

Darnall Well Being Newsletter

December 2019

Welcome to the first Darnall Well Being newsletter! We're happy to share recent news with you, and give you a glimpse of what events and activities we have coming up in the next few months. It's been a very busy and productive year for us, with staff and volunteers taking the opportunity to become Dementia Friends and Cancer Champions. We have also launched our Wellbeing Champions project, with funding from the Big Lottery Fund, and we now have a regular and up to date presence on social media. Our new EU Settlement Scheme workers have been working hard to help people apply to stay in the UK after Brexit, and our sessions at the Darnall Community Allotment Project have been very fruitful! Our events for the next few months are also listed – why not come along and try something new?

Dementia Friends

A number of our staff and volunteers have attended Dementia Friends sessions funded by People Keeping Well to support us in our contacts with people with dementia. Fifteen people completed the Bronze, Silver and Gold awards, and we're looking forward to further dates for more people to attend in 2020. Watch out for new dates being publicised in the new year!



Staff & volunteers with their Dementia Friends Silver Awards

Dementia Cafe

The Dementia Café launched at Handsworth Old Rectory in September, and it's a great opportunity for people with dementia and their carers to enjoy a hot drink and cake, along with different activities, in a safe and friendly environment. The café runs every fortnight on Thursdays from 1.30-3pm – see our Facebook page for dates.



Dementia Cafe launch event

EU Settlement Scheme

Darnall Well Being are pleased to host dedicated project workers to assist EU members of our local community, and across Sheffield, with their online application form for EU Settled Status. Part of our role is to raise awareness about national set timescales and eligibility under the EU Settled Scheme, to enable people with pre-settled and settled status to apply, For more information and to contact them team, please contact Lucie on 07534 862169 or lucie@darnallwellbeing.org.uk. This is a free service funded until March 2020, and does require documents and evidence.





Family picnic for the launch of Well Being Champions

Wellbeing Champions

We were really happy to receive funding from the National Lottery for our new Wellbeing Champions project. Wellbeing Champions will support local people to do healthy activities, access services and gain knowledge that supports health improvement. They will also give support in using online tools and raise digital literacy and confidence. The first group of Wellbeing Champion volunteers have already joined us from the local community. If you're interested in joining us to become a Wellbeing Champion, please contact our office on 0114 249 6315 to find out more!

Social Media

As part of the project, we've recruited Fran Arnold as our Communication & Engagement worker. Fran has set up social media accounts for us on Instagram and Facebook, and is now running our existing Twitter account too. Why not follow us on whichever social media platform you use? Just search for Darnall Well Being or @darnallwb and click "like"! This will keep you up to date with all our events and other activities that are happening in and around our area.



Well Being Champions at their first training session

Look out for a brand new website with lots of information about all of our services, events, partner organisations, etc - coming soon!



Cancer Champions

In September 2018, Darnall Well Being was successful in receiving funding to be one of the partners in Sheffield to deliver cancer awareness sessions as part of the Be Cancer Safe project. By March 2019, we had recruited over 115 Cancer Champions in Darnall and Tinsley, who all help to improve cancer prevention through raising awareness of signs and symptoms, and by promoting healthy choices and early detection.

On Our Plot - Darnall Community Allotment

Darnall Well Being have been running sessions for the past 6 months at Darnall Community Allotment, giving people with dementia, their family and carers the opportunity to get involved with helping to manage and develop the allotment. In that time they have grown and harvested a variety of fruit and vegetables. Watch out for upcoming events on the allotment, including Christmas wreath making. It's a fantastic space with amazing views over the city - anyone can go and help out on Wednesdays with Sarah Emberson. Just contact Sarah on 07415 025919 to arrange parking and access to the plot. You're always guaranteed a warm welcome, and there's even a kettle up there, so you can have a cuppa to keep you warm whilst you work!



Could you be a Darnall Well Being Trustee?

Do you care about the health and wellbeing of your community? Do you have a genuine commitment to improving health and wellbeing and share our values of bringing the community together?

Are you able to see the bigger picture, and to reflect the interests of your community?

The board is made up of people with a range of interests and experience. You may have knowledge of being a carer, having a long term condition, or have lived in Darnall for a number of years, perhaps you have a community language.

Could you attend monthly meetings to discuss issues arising and help shape our future direction?

If you are interested in helping your community and want to talk further please get in touch for an informal chat with no obligations to answer your questions about what it would involve.

It is your positive approach that is important. Training can be given.

Contact Claire on 07825 291026 or ring 0114 2496315 and speak with Gareth for more information.

People Keeping Well Drop-In

Our next People Keeping Well drop-in is on Wednesday 11th March, here at Darnall Primary Care Centre. It runs from 9.30am to 11.30am and is a great opportunity to come and engage with different organisations to get information about their services!

Office: 0114 249 6315 email: dwb.enquiries@darnallwellbeing.org.uk

Interpretation support is also available.

Darnall Well Being Centre Ltd, a Company Limited by guarantee with charitable objectives.

Company No: 04027680, Chairperson: Gareth Johnstone, CEO: Lucy Melleney

Registered Office: c/o Darnall Primary Care Centre, 290 Main Road, Sheffield S9 4QH

Our Darnall Activities

| Activity | Location | Date/Time | Booking required |
|--|---|--|--|
| Women only Learn to Ride and Ride Confidence sessions | Meet outside High Hazels Park cafe | Mondays 10am - 12 noon | Yes - please contact us on 0114 249 6315. |
| Local Health Walk - Group One Gentle pace on shorter, mainly flat route | Meet at Darnall Primary Care Centre | Mondays 10.45am | No booking required. Accessible with limited mobility. |
| Local Health Walk - Group Two Full park route at a steady, but gentle, pace | Meet at Darnall Primary Care Centre | Mondays 11am | No booking required. |
| Diabetes Peer Support Group | Darnall Primary Care Centre | 1 pm on Tuesdays: 28th Jan, 25th Feb, 24th Mar | No booking required. |
| Women's Health Group: Chairobics Gentle exercise to music | Darnall Primary Care Centre | Tuesdays 9.45 am (school term time only) | No booking required. |
| Commit to be Fit Aerobics session in partnership with One Nation | Darnall Primary Care Centre | Tuesdays 4.30 -5.30pm | No booking required. |
| Darnall Allotment Project Get involved with lots of different tasks on the allotment! | Darnall Community Allotment, Infield Lane, S9 | Wednesdays 12 - 4pm | Please contact Sarah Emberson on 07415 025919 to arrange parking and access. |
| Men's Health Session Gentle exercise, sandwiches, fruit, tea and an informative talk. | Darnall Primary Care Centre | Thursdays 12.30 - 2pm | No booking required. £1 per person |
| Dementia Cafe For anyone living with dementia and their carers. Hot drinks, cakes and a range of activities. | Handsworth Old Rectory, 402b Handsworth Road, S13 9BZ | 1.30 - 3pm on Thursdays: 9th Jan, 23rd Jan, 6th Feb, 20th Feb, 5th Mar, 19th Mar, 2nd Apr | No booking required. £2 per person |
| Conversation Club | Darnall Primary Care Centre | Fridays 10am - 12 noon | No booking required. |
| Craft Group Try new crafts or share your skills! | Darnall Primary Care Centre | Fridays 1 - 3pm | No booking required. £1 per person |

Our Tinsley Activities

| Activity | Location | Date/Time | Booking required |
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| Women only Learn to Ride and Ride Confidence sessions | Meet in Tinsley Meadows school reception area | Wednesdays 10.30 - 12.30 | Yes - please contact us on 0114 249 6315. |
| Women's Health Group: Chairobics Gentle exercise to music | Tinsley Community Centre | Wednesdays 10 - 11am | No booking required. £1 per person |
| Conversation Club - Women Only | Tinsley Forum | Thursdays 12.30 - 2.30pm | No booking required. |

Darnall Well Being Enquiry Desk

Find out what else is happening in our area.

Please visit our enquiry desk in the Darnall Primary Care Centre reception area, which is staffed 9:30am-11:30am on Mondays, Wednesdays and Fridays. Lots more local health and activities information is available here!

With thanks to our funders:

Sheffield City Council, NHS Sheffield Clinical Commissioning Group, Awards for All National Lottery, Darnall Area Trust Fund and Tinsley Area Trust Fund