



**SOAR**

Supporting people to  
make positive changes



July 2019

# Activity Directory

This pack outlines weekly activities and volunteer led groups available to you in your local area.

# Training Services

Course	Description	Booking Details
Free Computer Course (Burngreave Library)	At these classes you can learn to use computers and other devices, from the very basics, to get you up to speed in the digital age. Don't worry if you have never used a computer before, our tutors are here to guide you through every step.	Drop in at Burngreave Library Every Tuesday 1pm-3pm
Emergency First Aid	Emergency first aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life.	For more information, contact 0114 213 4065
Fab 5	This course covers the importance of a healthy lifestyles and physical exercise.	For more information, contact 0114 213 4065
ESOL Classes (English as second language)	These basic English lessons for adult learners are held at Longley 4 greens. <b>Days:</b> Tuesdays and Thursdays 12.30pm – 2.30pm.	Booking required. Contact SAVTE: 0114 253 6644



# Employment Services

Service	Day & Time	Location	Contact
<p><b><u>Job Club</u></b></p> <p>Our employment support services are delivered by friendly staff with a wealth of knowledge that can help people with one to one support.</p> <ul style="list-style-type: none"> <li>▪ Help with CV and covering letter</li> <li>▪ Job searching/ Finding the right vacancy</li> <li>▪ Information on training and courses</li> <li>▪ Support for online applications and application forms</li> <li>▪ Interview role play and techniques</li> <li>▪ Exclusive employment engagement</li> <li>▪ Signpost to another organisation</li> </ul>	9am-4pm Monday - Friday	19 Bellhouse Road S6 6HJ	SOAR Employment Team
	9am-4pm Tuesday	SOAR Works 14 Knutton Road S5 9NU	0114 244 0401 / 0750 651 9508
	1pm-4pm Thursday		<a href="mailto:employment@soarcommunity.org.uk">employment@soarcommunity.org.uk</a> /
	10am-4pm Every Monday	Stocksbridge Library (Currently closed until 8 <sup>th</sup> July 2019 – alternative arrangements can be made)	<a href="mailto:marc.hill@soarcommunity.org.uk">marc.hill@soarcommunity.org.uk</a>



# Health Activities

Service	Day & Time	Location	Contact
<p><b><u>B: friend Social Club (FREE)</u></b></p> <p>Fancy a cuppa, a dance and a natter? Come along to Social Club every Monday.</p> <p>We're all neighbours, let's b: friend</p>	<p>10am-12pm</p> <p>Every Monday</p> <p>(exc. Bank Holidays)</p>	<p>Longley 4 Greens Community Centre,</p> <p>Southey Avenue</p> <p>S5 7NN</p>	<p>Tel: 07523 698 530</p> <p>Facebook: bfrienders</p>
<p><b><u>Forget me Not Memory Café (FREE)</u></b></p> <p>The Memory Café is aimed at supporting adults with early stage Dementia and their carers.</p>	<p>9.30am-11.30am</p> <p>Tuesday (Term time only)</p>	<p>Parson Cross Community Development Forum</p> <p>Marge son Crescent, S5 9NB</p>	<p>Louise Askew</p> <p>0114 327 9727</p>
<p><b><u>Cooking for Health</u></b></p> <p>Learn new cooking techniques, how to plan, budget, follow recipes to make fresh easy meals and you can take home what you cook!</p>	<p>10am-12pm</p> <p>Tuesday</p> <p>(6weeks)</p>	<p>Longley 4 Greens Community Centre</p> <p>Southey Avenue</p> <p>S5 7NN</p>	<p>Julie Moore (Senior Health Trainer)</p> <p><a href="mailto:Julie.moore@soarcocommunity.org.uk">Julie.moore@soarcocommunity.org.uk</a></p> <p>0114 213 4074</p>

<p><b><u>The Comfort Zone Social Café</u></b></p> <p>The Comfort Zone social café is a place people can drop in and meet others who may feel lonely or isolated. It's a chance to meet others and make new friends.</p> <p>There are a number of activities within the group such as a variety of crafts, indoor bowls, hand massage, board games and a drop in I.T sessions.</p> <p>Refreshments and lunch are £1.00</p>	<p>10am-2pm Every other Tuesday</p>	<p>The Hub Firth Park Methodist Church Stubbin Lane Firth Park S5 6QL</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarccommunity.org.uk">Helen.warren@soarccommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>
<p><b><u>Springboard Social Café (Chapelton)</u></b></p> <p>The café is a great starting point for those who want to meet others, build confidence and self-esteem. Activities include massage therapy, healthy lifestyle and eating, mental health workshops, gentle exercise.</p> <p>Refreshments and lunch £1.50, parking available</p>	<p>10am-4pm Every other Tuesday</p>	<p>82<sup>nd</sup> Chapelton Scout Hall, Burncross Road, S35 1RX</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarccommunity.org.uk">Helen.warren@soarccommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>
<p><b><u>Chronic Pain Support Group (FREE)</u></b></p> <p>Join in with light exercise, massage and support each other on how to manage pain within a friendly accessible group.</p>	<p>Once a month on Tuesdays. Please ring for dates</p>	<p>Sorby House 42 Spital Hill S4 7LG</p>	<p>Somshun Nessa 0114 213 2591</p>

<p><b><u>Comfort Zone – Age Better Over 50s (FREE)</u></b></p> <p>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</p> <p>Exercise, strategies for money management and also support in learning English</p>	<p>11am-2pm Tuesday (Every two weeks)</p>	<p>Vestry Hall, 2 Burngreave Rd, Sheffield S3 9DD</p>	<p>Sofeena Aslam 0114 2132591/ 07960 084 288</p>
<p><b><u>Shiregreen Social Group (FREE)</u></b></p> <p>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.</p> <p>One to one support online safely, job searches, online banking/shopping etc. even a topic or interest you would like to try.</p>	<p>10am – 1pm Every Wednesday</p>	<p>Shiregreen Neighborhood Centre, Westnall Road S5 0AA  (at the side of Beck School)</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarccommunity.org.uk">Helen.warren@soarccommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>
<p><b><u>Foxhill Social Café (FREE)</u></b></p> <p>The café is a great starting point for those who want to meet others, build self-confidence and self-esteem. The Foxhill Social café provides the perfect atmosphere helping people to help themselves.</p>	<p>10am-12pm Every Thursday</p>	<p>Foxhill Medical Centre, Activity Hall 160 Fox Hill Crescent S6 1GA</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarccommunity.org.uk">Helen.warren@soarccommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>

<p><b><u>Springboard Social Café (Firvale)</u></b></p> <p>Do you want more energy and to make new friends? Get out of the house, we can help you on the road to recovery. Come and have a chat and make new friends!</p> <p>Fortnightly sessions alternate between Firvale Community Hub and ACT Firvale.</p>	<p>10am-4pm Every Thursday (alternate between Firvale Community Hub and ACT Firvale).</p>	<p>ACT Firvale Centre Earl Marshal Rd S4 8LB / Firvale Community Hub 127 Page Hall Road S4 8GU</p>	<p><b>Firvale Community Hub</b> 0114 261 9130 Or <b>ACT Firvale Centre</b> 0114 243 4340</p>
<p><b><u>The 'New Brew' Springboard Social Café</u></b></p> <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. 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>Refreshments and lunch £1.50</p>	<p>Every other Friday</p>	<p>The Learning Zone 320 Wordsworth Ave, Sheffield S5 8NL</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarcommunity.org.uk">Helen.warren@soarc ommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>





# Health Services

## Support & Activity Groups

Service	Day & Time	Location	Contact
<p><b><u>Concord Fitness Group</u></b></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>Every day!</p> <p>Please contact Helen for times and specific sessions.</p>	<p>Concord Sports Centre Shiregreen Lane Sheffield S5 6AE</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarcommunity.org.uk">Helen.warren@soarcommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>
<p><b><u>Women's Only Exercise session</u></b></p> <p>This is a term time only session running at Verdon Recreation Centre, Verdon St, where women can enjoy gentle exercise.</p>	<p>1.30pm-2.30pm Monday (Term time only)</p>	<p>Verdon Recreation Centre S3 9QS</p>	<p>Somshun Nessa 0114 213 2591</p>
<p><b><u>Open Circle</u></b></p> <p>An evening of spiritual readings giving proof of the external existence of eternal love and remembrance. £3.00 Entry, refreshments and raffle.</p>	<p>7pm-9pm Every Monday</p>	<p>Longley 4 Greens Southey Avenue S5 7NN</p>	<p>Facebook: Longley Centre</p>



<p><b><u>Craft Group (FREE)</u></b></p> <p>A craft group for the over 50s. Join us for a cup of tea, natter and have a go at a variety of crafts.</p>	<p>2pm-4pm Every Tuesday</p>	<p>Longley 4 Greens Community Centre Southey Avenue S5 7NN</p>	<p>Grace Weather burn 07714 898585</p>
<p><b><u>Why Weight?</u></b></p> <p>Weight Management Course</p>	<p>10am-11am Every Tuesday</p>	<p>The Learning Zone 320 Wordsworth Avenue S58NL</p>	<p>Book by calling 0114 321 0253</p>
<p><b><u>Improving Wellbeing Sessions</u></b></p> <p>Low Mood Support Sessions run by Sheffield Health and Social Care.</p>	<p>2pm-4pm Tuesday (4-week sessions)</p>	<p>The Learning Zone 320 Wordsworth Avenue S58NL</p>	<p>Self-referrals possible on website: <a href="http://iaptsheffield.shsc.nhs.uk/improving-wellbeing-sessions/">http://iaptsheffield.shsc.nhs.uk/improving-wellbeing-sessions/</a></p>
<p><b><u>Wild at Heart</u></b></p> <p>Fun-packed group with various wildlife activities and trips for the over 50s.</p> <p>Booking required for the 12-week block of sessions.</p>	<p>10am-12.30pm Every Wednesday</p>	<p>Longley 4 Greens Community Centre Southey Avenue S5 7NN</p>	<p>Jenny King 0114 263 4335</p>

<p><b><u>Community Police Drop – in</u></b></p> <p>Pop in for a chat and a coffee with the local police community support officer (PCSO's).</p>	<p>2pm Wednesday</p> <p>(This may be cancelled at short notice dependent on need elsewhere)</p>	<p>Longley 4 Greens Community Centre Southey Avenue S5 7NN</p>	<p>Pop in to Longley 4 Greens</p>
<p><b><u>Couch to 5K (FREE)</u></b></p> <p>Walk, jog, run</p> <p>Starting from the basics, if you've always wanted to run but not had the confidence, then come along and join us.</p>	<p>4.30pm-5.30pm Wednesday</p>	<p>SOAR Works 14 Knutton Road, S5 9NU</p>	<p>Julie Moore (Senior Health Trainer)</p> <p><a href="mailto:Julie.moore@soarcommunity.org.uk">Julie.moore@soarcommunity.org.uk</a></p> <p>01142134074</p>
<p><b><u>Women Only Zumba Classes</u></b></p> <p>Come down to our Zumba Classes every Wednesday! Price £2.50</p>	<p>5.30pm-6.30pm Wednesday</p>	<p>Firvale Community Hub, 127 Page Hall Road, S4 8GU</p>	<p>Contact 0114 2619130</p>
<p><b><u>Confidence Through Singing</u></b></p> <p>A friendly and accessible course for anyone who wants to learn to sing in harmony in a group. No previous singing experience necessary - as the African proverb says, "If you can talk, you can sing!"</p>	<p>10am-12pm Thursday (Term time only)</p> <p>Booking required through the WEA website</p>	<p>Longley 4 Greens Community Centre Southey Avenue S5 7NN</p>	<p>Kate Thomas 0114 242 5565</p> <p><a href="http://www.wea.org">www.wea.org</a></p>

<p><b><u>Benefits/IT Drop In for the Over 50s</u></b></p> <p>A drop-in session with a CAB worker and IT support if needing access to computer to help with benefits.</p>	<p>1pm-3pm Thursday</p>	<p>Burngreave Library, Sorby House, Spital Street, Sheffield, S4 7LG</p>	<p>Sofeena Aslam  0114 2132591</p>
<p><b><u>Modelling and crafting Group</u></b></p> <p><b>This is for over 50s</b></p> <p>Two SOAR volunteers 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 £1.00 towards resources costs.</p>	<p>11am-1pm Every other Friday</p>	<p>The Learning Zone 320 Wordsworth Avenue S58NL</p>	<p>Helen Warren <a href="mailto:Helen.warren@soarcommunity.org.uk">Helen.warren@soarcommunity.org.uk</a> 0114 213 4065/ 0779 556 3700</p>
<p><b><u>POWERHOOP</u></b></p> <p><b>POWERHOOP</b> – exercise that’s both fun and effective.</p> <p>With Power hoops revolutionary weighed hoops, you’ll lose inches in your waist and hips and reduce lower back pain.</p> <p>It’s fitness with a twist!</p>	<p>9.30am – 10.20am Saturday</p>	<p>Chapelton and Burncross Community Centre</p>	<p>Jilly Gough 07584002400</p>





# Family Activities

Service	Day & Time	Location	Contact
<p><b><u>Judo for Children</u></b>            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>3.30pm-6.30pm            Every Monday</p>	<p>Longley 4            Greens            Community            Centre            Southey Avenue            S5 7NN</p>	<p>Andy Parton            0759 504 9228</p>
<p><b><u>Yoga</u></b>            Gentle yoga exercises to help relieve stress and improve breathing techniques. Suitable for all ages. Anyone can do yoga!</p>	<p>10.30am-12pm            Every Tuesday</p>	<p>The Learning            Zone            320 Wordsworth            Avenue            Sheffield            S58NL</p>	<p>Contact The Learning Zone Office            0114 232 6211</p>

# Hire SOAR Space

Get in touch

SOAR Works Enterprise Centre  
14 Knutton Road  
Parson Cross  
Sheffield S5 9NU



0114 213 4120

[www.soarworks.co.uk](http://www.soarworks.co.uk)

