



# Darnall Well Being Newsletter

June 2020

Welcome to our June newsletter! The past few months have certainly been unusual - both for us and for everyone else, too. Our team have all been working from home since March, which has been a new experience for most of us. We're now very used to speaking to each other mainly via Zoom calls and WhatsApp group chats! We've also started operating as a Community Hub for the area during Covid-19. We're missing everyone who we would normally see at our regular groups and activities - it has been very strange to be without you all. However, our team has been getting in regular contact with all our usual group attendees on the phone. We know that people have welcomed the chance to hear a familiar voice these strange times - and we have been happy to hear from you and learn how you are doing at home, too. Activity packs have been sent out to all of our group members and volunteers, and we recently started running Zoom calls for volunteers. For more about all of this, read on...

## Community Hub

We launched as a Community Hub on 25th April, and DWB staff, volunteers, trustees and local Councillor Mary Lea distributed information leaflets to homes and shops in Darnall, Tinsley, Acres Hill and Handsworth. We set up a dedicated phone line, managed by staff and volunteers Monday to Friday, 10.00am – 1.00pm, and a dedicated email account.

As a Hub, we have been working with health professionals and other organisations to support those in need in managing their health and wellbeing, reducing isolation and making connections to enable them to access

food, medication and resources. The majority of calls and referrals so far have been for food parcels. We've also dealt with calls relating to new GP registration, support with food shopping for the elderly and families, and assisting with donations for clothes for families.

We have arranged emergency food parcels via Sheffield City Council. Others we've worked in partnership with are Burngreave Food Bank, Handsworth Food Bank, Freedom Community Project, Baby Basics Sheffield, MAST Team, and where necessary we refer to other agencies/organisations to provide further support to individuals and families.

Some local residents and service users have also benefited from the Black Elderly and Vulnerable (BEV) Project, which was set up during COVID-19 to supply cooked meals and food parcels until 19th June.

If you or someone you know would like support, please contact us by:

Email: [communityhub@darnallwellbeing.org.uk](mailto:communityhub@darnallwellbeing.org.uk)  
or Phone: 0114 249 6315 or Text/Call: 07946 320 808

**If you need urgent help, you can contact Sheffield**

**City Council: 0114 273 4567**

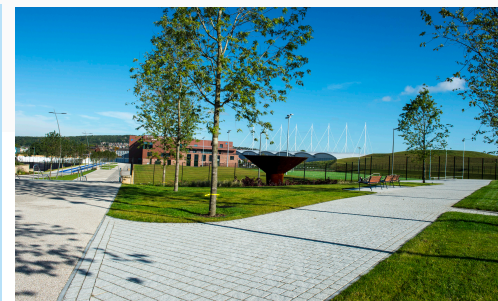


Community Hub leaflets being delivered by DWB staff and volunteers

## Sheffield Olympic Legacy Park

As the lockdown is lifting and the sun is shining, how about a visit to Sheffield Olympic Legacy Park? It's an ideal place to get some fresh air and exercise with family or friends, now that lockdown restrictions have been eased a little. You'll find signposted run routes, cycle paths, a 100m sprint track, a cricket square on Don Valley Bowl and a fantastic view of the city from the top of the hill. You can also access Sheffield & Tinsley Canal for some wildlife watching or a waterways walk.

Sheffield Olympic Legacy Park, Worksop Road, Sheffield, S9 3TL



Sheffield Olympic Legacy Park

## Day in the life - Fran Arnold



Fran Arnold - Communications & Engagement Worker

Fran has worked for Darnall Well Being since September 2019, as Communications and Engagement Worker. Like everyone else, Fran's days have been very different since March this year! She now works from home, part-time, whilst also home schooling her 2 sons, aged 10 and 7. On a typical work day now, Fran gets up early and works at the kitchen table until breakfast time for her sons. She then fits in Zoom meetings and social media posting in between making sure that her sons are managing with the school work they receive from their primary school. By lunchtime, the boys have generally finished their school work, so afternoons are spent with them, getting as much fresh air as possible - on the trampoline, playing football in the garden, riding bikes, and looking after the vegetables and other plants that they are trying to grow. Later, the boys have Minecraft time, so Fran gets more work done - and then it's time for her to join the boys on the daily session of PE With Joe Wicks on YouTube. And finally, they make it to teatime! Fran says, "As well as making sure I come up with plenty of

content to share from DWB on our social media accounts, I also focus on finding and sharing useful information from other organisations on social media. I've done a lot of work on getting the DWB website up and running during lockdown, and now I continue to add content regularly to it. I'm also writing guides for other members of the team, so that they know how to contribute to the website, too. I've helped the team with getting set up to work from home and join Zoom calls, etc as this was all new to a number of the team. And I try to keep in touch with our digital Wellbeing Champions via our WhatsApp group, to share useful information about Covid-19 and the community response, so that they can help to share that information to the wider community."

## Keeping in Touch

Although we had to suspend our face to face activities, we didn't want to lose touch with everyone who comes to our group and individual sessions. So we've been making regular calls to all of you! It's been lovely to hear from everyone and to find out how you're managing during these strange times. Sharing ideas about how you're coping has been good to hear - spending time in gardens, enjoying nature, doing mindfulness and DIY, and making the most of extra time with family, for instance. We've had some lovely feedback, too - for example "I cannot thank DWB enough with words for checking on me during the crisis". We've also started holding Zoom calls with our volunteers, to bring people together as a group.



Volunteers on a recent Zoom call with DWB



The Tesco vouchers bought with our award

## 500 Together Award

We're grateful to have been nominated for an award of £250 from local organisation 500 Together. This is Sheffield-based fundraising group, where members pay in £1 a week and are able to nominate an individual, a family, or an organisation to be receive a donation. DWB have added another £250, so that we could buy Tesco vouchers to help 8 families and 4 single people in our community, who we knew were experiencing particular difficulties because of the impacts of Covid-19. When we told 500 Together how we'd used their award, they said "What a fabulous way to spend the money. So pleased that we could help in some small way".



Spring greens flourishing in the polytunnel

### Darnall Allotment Project Update - Sarah Emberson

We may be in lockdown but the vegetables on the allotment haven't stopped growing (or the weeds!). There have been no groups up there but Sarah has been continuing to maintain the plot and keep some food growing, with some much needed watering help from long standing volunteers Cookie and Danny. Growing on the plot are beans, potatoes, purple sprouting broccoli, brussel sprouts, courgettes, pumpkins, onion, garlic and more. The polytunnel is also filling up with tomatoes, peppers, cucumbers, aubergines, cucamelons and loofahs. As soon as it is possible to do so, we will welcome groups back on the allotment.

If you are interested in volunteering get in touch with Sarah@greencityaction.org.uk / 07415 025919. You can also follow us on:

<https://www.facebook.com/darnallallotmentproject>  
or <https://www.instagram.com/darnall.allotment/>

### Activity Packs

Since we had to suspend all of our face to face activities, we've been finding other ways to stay in touch with everyone we would usually see at our groups and in one to one sessions, as well as all of our volunteers. So we have put together and posted out a number of activity packs, containing wordsearches, information about Covid-19 and about staying active, colouring activities and Sudoku puzzles. For our Dementia Cafe and allotment attendees, there have been extra packs with more to do, including quizzes, seeds to join a sunflower growing competition, and more! If you'd like to access any of the items we shared, they are all available on our website:

<https://darnallwellbeing.org.uk/home/covid-19/our-activity-packs/>



VE Day Activity Pack for Dementia Cafe attendees

### Volunteer Viewpoint

Sayrish is one of our Digital Wellbeing Champions and here shares an insight into what she's been doing during life in lockdown: Despite disruptions to our daily routine, quarantine has had a positive impact, as I've been able to discover new activities, such as daily workouts and online livestream fitness classes, including Joe Wicks' exercise routine. Physical activity can help de-stress and uplift your mood whilst spending a long time indoors, and can enable you to sleep better. Although I enjoy comfort eating, I've discovered new cultural recipes to stay healthy, as well as online courses such as nutrition in understanding how food affects your body, mind and health, alongside other interesting topics via Future Learn. Some days I enjoy watching my favourite TV shows, virtual meetings with friends on Zoom, decluttering my room by removing unnecessary items and dedicating my time to learning new languages such as Arabic. To avoid too much screen time, I recommend reading books and going for long walks in the park to enjoy the lovely scenery.



Sayrish - volunteer with DWB

Office: 0114 249 6315 Email: [dwb.enquiries@darnallwellbeing.org.uk](mailto: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

## **Black Lives Matter**

### **Darnall Well Being - Our Stance on Tackling Racism and Inequalities**

By working with you - the community we serve, our staff, volunteers, trustees and partners locally and across the city, we want to take action against racism and inequalities and become a more equal community.

As an organisation, we know we must do more to address this, and we must do it better.

We are committed to:

- Explicitly state our commitment to challenge racism in our society
- Make a sustained effort to ensure this is entwined and in the ongoing fabric of the culture and values of Darnall Well Being, now and in the future
- Look at how we are able to broaden our reach and diversify who attends our activities and services
- Discuss at a senior level how we achieve more diverse representation on our Board of trustees, to match the diversity of our team and area
- Maintain and grow a mix of representative voices
- Continue to tackle the ongoing inequalities that lies within our communities
- Listen to the voices of local people in order to learn and connect with their context and experiences. In turn, this will inform and shape our approach and services
- Acknowledge and respect our differences, whilst embracing unity

### **Update on DWB Services during Covid-19**

Our senior team and Board met recently, and agreed we need to continue to suspend all face-to-face activity in order to keep each other safe and allow time to risk assess and consider new ways of working in the future. This affects:

- Our group activities
- Walks
- Men and women's health groups (e.g. chairrobics)
- Conversations clubs
- Craft or social activity
- Events, drop-ins and trips
- Dementia cafes
- Allotment sessions  
(we try to keep in touch by telephone or distribute activity packs via post and online)
- One-to-one appointments, home visits and clinics  
(we will continue to offer this service remotely, via the telephone and to assess alternative ways over the coming weeks.)
- Training (we are promoting online or virtual training where possible)
- All volunteer activity including group supervision  
(currently carried out remotely over the phone and via conference call/Zoom, which is an online way of meeting from the safety of your own home).

The team have worked hard to put into place alternative services where possible. For example, offering telephone appointments and reaching out each week to those people who might welcome staying in touch with us. If you feel you or someone you know would benefit from this support, please let us know.

#### **Ways to stay informed about Darnall Well Being and what we are doing during Covid-19:**

- You, or a family member or friend, could follow us on Social Media for regular updates. Please search for @DarnallWB on Facebook, Twitter and Instagram
- Check our website for updates: [www.darnallwellbeing.org.uk](http://www.darnallwellbeing.org.uk)

### **Staying Safe During Covid-19**

Please continue to:

- Stay 2m apart whenever possible - or 1m apart when 2m isn't possible
- Wash your hands regularly for 20 seconds, using hot soapy water
- Wear a face covering on public transport and in enclosed public spaces, e.g. shops
- Book a test if you have a new, persistent cough, a high temperature, or loss/change in sense of smell or taste.

Check NHS website regularly for the latest guidance from the NHS -  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Check the UK Government website for the latest updates and changes to  
restrictions - <https://www.gov.uk/coronavirus>