



# Darnall Well Being Newsletter

September 2020

Welcome to our September newsletter! Whilst our services have had to stay suspended over the summer months, we've been glad to be able to continue hearing from all of our group members and volunteers through the phone calls we've been making, as well as through the Zoom calls we've had with some of you and the photos you've shared with us. We're working hard behind the scenes on finding ways to bring people together again, whilst keeping everyone safe and sticking to the Covid guidelines. Recently, a number of our staff and volunteers have been back out in the community supporting the Healthy Holidays programme by distributing hampers of healthy food, and running family activities in Darnall and Tinsley throughout August. Darnall Allotment Project has also been flourishing over the summer, and it's great news that it has now reopened to volunteers. See below for more on all of this!

## Healthy Holidays

Through baking heat and torrential rain this August, we worked in partnership with MCDT to deliver the Healthy Holidays project in Darnall and Tinsley. The project operated from 4th - 25th August with 2 distribution centres, Church of Christ, Darnall and Tinsley Forum, Tinsley.

Staff and volunteers dedicated their time to supporting local families by distributing food hampers and activity resources – all the families received a cricket set, hula hoop or skipping rope. A total of 733 food hampers were distributed in Darnall and Tinsley. Families received fresh ingredients and 2 recipes each week for a different food theme - Mexican, Italian, Curry and English omelette.

Families also attended sports activities which were delivered by Sheffield City Trust staff. SCT ran 2 hour sessions in Darnall and Tinsley on Wednesdays and Thursdays, offering families the chance to take part in football, cricket, athletics and basketball. In Tinsley, other activities included free 1 hour cycling sessions for groups of 5 children. Steam Works staff also ran family workshops with parents and children, featuring different topics each week, such as programming with OZOBOTS (mini robots), and making slime and bath bombs.

It was a delight to see the expressions on parents' faces, as they collected their hampers with produce ready to prepare healthy meals for their families, and we're very grateful to our staff and volunteers who worked so hard to make this happen!

Lots more photos from Healthy Holidays are on our website: <https://darnallwellbeing.org.uk/news/healthy-holidays-august-2020/>



Healthy Holidays hampers and activities



Balloons at our 2019 AGM

## Darnall Well Being AGM

If you've been to one of our AGMs before, you'll know that they are big celebrations of the community and how we have helped people with their health and wellbeing. This year was planned to be the biggest yet, as it's our 20 year anniversary! However, because of Covid restrictions, it will now have to take place via Zoom, and the celebrations will be postponed to next year. If you'd still like to join us for the AGM formalities and reflections this year, please contact us for the Zoom link. It will take place in late November - the date will be announced online, once we have agreed it.



Milda Hameed - Business & Finance Support Officer

### Day in the life - Milda Hameed

I work as Business and Finance Support Officer at Darnall Well Being, which most of you might think is a boring job. But not here! It is never boring at Darnall Well Being, as no two days are the same. Yes, most of my duties are desk based, but when we're in the office, I also get to interact with our lovely volunteers, when they are staffing the DWB enquiry desk, or I help support our activity groups if we are slightly short on staff.

Since 23rd March, because of Covid 19, all of our team started to work from home. And my working day couldn't be more different to what I was used to. Initially, I helped to make staff comfortable to work from home, ordered extra equipment we needed, and tried to support with any issues that arose. The biggest challenge for me was (and I am sure

a lot of you can relate to this!) working from home - juggling home schooling for 3 children and trying to protect my husband's time, as he was also working from home.

Whilst the kids were at home, my day would start at 7.30, when I set up my work station on our dining table, to be able to work in peace for about an hour and a half. Then it was breakfast time, where I was surrounded by the kids with their bowls of cereal. After the breakfast chaos, all my working days were similar, whether I was trying to juggle work with maths equations and English perfect tenses during the school term, or with casual bake offs, constant negotiations and peace keeping skills during the holidays. My favourite part of work during lockdown was making the activity packs, which we've been sending to all of our users, as this was a way to still keep in touch with people in the community that we care about.

### Pathway to Success

If you are unemployed and aged 18+, why not get in touch with the Lead Key Support worker at Darnall Forum, Chris Nuttall, on 0114 249 0099? He can provide support with funding employment, training, education, voluntary work and financial advice. From September, Chris will also be a Community Tutor, offering workshops and courses around strengths, confidence and motivation, IT, ESOL and general community education to support people around employability and getting into work.



### Sheffield Olympic Legacy Park



Sheffield Olympic Legacy Park needs your help! They have an exciting opportunity to install some outdoor exercise equipment and is asking the local community and park users for feedback. The equipment will be suitable for different levels of fitness and abilities and will include wheelchair accessible pieces. It will be free to use and some free coached sessions will also be available. Please take two minutes to complete this short survey online -

[https://shusls.eu.qualtrics.com/jfe/form/SV\\_1Xsa2ETqyR8WTzf](https://shusls.eu.qualtrics.com/jfe/form/SV_1Xsa2ETqyR8WTzf)  
If you have any questions, suggestions or further comments please contact:

0114 261 9604 or [info@olympiclegacypark.co.uk](mailto:info@olympiclegacypark.co.uk)

### Fun Palaces

We've been working hard with our partners at Sheffield Olympic Legacy Park and the Canal & River Trust to bring some Tiny Fun Palaces to the S9 area on the weekend of 3rd and 4th October. There will be an opportunity to visit the allotment at Infield Lane, try canoeing on the canal, and follow a couple of trails in the local area. You can also help turn S9 into a giant art gallery by doing a drawing or painting and displaying it in your front window on that weekend. Then have a walk around local streets, spotting other people's artwork! All events will follow Covid-19 guidelines - details of how to get involved are on the flyer sent out with this newsletter, and on our website, as well as on <https://funpalaces.co.uk/>







Allotment produce



## Darnall Allotment Project Update - Sarah Emberson

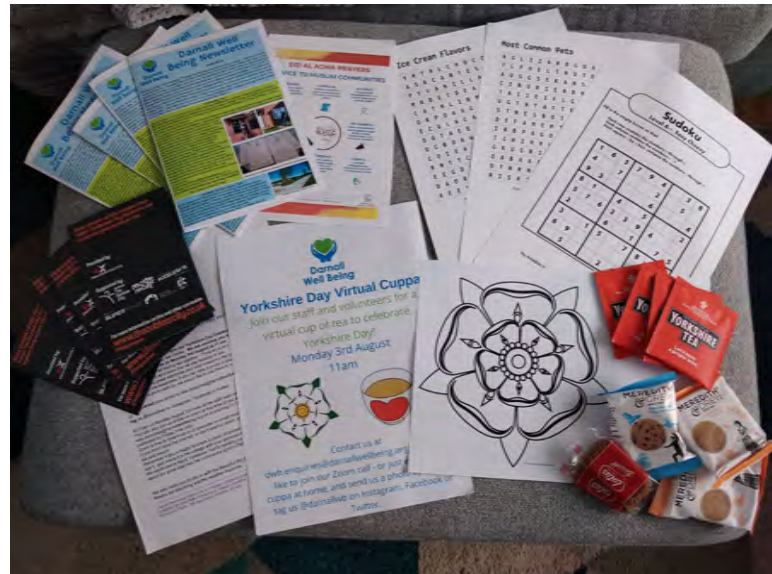
The allotment is looking good, albeit a little overgrown with no help from volunteers. We have tomatoes, cucumbers, pepper, aubergines, cucamelons, loafahs, beans, squash, potatoes, cabbages and more! It is just about time to start sowing the oriental salads for the polytunnel over winter. Finally, we are opening to volunteers again, although we currently have a waiting list due to restricted numbers being allowed on site. Please get in touch if you are interested in getting involved and we will let you know as soon as there is a space.

Contact [darnallallotmentproj@gmail.com](mailto:darnallallotmentproj@gmail.com) / 07415 025919. You can also follow us on: <https://www.facebook.com/darnallallotmentproject> or <https://www.instagram.com/darnall.allotment/>

## Activity Packs

We've continued to send out activity packs to all our service users, including a special pack to celebrate Yorkshire Day. Thanks to a kind donation from Yorkshire Tea, we were able to send out teabags and biscuits to everyone, so that we could join together for a Virtual Cuppa. Some joined our staff and volunteers on a Zoom call, whilst others sent us photos of them enjoying their cuppa at home. Plenty of people told us they welcomed the chance to get together, even if not in person. And our Yorkshire themed quiz went down well, too - who would have thought that Yorkshire pudding recipes have been in print since 1737?!

More photos from the day here: <https://darnallwellbeing.org.uk/news/virtual-cuppa-for-yorkshire-day/>



Yorkshire Day activity pack

## Volunteer Viewpoint - Sue Griffiths

It has been great to be part of the Healthy Holidays project with DWB. After being in lockdown since March it was my first contact with the public and also DWB's first face to face project. I played a part in the distribution of hampers by welcoming families, ensuring social distancing and sanitising were rules were followed, and face coverings were worn. Being part of a small team of volunteers, working with Shide, gave me the opportunity to see the dedication and care DWB give to volunteers, as well as to service users. I've always known this, as I have been involved with DWB for many years and benefited from their training and opportunities. Working on the project, has not only helped me to overcome my own health restrictions, but helping the most vulnerable families in the community, working alongside other volunteers, has been an important first step for everyone involved; a shared experience in these strange times. New friends have been made, new skills learned, and I look forward to the next steps with DWB.



Sue carrying hampers with DWB staff and volunteers

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.

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# Got symptoms? Get a free test.

Darnall - Station Road Car Park S9 4JT (down the road from HSBC)

Open 8.00am - 8.00pm every day | Walk-in test centre

Drop-in accepted, or book a test at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119



[bit.ly/sheffcovid19testing](https://bit.ly/sheffcovid19testing)



## Covid-19 Test Centre Now Open in Darnall

Did you know there is now a Covid-19 testing centre right here in Darnall? If you have any coronavirus symptoms, you can book a test there online or by phone, and it is open 8am - 8pm, 7 days a week. DWB were asked to provide some artwork to make the site more cheerful - so our staff and children got to work on posters saying "Welcome!" in a number of different languages. Look out for them if you go!

More details about the site are on the banner above.



Test site welcome posters provided by DWB

## Update on DWB Services during Covid-19

Whilst we continue to suspend face to face delivery for now, we are planning and taking steps to build an activity offer that is manageable, safe and a positive experience to support people to stay well whilst we our community still grapples with a pandemic.

It is likely, however, that we will continue some new ways of working for the foreseeable future and are not able to restart everything the way it was before Covid 19 began.

We realise you may feel disappointed but we hope you understand we are acting in the best interests of our community. We will make every effort to keep you informed.

A few highlights from over the past few months:

- ✓ We have stayed in touch with 262 activity participants & 32 volunteers
- ✓ Our Link workers have received 58 referrals from 5 GP surgeries
- ✓ We've made 160 Food bank referrals
- ✓ And in addition to the above, we've made regular contact from our EU Settled Status Project client list of 1,000 contacts
- ✓ To the end of July 2020 we have taken 101 phone calls/emails through the Community Hub phone line.

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.

**Thank you for your continued support in this difficult and challenging time.**

### 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 their guidance - <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>



STAY ALERT CONTROL THE VIRUS SAVE LIVES