
- · keep as active as you can,
- moderate your alcohol intake and,
- · if you smoke, STOP. Stopping Smoking is the single biggest thing you can do to reduce your risk.

More information

If you have any symptoms that concern you call NHS Direct 0845 4647 or see your doctor.

Services in Burngreave

Burngreave and Fir Vale Health Trainer Safina Asghar – for information about local health services. 07903 328 020. **Community Stop Smoking Worker**

Emma Msigiti. 07847 893 134

Support In Sheffield:

Cancer Support Centre 0114 226 5666.

Overcoming Breast Cancer

Story: Sarah Cooper

Naheed Shafiq was 33 when she was diagnosed with breast cancer in January this year. She told the Messenger her story.

How was your cancer diagnosed?

I got two sharp, really bad pains in my chest, I thought, 'I'm having a heart attack!' After that I found a little lump, it was so tiny, like a frozen pea. I decided to go to the doctor, and I asked for a lady doctor. She thought it could be a cyst, but said I could be referred to the hospital, or leave it for 6 weeks to see if it grew. I don't know what it was, but I said 'No, I want to be referred to the hospital"

What happened next?

They did an ultrascan and then a biopsy. 2 or 3 days later I was called in for a mammogram. Then we went to talk to the consultant about the results. She just came out with it, 'I'm afraid it's cancer.'

My husband shot up with the shock. Even though I was shocked, I was numb for a while trying to take it in. When I told my Mum and Dad they were upset, they started panicking a bit. But they said, 'Don't worry, they've got treatment nowadays, you've got to be brave.' It was really hard for my husband though.

What was it like having treatment?

I had the first surgery done and they removed the lump. It was really hard afterwards, I felt weak and it was painful. I had a lot of phone calls from friends! I was so touched by how many people came round to see me. I've never had so many flowers and chocolates in my whole life! I felt so loved, I don't think I could have come through without all those people coming round, reassuring me.

I went back to the hospital for chemotherapy, I felt so horrible for days afterwards. After the second dose my hair started falling out. That week was so difficult. It was on my clothes, in the carpet, going in my food. So I cut it short which was a relief, and I started wearing a scarf.

Then I went back for more surgery. The good news was, the cancer hadn't spread in the breast. So then I started 40 sessions of radiotherapy. I finished in the first week of October. I was so relieved that is was over and done with! The doctors said everything seemed to have gone really well. I'll go back in December to have a mammogram again just to check everything's ok.

I've gone back to normal, taking the kids to school, to football. I'm myself again, but I do get really tired. I've enrolled for a few courses. I'm doing GCSE English and a Health and Social care course. And I'm doing breast care awareness training, telling my story. I've done a little talk at the Fir Vale advice centre.

What would you tell people about breast care awareness?

You have to take action and take it seriously. It's really important that you do check yourself. We've got the best hospitals here in Sheffield, we've got the facilities, the only thing is yourself, you have to be aware and push yourself to act.

People think it's embarrassing, but it's not. And it's not the end of the world if you've got breast cancer.

Introduction to Community Development and Health course



Develop the skills and confidence to make a positive difference in your community

Meet the tutors and past participants at the taster session Thurs 20th January 9.30am - 12.30pm

The full course is for 15 weeks and will start on **Thurs 3rd February 9.30am – 2.30pm**

Yemeni Community Association Fir Vale Centre, Earl Marshal Road, Sheffield S4 8LA

Free childcare is provided for participants' children aged 6 months or above, but must be booked beforehand.

To book a place, childcare or find out more, please call Rashida Hassanali on 07773 583 699 or Mai Mustaphanin on 305 1352

EVERYONE WELCOME

Residents gain skills to help their community

Mohammad Faraj and his wife both worked as nurses in Iraq before coming to this country four years ago. After volunteering for the Kurdish Community Centre and ASSIST, the *Introduction to Community Development and Health* course was recommended as a way of learning more about the local community.



Mohammed was nervous about attending the course as he felt his English wasn't good enough, but soon found that he was enjoying the experience. He said, "It was hard work, it was one day a week and homework, but I would do it all again. It gave me a lot of confidence. I couldn't understand why others in the Kurdish community weren't attending too."

During the course Mohammed completed a project on supporting the elderly and his wife worked on developing visual material which could be used in doctors' surgeries. Both he and his wife went on to take part in other courses including IT, health champions and social care. Mohammed hopes to study at university in the future.

With three children to care for, life is busy, but Mohammed would like to pass on what he has learned and says to others that they should take advantage of courses like this one.

The Community Development and Health course is accredited by the Open College Network, and will give you practical skills and confidence to work in the community or progress to other opportunities. Come along to the taster session to find out more.











Beacons story telling festival

Story: Colombine Neal
Photos: Neill Schofield & Colombine Neal

The Beacons Festival was not only intended to re-breathe life into Parkwood Springs, but was also a way for children to confront their fears.

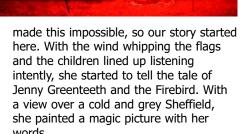
When Shonaleigh started the Beacons story telling project she asked children what their greatest fear was, and "Jenny Greenteeth" was created. Now in their fourth annual event she's gone back to the beginning of the trilogy.

This year it started out as a small gathering at the Heliport entrance of Parkwood Springs. Sheffield Council's Parks and Countryside, the Friends of Parkwood Springs, timber sculptors Handspring Design and, of course, the children from Watercliffe Meadows and St Catherine's Schools were present.



The adults huddled together drinking coffee while children ran around excitedly - until Shonaleigh put them into place. Stern, but lovingly, and with incredible voice and presence, she led us up through the woods, singing and marching along with beautifully-made paper fish, we started to get into the mood and warmed up fast.

Eventually we reached the windy peak looking out over Sheffield. Formerly this was the end of the story and the Firebird would be set alight. But bad weather



Half way through, we took another trip through the forest to a clearing. On our way we encountered beautifully crafted artefacts and a storm of props, sound and light effects. Once at our destination Shonaleigh started out with a riddle. "What can you keep, but also give?" Many answers were shouted back including 'love' and 'friendship', but what I personally thought was ingenious was a young boy who said 'knowledge'. Then she moved on to the story and a children's race of Rats and Cats. The atmosphere was perfect, as Simon Haywood played a melancholy tune on his accordion, joined by the sounds of a storm rolling in the background.

From there we moved on to the humungous figures of Jenny Greenteeth, the Firebird and its egg. Candles surrounding them were lit and, as it got darker, the feeling of magic and wonder grew. Children told us their names, what they mean and why their parents called them that.

Shonaleigh said that the whole idea of the event was to honour who you are, your identity, the sense of togetherness, inheritance and community. I heard a boy shout to his parents that he remembered sitting here four years ago on haystacks. And that's what it's all about: keeping the memories flowing and the people together.

The show was, as expected, spectacular. "Then the firebird burst from the throat of Jenny Greenteeth, leaving her mist as upon the water, which began to recede. The firebird soared over the city, singing its song and bringing hope to all those who saw it."

As she said this, fire burst from Jenny Greenteeth's mouth and lit up the surroundings. The egg started to twirl with fire shooting off in every direction as the Firebird came to life. Its wings were set alight and fireworks started shooting into the air, as if now it was truly airborne.

As the night sky lit up and you looked at the crowd, you could see the wonder in the eyes of children and adults alike. Despite a malfunctioning firework right at the end, it was an amazing and touching event. I am looking forward to next year and hope for more people to join in on this trip through a world of image and music, created by storytelling.

"What can you keep, but also give?" "A Story"

For more information about Friends of Parkwood Springs go to www.parkwood-springs.org.uk, or call 07858 758 340 to get involved.

Christmas wreath-making

Wednesday 8th December Christmas wreath-making at Parkwood Springs4pm - 6pm by the Cooks Wood Road/Shirecliffe Road entrance. Join the Rangers and Friends of Parkwood Springs for a festive afternoon on Parkwood Springs and make your own Christmas wreath. All materials provided, free! Come along and do something a bit different under cover in a festively-lit tent! All welcome!

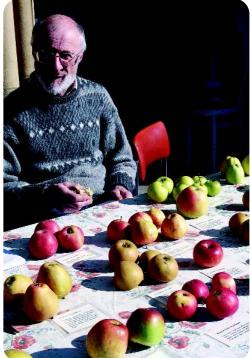


Apple Day

Story & photos: Saleema Imam

The Friends of Burngreave Cemetery celebrated national apple day on the first Sunday of One World Week 17th October. Daffodil and crocus bulbs were planted in anticipation of spring, seeds and plants were swapped and plans made by other volunteers to put up bird and bat boxes and possibly house bees.





Julan Brandran provided apple growing information and a number of his own local apples for tasting and visitors helped to pulp and juice other locally collected apples.

"I never realised how much better than shop bought, freshly made juice tasted." said one happy drinker.



Garden grown pumpkin and vegetable soup and Betty's apple pies were a welcome lunch and the Fair Trade game was won by Karim.

The cemetery will be celebrating 150 years since its opening in March 2011 with performance pieces around the cemetery, written and acted by local people and local history displays in the chapel itself.

The Friends group welcomes visitors and new volunteers every Sunday between 12 noon and 2pm.
Contact Christine on 281 6950 for further information.

Christmas at St Peter's Ellesmere

Sunday 12th December 4.30pm CHRISTINGLE SERVICE A special service for children

A special service for children Come and sing carols by candlelight

Sunday 19th December 4.30pm CAROLS BY CANDLELIGHT SERVICE All your favourites old and new, followed by mince pies and coffee

Friday 24th December 11.30pm CHRISTMAS EVE: MIDNIGHT SERVICE Over at Pitsmoor Methodist Church

Saturday 25th December 10am
CHRISTMAS DAY
Come and give thanks for the birth of Jesus

Saturday 8th January 4-6pm FAMILY PARTY FOR EPIPHANY

ALL WELCOME

ST PETER'S CHURCH, LYONS CLOSE, ELLESMERE



Pitsmoor
Citizens Advice
the charity for
your community

Annual General Meeting Friday 10th December at 3.30 pm

Ellesmere Room, Sorby House, Spital Hill, Sheffield S4 7LD.

The AGM is an opportunity to review the work of the bureau over the last year.

Guest speaker: David Blunkett MP

Theme of the meeting: the difference good advice can make and how do advice services cope with increased need during hard times when their funding is cut?

Everyone is welcome for an interesting discussion, some light refreshment and a chance to meet our staff, volunteers and trustees.

Hope to see you there!

If you would like to know more about
Pitsmoor Citizens Advice Bureau please ring Chris on
0114 275 5376

Fir Vale flood fundraiser

Following the devastating floods in Pakistan over the summer, Fir Vale school decided to raise funds for flood victims. Recognising that it will be many months or longer before emergency aid can be replaced with long term development aid, students on the School Council decided to nominate the Disasters Emergency Committee (DEC) as their charity of the year.



As part of the efforts staff, community members and their families raised almost £700 from a 10 mile sponsored walk in the Porter Valley. The Lord Mayor and school Governor Alan Law came to Endcliffe Park to give support and 'see' the walkers off.

Students raised over £750 on a non uniform day before half term, and further fund raising activities will take place throughout the year.

Paul Highfield, Leader of Learning for Global Education at Fir Vale, said, "Everyone has responded really well to the slide shows and film footage of the floods which we showed, and we are determined to carry on whilst the need is there. One of the teachers who visited us in June, described how in one area some villagers have become blind due to polluted water and said, "I'm sure you'll not let them down." We won't!

Car boot sale

Photo: Cecelia Vincent

On the 16th October Firshill School held a car boot sale in aid of victims of the Pakistan floods.

The school raised £383 for UNICEF on the day. The playground was packed with open car boots and people browsing for interesting bargains. Food and drinks were also served from the school canteen.



Families brought clothes, house hold items, toys, games and even a toilet seat to sell. Friends of Firshill filled a stall with interesting odds and ends, with the preceeds going to the appeal.

You can still make donations to Disasters Emergency Committee (DEC) through their website www.dec.org.uk or by calling 0370 6060 900.

Owler Brook supports floods

appeal

Story: Refat Mahmood, Community Links Leader, Owler Brook NI School

Owler Brook Nursery Infant School parents, carers and children were recently involved in fund raising to support victims of the recent devastating floods in Pakistan. We wanted to help those who were doing everything possible to assist them.



Over a period of a week in September everyone in our school took part in bringing coins and notes to school and placing them on a large map of Pakistan in the school hall. This realised a total of \pounds_{337} which has been donated to an organisation called 'Doctors World Wide'. They are UK doctors and medical staff who are working on a voluntary basis in Pakistan to improve conditions in local communities.



Giving is living

Story & photos: Zia Khan



Local residents from Burngreave and students from the Sheffield Hallam University came together to help the flood victims of Pakistan The SAMEEM Society held a charity dinner on the 20th October for the 20 million people affected by the floods.

The 3 course dinner meal attracted over 100 people from different backgrounds and different ages at Chamans Restaurant, Wicker. SAMEEM, a society which works on inter-faith, networking and Islamic self-realisation, managed to raise £1000 on the night. Anyone who would like to contact Sameem Hallam Society can email them at SameemHallamSociety@yahoo.co.uk.



SACMHA Emancipation Day

Black History Month and Mental Health Week was the focus of SACMHA's event at Andover street in October.

Sheffield African Caribbean Mental Health Association (SACMHA) understands that there is a strong link between feeling positive about your culture heritage and feeling mentally well.

Fifty residents, workers and service users gathered at Andover Street church. Speeches included an update from the MAAT Probe service user-led group about their campaign to change policy and culture in Sheffield Mental Health services. Those present were inspired by one service user's personal story of recovery, despite suffering discrimination, he was able to say "I am stronger than the stigma" of mental illness. The audience was also entertained by songs and stories from SADACCA women's group and Caribbean folk poems and stories from Jackie.

The event concluded with an informative mini lecture from George Ben Anthony who runs a 36 week course in African History and delivers short courses for SACMHA. He said, "Media coverage of Africa and black people is constantly negative, this can affect mental health. This course teaches people that African heritage is something to be proud of, and this can build people's confidence. We must never forget the enslavement of African people, but slavery is only a tiny part of the continent's past. Africa is where civilisation was born, and this is what we should be teaching our children."

Paul's story of recovery

The word Stigma means to be marked out as different to everyone else.

My name is Paul, I am going to tell you about my experience of stigma since being diagnosed with a mental illness and what has happened to my life.

In 1993 I was 26 years old. I left college and went to work in a food preparation business in Mosborough, there were only a couple of other Black members of staff. At the time I was saving for a deposit on a house and I was in a relationship.

Because I was a Rasta I suffered discrimination, in my opinion this was one of the issues that led to me having mental health problems.

It was difficult for me to accept that I had a mental health problem and life was not going to be the same anymore. As soon as people hear that you have been to a mental hospital they presume that you are not going to act sensibly, that is why I sometimes find it difficult to communicate with people. But what happened to me can happen to anyone.

Its difficult to make people understand what happened, because its not like having a cold or breaking your leg. Mental illness shattered my life.

I refuse to let stigma hold me back anymore. Two months ago I bought a new car and now I'm going clubbing with my friends again. I feel my confidence is coming back I feel able to form a relationship.

I am stronger than stigma!

Men's health day

Story: Vivien Urwodhi

On Thursday the 4th November, the Vestry Hall hosted an event to advise and support men on how to improve their health. About 400 men from Yemeni, Somali and other backgrounds were eager to hear the announcements about living healthier lives.

During the event, attendees were advised how diseases may affect them if they don't eat the food their body requires. I spoke to a health adviser who said that staying healthy is not just about doing exercise or eating five fruit and vegetables per day but is also about respecting a daily routine of eating healthy food.

I have also spoken to one of the African health centre advisers about HIV and AIDS; he said there are about 700 people affected with HIV in Sheffield. He explained that, once diagnosed, people can receive medication and other treatment that enables them to live longer and healthier lives. He also gave examples of some of the poorest countries, which can not afford to maintain the health of the population because of the lack of medication, nutrition and other issues.

There were also other organisations, which provide vouchers for milk, fruit and vegetable for children under 2 years old. And there



were free gym packs for smokers over 16 years old who are aiming to quit smoking.

Health Trainer Co-ordinator, Aziz Muthana, said that the event took place because Burngreave has the highest rate of disease in Sheffield. He explained that a key message was to eat healthier: not only can it save people money, it can be beneficial, especially since, as people get older, it decreases the risk of suffering from high blood pressure, heart attacks and other diseases.

Men enjoyed a healthy lunch and a free massage and were able to get advice on many health issues.

'Couch Surfing' in Brazil

Story: John Mellor

Magid Mah, a Somalian resident from Burngreave who climbed Mount Kilimanjaro last year (see Burngreave Messenger, December 2009) had another exciting and ground-breaking expedition over the summer, this time to Brazil and the Amazon.

He completed his first year studying Aquatic Zoology at Hull University in June (gaining a 'first' in the year-end exams) then took an unexpected three-month trip to Brazil, a country he had been keen to visit for some time. With insufficient funds, he discovered an ingenious way around the problem. Magid told me,

"I checked the couchsurfing.com website and found several contacts in Brazil willing to give free hospitality to visitors. 'Couch-Surfing' is a volunteer-based worldwide network connecting travellers with members of local communities who offer free accommodation.

"It's not only a cheap way of travelling around the world but also gives much greater contact with local people and communities than you get by staying in hotels. I've invited people to stay with me and have recently hosted a tennis player from Poland."

Magid was in Brazil during the World Cup in South Africa:

"Brazilians go crazy over football; everyone was wearing Brazil jerseys and everything came to a standstill. But even though they lost to Holland, everyone was still happy!

"I stayed in a favela near Rio de Janeiro for a lot of the time. Favelas are shanty towns run by drugs lords; everyone carries guns but things are generally peaceful except when the police pay a visit and shooting starts - fortunately this happens only very occasionally. I felt quite safe and there was never any stealing. People left their doors open when they went out.

"The drugs lords put a lot into the community and provide services which would normally be the responsibility of government or local authorities, including a drama school to train actors, with regular talent shows. The drug lords were some of the best people I met; they invited me to their houses to meet their families and were really nice people to talk to.

"Whilst there, I taught English and soon learned to speak Portuguese, the national language. I set up a small video project with local children about the World Cup and did some training in Brazilian jujitsu."



From there, Magid took a 6-hour flight to Belem, 'the city of mangoes', and he began to realise how vast the country is.

"It's the largest country in South America, in two time zones with 27 different states and is not much smaller than the USA. From Belem I travelled for 36 hours by bus to Altamera in the Amazon valley, then 10 hours by canoe to remote communities on the Xingu River, a tributary to the Amazon.

"I stayed for a week with a small tribe of about 70 people who welcomed me with open arms and were amazed to meet someone from Somalia living in Sheffield! I was taught how to fish by a 6-year-old boy, despite not knowing the language and they didn't speak Portuguese. They had a very relaxed, easy-going lifestyle and were self-sufficient in crops and animals. I received generous hospitality from the tribal chief who then took me on a 5-hour canoe trip to a neighbouring tribe of Kayapo Indians where I received an equally warm welcome and learned about their local customs. Two-thirds of Brazil is covered by dense forests and one of my hosts took me on a 4-day tree climbing expedition, living and camping in the trees.

"Without couch surfing I wouldn't have seen as much of Brazil as I did or met as many people. I really got to know the real Brazil, staying with a millionaire as well as with very poor people. I took a risk by travelling to Brazil with very little money but it all worked out very well and it was an amazing experience - the best 3 months I've ever had."

Magid is now back at University in the 2nd year of the Aquatic Zoology degree. I look forward to hearing about his next adventure!

Ironman Dave Hall

Dave Hall, senior learning mentor at Byron Wood School, completed the Ironman triathlon in Switzerland in July. Dave tells his story...

On Sunday 25th July I completed the Ironman Triathlon in Switzerland. I swam 3800m, cycled 180km and ran 42km, all in 15hrs 34mins. It still has not really sunk in yet - I am not sure it ever will.

One of the catchphrases of Ironman is "Swim 2.4 miles, cycle 112 miles, run 26.2 miles, brag the rest of your life." Ha ha ha! I am not keen on bragging. "Completing the Ironman has made me walk a little taller - it's good for the confidence. But it's hard training for and racing the Ironman, especially in the winter.

Friends and family have said it is a massive achievement. The children at school have asked me a lot about it. During the last

school year, I did a few presentations around school promoting healthy lifestyle and what I do to keep fit. That was really good fun and I hope the children too will get a fitness/active lifestyle habit.

I want to try and get more children into sport and to stay in it. I and my colleague Nic Cassin want to run a cross-country club and hopefully we can sow the seeds for a lifelong attachment to sport/fitness, like what happened to me. Byron wood has a varied program of after-school activities. There is something pretty much every day of the week. It is a really exciting time at

Byron wood and we have had a good Ofsted inspection.

I also get to spend more time with my girlfriend. Without her support and patience and listening to the fretting and worrying, I doubt I would have got through the year.





Creena retires from Pitsmoor Surgery

Story: Ashley Scrace

She's been a central figure in the community for decades as practice secretary; keeping patient referrals, records and helping Pitsmoor Surgery run smoothly.

But after 33½ years of loyal service in Pitsmoor Surgery's office, 62-year-old Creena Cassin says goodbye to the computer, pens, papers and patients as she retires to her family home.

Starting at the surgery under the wings of Dr Kershaw, Dr Stark and Dr Tyson,

Creena explains just how different the surgery was in the seventies. At that time it was based next door in one half of what is now the dentists.

"When I started it was nothing like it is today. I had to write out all the patient referrals and letters on a big black typewrite. And it was extremely busy. People would have to cram in the hallway and wait on the stairs because the waiting room was so small.

"But I enjoyed going to work. Everyone there was friendly and you knew everybody, especially when you lived in the area all your life."

Creena's family had lived in the area for many years and before starting work at the surgery they lived right next door. In the eighties the surgery evolved, it swiftly outgrew its premises and the modern surgery was built on empty land nearby.

"When we first moved into the new building it was quite pioneering. It kept getting extended and it got bigger, turning it into a business really. It became a medical centre dealing with a whole range of health social and welfare issues which meant more staff and more work. There was hardly time for a little chat as the pressure increased. But it was still enjoyable."

Now the longest serving employee at the surgery, Creena realises just what an excellent training ground the surgery is particularly for new GP Registrars. Creena hopes that people will recognise just how hard she and all her colleagues work to keep the surgery running.

"At the end of the day we are the cogs in the wheel but without us it would not work. I believe everyone at the surgery deserve some recognition, especially as they keep things going in the recession."

After contracting breast cancer, Creena decided it was time to call it a day.

"I had been working all of my life and I had really enjoyed it. But after my illness I thought maybe it would be a good idea to call it a day. But during my time there I never considered doing anything else."

So now what for Creena? Dedicated to work as usual, Creena plans to relax a little but wants to keep giving something to the community.

"I love children in general. My son Nic works at Byron Wood School and I may consider in the future going into a school to just help the kids.

"The surgery has been a big part of my life and I am grateful for all the help and support from everyone at the surgery and in the community, but now I think I deserve the rest and time out to do what I want to do when I want to do it. I do miss everyone dearly and I just want to say thanks to everyone I've worked with and the patients who know me."

Martin Bennett honoured

Story & photo: Michelle Cook

We heard back in June that Martin Bennett, managing director of Associated Chemists (Wicker) Ltd had been awarded an MBE in the Queen's Birthday Honours list for "services to pharmacy". We spoke to Martin about his award.

"This is a great honour for me personally, but it should also be seen as recognition for the team at The Wicker Pharmacy and The Wicker Mobility Shop as centres of excellence."

The Wicker Pharmacy is part of Sheffield's history, it is a real landmark, made famous by the urban myth that it never closes, coming from the fact that up until a few years ago it was the only chemist in Sheffield open at night and on Christmas Day.



The Company was formed in 1951 and the pharmacy opened in January 1952. It was the first example of a 'consortium owned' pharmacy, with almost all Sheffield's independent pharmacists owning shares. Martin joined in 1973 and has led a series of changes over the years, including computer labelling and a number of clinics for smoking cessation, contraception and weight management.

Martin was instrumental in setting up the pioneering Coordinated Pharmacy Services for Drug Users in Sheffield, which was adopted in many other areas after Sheffield's success. Future plans include the setting up of a weblinked service to work with GPs on minor ailments.

Five years ago, faced with a compulsory purchase order relating to the new ring road, the company relocated sideways investing over £1m in an award winning state-of-the-art design which includes a robotic dispensing unit. Shortly after the work was completed came the 2007 flood causing major problems, but the pharmacy remained open and the damage was repaired.

Martin was awarded the Royal Pharmaceutical Society's Silver Medal in 2004 and received the Community Pharmacist of the Year award in 2006. He has recently celebrated his 63rd birthday but has no plans for retirement. He went on to say,

"Despite the recession, we are working hard to provide even better services for our patients and I'm looking forward to the Wicker Pharmacy and Mobility Shop continuing to be at the leading edge of developments. It's an exciting time."



A new home for old books

Story: Christina White

Winnie Bentley has been the custodian for many years of two books detailing the members and minutes of the Abbeyfield Bowling Club dating from 1913. They have now found a new home in the Local Studies Library where they will be available for future generations to read.

History of bowling

Bowls were first played in this country as far back as the 12th Century and Sheffield's 13th Century Castle had a bowling green at its centre. Probably the first bowling green in this area was Pitsmoor Bowling Club, founded in 1857 and situated at the top of Roe Lane.

As bowling became more popular, the "General Purposes and Parks Committee" recommended in 1905 that Bowling Greens be provided in the Hillsborough, High Hazels, Meersbrook and Firth Parks, at a cost of £800.

Abbeyfield Park Bowling Club

Abbeyfield Park Bowling Club was founded on 3rd July 1913 at a meeting held in Abbeyfield House. The Club was for men only and had fifty-nine members. They held knock-out competitions with the club funds offering prizes of up to 15 shillings. Eventually the members started playing friendly matches with other clubs, which led to them joining the Parks League. The ladies team was founded in the thirties.

Extracts from the book June 1916

"With regards to providing tea for members from Stocksbridge, I went to the Town Hall to see Mr Partington if we could have a room in Abbeyfield House but he told me there was not the slightest possible chance as there had been so much agitation from various sources as to the use of the house... It was afterwards proposed that Mr Rotherham, the proprietor of the Bay Horse, be approached to see if he can supply our Stocksbridge friends with a good and

July 1916

"That wounded soldiers at Firshill be invited to play on the green, any afternoon from 2-7 pm... that the soldiers be allowed to play free."

October 1961

"Congratulations Mrs Clarke on her achievements in 1961, having won the Telegraph Cup and the Bank Holiday Merits and bringing the honours to Abbeyfield Club."

Family history

Andrew Wright, who now lives in Hungary, visited this summer, and was delighted to find his relative was a founder member. He knew his grandfather lived at 1, Shirecliffe Lane, which was the Post Office in 1911. Sure enough, he found E Farnsworth, Pitsmoor Post Office in the book. Why not go to the Local Studies Library in the Central Library and see if one of your ancestors was a founder member.

Local History class

The Messenger runs a local history class once a month at a local venue.

We look at old maps, newspapers, directories and often use the internet and the library to help our research

The group is friendly and enthusiastic, and would welcome new members.

Call the Messenger to find out more on 242 0564.

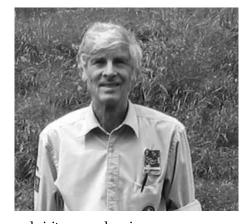
A life long Scout

Long serving scout leader Jim Gilbert retires this month from the 76th Scout Group, who meet at the Cornerstone Ellesmere.

Jim, who turns 70 in January, has been in the scout movement since the age of 8. He took on an assistant leadership role in April 1960, and has been the group leader at Ellesmere since 1982.

Now working along side 3 other scout leaders, Jims role has been as much on the admin side as the activities, but the kids look forward to his sessions because they are so much fun – ranging from making water powered rockets, to swimming and climbing as well as gaining the all important badges.

A string of awards have been given to Jim because of his long service, and he has be instrumental in raising funds and keeping the group going. He will be missed by everyone but has promised to come back



and visit now and again.

reasonable tea."

Jim's last session will be on 17th December at 7.30pm, anyone who has been involved in the 76th Scouts over the years is welcome to come along on the night.

76th Scout is open to boys and girls aged 10 $\frac{1}{2}$ to 14 $\frac{1}{2}$. Come along any Friday 7.30-9.30pm, Cornerstone building Carwood Road, to find out more.





Rainbow's End reward

Story: Firas Najah

Rainbows End was a give a donation of just over £1300 from a Sale of Plants organised at All Saints Ladies Group in Ecclesall.

We decided to use some of this money to thank our volunteers. Here's what they said about the trip to Scarborough:

"It was a beautiful warm day and we spent a wonderful time there. We took a lot of pictures and I ate fish and chips of course!

"We went to a lovely place last month on an interesting date 10.10.10 (10th October 2010)"

"I remember how cold the sea was when we paddled in it!"

"I think this trip makes us work harder and it makes the relationship between all the volunteers stronger and we know each other better."

All in all I am looking forward and hoping we could have another fantastic trip with great people like Rainbow's End volunteers.

Future events at Rainbows End

2nd Anniversary: Saturday 4th December 10.30am- 4.00pm

Antique and Collectors Event with free refreshments-Saturday 11th December 11.00am - 3.00pm Meet the Real Father Christmas with free gifts for children.

For more information contact Yvonne Hayes on 07954 149 297 or e-mail flossy_48@hotmail.com.



1940's night

Story & photos: John Mellor

A lively and enjoyable family evening was held at St Peter's Ellesmere as part of its 30th anniversary celebrations. It took the form of a family "40's Night", attended by nearly 80 people of all ages between 1 and 96.

The comperes for the evening were Ian and Sheilagh Hartley of GI Jive in Brooklands, Manchester.

They are professional dance teachers and both performed themselves and taught us the Okey Kokey, St Bernard's Waltz, Lindy Hop, Style Jive and other 1940's dances with great enthusiasm. Young and old joined in together and there were also topical games for the children, such as "pin the roundel on the Spitfire" and "pass the parcel".

After all this exercise everyone had a healthy appetite for the food which followed. Each person was issued with a replica war-time 'ration book' for the meal which reflected food available in the 1940s. There was an appetising homemade meat and potato pie with mushy peas and gravy followed by jelly and ice cream.

Guests had the option of turning up in 1940's style clothing and there were



some imaginative creations which were entered into a competition, judged by Ian and Sheilagh.

Archive posters ('From the Home Front') on the walls reflected the seriousness of the war-time threat to the country with captions such as 'Join the ATS (Auxilliary Territorial Service)', 'Auxilliary Firemen Wanted' . 'ARP (Air Raid Protection) – Serve to Save', 'Use spades not ships – grow your own food'.

Ann Gilbert (96) lived in Lyons Street in 1940 when a bomb landed near her house but failed to explode. Commenting on the 1940's event, she said, "It was a wonderful evening and brought back many memories".

Friends of Firshill School

Firshill School Winter Fayre will be taking place on Thursday 9th December from 2.30 - 4.00. Table Top Sale, Children's Games and Café.

If you would like to book a stall please contact the school office on 242 0109. £10 per stall (£6 for charities).



Burngreave public meeting

Tuesday 30th November 5-7pm, Shirecliffe Community Centre

You local councillors hold regular public meetings for residents to raise local concerns and to ask questions on issues that matter to them. The next Burngreave meeting on 30th November will include

- A presentation from Activity Sheffield about what activities they are providing to help local people keep fit, and to tell us if there are any gaps
- Information from the police about current issues such as crime and anti-social behaviour and how you can feed into the work that they do in the area
- A discussion with Pam Horner from the SYPTE where you can feed in any issues about local buses

Activity Sheffield support Tigers' success

On Thursday 28th October Activity Sheffield held its latest Sport in the Community competition. Clubs from across the City competed in Netball and Tag Rugby competitions. Burngreave Tigers got back to winning ways and came back home with the trophy, which they have now won 6 times in the last 8 competitions!

Sport in the Community is a fantastic opportunity for young people to participate in quality coaching sessions. Each half term there is a different focus sport and in the school holidays all the teams from across the city get together for a competition.

The club is always looking for new members and is open to boys and girls in years 5 and 6. The clubs weekly training session is:

Every Saturday at Fir Vale Sport Centre 10.00 - 11.30am

For more information please contact Activity Sheffield 0114 273 4266

To hear more of the activities that Activity Sheffield are providing for young and old in the area, come along to the Burngreave Ward meeting.



Local bus issues

Residents have raised their concerns about a number of bus services with local Councillors. In particular:

- The reduction in service to Shirecliffe with changes to the number 7 and 33
- The importance of the estate buses including the number 5 and M20

SYPTE can raise your concerns to bus companies. They can also look at providing small extra services where there are are real gaps.

The Burngreave ward meeting will be a chance to tell SYPTE what you think is wrong, or right, with the local bus services

Burngreave Ward meeting, Tuesday 30th November, Shirecliffe Community Centre, 349 Shirecliffe Road, S5 8XJ from 5-7pm

Local events in December

This year the
Community
Assembly are
funding events
across the area
for our
WINTERFEST,
working with
volunteers and
community
groups to
provide winter
festivals in
December:



- 7th December at Grimesthorpe Community Park - 'Lantern procession at 4.30pm, Switch on at Christmas tree in Grimesthorpe Community Gardens, Wincobank Lane at 5pm
- 9th December the big one at Firth Park - Firth Park Christmas Festival – fun for all from 3pm – lantern parade, music, bands, choirs, Santa, stalls, funfair, festive refreshments - Rt Hon David Blunkett and the Lord Mayor will switch on the lights and set off the fireworks at 5.30pm
- 10th December at Shirecliffe
 Community Centre choirs, carols,
 face painting, magician, juggling,
 Santa's grotto from 3pm Christmas show in the evening
- 13th December Wincobank -Lantern parade from St Thomas' Church at 6.30pm, carols around the tree at Barrow Road at 6.45pm, festive refreshments at the church from 7pm

News blog: www.sheffield.gov.uk/northeastnews

Councillor Surgery Dates

11th December: Jackie Drayton, 11am–12pm Burngreave Library, 12.15pm–1pm Firshill TARA

16th December: Ibrar Hussain, 2pm –3pm Pakistan Advice Centre

21st December: Talib Hussain, 11am–12pm Shirecliffe Community Centre, 12.15pm–1pm Norwood and Bishopholme TARA 8th January: Ibrar Hussain, 11am–12pm Burngreave Library, 12.15pm–1pm Firshill TARA

18th January: Talib Hussain, 11am–12pm Shirecliffe Community Centre, 12.15pm–1pm Norwood and Bishopholme TARA

20th January: Jackie Drayton, 2pm –3pm Pakistan Advice Centre

22nd January: Jackie Drayton, 11am–12pm Burngreave Library



Your local councillors Jackie Drayton, Ibrar Hussain and Talib Hussain.

jackie.drayton@sheffield.gov.uk ibrar.hussain@sheffield.gov.uk talib.hussain@sheffield.gov.uk



Significant challenges

New Deal is facing significant challenges to its future as an organisation. As we always knew, our Programme ends in March 2011. We have been unable to secure approval to a Succession Strategy from Government as we had hoped and need to look at alternative options.

The Partnership Board is working closely with Sheffield City Council & Government Office/ the Department for Communities and Local Government to develop a way forward that provides ongoing benefits to Burngreave. Difficult choices are going to have to be made in the next few weeks and months, not least some important decisions on the future of our buildings. .

As outlined at the public meeting, Vestry Hall is held on a lease from Sheffield City Council. We are exploring options with the Council for this building and are keen to see whether the building's role as a community facility can be developed in the future.

Forum House is now on the open market for sale as it is surplus to New Deal requirements and expensive for us to maintain.

The issues around Sorby House are very complex. The building currently operates at a loss which is not sustainable to New Deal even if significant efficiency savings are made. At the moment, options available to the Board include selling Sorby House or seeking to operate it with support from other sources. We have discussed the position with current tenants of Sorby.

While the buildings are important, they are part of a wider set of issues that the Board has to deal with in the months ahead. Partnership Board Members are responsible for ultimate decisions about the Programme and organisation. However, the Council, as the Accountable Body for the Programme plays an important role in supporting and advising the Board on a viable way forward. The Partnership Board remains focussed on ensuring that the choices made provide the best possible alternatives for the residents of Burngreave and ensuring that there are lasting benefits from the valuable work which the Programme has delivered to the area over the last 10 years.

Sorby House focus

It has been an eventful few months here at Sorby House, but as we said goodbye to a few faces, so we have said hello to some new ones.



Here at Sorby, our dedicated events team work tirelessly to organise and host events that reflect the quality of facilities that Sorby House affords. Through their efforts we have not only been able to encourage a range of agencies into the building, including Sheffield LINK, the Police and the NHS, but we have received fantastic feedback. Sheffield LINK, who held their Care Homes Action Group in the Sorby Suite on November 4, said: "We were provided with a fantastic service and the buffet was perfect for the event."

Continuing our work offering an unparalleled service to the community, the Ellesmere Suite was used as a studio for a BBC radio Sheffield programme on gang culture. Bringing together a range of agencies and offering the community an opportunity to speak to key figures about their hopes and fears the show, 'On a Knife Edge' was aired on November 5.

Through our increased profile in the city and business community we have welcomed two further organisations into the building: Refugee Support and BCAF (Burngreave Community Action Forum).

Not only does their presence at Sorby House offer us the chance to help nurture a business through this unpredictable economic time, thanks to our low rates and excellent facilities, but we are also able to offer Burngreave essential services in the heart of the community.

We spoke to Rosalind Hill from Refugee Support, part of the Metropolitan Support Trust, who is thrilled to be located at Sorby House and able to offer her clients the premier facilities that aren't always associated with the voluntary sector.

Rosalind Hill said: "Businesses need to provide staff and service users with modern, healthy and safe facilities."

She suggests that although Sorby House may have a corporate look, you should not judge the building by its shiny cover.

"The outside may be shiny and new. but the inside provides an extremely welcoming environment. A service user commented on how well he knew the building because of its unique look; I think it is something Sheffield does well and Sorby House is positioned well in Burngreave. It has a presence."

Yvonne Hayes, manager of Rainbow's End, one of the shops along the front of Sorby House, supports Rosalind as she mentions what the building means to her and those that volunteer in her shop.

Yvonne said: "As a charity shop our passion is to help the people that come here to build friendships and raise funds for Burngreave. It is an absolutely fantastic location as we are on great bus routes in and out of the city, we are seen by passers-by and people feel safe coming into the shop. The space is also perfect for the free hospitality we like to offer."



The community champion realises that Sorby House may leave people puzzled as to its purpose.

"People are always walking past this building and no doubt questioning what goes on inside it but we offer volunteering opportunities from a diverse faith and multicultural background from all over the world - we don't have to go to the world, the world is here in our shop!

"This building was a derelict place for a long time before BNDfC got involved, and we now have a real asset for all the community."

Hidden past of Burngreave Rec

Story: Elizabeth Shaw Image: Keith Farnsworth

With the funding confirmed to improve Burngreave Recreation Ground, I decided to have a look at the history of the area.

Although aware of the adventure playground by the cemetery gates, I had not realised that there was more land beyond. Walking along the paths was a pleasant surprise —at the top of the hill, there are extensive views across the Don Valley in one direction and turning round looking beyond Parkwood Springs across open countryside.

A gift

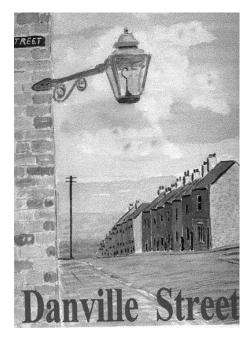
A visit to the Local Studies Library revealed that, in 1887, the Duke of Norfolk gave land to the town for the purpose of Recreation Grounds at Burngreave and Nottingham Street, to commemorate the Royal Jubilee. The original site at Burngreave was 3 acres and 3roods (3.75 acres). An old Ordnance Survey Map of 1903 shows the Recreation Ground as bounded by Burngreave Bank, Catherine Road and Danville Street. Danville Street no longer exists and the Recreation Ground now extends over where it used to be.

The lost street

Danville Street ran from Grimesthorpe Road up towards the cemetery, parallel with Earldom Road. Most of the houses were back-to-back on both sides of the street giving way to terraced housing at the top end. Whilst the old map shows lots of back-to-back housing on the other side of Ellesmere Road going towards Gower Street, there are no more back-tobacks shown around Danville Street.

A sale plan, dated May 28 1918, shows that Duncan Gilmour & Co Ltd auctioned off properties in the area. Lot 3 comprised of, 'Sales shop and dwelling house 61 Grimesthorpe Road and 1 Danville Street, formerly Danville Hotel. House no. 59 Grimesthorpe Road and 10 houses numbered 3,5,7,9, 11 Danville Street, 6,7,8,9, and 10 in courts 1 Danville Street with yard and WCs. Gross annual rental £152 15s od.'

In 1972 there were only 13 properties listed. These would have been at the top on what is now part of the Recreation Ground. Courts 2, 4, 6,8,10, 12, 11 & 13 were still listed in 1957. By 1959 only Courts 11 and 13 appear to be left and



these finally went somewhere between 1963-65.

A study of the 1891 Census shows 479 people living on Danville Street, with a further 292 people living in the 9 Courts behind. More than half were born in Sheffield; some came from towns in neighbouring counties – Boston, Matlock, and Leeds. Blacksmith Joseph Godley was born in Sheffield but his wife was born in Cincinnati, USA, and 27-year-old Mr Johnson, a bricklayer's labourer, seems to have moved around a bit: he was born in Kettering, his wife in Hepworth and their two sons in Cardiff.

Back to back

Back-to-back houses were usually one room up and one room downstairs; those on Danville Street may have had an attic and cellar as well but, even if they did, there would still not be much room for a family and little chance of privacy within the home.

One property on Danville Street was home to 54 year old William Wootton, a coal miner, and his wife; 25 year old son - also a coal miner; 23 year old daughter - domestic servant; 16 year old son wire flattener; a grandson aged 6 months plus lodger - 34-year-old John Brown also a coal miner. Where did they all sleep? There were three men in the household working as coal miners, a very dirty job. Where would they wash after a shift down the mine? I am sure that most of us in this day and age would find living in such close proximity would be difficult enough without the further strain of taking in lodgers!

Work to refurbish Burngreave Rec is due to begin after Christmas. Contact Amie Rowland on 273 6952 for information.

School for vegetables



Green City Action has won Lottery funding for its "School for Vegetables" project.

The project aims to provide training and support for people wanting to grow their own food. It plans to engage with local schools to use the School for Vegetables site, at Grimesthorpe Allotments, as a learning resource and outdoor classroom. It will also assist schools create their own vegetable gardens.

A Project Worker will work with the schools and link the growing of vegetables with the national curriculum. Local volunteers, residents and community organisations can also expect to learn new skills in horticulture.

Rob Bullock, project worker and local resident said,

"The School for Vegetables Project will provide a fantastic opportunity for local people and children to learn about growing fruit and vegetables and developing healthy lifestyles"



Another of Green City Action's projects the garden share scheme - aims to match up potential committed, enthusiastic growers with local householders who want to see their gardens being used more productively.

For further information please contact Green City Action on 0114 244 0353.

Pitsmoor Dental Health Centre Wholistic Dental Care

Dr Alan Moffatt Dr K M Ackom-Mensah

139 Burngreave Road, Sheffield S3 9DL Tel: 0114 272 3076 Fax: 275 0963

Mobile: 07831 116 340





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Our one day taster course aims to provide an introduction to the work of a community interpreter and raise awareness of volunteering and progression opportunities.

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GET YOUR FREE





The health check aims to help you lower your risk of developing four common but often preventable diseases:

heart disease, stroke, diabetes and kidney disease. It is for adults who have not already been diagnosed with any one of these four conditions.

Each consultation will include:

- · Height, weight & BMI check
- · Blood pressure check
- · Instant blood glucose testing
- Instant cholesterol testing
- · Lifestyle advice
- Smoking cessation advice
- · Weight management advice

Free NHS health checks will be available at the Yemeni Community Association, 2nd Floor, Firvale Building, Earl Marshall Road

Monday 6th December between 10:00am and 1:00pm Monday 13th December between 10:00am and 1:00pm

For further information please contact Anesa Shaibi on 0114 256 0933 or ashaibi@ycasheffield.co.uk

The whole process will take approximately 15 minutes and you will get an instant result!



The Burngreave health checks are provided by medicare Sheffield City GP Health Centre, Rockingham House. 75 Broad Lane, Sheffield, S1 3PB



www.walkinwhenyouneedsus.com Tel: 0114 241 2700 NHS healthcare available to everyone. Open every day of the year, 8am to 8pm.

Adult Learning Guide

for the North East Community Assembly Area

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All the information you need is on

www.ne-adultlearning.org.uk

Burngreave, Fir Vale, Brightside, Shiregreen, Firth Park, Wincobank, Southey, Longley, Parson Cross and Fox Hill.

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To find out more about the website contact Tony Tingle on 242 0564









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