

Burngreave Health Bulletin October - December 2014

This bulletin is a guide to health activities taking place in and around Burngreave and Fir Vale.

We aim for the information to be as accurate as possible, but please contact individual providers to confirm the activity is taking place.

The Burngreave Health Bulletin is published quarterly on behalf of the **Burngreave Health Network**, contact the Burngreave Messenger to include information, 242 0564, lisa@burngreavemessenger.org

Exercise

Women's Cycling

Learn to ride or practice and improve your skills.

When: Once per week, Fridays, 9.00 - 10.30am

Where: Abbeyfield Park

How to take part: Referral and open access

Cost: Free

Contact: Pedal Ready with queries on:

0114 241 2775 otherwise just turn up

Feeling Good on Verdon Street – Exercise for Women

Where: Verdon Recreation Centre, Verdon Street

When: Every Wednesday term time only

9.30 - 10.30am - Badminton

10.00am - 12.00pm - Coffee/ other exercise

How to take part: Women only

Cost: Badminton £1, other activities are free

Contact: Aislinn Adams on 07432 805 847

or email: aislinn.adams@tiscali.co.uk

Funded by The People's Health Trust

Women only exercise

When: Mondays, 1.30 - 2.30pm

Starting 29th September for 8 weeks

Where: Verdon Recreation Centre, Verdon Street

How to take part: Women only. Places are limited

Cost: Free

Contact: Text Somshun Nessa on 07960 084 119

or email: somshun.nessa@soarcommunity.org.uk

to book a place

Zumba for women

When: Tuesdays, 6.30 - 7.30pm

Restarting 23rd September

Where: Verdon Recreation Centre, Verdon Street

How to take part: Just turn up. New participants welcome

Cost: £3

Contact: Somshun Nessa on 07960 084 119 or

email: somshun.nessa@soarcommunity.org.uk

or Shahina on 07909 598 018

Zumba for women

When: Thursdays, 6.00 - 7.00pm

Where: Shirecliffe Community Centre

How to take part: Just turn up. New participants welcome

Cost: £3

Contact: Shahina on 07909 598 018

Pitsmoor Health Walk

Walk starts at Pitsmoor Surgery, lasts no longer than one hour and is at your own pace, followed by refreshments at Abbeyfield Park House. This is a gentle way to improve your health, have fun and meet new people in your local environment.

When: Every Tuesday, starting at 1.30pm

Where: Pitsmoor Surgery, 151 Burngreave Road

Cost: Free

Contact: Val Ellis on 0114 276 2644

or email: val.ellis@nhs.net

Women Only Walk

An open walk aimed at women of all ages to get out and get moving with the opportunity for a chat and a cup of tea at the end of each walk.

When: Mondays, 9.00 - 11.00am. Once per week

Where: Outside Byron Wood Primary School, Earldom Road

How to take part: No referral needed. Women only

Cost: Free

Contact: Activity Sheffield on 0114 273 4266 or

email: activity.sheffield@sheffield.gov.uk

Crabtree Ponds maintenance days

Lend a hand at your local nature reserve.

When: Mondays 6th October, 3rd November, 1st December, 9.30am - 12.00pm

Where: Crabtree Ponds, Barnsley Road

How to take part: Turn up for as long or as short as you want

Cost: Free

Contact: Sarah Sidgwick on 0114 263 4335 or

email: nature.reserves@wildsheffield.com

Mental well-being & social activities

SAGE Greenfingers

Social and horticultural therapy for people experiencing mental health difficulties.

When: Mondays (women only), Tuesdays and Wednesdays (SDS funded only), Thursdays. All groups run from 11.00am - 2.00pm

How often: We encourage people to attend one group per week, e.g. every Monday or every Tuesday. There is no time limit on attendance

Where: SAGE Greenfingers Allotments, Grimesthorpe allotments

How to take part: Referral via GP or other health care worker, however, initial contact by the service user is welcome

Cost: No cost to service user for Monday, Tuesday and Thursday groups whilst our funding lasts; Wednesday group funded via the service user's SDS personal budget

Contact: Louisa Bruce on 0114 274 3651

SAGE Greenfingers are looking for volunteers to support Monday and Thursday sessions (Women only on Mondays). Contact Emma Msigiti on 0114 274 3651

Multicultural Craft Session

When: Times and dates to be confirmed

Where: Pakistan Advice and Community Association, 127 Page Hall Road

How to take part: Contact the centre for information

Contact: Pakistan Advice and Community Association on 0114 261 9130

Discover Sheffield with Kate Thomas

A women only initiative to get you out and about in Sheffield on public transport. Discover the natural beauty of Sheffield with your guide Kate Thomas. Make new friends, improve your English and your health through walking. Previous trips included, Chatsworth House, Botanical Gardens & Forge Dam.

When: 3 times per month

Where: Meet at local primary schools

How to take part: Contact the number below for new dates

Cost: Bring your own bus fare

Contact: Smaira Sadique at Byron Wood Primary 0114 272 3624

Dressmaking - Class for women only

When: Friday mornings. 10.00am - 12.00pm

Where: Yemeni Community Association, 68 Burngreave Road

How to take part: Contact the centre for more information

Cost: Contact the centre for more information

Contact: Faiza Shaibi, Yemeni Community Association 0114 256 0933

Emotional and wellbeing drop-in

When: Tuesdays

Where: Fir Vale Centre, Earl Marshal Road

When: Wednesday mornings

Where: Yemeni Community Association, 68 Burngreave Road

How to take part: Contact the centre

Cost: Contact the centre for more information

Contact: Abdul Razak Saleh or Abtisam Mohammed at the Yemeni Community Association 0114 256 0933

Dementia? Welcome! Café

A place to get out to, be welcomed and meet other people, especially if you or someone you care for has memory problems.

When: Wednesdays, 11.00am - 1.00pm.

Where: The Furnival, 199 Verdon Street, S3 9QQ

How to take part: Self-referral or referral

Cost: Free

Contact: Nick Edmondson on 07725 569 380 or Georgina Hancock on 07535 276 790

Women only allotment project

Learn to grow and maintain your own fruit and veg. Supports health and wellbeing with an opportunity to make friends and get some fresh air. Wear suitable clothing for gardening.

When: Wednesdays, 9.00 - 11.00am

Where: Grimesthorpe Allotments or meet first at Byron Wood School

How to take part: Women only. No referral needed. Contact numbers below for new dates

Cost: Free

Contact: Saskia Baker at Green City Action on 0114 244 0353 or Smaira Sadique at Byron Wood Primary on 0114 272 3624

Older people's activities

Muslim Elders Lunch Club

When: Alternate Wednesdays 11.00am - 2.00pm

First session on 10th September

Where: Pakistan Advice and Community Association, 127 Page Hall Road

How to take part: Contact the centre for information

Cost: Contact the centre for more information

Contact: Pakistan Advice and Community Association on 0114 261 9130

Muslim Elders Health Group

Different groups for men and women.

When: Monthly. Please contact Saima Ahmed for further details

Where: Pakistan Advice and Community Association, 127 Page Hall Road

How to take part: Contact the centre for more information

Cost: Contact the centre for more information

Contact: Saima Ahmed at PACA on 0114 261 9130

Older people activities and advocacy

When: Monday pm and Thursday am (men only).

Tuesday am and Thursday pm (women only).

Where: Yemeni Community Association, 68 Burngreave Road

How to take part: Contact the centre for more information

Cost: Contact the centre for more information

Contact: Abdul Razak Saleh or Abtisam Mohammed at the Yemeni Community Association 0114 256 0933

Pitsmoor Methodist Lunch Club

The Lunch Club provides a cooked 2 course meal and an opportunity for older people aged 50 years and over to socialise.

When: Tuesdays and Wednesdays 11.00am - 1.30pm

Where: Pitsmoor Methodist Church, 131 Burngreave Road

How to take part: No referral needed, contact Pam Eaton to book

Cost: Meal plus tea and coffee £2.50. Limited places on the club's transport, Tuesdays only - £1.50

Contact: Pam Eaton on 0114 243 5333

Christ Church Pitsmoor Lunch Club

A place to get out to, and meet people with a meal (cooked at Pye Bank School, main course and pudding).

When: Thursdays, 10.30am - 1.30pm. Weekly in school term time

Where: Christ Church Pitsmoor, corner of Nottingham Street and Pitsmoor Road, S3 9AQ

How to take part: Self-referral or referral

Cost: Donation for tea and coffee, £3 for meal, £1.50 for transport if available

Contact: To book or make a referral contact Nick Edmondson on 07725 569 380

Chairobics - St Peter's Church

Chair based exercise and carpet bowls tailored to the needs and abilities of participants. No age or other restrictions. Led by a qualified DBS checked Activity Sheffield trainer. This session is preceded by an optional coffee morning 10.30 - 11.30am.

When: Every Tuesday, 11.30am - 12.30pm

Where: St Peters Church, Ellesmere, Lyons Close

How to take part: Just come along and join in

Cost: Free

Contact: Activity Sheffield on 0114 273 4266 or email: activity.sheffield@sheffield.gov.uk

Chairobics – Agewell group Verdon Rec

This session offers a variety of activities including chair based exercise, bowls, table-tennis and skittles tailored to your needs. Everyone is welcome to come, make new friends and give it a go with our friendly, qualified and DBS checked staff.

When: Every Wednesday, 1.30pm for 1½ hours

Where: Verdon Recreation Centre, Verdon Street

How to take part: Just come along and join in

Cost: £1 per session

Contact: Activity Sheffield on 0114 273 4266 or email: activity.sheffield@sheffield.gov.uk

Pakistani Women's over 50s group

Health Session with Chair Aerobics

When: Weekly on Tuesdays

Where: Pakistan Advice and Community Association, 127 Page Hall Road

How to take part: Contact the centre for more information

Cost: Contact the centre for more information

Contact: Pakistan Advice and Community Association on 0114 261 9130

Health support & groups

Carers Group

When: Thursdays 9th October, 13th November, 11th December 10.30am - 12.00pm

Where: Pakistan Advice and Community Association, Page Hall Road

How to take part: Contact the centre for information

Cost: Contact the centre for more information

Contact: Pakistan Advice and Community Association on 0114 261 9130

Women only support group

To support women who have suffered or are suffering from domestic abuse. We offer practical advocacy and emotional support for women going through any kind of abuse.

When: Tuesdays 23rd September, 21st October, 25th November, 12.00 - 2.00pm

Where: Sorby House, 42 Spital Street, S3 6AE

Contact: Somshun Nessa on 0114 213 2591 or 07960 084 119 or email:

somshun.nessa@soarcommunity.org.uk

Burngreave Health Trainers

The Community Health Trainers can offer one-to-one support around changing or leading a healthier lifestyle.

Health Trainers can help with:

- Advice and information
- Eating healthily
- Stopping Smoking
- Getting more active

The service is free and confidential.

Contact: Somshun Nessa on 0114 213 2591 or 07960 084 119 or email:

somshun.nessa@soarcommunity.org.uk

Sorby House, 42 Spital Hill, Sheffield, S4 7LG

ROMA Women Health Workshops & Zumba

When: Wednesdays commencing 1st October for 6 weeks. Session starts at 3.30pm

Where: Pakistan Advice and Community Association, 127 Page Hall Road

How to take part: Contact the centre for information

Cost: Free

Contact: For future dates contact Rhona Sanders at Pakistan Advice and Community Association on 0114 261 9130.

Feeling Good on Verdon Street project

Weekly drop-in coffee morning for women only. There will be information sessions from health professionals, knitting, crocheting, crafts, Zumba, Somali Dancing, aerobics, health walks and much more. Funded by People's Health Trust.

Where: Verdon Recreation Centre, Verdon Street

When: Every Wednesday, 10.00am - 12.00 noon
Restarting Wednesday 17th September

How to take part: Women only. Just turn up

Cost: Free

Contact: Aislinn Adams on 07432 805 847 or email: aislinn.adams@tiscali.co.uk

Chronic Pain Support Group

Socialise with like-minded people and gain new skills to self-manage your pain. Includes workshops about pain management, relaxation, massage and meditation. Translators are available. Everyone welcome.

When: Tuesdays 30th September, 14th and 28th October, 12.30 - 2.30pm

Where: Sorby House, 42 Spital Street, S3 6AE

How to take part: No referral needed

Cost: Free

Contact: Somshun Nessa on 0114 213 2591 or 07960 084 119 or email:

somshun.nessa@soarcommunity.org.uk

Seasonal flu vaccinations - for patients of Burngreave Surgery and Herries Road Surgery

When: Drop-in clinics on the following days:

Herries Road Surgery - Mondays 29th September and 6th October, 10.00am - 12.30pm

Burngreave Surgery - Wednesdays 1st and 8th October, 8.30 - 11.30am

Where: Herries Road Surgery, 450 Herries Road

Contact: 0114 232 6590

Where: Burngreave Surgery, 5 Burngreave Road

Contact: 0114 272 5619

If you are over the age of 65 or have one of the following: asthma, COPD, diabetes, chronic liver or kidney disease, heart disease, stroke/ TIA, if you have a weakened immune system or are a carer or are currently pregnant you need to book your flu vaccination now.

If you are unable to attend one of the above sessions, please ring your receptionist on the number above to make an appointment in one of our nurse-led flu clinics.

Health support & groups continued

Stop Smoking Services

Drop in to see a trained stop smoking advisor at:

- Pitsmoor Surgery, 151 Burngreave Road S3 9DL
- Swift Pharmacy, 1 Gower Street S4 7HA
- Upwell Street Surgery, 93 Upwell Street S4 8AN
- Wicker Pharmacy, 55-59 Wicker S3 8HT
- Page Hall Medical Centre, 101 Owler Lane

(Advisers in practices can support registered patients)

Contact: 0800 612 0011 (free from landlines) or 0330 660 1166 (free from mobiles)

Healthy eating & weight management

Feeling Good on Verdon Street project – Cook and Eat sessions

Where: The Furnival, Verdon Street

When: Monthly on Thursdays, 11.30am - 1.30pm

Thursday 25th September, 23rd October, 27th November, 18th December

How to take part: Open to all

Cost: Free

Contact: Somshun Nessa on 07960 084 119 or email: somshun.nessa@soarcommunity.org.uk

Cook and Eat Taster Session

Free taster session for free 6-week course

When: Tuesday 21st October, 10.00am - 12.00pm

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

Cost: Free

Contact: Call Chris Watson at ZEST on 0114 270 2040 or Burngreave Children's Centre on 0114 252 5220

Support for Parents with babies and young children

Midwife Antenatal and Postnatal Clinics

When: Monday, Tuesday, Wednesday and Thursday

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Appointment ONLY

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Baby massage and breastfeeding support drop-in

Baby massage is a relaxing and pleasant experience for you and your baby. It can help reduce colic and constipation and supports bonding and attachment. The breastfeeding support workers are also available to offer information, advice and support to all families around all aspects of breastfeeding.

When: Thursdays, 11.30am - 1.00pm

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Drop-in service

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220 for more information

Talking Toddlers

When: Fridays, 1.30 - 3.00pm

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Referral Only

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Health Visitor Clinics - One Stop Shop

Health visitor drop-in sessions and breastfeeding support.

When: Mondays, 10.00 - 11.30am

Where: Fir Vale Trinity Church, Firth Park Road, Sheffield S5 6WN

How to take part: For registered patients only

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Support for Parents with babies and young children continued

Health Visitor Clinics - One Stop Shop

Health visitor drop-in sessions and breastfeeding support.

When: Wednesdays, 10.00 - 11.30am

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: For registered patients only

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Parent and Toddler group

When: Mondays, 1.00 - 2.30pm

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Just come along

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220 for more information

Breastfeeding Café drop-in

When: Mondays, 1.30 - 3.00pm

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Drop-in service

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Incredible Babies

For parents with babies under 6 months.

When: Course starts Tuesday 7th October, 9.30 - 11.30am

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Call North MAST on 0114 233 1189 for information and to book a place

Courses and Training

Pye Bank Conversation Club for women

Improve your speaking and listening skills. (*No childcare available*).

When: Thursdays, 9.30 - 11.30am

Term-time only. Restarting 18th September

Where: Pye Bank CE Primary School, Andover Street, Sheffield S3 9EF

How to take part: Contact the school

Cost: Free

Contact: Zabeda Hussain at Pye Bank School on 0114 276 0472

Whiteways Conversation Club

Our conversation club is open to anyone wanting to learn English and wanting to gain some confidence in speaking and listening skills.

When: Thursdays, 1.00 - 2.30pm

Term-time only.

Where: Whiteways Primary School, Whiteways Road, Sheffield S4 8EX

How to take part: Contact the school

Cost: Free

Contact: Usha Blackham 0114 242 3169 or email: ublackham@whiteways.sheffield.sch.uk

Firs Hill Conversation Club For Women

An open club for anyone to join, especially if you are waiting to get into ESOL classes. Run by volunteer tutors. (*No childcare available*).

When: Wednesdays, 1.00 - 3.00pm in term time

Term-time only. Restarting September

Where: Firs Hill Community Primary School, Orphanage Road, Sheffield S3 9AN

How to take part: Contact the school

Cost: Free

Contact: Kath on 0114 242 0109 or email: khobson@firshill.sheffield.sch.uk

English Conversation Class

When: Tuesdays, 10.30am - 12.00 noon

Where: Burngreave Children's Centre, 19 Spital Street, Sheffield, S3 9LB

How to take part: Just come along

Cost: Free

Contact: Burngreave Children's Centre on 0114 252 5220

Courses and Training continued

Train the Trainer - Breast Health Promotion

Designed to give health professionals, community workers and volunteers the knowledge, skills and confidence to cascade the breast awareness message in order to improve early detection rates of breast cancer.

When: Thursday 16th October,

Where: Sheffield City Centre

How to take part: Complete a booking form

Cost: £120 per person

Contact: 0345 0771 893 or email:

bhp@breastcancercare.org.uk

What is Health? Course

An 8-week course for anyone over 40. Find out about the importance of a balanced diet and learn about how a healthy diet can impact on health. Try out new activities and skills. Develop friendships and social networks.

When: Starting Tuesday 14th October, 9.30am - 12.30pm

Where: St. Cuthbert's Church, Fir Vale

(crèche available)

How to take part: Contact Somshun to book

Cost: Free

Contact: Somshun Nessa on 0114 213 2591 or 07960 084 119 or email:

somshun.nessa@soarcommunity.org.uk

Domestic Abuse Awareness Training with Vida

For men and women working in Sheffield. For more information visit www.vidasheffield.org.uk

When: Monday 24th November, 9.30am - 4.30pm

Where: Sorby House, 42 Spital Hill

How to take part: Contact Somshun to book

Cost: Free

Contact: Somshun Nessa on 0114 213 2591 or 07960 084 119 or email:

somshun.nessa@soarcommunity.org.uk

**Full listings of adult learning courses in
Burngreave and Fir Vale are on the Adult
Learning website:
www.ne-adultlearning.org.uk**



Information compiled by the Burngreave Messenger
for the Burngreave Health Network