



For new activities to be included in the next directory, please contact Amy Kinsella Ford on [amy.kinsellaford@soarcommunity.org.uk](mailto:amy.kinsellaford@soarcommunity.org.uk)



Winter 2025 (Jan-Mar)  
**Activity Directory**



# Health Activities

Area	Service	Day & Time	Location	Contact
Southey	Women's Only Netball Free sessions for women aged 18+ of all abilities.	Wednesdays, 5.30-6.30pm	Chaucer School, Wordsworth Avenue, S5 8NH	sean.graves@swfc.co.uk / rebecca.wilkinson@swfc.co.uk
Southey	SOAR Menopause Roadshows A safe space to talk to other women wanting to find out more about the Menopause.	Contact Julie Moore on 07960 084 251 for details of venues and dates		
Southey	Wellbeing Wednesday Wellbeing and information sessions with SOAR's Wellbeing Coaches and wider team. Exercises, mindfulness, health checks and more. Mainly for people registered with a GP surgery in the SAPA5 or Network North primary care networks, or be referred by your GP.	Wednesdays, 10.30am-12pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL	Call Mariam on 07943 003 159 or mariam.hussain@soarcommunity.org.uk
Southey	Tai Chi Over 50 and want to enjoy gentle exercise in a supportive and fun setting? Then come along and give Tai Chi a go! £4 per session pay as you go - class fees to be paid to Parson Cross Forum.	Tuesdays, 12-1pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Singing for the Soul Group No experience needed for our singing group, all you need is a bit of enthusiasm and a sense of fun! This is a great chance to meet new friends and try something new. £4 per session, pay as you go.	Wednesdays, 10-11.30am	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Batters Group Fancy having a go at table tennis? This is a friendly and welcoming group. £4 per session, pay as you go.	Thursdays, 10am - 12pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Taekwondo Learn the Korean Martial Art of Self Defence. £6 per training session.	6.30-7.30pm	Parson Cross Forum, S5 9NB	Email: soultkd@talktalk.net
Southey	Walking Football Sessions for anyone to join in with. £2 per session.	Wednesdays, 2-3pm	Parson Cross Forum, S5 9NB	health@swfc.co.uk

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Southey	<b>Healthy Hub</b> Exercise sessions at your level, health checks, health chats to help manage your health condition, health walk & talk. Referral via your Network North GP Surgery, no appointment needed just ask reception staff.	Every other Thursday (starting 9th Jan), 10.30am-12.15pm	Foxhill Forum, In-volve Community Hub, 31-33 Wolfe Rd, Fox Hill Crescent, S6 1BT	bev.hodgson@soarcommunity.org.uk
Southey	<b>Chronic Pain Cafe</b> Find out ways you can manage your long-term pain. Sessions include safe and effective exercise, massage techniques, talks by professionals, meditation/breathing, reducing pain prescription medication, nutrition and healthy lifestyle tips.	The last Thursday of every month, 10.30am-12pm	Online	Call Mariam on 07943 003 159
Southey	<b>Chronic Pain Café</b> Drop-in, peer led group helping you to manage your Long Term Pain or Health Condition. Support from SOAR/SAPA5 staff and occasional guest speakers. Open to Patients of Sapa5 Surgeries: Green Cross, Buchanan Road, Norwood, Elm Lane, Barnsley Road and Shiregreen.	Starting Tuesdays 14th January, 11th February, 11th March, 10.30am-12pm. Further dates TBC.	Longley 4G Community Centre, Southey Avenue, S5 7NN.	Contact: Janine 07443 999 260 or Lynn 07443 999 261
Southey	<b>Chairobics</b> Donations welcome! Please commit to attending each week.	Mondays, 1.30-2.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Latina Dance (similar to Zumba)</b> Donations welcome! Please commit to attending each week.	Tuesdays, 5.30-6.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Legs, Bums, Tums</b> Donations welcome! Please commit to attending each week.	Wednesdays, 1.30-2.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Tai Chi</b> Donations welcome! Please commit to attending each week.	Thursdays, 12.30-1.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Pilates</b> Donations welcome! Please commit to attending each week.	Thursdays, 5.00-5.45pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Yoga</b> Donations welcome! Please commit to attending each week.	Fridays, 11.30am-12.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	<b>Mushin Dojo Karate</b>	Wednesdays, 6.15-7.15pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	Contact Luis on 07981 659983 or email <a href="mailto:rotherhamjka@gmail.com">rotherhamjka@gmail.com</a> for more information.
Southey	<b>Yoga For All</b> Everyone is welcome, classes are £8.50.	Thursdays, 6.30-7.45pm	Christ Church Hall, Fox Hill Road, Wadsley Bridge, S6 1LA	Book through <a href="http://www.hcyoga.co.uk">www.hcyoga.co.uk</a>
Southey	<b>Network North Chronic Pain Café, (by referral via GP only),</b> A place to join others living with chronic pain, share various techniques, learn self-help strategies to manage pain, massage techniques, sleeping better, health chats & information. Gentle movement to include stretches, Tai Chi, Xi Gong, Mindfulness and Relaxation.	Every other week starting 16th January. 10.30am-12pm.	Foxhill Forum, In-volve Community Hub, 31-33 Wolfe Rd, Fox Hill Crescent, S6 1BT	Referrals via GP only. For more info contact Julie 07960 084 251 <a href="mailto:julie.moore@soarcommunity.org.uk">julie.moore@soarcommunity.org.uk</a>

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Firth Park, Shiregreen & Brightside	<b>Walking Football</b> The game you love at a pace that suits you (£2 per session).	Tuesdays, 1.3-2.30pm	Concord Sports Centre, Shiregreen Lane, S5 6AE	health@swfc.co.uk
Firth Park, Shiregreen & Brightside	<b>Gentle Aerobics with Community Wellness Services</b> Standing or seated! A fun and friendly low intensity workout suitable for all ages, men and women, and all abilities. £2 per session.	Wednesdays, 11.30am	Wincobank Village Hall, Newman Road, S9 1LQ	0114 553 7807
Firth Park, Shiregreen & Brightside	<b>Chairobics</b> Chair-based exercises for the over 50s, fun and friendly.	Tuesdays, 10.15-11am.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07751 469 024
Firth Park, Shiregreen & Brightside	<b>Mindful Exercise</b> Gentle exercise, sit or stand, followed by a cuppa and a chat.	Thursdays, 11am-12pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07751 469 024
Firth Park, Shiregreen & Brightside	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Firth Park - meet outside the First Start Children's Centre. From 1st April 2024 onwards.	Mondays, 11.30am-12.30pm	Meet outside the First Start Children's Centre, S5 6HH.	Step Out Sheffield helpline - 07505 639 524
Firth Park, Shiregreen & Brightside	<b>Wellbeing Workshops</b> Free relaxed workshops for local women who want to get active and connect with people. Enjoy simple movement and circus skills adapted for complete beginners. Workshops are in partnership with Terezia Rostas.	Wednesdays, 11.30am-1pm	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	<a href="mailto:trudi@greentop.org">trudi@greentop.org</a>
Burngreave	<b>Women's Chronic Pain Cafe</b> A free and welcoming space for women experiencing long-term pain, to make new friends, learn new coping techniques, and ask questions to visiting professionals. Arabic, Urdu, Somali and Farsi interpreters.	Thursdays, 11am-12.30pm	Burngreave Vestry Hall, 2 Burngreave Road, S3 9DD	Contact Tash on 07904 164 222 or <a href="mailto:tash.kistnen@soarcommunity.org.uk">tash.kistnen@soarcommunity.org.uk</a>
Burngreave	<b>Chronic Pain Group</b> A free and friendly space for men and women experiencing long-term pain to learn about chronic pain, learn new coping techniques, and join in with chair-based movements. Slovak interpreter present.	Tuesdays, 1-2pm	Firvale Community Hub, S4 8GU	Contact Tash on 07904 164 222 or <a href="mailto:tash.kistnen@soarcommunity.org.uk">tash.kistnen@soarcommunity.org.uk</a>
Burngreave	<b>Men's Group</b> A free and friendly space for men with long-term pain to socialise with others. Arabic interpreters present each week.	Wednesdays, 11am-12pm	The Ashram, 86 Spital Hill, S4 7LG	Contact Tash on 07904 164 222 or <a href="mailto:tash.kistnen@soarcommunity.org.uk">tash.kistnen@soarcommunity.org.uk</a>
Burngreave	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Pitsmoor - meet at Abbeyfield House.	Tuesdays, 1.30-2.30pm	Meet at Abbeyfield House, Abbeyfield Park, S3 9DL	Step Out Sheffield helpline - 07505 639 524
Burngreave	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Firshill - meet at the junction of Orphanage Road and Barnsley Road. From 1st April 2024 onwards.	Thursdays, 10.15am-11.30am	Meet at the junction of Orphanage Road and Barnsley Road below Abbeyfield Primary Academy, S3 9AN	Step Out Sheffield helpline - 07505 639 524
Burngreave	<b>Ladies Only Zumba</b> £1 charge.	Wednesdays, 9.30-10.30am	Firvale Community Hub, S4 8GU	07897 324 285
Burngreave	<b>Active Through Football</b> Recreational football and group social for adult men aged 18+.	Thursdays, 6-8pm Fridays, 6-8pm	Astrea Academy, 97 Andover Street, S3 9BE	Call Faisal on 07944 085 168 or <a href="mailto:faisal.eid@sufc-community.co.uk">faisal.eid@sufc-community.co.uk</a>



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Burngreave	<b>Seated Exercise</b> For adults aged 18+. Activity runs during Friends of Foundry Community Hub.	Tuesdays, 11am-1pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	Call Faisal on 07944 085 168 or <a href="mailto:faisal.heid@sufc-community.co.uk">faisal.heid@sufc-community.co.uk</a>
Chapelton & Ecclesfield	<b>Walking Football</b> Walking football social session for adults 18+. Delivered as part of Sheffield United Community Foundation's Fans Fighting Cancer programme.	Tuesdays, 2-3pm	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	Call Beth on 07949 375 726 or <a href="mailto:health@sufc-community.co.uk">health@sufc-community.co.uk</a>
Chapelton & Ecclesfield	<b>Paces Active Movement Stroke Group</b> An active programme for people who have experienced a stroke. These sessions are a fun and sociable way to improve both your physical and psychological well-being. Transfers and control of movement, talking and mobility, hand and fine-motor skills, breathing and speech activities. £15 per weekly – 1.5 hour session.	Thursdays, 2pm.	Unit 4, Smithy Wood Business Park, Smithy Wood Drive. Sheffield S35 1QN.	Darren Walker 0114 551 0419 <a href="mailto:Darren.walker@pacessheffield.org.uk">Darren.walker@pacessheffield.org.uk</a> <a href="https://www.pacesheffield.org.uk/have-you-had-stroke/">https://www.pacesheffield.org.uk/have-you-had-stroke/</a>
Chapelton & Ecclesfield	<b>High Green Gymnastics Academy</b> Classes for all ages throughout the week, booking only.		The Campus, Pack Horse Lane, S35 3HY	07572 857 223 or <a href="mailto:info@hgga.co.uk">info@hgga.co.uk</a>
Chapelton & Ecclesfield	<b>Fitness &amp; Fun (50+)</b> Gentle aerobics (standing) and indoor games such as curling and badminton.	Thursdays, 10-11.30am	The Campus, Pack Horse Lane, S35 3HY	Contact Margaret on 07704 093 427 or HGGA on 07572 857 223 or <a href="mailto:info@hgga.co.uk">info@hgga.co.uk</a>
Chapelton & Ecclesfield	<b>Echo Athletics</b> Cheerleading and dance classes for all ages.	Fridays and Sundays.	The Campus, Pack Horse Lane, S35 3HY	Laura - <a href="mailto:echoathletics.cheeranddance@gmail.com">echoathletics.cheeranddance@gmail.com</a>
Chapelton & Ecclesfield	<b>Yoga For All</b> Everyone is welcome, classes are £8.50.	Tuesdays, 7.45-9pm	Barrie Bellamy Studio, The Campus, Pack Horse Lane, S35 3HY	Book through <a href="http://www.hcyoga.co.uk">www.hcyoga.co.uk</a>
Chapelton & Ecclesfield	<b>Chairbics</b> Get fit and fun in a friendly environment.	Thursdays, 11.45am-12.30pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<b>Hatha Yoga</b> Mixed adult class for people aged 16+. Cost per class is £6.50.	Thursdays, 7-8pm	Ecclesfield Library, 113 High St, S35 9UA	To book, contact 07794 506 574
Chapelton & Ecclesfield	<b>Gentle Yoga Class</b> The class offers a slow, gentle practice, combining elements of mindfulness, breath-work, postures, meditation, and relaxation. It is a friendly class, suitable for mixed abilities and all levels, beginners especially welcome!	Saturdays, 11.45 - 12.45	Barrie Bellamy Studio, The Campus, Pack Horse Lane, S35 3HY	Call Kristina on 07926 863 384
Chapelton & Ecclesfield	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Ecclesfield - meet in the Park carpark off 'The Common'. From 1st April 2024 onwards.	Wednesdays, 2-3pm	Meet in the Park carpark off 'The Common', opposite Morrisons in Ecclesfield. S35 9AE	Step Out Sheffield helpline - 07505 639 524
Chapelton & Ecclesfield	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Grenoside - meet in the Community Centre car park. From 1st April 2024 onwards.	Thursdays, 10-11am	Meet in the Community Centre car park, off Main Street, Grenoside, S35 8PN	Step Out Sheffield helpline - 07505 639 524

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Citywide	<p style="text-align: center;"><b>Gathering Ground Walk &amp; Talk</b> A free casual social gathering for people aged 75 and over.</p>	<p style="text-align: center;">Mondays, 10.30am-12.30pm</p>	<p style="text-align: center;">Bradbury Makers' Shed, Hillsborough Park.</p>	<p style="text-align: center;">0114 250 2850 enquiries@ageuksheffield.org.uk</p>	
Citywide	<p style="text-align: center;"><b>Cycling 4 All</b> We offer cycling to anyone who is Disabled or has a long-term health condition and can't ride a 2-wheel cycle. £4 per cyclist and PA/support ride for free. Free first time, and free transport the first time too. Form to complete before attending, <a href="#">here</a>.</p>	<p style="text-align: center;">Mondays, Tuesdays &amp; Thursdays 10.30am-12pm public cycling 12-1.30pm public cycling</p> <p style="text-align: center;">Wednesdays 10.30am-12pm Visually Impaired Pedallers groups and public cycling 12-1.30pm Pedal Strokes and Brain Injury group and public cycling</p>	<p style="text-align: center;">Hillsborough Park basketball area, next to the car park.</p>		
Citywide	<p style="text-align: center;"><b>Sheffield Diabetes UK Group</b> Regular events covering different aspects of Diabetes information and advice.</p>	<p style="text-align: center;">Find a list of upcoming events: <a href="http://www.bit.ly/SheffieldDUKGroup">www.bit.ly/SheffieldDUKGroup</a> <a href="http://www.SheffieldDiabetesUK.group">www.SheffieldDiabetesUK.group</a></p>			



# Groups & Support

Area	Service	Day & Time	Location	Contact
Southey	<p><b>Unforgettable Me Not Memory Café</b> For people with early/mid stage memory loss and their carers. Come along for a cuppa, a bit of *breakfast and a chat and take part in a new activity every week. Activity session is free, *café is an additional cost.</p>	<p>Mondays, Tuesdays &amp; Fridays 9.30-11.30am (Tuesdays is term-time only)</p>	<p>Parson Cross Forum, S5 9NB</p>	<p>0114 3279 727</p>
Southey	<p><b>Parson Cross Forum Dementia Carers Group</b> Aimed at supporting carers of those living with dementia. We offer a safe, friendly and confidential environment. Free to attend.</p>	<p>Monthly on Mondays, 9.30 - 10.30am</p>	<p>Parson Cross Forum, S5 9NB</p>	<p>Call for dates - 0114 3279 727</p>
Southey	<p><b>Friendship and Cash Bingo</b> Come along and join us for a new weekly bingo session on a Monday afternoon. You'll have the chance to purchase a cuppa and/or lunch and enjoy a chat, before playing cash bingo.</p>	<p>Mondays, 12.30-2.30pm</p>	<p>Parson Cross Forum, S5 9NB</p>	<p>0114 3279 727</p>
Southey	<p><b>Young at Heart</b> Activity and social group for people over the age of 50. Take part in an hour of fun exercise. £3.00 per session.</p>	<p>Tuesdays, 1.30-2.30pm</p>	<p>Parson Cross Forum, S5 9NB</p>	<p>0114 3279 727</p>
Southey	<p><b>Lunch Clubs at Parson Cross Forum</b> Come along and have a cooked meal, socialise and take part in an activity. Places must be booked. £6 for 2 courses.</p>	<p>Wednesdays and Fridays, 11.45am - 1pm</p>	<p>Parson Cross Forum, S5 9NB</p>	<p>0114 3279 727</p>

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Southey	Indoor Crown Green Bowling Group £4 per session. Anyone can attend.	Wednesdays, 9.30-11am.	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Darts Group £4 per session. Anyone can attend.	Wednesdays, 11-12.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Cake My Day Warm Space Offering a free safe, warm space for anyone in the community to come along for a couple of hours of activity, a cuppa and a bit of lunch.	Tuesdays, 12-2pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	SOAR Social Cafes Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, or just a place to meet up. £2.50 per session - refreshments and activities included.	Fridays (fortnightly), 10am - 3pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL	Call Helen on 07795 563 700
Southey	Arts & Crafts Groups Arts and crafts group, Knit and Knatter group.	Wednesdays, 10am-12pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Craft Course for Beginners Please see WEA Website for latest course details and bookings. <a href="https://wea.org.uk">https://wea.org.uk</a>	Thursday mornings	Longley 4G Community Centre, Southey Avenue, S5 7NN.	<a href="https://wea.org.uk">https://wea.org.uk</a>
Southey	Social Cafe (followed by lunch) Just turn up, no need to book. Free.	Tuesdays, 9.30am	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Community Food Hub Just turn up, no need to book. Collect up to 10 items for a £1 donation.	Tuesdays, 1.30-3.30pm	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Community Meal with FoodCycle Just turn up, no need to book. Free.	Tuesdays, 6.30-8.30pm	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Coffee Morning Come for a chat and enjoy a coffee.	Wednesdays, 9.30-11.30am	St Leonard's Church, Everingham Road, S5 7LE	
Southey	Community Allotments Join us at the Norwood Allotments, no need to book - you can just turn up for free. All levels of experience suitable.	Wednesdays, 9am-12pm Thursdays, 11am-2pm	Norwood Allotments, Herries Road, S5 7HA	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Men's Only Talk Club A supportive space where people can come together to share their experiences and support each other on their mental health journeys.	Tuesdays, 11am-12pm	Parson Cross Forum, S5 9NB	health@swfc.co.uk
Southey	JABADAO Late-stage Dementia Group, for people living with later stage dementia and their carers.	Mondays, 11.30am-12.30pm	Parson Cross Forum, S5 9NB	Please call to book a place on 0114 3279 727
Southey	Parkinson's UK Cafe For anyone who has a diagnosis of Parkinson's, and their family/carers.	First Thursday of every month. 1-2.30pm.	Parson Cross Forum, S5 9NB	Please call to book a place on 0114 3279 727



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Firth Park, Shiregreen & Brightside	Food for Thought Lunches Chance to share a hot lunch and opportunity to meet, chat and make other friends. A 2 course lunch & drink, open to all, no age limit - £3.00.	Every Thursday, 11am - 1pm	Firth Park Methodist Church, Stubbin Lane, S5 8QL	joyce.wiles@talktalk.net
Firth Park, Shiregreen & Brightside	Community Café - Café Valentine Good food and great prices - a full English is only £3 with bottomless drinks! A place to chat with others, get to know what's going on and maybe sign up to other things.	Every other Wednesday	Shiregreen United Reformed Church, Valentine Crescent, S5 0NX	lisa.wigfield@gmail.com
Firth Park, Shiregreen & Brightside	Wincobank Community Singing Group Singing group open to all (probably more suitable for older people). Free and no experience required.	Mondays, 2-3.30pm	Roman Ridge, 2 Lavender Way, S5 6DD	Call Ella on 07968 903 833
Firth Park, Shiregreen & Brightside	Dementia Group and Sing-Along Singing group with live singer for people with early/mid stage memory loss and their carers. We also have coffee mornings and tea & cake afternoons. Free entry, everyone welcome.	Thursdays, 2-4pm (6th February 6th March)	Wincobank Village Hall, Newman Road, S9 1LQ	wincobankvillagehall@gmail.com
Firth Park, Shiregreen & Brightside	Firth Park Carers Group For people with early/mid stage memory loss and their carers.	2-4pm 21st January 18th February 18th March	Firth Park, 441 Firth Park Road, S5 6QQ	Call Lyndsey on 07538 100 375
Firth Park, Shiregreen & Brightside	SOAR Social Cafes Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, or just a place to meet up. £2.50 per session - refreshments and activities included.	Wednesdays, (fortnightly) 10am - 1pm	Shiregreen Neighbourhood Centre, Westnall Road, S5 0AA	Call Helen on 07795 563 700
Firth Park, Shiregreen & Brightside	Coffee Morning Meet new friends over a cuppa - all welcome.	Tuesdays, 11am- 12.30pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07752 469 024
Firth Park, Shiregreen & Brightside	Knit & Natter Chat, coffee and knitting. Join our friendly group!	Thursdays, 10am- 12pm	Concord Golf Club (behind the Sports Centre)	focpww@yahoo.com
Firth Park, Shiregreen & Brightside	Mindful Mamas with SOAR SOAR's Welfare Coach offers a Mindful Mamas weekly session, for local mums to come together, try new activities and have some 'me-time'.	Wednesdays, 9.30am-2.30pm (excluding half-terms)	Shiregreen Community Centre, Sicey Avenue, S5 0RN	Call Jodie on 07538 118 947
Firth Park, Shiregreen & Brightside	Firth Park Community Allotments Adult Volunteer sessions Shared lunch provided (usually soup). No experience needed, experienced woodworkers and creative problem solvers especially welcomed! Learn how to grow your own food and share in the harvest! General maintenance volunteers also needed, its not all food growing!	Tuesdays, 9.30am-12.30pm	Brushes Allotment, Vickers Drive, Firth Park, S5 6TG	Check Facebook on day to confirm, enquiries through Facebook please. Please let us know you are coming before turning up.
Firth Park, Shiregreen & Brightside	HOPE Community Allotment Learn to grow fruit and vegetables at our gardening sessions. No experience needed.	Mondays, Thursdays and Saturdays, 9.30am-12.30pm	Plot 80, High Wincobank Allotments, Windmill Lane, S5 6FA	Contact Rowan on 07979661003

Firth Park, Shiregreen & Brightside	<b>HOPE Community Allotment</b> Women-only gardening sessions. Children welcome. No experience needed.	Tuesdays, 1-2.30pm Starting on 16th April	Plot 80, High Wincobank Allotments, Windmill Lane, S5 6FA	Contact Rowan on 07979661003
Firth Park, Shiregreen & Brightside	<b>Social &amp; Welcome Space</b> Vision 313 have a family friendly social space with free food. Everyone welcome.	Sundays, 4-6pm	Wensley Community Centre, 37 Hinde House Crescent, S4 8HF	
Firth Park, Shiregreen & Brightside	<b>Retired, Not Expired! Social Club</b> Group for older people to meet new friends and have fun! £3 per person per session, with unlimited tea and a snack.	Mondays, 10am-12pm	Firth Park Methodist Church, 8 Stubbin Lane, S5 6QL	
Firth Park, Shiregreen & Brightside	<b>Life After Crisis</b> We support the bereaved, single parents, those in abusive relationships and anyone in crisis. We provide compassionate, practical resources and a safe space for these people and families facing life's most challenging moments, empowering them to rebuild with hope, resilience and dignity.	Care Cafes are usually held on Saturdays 11am-1pm	Firth Park Library, 445 Firth Park Road, S5 6QQ	Contact: Beatrice Uwadiale-Odigie on 07482 742 514
Burngreave	Community Allotment Sessions at Grimesthorpe Road Allotment Feeling isolated and need a chat and a cuppa? This drop-in is held weekly, a great chance to meet locals with similar issues and conversations. Asylum seekers and new arrivals particularly welcomed. Free organic veg for coming along, and learn to grow your own!	Thursdays, 10am-1pm	Grimesthorpe Road Allotment, S4 8LE (second plot on the left from the main entrance)	Sarah Emberson on 07718 609 285
Burngreave	<b>Dementia? Welcome! Café</b> For people with early/mid stage memory loss and their carers.	Mondays, fortnightly 10.30am-12.30pm	199 Verdon Street, S3 9QQ	Call Nick on 07725 569 380
Burngreave	<b>Memory Café</b> For people with early/mid stage memory loss and their carers.	Thursdays, 1-2.30pm	Firvale Community Hub, S4 8GU	Contact Adele 07897 324 285
Burngreave	<b>Memory Dementia Support Group</b> The 'Sheffield Memory Hub' offers person-centred culturally appropriate dementia care, guidance, and support predominantly for people of African and Caribbean heritage. Our sessions are intended for people with mild to moderate dementia and other cognitive challenges. They are designed to be enabling, relaxed and fun and to create opportunities for people to learn, express their views, and work alongside others in a culturally responsive environment.	Mondays, 11am-1.30pm	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	0114 272 6393
Burngreave	<b>Mental Health &amp; Wellbeing Hub</b> Social activities, colouring, board games, music etc. Refreshments provided. Attendance via referral, please contact SACMHA for details.	Wednesdays, 11am-3pm	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	Contact Corrine 07725 204 574
Burngreave	<b>Social Café/Lunch Club</b> A friendly space to meet people, have a chat and join in a range of social and creative activities. Gentle exercise, singing, board games, bingo and much more. A healthy Caribbean meal is available to buy - eat in or take out. Vegetarian/Vegan options available.	Thursdays, 11am-3pm.	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	Contact Corrine 07725 204 574



Burngreave	<b>SAGE Women's Singing Group</b> SAGE are looking for new members for their women's singing group, supporting wellbeing and reducing isolation. It's a warm & welcoming group of all ages, no experience required. Free to join with optional donation of £2 for refreshments.	Mondays (term-time), 12.30-2pm	Welcome Centre at Christchurch Pitsmoor, Pitsmoor Road, S3 9AW	Contact Helen Walsh on 07932 927 153 or helenw@sagesheffield.org.uk
Burngreave	<b>Men's Wellbeing Social Cafe</b> Conversation, soup, games, refreshments, mindfulness and chats with other men focussing on wellbeing and reducing isolation.	Every other Tuesday, 1.30 - 4pm	Sorby House, 42 Spital Hill, S4 7LG	Contact Patrick on 07904 163 331 if you'd like to attend
Chapelton & Ecclesfield	<b>Grenoside Gardening and Nature for Wellbeing</b> Join us to try out low-level gardening and nature-based activities to help you focus on the present moment and get more nature into your life, in a friendly relaxed space. Sessions guided by SOAR's Wellbeing Coaches and volunteers.	Wednesdays, 1.30-3pm	Grenoside Surgery, 60 Greno Cres, Grenoside, S35 8NX	helen.taylor@soarcommunity.org.uk
Chapelton & Ecclesfield	<b>Strong Minds Together</b> Men's mental health support group, free of charge. Optional football.	Tuesdays, 7-9pm.	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	
Chapelton & Ecclesfield	<b>Craft Group</b> Painting, crafting and drawing - or bring your own from home!	Thursdays, 10.30am-2pm	The Campus, Pack Horse Lane, S35 3HY	To book your space please visit www.hgdt.org
Chapelton & Ecclesfield	<b>High Green Community Shop</b> Affordable clothing, homewares, toys and more. All funds raised go towards further community support.	Mon-Fri, 9.30am-3pm Sat, 10am-1pm	The Campus, Pack Horse Lane, S35 3HY	enquiries@hgdt.org
Chapelton & Ecclesfield	<b>Chapelgreen Community Fridge</b> Redistribution of surplus food from local supermarkets. All food is free!	Open 11am-1pm every Saturday	The Campus, Pack Horse Lane, S35 3HY	Angela Woodward: ang.d.woodward@gmail.com
Chapelton & Ecclesfield	<b>St Vincents ABC</b> Women's boxing club.	Tuesdays, 7-9pm	Thorncliffe Sports Bar, High Green	paulstvincents@hotmail.co.uk or 07447027215.
Chapelton & Ecclesfield	<b>Memory Lanes Bowling Group</b> For people with early/mid stage memory loss and their carers. Activities, dominos, cards and more.	Mondays, 1-3pm	Chapelton Methodist Church, 1 Nether Ley Ave, S35 1AE	Call 0114 240 3514
Chapelton & Ecclesfield	<b>Growing Memories Garden</b> At High Green Development Trust's allotment. Free to attend.	Mondays, 10am-12pm	Allotment at The Campus, Pack Horse Lane, S35 3HY	Contact John Housley on johnhousley5@gmail.com 07887 546 972
Chapelton & Ecclesfield	<b>Chapelton Action Group</b> A free group for people to come together to maintain the library, station, and other areas flower beds etc.	Wednesdays, 8.30am-12pm	Meet at Chapelton Library	Contact John Housley on johnhousley5@gmail.com 07887 546 972
Chapelton & Ecclesfield	<b>Chapelgreen Carers Support Group</b> For people with early/mid stage memory loss and their carers.	2nd October 13th November 11th December 1.30-3.30pm	The Campus, Pack Horse Lane, S35 3HY	Call Lyndsey on 07538 100 375
Chapelton & Ecclesfield	<b>Baking and Cooking Classes</b> Various dates and times.		The Campus, Pack Horse Lane, S35 3HY	Please see <a href="http://www.hgdt.org">www.hgdt.org</a> for booking and info - contact <a href="mailto:sarahw@hgdt.org">sarahw@hgdt.org</a>
Chapelton & Ecclesfield	<b>Watercolour Workshops</b> A series of watercolour workshops twice yearly, led by volunteer Tony Wood. 4 consecutive classes over 4 weeks in March and October. £30, which includes refreshments. Limited places, please contact Tony.	March/October Mondays, 7-9pm	Ecclesfield Library, 113 High St, S35 9UA	Tony - 01226 805 754 or tonyandjuliewood@talktalk.net

Chapelton & Ecclesfield	Knit & Natter Anyone welcome, regardless of experience.	Mondays, 2-4pm Wednesdays, 12-3pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	Creative Writing Group This friendly and supportive group welcomes all would-be authors whether they're in the process of writing their first novel or have a passion for telling short stories.	The first Wednesday of every month, 6-8pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	Ecclesfield Village History Group This group has a passion for researching and preserving the village's rich history by creating archives for future generations.	The last Monday of every month, 2-4pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	Wednesday Friends Come for a cuppa and a chat, and make new friends too.	Wednesdays, 10am	St John's Church, 21 Housley Park, S35 2UE	0114 257 7444 Email: office@stjohnschap.co.uk
Chapelton & Ecclesfield	Reading Group Join a group of like-minded people who love to read and discuss stories.	The last Friday of every month, 3-4pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	Bereavement Cafe Talk to others about your grief. No need for a referral, you can just drop in.	2nd Saturday of the month, 10.30am-12.30pm	St Mary's Church, Priory Road, S35 9XZ	Contact Rev Tim Gill on 0114 257 0002
Chapelton & Ecclesfield	The Chatter Club The Chatter Club by Visiting Angels South Yorkshire is a drop-in with complimentary tea/coffee and homemade cakes. There is an option to purchase lunch and if so we would recommend booking in advance. There is also live entertainment.	Last Wednesday of the month	The Barrel, Chapelton	To book please call The Barrel on 0114 284 7689 For queries please call Visiting Angels on 0114 433 3000
Hillsborough	SWFCCP Cancer Support Sessions 1. Fitness session 2. Walk and talk 3. Chat and support group 4. Fitness session	1. Mondays, 10-11.30am 2. Mondays, 1.30-3pm 3. Thursdays, 1-2pm 4. Fridays, 4-5.30pm	1. SWFC Community Gym (Claywheels Lane) 2. Meet at Hillsborough Stadium (main reception) 3. Meet at Hillsborough Stadium (main reception) 4. SWFC Community Gym (Claywheels Lane)	health@swfc.co.uk or visit www.swfccp.co.uk/health
Hillsborough	Dementia Friendly Talk Club A safe and supportive space for those impacted by dementia to speak to others.	Wednesdays, 2-3pm	SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Hillsborough	Walk and Talk with SWFCCP Our Walk and Talk mental health sessions offer a refreshing way to improve your mental well-being and increase your physical activity.	Thursdays, 12.30-2.30pm	Meet at SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Citywide	Grow Walk & Talk Walk and Talk is a walking, mentoring/coaching programme aimed at young people aged 16-24. Matched with a volunteer mentor you will meet for up to 8 weekly, walks in a green open space to help you work towards improving your mental health, wellbeing and confidence to get a job / training.			Open for referrals. You can self refer and find more information on our website. <a href="https://www.growuk.org/walk-and-talk">https://www.growuk.org/walk-and-talk</a>

# Family Activities

Area	Service	Day & Time	Location	Contact
Southey	Baby Time at Parson Cross Library All under 5s, parents and carers welcome.	Fridays, 10.30-11.30am	Parson Cross Library, The Learning Zone, 320 Wordsworth Avenue, S5 8NL	0114 203 9533 parsoncross.library@sheffield.gov.uk
Southey	Berry Academy of Dance Dance classes for children.	Different days and times	Parson Cross Forum, S5 9NB	Contact Rebecca Akers on 07813139057
Southey	Children's Activities - After School Club Southey Forum offers a warm place to relax, have a cuppa, play games like cards, dominos etc. Mums with children are very welcome to use the play area plus toys etc while mum has a coffee.	Southey Forum is open Mon, Tues, Wed.  The Library is open Mon, Wed, Fri.	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Jiggy Wiggles Baby and Toddler Groups For parents and children from birth to 5 years. £3 per session.	Wednesdays, 12-1pm (toddlers) 1.15-2.15pm (babies)	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Parson Cross Youth Club	Wednesdays, 6.30- 8pm.	St Paul's Church Hall, Wordsworth Avenue.	henrylagos@ncsheffield.org
Southey	JOY Intergenerational Group For parents and carers, and people over 60. Pre-booking required.	Wednesdays, 10.30am-1pm.	St Paul's, Wordsworth Avenue, S5 9JH	becca@stpaulswordsworth.org.uk
Southey	Autism Hope Support Group Parent and carer support group for parents of children of all ages with ASD, whether diagnosed or not. We offer support, friendship and understanding and also have guest speakers to signpost to other organisations that can help. No judgement, just a very warm welcome and plenty of tea and cake!	Fridays, 10-12pm (term-time)	Creswick Greave Methodist Church, Yew Lane, S5 9AZ	autismhopesheffield@gmail.com



Area	Service	Day & Time	Location	Contact
Southey	Community Toddler Groups Parent and toddler groups with Best Start Communities Count. All sessions are £2 per parent and child, 50p for each additional child. Term time only.		Mount Tabor Methodist Church - Mondays, 12.30-2.30pm. Longley 4G Community Centre - Tuesdays, 9.15-11.15am.	Contact Nicola on 07495 965312.
Southey	Rainbows, Brownies, Guides & Rangers	Mondays, 5pm	St Paul's, Wordsworth Avenue, S5 9JH	<a href="http://www.girlguiding.org.uk/information-for-parents/register-a-child">www.girlguiding.org.uk/information-for-parents/register-a-child</a>
Southey	Cubs & Beavers	Mondays, 6-7.30pm	Mount Tabor Methodist Church, S5 8NJ	Sarah - 07856 739 170
Southey	Toddler Group For children aged from birth to 4 years. £1.50 per family, no booking required.	Tuesdays (term-time), 9.30-11am	Church on the Corner, Buchanan Road, S5 8AP	churchonthecorner.enquiries@gmail.com
Southey	Youth Club	Thursdays, 6-7pm	Longley 4G Community Centre, Southey Avenue, S5 7NN	0114 399 0520
Firth Park, Shiregreen & Brightside	Wincobank Kicks Youth Club Youth club and multi-sports activities with SWFCCP, for ages 11-16 years.	Wednesdays, 5.30-7.30pm	Wincobank Village Hall, S9 1LQ.	jacob.walkland@swfc.co.uk
Firth Park, Shiregreen & Brightside	Parkwood Kicks Football session with SWFCCP. Ages 8-18 years.	Saturdays, 11am - 1pm.	Parkwood Academy, 3G Pitch, S5 8UL	community@swfc.co.uk
Firth Park, Shiregreen & Brightside	Shiregreen Kicks Junior youth club filled with various activities, with SWFCCP. Ages 7-13 years.	Fridays, 3-5pm	Shiregreen Neighbourhood Centre, S5 0AA	community@swfc.co.uk
Firth Park, Shiregreen & Brightside	Baby Group Term-time only.	Fridays, 10-11.30am	Shiregreen United Reformed Church, Valentine Crescent, S5 0NX	lisa.wigfield@gmail.com
Firth Park, Shiregreen & Brightside	After School Club with Community Wellness Services Indoor and outdoor activities for 6-11 year olds after school.	Mondays, 4-5.30pm	Wincobank Village Hall, Newman Road, S9 1LQ	Let us know you're coming or turn up on the day: info@cwsuk.ltd
Firth Park, Shiregreen & Brightside	Shiregreen Youth Club Youth Club.	Wednesdays, 6.30-8pm.	St James & St Christopher's Church Hall, Bellhouse Road, S5 0RB	henrylagos@ncsheffield.org
Firth Park, Shiregreen & Brightside	Thrive Youth Club & Harbour Youth Club Free Youth group with Forge Youth for 11-16s (secondary age) ran by Forge Youth.	Thursdays, 7.30-9pm Wednesdays, 6.30-8pm	St James & St Christopher's Church Hall, Bellhouse Road, S5 0RB	katiebriggs@fctrust.uk

Area	Service	Day & Time	Location	Contact
Firth Park, Shiregreen & Brightside	<b>Stomp Kids Club</b> Free kids club for 7-11s (Primary age) ran by Forge Youth.	Thursdays, 5.30-6.30pm	Shiregreen Community Centre, Sicey Avenue, S5 0RN	katiebriggs@fctrust.uk
Firth Park, Shiregreen & Brightside	<b>Forge North Football</b> Free football session for 11-18s (Secondary age) ran by Forge Youth.	Mondays, 6-7.30pm (11-14s), 6.30-8pm (14-18s)	Concord Sports Centre, Shiregreen Lane, S5 6AE	chrisnall@fctrust.uk
Firth Park, Shiregreen & Brightside	<b>Wincobank Baby &amp; Toddler Group</b> Indoor activities and outdoor play, parents and grandparents welcome.	Wednesdays, 10am-12pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	gill.lemm@yahoo.co.uk
Firth Park, Shiregreen & Brightside	<b>Community Toddler Groups</b> Parent and toddler groups with Best Start Communities Count. All sessions are £2 per parent and child, 50p for each additional child. Term time only.	Shiregreen Community Centre - Mondays, 9.30-11.30am. Shiregreen Neighbourhood Centre - Thursdays 9.30-11.30am. Wincobank Village Hall - Fridays, 9.30-11.30am.		Contact Nicola on 07495 965312.
Firth Park, Shiregreen & Brightside	<b>Home Education Aerial Classes</b> Six-week block. Open to all children aged 7-17 years wanting to experience a different type of physical learning. Try out aerial skills in hoop, silks and trapeze to build strength, fitness and confidence. Bursaries are available for these classes.	Tuesdays, 1.45-3.15pm	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	youthcircus@greentop.org
Firth Park, Shiregreen & Brightside	<b>Regular Aerial and Ground-based Classes</b> Six-week block. Open to all children aged 7-17 years wanting to experience a different type of physical learning. Try out aerial skills in hoop, silks and trapeze as well as ground-based skills including juggling, hula hooping and Diablo. These classes are excellent for building resilience, strength and skills as well as being a lot of fun. Bursaries are available for these classes.	Tuesdays, Wednesdays, Thursdays and Saturdays	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	youthcircus@greentop.org
Firth Park, Shiregreen & Brightside	<b>Half Term Holiday Clubs - October</b> A day of aerial hoop, trapeze, silks and floor-based circus skills activities (a mixture of dance, acrobalance and manipulation circus skills). The day starts & ends with fun warm ups /warm downs and games. Suitable for ages 7yrs - 16yrs, with or without previous experience. Please bring lunch, drinks and snacks.	Tuesday 29th and Wednesday 30th October 2024, 9.30am - 4pm	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	youthcircus@greentop.org
Firth Park, Shiregreen & Brightside	<b>Circus Minis</b> Fun circus classes for 4-7 year olds and their grown ups. A mixture of age-appropriate skills such as hula hoop, scarf juggling, plate spinning, diablo, bucket stilts, flower sticks, beam, silk cocoons & trapeze.	9.45 – 10.45, Sundays 15th Sept, 13th Oct, 10th Nov, 8th Dec 2024	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	youthcircus@greentop.org

Burngreave	Neighbourhood Circus Enjoy learning circus skills including stilt walking, juggling and plate spinning, with other members of your local community. Create and film your own circus routines. Free. Suitable for local kids aged 8-12 years.	Wednesdays, 5.30-6.30pm	Grimesthorpe Family Centre, Wansfell Road, S4 8BE	<a href="mailto:trudi@greentop.org">trudi@greentop.org</a>
Burngreave	Pitsmoor Adventure Playground Open access adventure play sessions for children aged 5 to 13 and their families.	Term-time Tues to Fri 3.15pm - 6pm and Saturdays 12-4pm. School holidays Tues to Sat 12-4pm. Wednesdays: 8 to 13 years olds only.	Corner of Melrose Road and Burngreave Street, S3 9DN	Email: <a href="mailto:info@pitsmooradventure.org">info@pitsmooradventure.org</a> Telephone: 0114 273 7121
Chapelton & Ecclesfield	Strong Minds Together Youth Club In association with Sheffield United Community Foundation. For ages 10-16 years. Free of charge.	Thursdays, 4-6pm.	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	
Chapelton & Ecclesfield	Baby Bloom Rotherham North Classes A friendly environment to meet people, have fun and enjoy quality time together with your baby. The multi-sensory themed classes will aid your baby's learning & development. Must be booked in advance.	Thursdays, 10am and 11.15am (term-time only)	The Campus, Pack Horse Lane, S35 3HY	<a href="https://www.bloombabyclasses.com/rotherham-north">https://www.bloombabyclasses.com/rotherham-north</a>
Chapelton & Ecclesfield	Baby Bloom Summer Holiday Mixed-Age Specials Age 0-15 months.	Thursday 1st, 8th and 29th August	The Campus, Pack Horse Lane, S35 3HY	<a href="https://www.bloombabyclasses.com/rotherham-north">https://www.bloombabyclasses.com/rotherham-north</a>
Chapelton & Ecclesfield	HGDT Toddler Group For walking - preschool age.	Thursdays, 10-11.30am (term-time only)	The Campus, Pack Horse Lane, S35 3HY	Book at <a href="http://www.hgdt.org">www.hgdt.org</a> contact <a href="mailto:enquiries@hgdt.org">enquiries@hgdt.org</a>
Chapelton & Ecclesfield	Ready Steady Go, SEND Baby & Toddler Group High Green Development Trust is delighted to announce a brand new baby / toddler group for those with SEND (no diagnosis required). No drop ins as we are limiting numbers to ensure the environment is not too overwhelming for the children. Refreshments and snacks included. Term time only.	Wednesdays, 10.30 - 11.30am	The Campus, Pack Horse Lane, S35 3HY	<a href="mailto:community@hgdt.org.uk">community@hgdt.org.uk</a> 0114 284 4444
Chapelton & Ecclesfield	Concord Kicks Football session with SWFCCP. Two sessions: ages 8-13 years and 14-18 years.	Fridays, 4-5pm (ages 8-13 years) Fridays, 5-6pm (ages 14-18 years)	Concord Sports Centre, 3G Pitch, S5 6AE	<a href="mailto:community@swfc.co.uk">community@swfc.co.uk</a>
Chapelton & Ecclesfield	St Vincents ABC Under 16s boxing club.	Tuesdays, 5-7pm	Thorncliffe Sports Bar, High Green.	<a href="mailto:paulstvincents@hotmail.co.uk">paulstvincents@hotmail.co.uk</a> or 07447027215
Chapelton & Ecclesfield	Little Bears Club Children's playgroup open to children from birth to school age, to socialise, play, read, join in activities and learn via the interactive screen. £1.50 per adult, refreshments provided.	Fridays, 10-11.30am	Ecclesfield Library, 113 High St, S35 9UA	



<p>Citywide</p>	<p style="text-align: center;"><b>SWFCCP Family Hubs</b></p> <p>Free sessions open to all parents with children up to 3 years old.</p> <ol style="list-style-type: none"> <li>1. Stay &amp; Play</li> <li>2. Mum's Boxercise</li> <li>3. Fitness Class</li> <li>4. Mum's Dancercise</li> </ol>	<ol style="list-style-type: none"> <li>1. Mondays, 10-11.30am</li> <li>2. Mondays, 12-1pm</li> <li>3. Thursdays, 10.30-11.15am and 11.30am-12.15pm</li> <li>4. Fridays, 1.30-2.30pm</li> </ol>	<ol style="list-style-type: none"> <li>1. Hillsborough Stadium</li> <li>2. SWFC Community Gym (Claywheels Lane)</li> <li>3. SWFC Community Gym (Claywheels Lane)</li> <li>4. SWFC Community Gym (Claywheels Lane)</li> </ol>	<p style="text-align: center;"> <a href="mailto:health@swfc.co.uk">health@swfc.co.uk</a>  or visit  <a href="http://www.swfccp.co.uk/health">www.swfccp.co.uk/health</a> </p>
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# Employment & Training

Area	Service	Day & Time	Location	Contact
Southey	Maths and English Lessons Tutor-led lessons at Southey Forum. Available to anyone.	Mondays, 10am-1pm (Maths) Tuesdays, 12-2pm (English)	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Computer Lessons Tutor-led lessons at Southey Forum. Available to anyone.	Mondays, 10am-12pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Job Club Help with CVs etc at Southey Forum. Available to anyone.	Fridays, 10am-2pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Youth Careers Drop-In Drop-ins at local libraries across North for young people aged 16-18 who are leaving school or not in education, employment or training and would want support.	Wednesdays 1-3pm	Parson Cross Library, The Learning Zone, S5 8NL	0114 273 4462 youth.services@sheffield.gov.uk
Firth Park, Shiregreen & Brightside	Youth Careers Drop-In Drop-ins at local libraries across North for young people aged 16-18 who are leaving school or not in education, employment or training and would want support.	Tuesday 25th June, 1-3pm	Firth Park Library, Firth Park Road, S5 6QQ	0114 273 4462 youth.services@sheffield.gov.uk
Burngreave	Youth Careers Drop-In Drop-ins at local libraries across North for young people aged 16-18 who are leaving school or not in education, employment or training and would want support.	Last Thursday of every month, 12-2pm	Burngreave Library, Sorby House, S4 7LG	0114 273 4462 youth.services@sheffield.gov.uk
Burngreave	Digital Inclusion Free basic IT and computer training. No experience necessary, iPad available for use.	Wednesdays & Thursdays, 10-11am	Community Room 10A Breinburg Court 263 Pitsmoor Road, S3 9AQ	<a href="mailto:admin@sacmha.org.uk">admin@sacmha.org.uk</a> 0114 272 6393

Area	Service	Day & Time	Location	Contact
Chapelton & Ecclesfield	SOAR Employment Support Drop-Ins	Ecclesfield Library every 2 weeks, Wednesdays, 10am-12pm The Campus, Pack Horse Lane every 2 weeks on Wednesdays 1pm-3pm		For dates, contact us on 0114 2440 401
Citywide	<p style="text-align: center;"><b>Progression Hubs</b></p> <p>Our Job Club is an optional weekly drop-in service focused solely on employability, job searching &amp; next steps for 16 to 30 year olds. If you need support but can't commit to a full course, or you know exactly what your career goals are, this might be the perfect option for you. Our friendly and knowledgeable staff can help you write an interview-winning CV or cover letter, apply for live vacancies or courses, and prepare you for any interviews. Also whilst you're waiting around for your appointment you can have a game of pool against other young people.</p>	Wednesdays, 3-5pm	The Common Room, 1st floor, 127 Devonshire St, Sheffield City Centre, S3 7SB	Matthew.Cox@streetleague.co.uk or 07795 516 210





# Events

Area	Service	Day & Time	Location	Contact
Burngreave	<p><b>Friends of Foundry</b>            Friends of Foundry was created by Foundry Primary Care Network staff to help support our community in a holistic way.            Do you fancy a cuppa? Would you like some help or advice? Or just fancy a chat?</p>	Tuesdays, 11am-1pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	
Chapelton & Ecclesfield	<p><b>Chapelton Litter Pickers</b></p>	Second Saturday of the month, 9.30am	Meet at Chapelton Library	Contact John Housley on johnhousley5@gmail.com 07887 546 972
Chapelton & Ecclesfield	<p><b>Friendship Lunches</b>            2 course meal and live entertainment (between £10-£15 per person).</p>	The Barrel Chapelton - 1st and 3rd Wednesday of the month Red Lion Grenoside - 2nd Monday of the month Oak House Chapelton - please ring for dates		The Barrel - 0114 438 3115 Red Lion - 0114 284 7689 Oak House - 0114 245 5536
Chapelton & Ecclesfield	<p><b>Chatter Club by Visiting Angels South Yorkshire</b>            The Chatter Club is a drop-in (no need to book) with complimentary tea/coffee, home-made cakes and live entertainment. Option to purchase lunch off the menu.</p>	The last Wednesday of every month up to November and then Monday 23 December	The Barrell, 191 Lane End, Chapelton, S35 2UL	For queries please contact the office on 0114 433 3000.





# DON'T FORGET ABOUT SHEFFIELD HEALTHY HOLIDAYS!

**FREE Fun activities & food for children  
eligible for benefits-related free  
school meals, during school holidays**

<https://sheffieldhealthyholidays.org/>