

# Activity Directory

## May



**Please note:** Please note Monday 1<sup>st</sup> and Monday 29<sup>th</sup> May are Bank Holidays so if an event/group is down to run on a Monday please contact directly to check.

# TRAINING SERVICES

Course	Description	Contact Number
<b>Emergency First Aid</b>	Covering administrating emergency 1 <sup>st</sup> Aid	Contact 0114 213 4065 for more information
<b>ICT</b>	Various subjects and classes in locations across North east Sheffield.	Contact 0114 213 4065 for more information
<b>Fab 5</b>	This course covers the importance of a healthy lifestyles and physical exercise.	Contact 0114 213 4065 for more information

# EMPLOYMENT SERVICES

Location	Description	Contact person					
<p><b>Job Club NOW open 5 days a week.</b> Employment Services, 19 Bellhouse Road, S5 6HJ</p> <table border="1"> <tr> <td><b>Mon</b> 9:30-12:00 &amp; 12:30-15:30</td> </tr> <tr> <td><b>Tue</b> 9:30-12:00 &amp; 12:30-15:30</td> </tr> <tr> <td><b>Wed</b> 9:30-12:00 &amp; 12:30-15:30</td> </tr> <tr> <td><b>Thurs</b> 9:30-12:00 &amp; 12:30-15:30</td> </tr> <tr> <td><b>Fri</b> 9:30 -12:00 &amp; 13:00-15:30</td> </tr> </table>	<b>Mon</b> 9:30-12:00 & 12:30-15:30	<b>Tue</b> 9:30-12:00 & 12:30-15:30	<b>Wed</b> 9:30-12:00 & 12:30-15:30	<b>Thurs</b> 9:30-12:00 & 12:30-15:30	<b>Fri</b> 9:30 -12:00 & 13:00-15:30	<p>Helping you: Increase your employability skills, Develop a CV, Build confidence and self-esteem, Complete online applications, Prepare for an interview, Start your new job Access to PC's, Printer, and telephone to help you with job searching. One to one support from our experienced advisor.</p>	<p><b>Employment Team</b> 0114 244 0401 employment@soarcommunity.org.uk</p>
<b>Mon</b> 9:30-12:00 & 12:30-15:30							
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<b>Fri</b> 9:30 -12:00 & 13:00-15:30							
<p><b>SOAR Works</b> 14 Knutton Road, S5 9NU Tuesday all day Thurs 9.30 – 12.30</p>	<p>Helping you: Increase your employability skills, Develop a CV, Build confidence and self-esteem, Complete online applications, Prepare for an interview, Start your new job Access to PC's, Printer, and telephone to help you with job searching. One to one support from our</p>	<p><b>Employment Team</b> 0114 244 0401 employment@soarcommunity.org.uk</p>					

	experienced advisor.	
<b>Outreach 1-1 in High Green</b>  Every Tuesday  Angram Bank Childrens Centre, Kinsey Road, High Green, S35 4HN	Helping you: Increase your employability skills, Develop a CV, Build confidence and self-esteem, Complete online applications, Prepare for an interview, Start your new job Access to PC's, Printer, and telephone to help you with job searching. One to one support from our experienced advisor.	Please contact Stephen on 07507 791 438 to book an appointment.  employment@soarcommunity.org.uk
<b>Outreach 1 – 1 in Stocksbridge</b>  Every Monday  Stocksbridge Library, Manchester Road, S36 1DH	Helping you: Increase your employability skills, Develop a CV, Build confidence and self-esteem, Complete online applications, Prepare for an interview, Start your new job Access to PC's, Printer, and telephone to help you with job searching. One to one support from our experienced advisor.	Please contact Marc on 07506 519 508 to book an appointment.  employment@soarcommunity.org.uk

## HEALTH ACTIVITIES



Service	Dates	Description	Contact person
<b>The 'New Brew' Springboard Social Café</b>	Every other Friday:  28 <sup>th</sup> April 12 <sup>th</sup> May 26 <sup>th</sup> May	<p>The fortnightly Social Café is an all-day event where people can drop-in as they need to and, over refreshments, talk with others in a similar situation.</p> <p>The Social Café also provides a programme of activities and events that will encourage people to participate in a wider range of activities.</p> <p>This commissioned activity is targeted at people who are struggling with anxiety, depression, panic attacks or other mental health conditions; but who are one or two steps away from having a level of need that makes them eligible for self-directed support with an individual budget; for people.</p> <p><b>Venue:</b> Learning Zone, Wordsworth Avenue</p>	<b>Helen Warren</b> 213 4065
<b>Shiregreen Social Group</b>	Every Wednesday:	Meet new people who will support you through a range of activities building confidence and encouragement to being socially active learn new skills, cook together or just a place to meet up. One	<b>Helen Warren</b> 0114 2134065

	<b>Time:</b> 10am – 3pm	to one support online safely, job searches, online banking/shopping etc. even a topic or interest you would like to try.  <b>Venue:</b> Shiregreen neighborhood Centre, Westnall Road, (at the side of Beck School)	
<b>Firth Park-Wellbeing Walk</b>	Every Tuesday from 2 <sup>nd</sup> May  Time- 9.15am –10.15am	Gentle exercise in Firth Park to develop your fitness whilst you meet new friends and have fun.  Venue- Meet outside the entrance of Firth Park Children’s Centre	<b>Angela Woodward</b>  0114 2134065
<b>Firth Park-Buggy Walk</b>	Every Tuesday in term time only.  Time:- 11.30am-12.30pm	Make new friends, have fun whilst improving your fitness levels with a buggy walk around Firth Park.  Venue- We meet inside Firth Park Library at 11.30am	<b>Angela Woodward</b>  0114 2134065


## HEALTH SERVICES Support & Activity Groups

Group/Activity	Dates	Description	Contact person
<b>Diabetes Self Help Group</b>	Every second Monday of the month  Please contact Hazel for time and upcoming date 10am -12pm	This is a chance to learn about the effects of diabetes, socialise and gain new skills to self-manage your condition, with support from the group Professional speakers in attendance per session Tea and biscuits provided  <b>Venue:</b> Shiregreen Neighbourhood Centre	<b>Hazel Blackburn</b> 0114 257 0532 07522 674 011
<b>Women’s Only Exercise session</b>	Every Monday during term time.  <b>Time:</b> 1.30-2.30pm	This is a term time only session running at Verdon Recreation Centre, Verdon St, where women can enjoy gentle exercise.  <b>Venue:</b> Verdon Recreation Centre	<b>Somshun Nessa</b> 0114 213 2591



<p><b>Concord Fitness Group</b></p>	<p>Every day!</p> <p>Please contact Helen for times and specific sessions.</p>	<p>SOARs volunteers will accompany clients to Concord Leisure Centre for morale support and taking that first step in becoming more physically active at whatever level.</p> <p><b>Venue:</b> Concord Sports Centre</p>	<p><b>Helen Warren</b> 0114 213 4065</p>
<p><b>The Wednesday Womble</b></p>	<p>Every Wednesday</p> <p><b>Time:</b> 10am</p>	<p><b>This is for over 50s</b></p> <p>Age Better in Sheffield volunteers have set this up for your community based on feedback.</p> <p>A scroll around the block, this is not a health walk, just a social get together with like-minded people, just to get out of the house. Have a cuppa after in the Neighbourhood centre and meet others.</p> <p><b>Venue:</b> Meeting point at Shiregreen Neighbourhood Centre, Westnall Road, S5 0AA (Next to Beck School)</p>	<p><b>Helen Warren</b> 0114 213 4065</p>
<p><b>Take Flight Modelling and crafting Group</b></p>	<p>Fortnightly Fridays</p> <p>5<sup>th</sup> and 19<sup>th</sup> May</p> <p><b>Time:</b> 11am- 1pm</p>	<p><b>This is for over 50s</b></p> <p>Two SOAR volunteer have set this up for your community based on feedback.</p> <p>An opportunity to make something, such as a Spitfire plane, or work with Angela on a range of exciting craft projects whilst talking to like-minded people, just to get out of the house.</p> <p>Each session is £1.50 towards resources costs.</p> <p><b>Venue:</b> The Learning Zone, Wordsworth Avenue, Parson Cross</p>	<p><b>Helen Warren</b> 0114 213 4065</p>

<b>Craft Group</b>	Every Tuesday 2pm – 4pm	Drink Wise Age Well  A craft group for the over 50's.  Free session  Join us for a cup of tea, natter and have a go at a variety of crafts.  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	<b>Grace Weatherburn</b>  07714 898585
<b>Wild at Heart</b>	Every Wednesday 10am – 12pm	New group fun packed with various wildlife activities for the over 50's.  FREE  Refreshments provided  Transport can be provided if needed.  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	<b>Jenny King</b> 0114 263 4335
<b>Men's only group Ecclesfield Library</b>	Starts 24 <sup>th</sup> April 11am – 1pm 	New group for men to play board games, chat and socialise. £1.00 refreshments provided  <b>Venue:</b> Ecclesfield Library 113 High Street S35 9UA	<b>Helen Warren</b> 0114 213 4075
<b>Improving Wellbeing Sessions (Low Mood)</b>	Four week sessions Tuesdays 2pm-4pm  9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup> 30 <sup>th</sup> May  	Free Low Mood Support Sessions run by Sheffield Health and Social Care.  Self-referrals possible on website: <a href="http://iaptsheffield.shsc.nhs.uk/improving-wellbeing-sessions/">http://iaptsheffield.shsc.nhs.uk/improving-wellbeing-sessions/</a>  FREE  <b>Venue:</b> The Learning Zone, Wordsworth Avenue, Parson Cross	<b>Katherine Keeler</b> 0114 2326211

# Activities For The Family

Group/Activity	Dates	Description	Contact person
<b>Longley Little Ones</b>	Every Monday 9.30am – 11.30am  <b>Term time only</b>	Play and stay group for parents/ grandparents or carers with little ones aged 0-5  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	0114 3990520
<b>Longley Wiggler's</b>	Every Wednesday 9.30am – 11.30am  <b>Term time only</b>	Play and stay group for parents/ grandparents or carers with little ones aged 0-5  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	0114 3990520
<b>Blend Café</b>	Every Monday 9am – 2pm	Community Café, all welcome, come and enjoy a delicious breakfast or lunch.  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	0114 3990520
<b>Shotokan Karate</b>	Every Thursday 6pm – 7pm  	Lady 3 <sup>rd</sup> Dan instructor. Classes for children and adults aged 10 and above.  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue S5 7NN	07985 228 131 Or 0114 3990520
<b>Berry's Box Fit Circuit Training</b>	Every Monday & Wednesday  6.30pm – 7.30pm	All fitness levels welcome, get fit, gain confidence and meet new people. £3.50  <b>Venue:</b> Longley 4 Greens Community Centre Southey Avenue, S5 7NN	0114 3990520



<b>Judo for Children</b>	<p>Every Monday 4:00pm-5:00pm</p> 	<p>Judo Courses for children age 5-15. Judo is a dynamic sport that does not rely on strength but is based on a combination of balance, coordination and reaction.</p> <p>£18 per month with sibling discounts</p> <p><b>Venue:</b> The Learning Zone, Wordsworth Avenue, Parson Cross</p>	<p><b>Katherine Keeler</b> <b>0112326211</b></p>
<b>High Intensity Fitness</b>	<p>Every Monday 10:30-11:00 (1<sup>st</sup> class) 11:30-12:00(2<sup>nd</sup> class)</p> 	<p>High Intensity Fitness classes with qualified fitness instructor Julia Cammoile Get fit and get confident!</p> <p><b>Venue:</b> The Learning Zone, Wordsworth Avenue, Parson Cross</p>	<p><b>Katherine Keeler</b> <b>0112326211</b></p>
<b>Yoga</b>	<p>Every Tuesday 10:30am -12:00pm</p>	<p>Gentle yoga exercises to help relieve stress and improve breathing techniques. Suitable for all ages. Anyone can do yoga!</p> <p>£5 per class <b>Venue:</b> The Learning Zone 320 Wordsworth Avenue Sheffield S58NL</p>	<p><b>Katherine Keeler</b> 01143236211</p>