



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



Autumn 2024 (Oct - Dec)
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, crafts, mindfulness, health checks and more. Mainly for people registered with a GP surgery in the SAPA5 or Network North primary care networks.	Wednesdays, 10.30am-12.30pm	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	sean.graves@swfc.co.uk

Area	Service	Day & Time	Location	Contact
Southey	Chronic Pain Cafe 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. Refreshments provided.	The last Thursday of every month, 10.30am-12pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL	Call Mariam on 07943 003 159 or mariam.hussain@soarcommunity.org.uk
Southey	Chairbics Pay as you feel. If available, minimum donation £1.	Mondays, 1.30-2.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Mum's Fitness Classes Pay as you feel. If available, minimum donation £1.	Tuesdays, 11.30am-12.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Latina Dance Pay as you feel. If available, minimum donation £1.	Wednesdays, 1.30-2.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Tai Chi Pay as you feel. If available, minimum donation £1.	Thursdays, 12.30-1.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Yoga Pay as you feel. If available, minimum donation £1.	Fridays, 11.30am-12.30pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Yoga For All Everyone is welcome, classes are £8.50.	Thursdays, 6.30-7.45pm	Christ Church Hall, Fox Hill Road, Wadsley Bridge, S6 1LA	Book through www.hcyoga.co.uk
Southey	Network North Chronic Pain Café, (by referral via GP only), 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.	Thursdays, 10am -12pm starting 3rd October, every other week.	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 julie.moore@soarcommunity.org.uk
Southey	Friends of Network North PCN Health activities such as circuit training, health chats, table tennis, strength training, cancer awareness, cooking on a budget, budgeting.	Thursdays, 10am – 12pm starting 12th October, every other week.	Foxhill Forum, In-volve Community Hub, 31-33 Wolfe Rd, Fox Hill Crescent, S6 1BT	For more info contact Julie 07960 084 251 julie.moore@soarcommunity.org.uk
Firth Park, Shiregreen & Brightside	Gentle Aerobics with Community Wellness Services 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	Chairbics 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	Mindful Exercise 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	Step Out Sheffield Ramblers Wellbeing Walks (accessible to all) 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

Area	Service	Day & Time	Location	Contact
Firth Park, Shiregreen & Brightside	<p>Wellbeing Workshops</p> <p>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.</p>	Wednesdays, 11.30am-1pm	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	trudi@greentop.org
Burngreave	<p>Women's Chronic Pain Cafe</p> <p>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.</p>	Thursdays, 11am-12.30pm	Burngreave Vestry Hall, 2 Burngreave Road, S3 9DD	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	<p>Chronic Pain Group</p> <p>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.</p>	Tuesdays, 1-2pm	Firvale Community Hub, S4 8GU	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	<p>Men's Group</p> <p>A free and friendly space for men with long-term pain to socialise with others. Arabic and Tigrinya interpreters present.</p>	Wednesdays, 1.30-2.30pm	Burngreave Library, Sorby House, 42 Spital Hill, Sheffield S4 7LG	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	Step Out Sheffield Ramblers Wellbeing Walks (accessible to all) 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	Step Out Sheffield Ramblers Wellbeing Walks (accessible to all) 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	Ladies Only Zumba £1 charge.	Wednesdays, 9.30-10.30am	Firvale Community Hub, S4 8GU	07897 324 285
Burngreave	Active Through Football 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 faisal.aid@sufc-community.co.uk
Burngreave	Active Through Football Recreational football and group social for adult men aged 18+.	Wednesdays, 6-8pm Sundays, 6-8pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	Call Faisal on 07944 085 168 or faisal.aid@sufc-community.co.uk
Burngreave	Seated Exercise 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 faisal.aid@sufc-community.co.uk
Chapelton & Ecclesfield	Walking Football 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 health@sufc-community.co.uk
Chapelton & Ecclesfield	<p>Paces Active Movement Stroke Group</p> <p>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.</p>	Thursdays, 2pm.	Unit 4, Smithy Wood Business Park, Smithy Wood Drive. Sheffield S35 1QN.	<p>Darren Walker 0114 551 0419 Darren.walker@pacessheffield.org.uk https://www.pacesheffield.org.uk/have-you-had-stroke/</p>

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Chapelton & Ecclesfield	High Green Gymnastics Academy Classes for all ages throughout the week, booking only.		The Campus, Pack Horse Lane, S35 3HY	07572 857 223 or info@hgga.co.uk
Chapelton & Ecclesfield	Fitness & Fun (50+) 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 info@hgga.co.uk
Chapelton & Ecclesfield	Echo Athletics Cheerleading and dance classes for all ages.	Fridays and Sundays.	The Campus, Pack Horse Lane, S35 3HY	Laura - echoathletics.cheeranddance@gmail.com
Chapelton & Ecclesfield	Yoga For All Everyone is welcome, classes are £8.50.	Tuesdays, 7.45-9pm	Barrie Bellamy Studio, The Campus, Pack Horse Lane, S35 3HY	Book through www.hcyoga.co.uk
Chapelton & Ecclesfield	Chairobics Get fit and fun in a friendly environment.	Thursdays, 11.45am-12.30pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	Hatha Yoga 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	Gentle Yoga Class 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	Step Out Sheffield Ramblers Wellbeing Walks (accessible to all) 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	Step Out Sheffield Ramblers Wellbeing Walks (accessible to all) 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
Citywide	Gathering Ground Walk & Talk A free casual social gathering for people aged 75 and over.	Mondays, 10.30am-12.30pm	Bradbury Makers' Shed, Hillsborough Park.	0114 250 2850 enquiries@ageuksheffield.org.uk
Citywide	Cycling 4 All 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, here .	Mondays, Tuesdays & Thursdays 10.30am-12pm public cycling 12-1.30pm public cycling Wednesdays 10.30am-12pm Visually Impaired Pedallers groups and public cycling 12-1.30pm Pedal Strokes and Brain Injury group and public cycling	Hillsborough Park basketball area, next to the car park.	
Citywide	Sheffield Diabetes UK Group Regular events covering different aspects of Diabetes information and advice.		Find a list of upcoming events: www.bit.ly/SheffieldDUKGroup www.SheffieldDiabetesUK.group	

Groups & Support

Area	Service	Day & Time	Location	Contact
Southey	Thoughtful Thursdays Join us for an informal drop-in space to talk about the Menopause and try a variety of activities.	The first Thursday of each month, 10am-12pm.	Foxhill Medical Centre, 160 Foxhill Crescent, S6 1GA	Janine - 07443 999 260 Julie Moore - 07960 084 251
Southey	Foxhill Drop-In Memory Cafe For people with early/mid stage memory loss and their carers.	October 24th November 28th December 21st 1-3pm	Foxhill Forum, In-volve Community Hub, 31-33 Wolfe Rd, Fox Hill Crescent, S6 1BT	Call Lyndsey on 07538 100 375
Southey	Unforgettable Me Not Memory Café 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.	Mondays, Tuesdays & Fridays 9.30-11.30am (Tuesdays is term-time only)	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Parson Cross Forum Dementia Carers Group Aimed at supporting carers of those living with dementia. We offer a safe, friendly and confidential environment. Free to attend.	Monthly on Mondays, 9.30 - 10.30am	Parson Cross Forum, S5 9NB	Call for dates - 0114 3279 727
Southey	Friendship and Cash Bingo 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.	Mondays, 12.30-2.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Young at Heart Activity and social group for people over the age of 50. Take part in an hour of fun exercise. £3.00 per session.	Tuesdays, 1.30-2.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Lunch Clubs at Parson Cross Forum Come along and have a cooked meal, socialise and take part in an activity. Places must be booked. £6 for 2 courses.	Wednesdays and Fridays, 11.45am - 1pm	Parson Cross Forum, S5 9NB	0114 3279 727

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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	Foodworks Social Cafe Delicious food and space for a chat. Pay as you feel, minimum £1 donation.	Tuesdays, Wednesdays, Thursdays, 9am-2pm	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Craft Course for Beginners	Started Thursday 6th June, runs until 8th August	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
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	sean.graves@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

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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 (17th October 14th November 12th December)	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.	15th October 19th November 17th December 2-4pm	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	HOPE Community Allotment 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	Social & Welcome Space 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	Retired, Not Expired! Social Club 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	
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	Dementia? Welcome! Café 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	Memory Café 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	Memory Dementia Support Group 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	Mental Health & Wellbeing Hub 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	Social Café/Lunch Club 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	SAGE Women's Singing Group 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	Men's Social Cafe A safe space for men to chat and meet others, with refreshments and a warm meal in the winter.	Every other Tuesday, 1.30 - 4pm	Carwood Suite, Sorby House, 42 Spital Hill, S4 7LG	Contact Patrick on 07904 163 331
Chapelton & Ecclesfield	Strong Minds Together Men's mental health support group, free of charge. Optional football.	Tuesdays, 7-9pm.	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	

Chapelton & Ecclesfield	Craft Group 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	High Green Community Shop 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	Chapelgreen Community Fridge 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	St Vincents ABC Women's boxing club.	Tuesdays, 7-9pm	Thornccliffe Sports Bar, High Green	paulstvincents@hotmail.co.uk or 07447027215.
Chapelton & Ecclesfield	Memory Lanes Bowling Group 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	Growing Memories Garden 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	Chapelton Action Group 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	Chapelgreen Carers Support Group 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	Baking and Cooking Classes Various dates and times.		The Campus, Pack Horse Lane, S35 3HY	Please see www.hgdt.org for booking and info - contact sarahw@hgdt.org
Chapelton & Ecclesfield	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.	Tuesdays, (fortnightly) 10am-12pm	The Community Room at Ecclesfield Parish Council, Mortomley Lane, High Green, S35 3HS	Call Helen on 07795 563 700
Chapelton & Ecclesfield	Watercolour Workshops 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	<p style="text-align: center;">Knit & Natter Anyone welcome, regardless of experience.</p>	<p style="text-align: center;">Mondays, 2-4pm Wednesdays, 12-3pm</p>	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p style="text-align: center;">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.</p>	<p style="text-align: center;">The first Wednesday of every month, 6-8pm</p>	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p style="text-align: center;">Ecclesfield Village History Group This group has a passion for researching and preserving the village's rich history by creating archives for future generations.</p>	<p style="text-align: center;">The last Monday of every month, 2-4pm</p>	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p style="text-align: center;">Wednesday Friends Come for a cuppa and a chat, and make new friends too.</p>	<p style="text-align: center;">Wednesdays, 10am</p>	St John's Church, 21 Housley Park, S35 2UE	<p style="text-align: center;">0114 257 7444 Email: office@stjohnschap.co.uk</p>
Chapelton & Ecclesfield	<p style="text-align: center;">Reading Group Join a group of like-minded people who love to read and discuss stories.</p>	<p style="text-align: center;">The last Friday of every month, 3-4pm</p>	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p style="text-align: center;">Bereavement Cafe Talk to others about your grief. No need for a referral, you can just drop in.</p>	<p style="text-align: center;">2nd Saturday of the month, 10.30am- 12.30pm</p>	St Mary's Church, Priory Road, S35 9XZ	Contact Rev Tim Gill on 0114 257 0002
Chapelton & Ecclesfield	<p style="text-align: center;">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.</p>	<p style="text-align: center;">Last Wednesday of the month</p>	The Barrel, Chapelton	<p style="text-align: center;">To book please call The Barrel on 0114 284 7689 For queries please call Visiting Angels on 0114 433 3000</p>
Hillsborough	<p style="text-align: center;">Dementia Friendly Talk Club A safe and supportive space for those impacted by dementia to speak to others.</p>	<p style="text-align: center;">Wednesdays, 2-3pm</p>	SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Hillsborough	<p style="text-align: center;">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.</p>	<p style="text-align: center;">Thursdays, 12.30-2.30pm</p>	Meet at SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Citywide	<p style="text-align: center;">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.</p>			<p>Open for referrals. You can self refer and find more information on our website. https://www.growuk.org/walk-and-talk</p>

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	Youth Group Youth club at Longley 4G.	Tuesdays, 6-7.30pm.	Longley 4 Greens Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
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.	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	www.girlguiding.org.uk/information-for-parents/register-a-child
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
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	Stomp Kids Club 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	Forge North Football 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	Wincobank Baby & Toddler Group 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	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.	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	Home Education Aerial Classes 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	Regular Aerial and Ground-based Classes 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	Half Term Holiday Clubs - October 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	Circus Minis 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	trudi@greentop.org
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	https://www.bloombabyclasses.com/rotherham-north
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	https://www.bloombabyclasses.com/rotherham-north
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 www.hgdt.org contact enquiries@hgdt.org
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	community@hgdt.org.uk 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	community@swfc.co.uk
Chapelton & Ecclesfield	St Vincents ABC Under 16s boxing club.	Tuesdays, 5-7pm	Thorncliffe Sports Bar, High Green.	paulstvincents@hotmail.co.uk 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	

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	admin@sacmha.org.uk 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>Progression Hubs</p> <p>Street League offer a drop-in workshop hub focusing on developing CV's looking at job applications and chance to have help with any application forms. These sessions are for young people aged 16-24 and are NEET (Not in Education, Employment & Training) including school leavers.</p> <p>There is also some time for sport during both sessions.</p>	Tuesdays, 3.30-5pm.	Ponds Forge International Sports Centre, S1 2BP.	Matthew.Cox@streetleague.co.uk or 07795 516 210



Events

Area	Service	Day & Time	Location	Contact
Burngreave	<p>Friends of Foundry</p> <p>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	Chapelton Litter Pickers	Second Saturday of the month, 9.30am	Meet at Chapelton Library	Contact John Housley on johnhousley5@gmail.com 07887 546 972
Chapelton & Ecclesfield	<p>Friendship Lunches</p> <p>2 course meal and live entertainment (between £10-£15 per person).</p>	<p>The Barrel Chapelton - 1st and 3rd Wednesday of the month</p> <p>Red Lion Grenoside - 2nd Monday of the month</p> <p>Oak House Chapelton - please ring for dates</p>		<p>The Barrel - 0114 438 3115</p> <p>Red Lion - 0114 284 7689</p> <p>Oak House - 0114 245 5536</p>
Chapelton & Ecclesfield	<p>Chatter Club by Visiting Angels South Yorkshire</p> <p>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.
Chapelton & Ecclesfield	High Green Christmas Market and Santa's Grotto	1st December, 11am-3pm.	The Campus, Pack Horse Lane, S35 3HY	



DON'T FORGET ABOUT SHEFFIELD HEALTHY HOLIDAYS!

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