

December 2020



The COMMUNITY CONNECTOR

A newsletter for people in Darnall, Tinsley, Attercliffe and Handsworth

Welcome!



Welcome sign at High Hazels Park

We are excited to welcome you to the first edition of your local newsletter, covering homes in the Attercliffe, Darnall, Tinsley and Handsworth areas of Sheffield.

A small group of local organisations have come together to work in partnership for the benefit of the community. We felt it important in these difficult times, to provide a space to share useful information, good new stories and help people connect to what is happening in their local area.

If you have ideas for future editions, please get in touch with your suggestions to: communityhub@darnallwellbeing.org.uk
Enjoy!

If you need a large print version of the newsletter, please contact us at the email address above, and we will provide one.

اهلا بكم في الاصدار الاول من صحيفتكم اليومية، والتي تعمل معا من خلال المنظمات المحلية لخدمة المجتمع.

আপনার স্থানীয় সংবাদবাহীপত্রের প্রথম সংস্করণে স্বাগতম - সম্প্রদায়ের সুবিধার জন্য একসাথে কাজ করা স্থানীয় সংস্থা থেকে।

Vitajte v prvej edícii miestneho informačného bulletinu - vydaného organizáciami, ktoré spoločne pracujú v záujme komunity.

Ku soo dhawoow qormadii u horeysaynee jaraa'idika xaafada, kaas oo ay qoraan ururo ay ka dhaxayso wada shaqeyn iyo wax tarka jaaliyada

کمیونٹی کے مفاد کے لئے مل کر کام کرنے والی مقامی تنظیموں کی طرف سے آپ کے مقامی نیوز لیٹر کے پہلے ایڈیشن میں خوش آمدید

This newsletter has been published and distributed thanks to funding from:



Community Hub

As your local Community Hub, Darnall Well Being are working closely with a range of services in the Darnall, Tinsley, Acres Hill and Handsworth areas to support the community during Covid-19. We can help you by offering:

- A friendly chat
- Signposting/sharing information
- Help with sorting out access to food
- Help with accessing medication
- Reassurance about the best place to get help



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

Email: communityhub@darnallwellbeing.org.uk or

Phone: 0114 249 6315 or

Text/Call: 07946 320 808

We will respond within one working day.

If you need urgent help, you can contact Sheffield City Council: 0114 273 4567

مکھور للمجتمع الخاص بك , نحن نعمل مع مجموعة من الخدمات لدعم ومساعدة المجتمع القاطن في Darnall, Tinsley, Acres Hill and Handsworth areas خلال الفترة الحسّية COVID 19 .

Arabic

نحن نستطع مساعدتك من خلال :

- * محادثة ودية .
- * ارشاد موجه لجهة خدمية معينة / تبادل المعلومات .
- * المساعدة في الوصول الى الغذاء .
- * المساعدة في الوصول لدواء .
- * الإطمئنان حول أفضل مكان للحصول على المساعدة .

اذا كنت انت او أي شخص تحرقه يريد المساعدة , برجوا التواصل معنا عبر التالي :

Email: communityhub@darnallwellbeing.org.uk

OR

Phone: 0114 249 6315 or **Text/Call:** 07946 320 808

سوف يتم الرد على الاستفسار خلال يوم عمل واحد .

فاذا كنت بحاجة الى مساعدة فورية , يمكنك الاتصال بتالي :

Sheffield City Council: 0114 273 4567

Ako Vaše miestne komunitné centrum, úzko spolupracujeme s radom služieb v oblastiach Darnall, Tinsley, Acres Hill a Handsworth na podpore komunity počas epidémie Covid-19.

Slovak

Môžeme pomôcť tým, že ponúkame:

- Priateľský rozhovor
- Nasmerovanie a zdieľanie informácií
- Pomoc s prístupom k potravinám
- Pomoc s prístupom k liekom
- Nasmerovanie na miesta, kde dostanete pomoc

Ak Vy, alebo niekto, koho poznáte, potrebuje pomoc prosím kontaktujte nás:

Email: communityhub@darnallwellbeing.org.uk

Tel: 0114 249 6315, **Mobil:** 07946 320 808

Odpovieme Vam do jedného pracovného dňa.

Ak potrebujete okamžitú pomoc, môžete sa obrátiť na

Sheffield City Council: 0114 273 4567

Annagoo ah kooxda qaylo dhaanta Jaliyadaa, waxaanu si wada jir ah uga shaqeyneynaa xaafadaha Darnall, Tinsley, Acres Hill iyo Handsworth, si aanu u caawino jaaliyadaa xiligan uu socdo cudurka Covid 19.

Waanu ku caawin kamaa anagoo kuu fidineyna arrimahan:

- Inaan kula wadaagno xidhiidh saaxiibtinimo
- Inaan ku tilmaanno kulana wadaagno warixinno.
- Inaanu kaa caawinno halkii aad u mari lahayd sidii aad cuno u heli lahayd
- Inaanu kaa caawino sidii aad dawadaada u heli lahayd
- Iyo sidaanu kuugu xidhi lahayn halka ugu fiican ee aad caawimo ka heli karto

Hadii adiga ama qof aad garanaysaa waacimo u baahdo fadlan nagala soo xiriir:

Email: communityhub@darnallwellbeing.org.uk

or **Phone:** 0114 249 6315 or **Text/Call:** 07946 320 808

Waxaanu kuugu soo jawaabi doonaa maalin gudaheed.

Hadii aad u baahantey caawimo degdeg ah, waxaad nagala soo xiriirtaa:

Sheffield City Council: 0114 273 4567

Somali

Urdu

آپ کے مقامی کمیونٹی ہب کی حیثیت سے ، ہم کوویڈ-19 کے دوران کمیونٹی کی حمایت کرنے کے لئے ڈارنل ، ٹنسلے ، ایکریس ہل اور ہینٹس ورثہ علاقوں میں دیگر سروسز کے ساتھ مل کر کام کر رہے ہیں۔

ہم مندرجہ ذیل باتوں میں آپ کی مدد کر سکتے ہیں۔

- دوستانہ بات چیت
- سائن پوسٹنگ / معلومات بانٹنا
- کھانے کی اڈیا تک رسائی میں مدد
- نوالی تک رسائی میں مدد
- مدد حاصل کرنے کے لئے بہترین جگہ کے بارے میں یقین دہانی

اگر آپ یا آپ کے جانتے والوں کو مدد چاہیے تو براہ کرم ہم سے رابطہ کریں:

ای میل: communityhub@darnallwellbeing.org.uk

فون: 0114 249 6315

یا

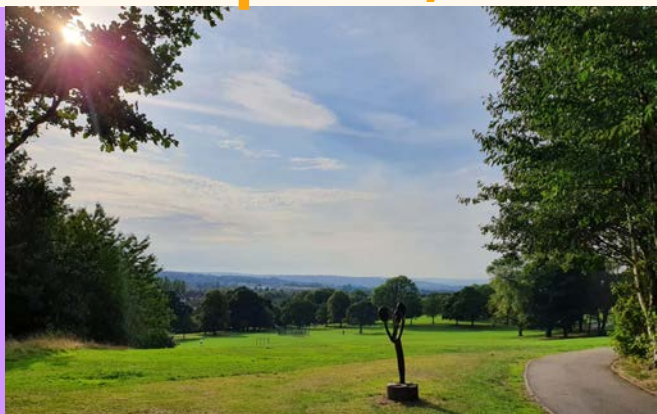
ٹیکسٹ/کال: 07946 320 808

ہم ایک کاروباری دن کے اندر آپ سے رابطہ کریں گے۔

اگر آپ کو فوری مدد کی ضرورت ہو تو ، آپ مندرجہ ذیل نمبر پر رابطہ کر سکتے ہیں

شیفیلڈ سٹی کونسل: 0114 273 4567

Green Spaces, Great Places, Enjoy & Explore



High Hazels Park

Olivers Dr, Darnall, S9 4PD



Sheffield Olympic Legacy Park / Sheffield & Tinsley Canal

Worksop Road, Attercliffe, S9 3TL



Handsworth Community Park

St Joseph's Road, Handsworth, S13 9AU



Tinsley Green

Bawtry Road, Tinsley, S9 1UA



Pebble Hunt - Get Involved!

Get out and about this winter by searching for our painted pebbles! We have hidden over 100 painted pebbles in the four local green spaces shown above. It's a chance to get outside, explore different parts of your community with friends or family and have some fun. When you find a pebble, please take a photo and share online using the hashtag #CommunityConnector and tag



@darnallwb, so we can see your photos. Then, leave the pebble where you find it or re-hide it up to 20 steps away, for others to find. Next issue, we will publish some of your photos. You could even paint your own pebble and pop it on your windowsill, doorstep or wall. Check out www.darnallwellbeing.org.uk for hints on where to find the pebbles - remember to wash or sanitise your hands after handling them.

Happy Hunting!

12 Days of Christmas

Holidays Challenge

move more

SCHOOL GAMES

Sheffield Healthy Holidays
Be active, eat well

Are you up for completing the 12 days of Christmas Holidays Challenge? To be in with a chance of winning some great prizes all you have to do is take part in some physical activity on each day of the Christmas holidays, write what you did in the boxes below and send a picture of you on social media to @movemore Sheffield and use the #HealthyElfieSelfie

1		2		3		4	
5		6		7		8	
9		10		11		12	



Children and young people should be active for at least 60 minutes every day.

This challenge is designed so that families can stay active during the Christmas holiday period.

Why not be creative and add a Christmas theme!

For ideas on how to get active head over to www.sheffieldhealthyholidays.org

Healthy 'Elfie Selfie'

Ask your parent or guardian to send a picture of you being active or eating something healthy and post it on Twitter using #HealthyElfieSelfie and be in with a chance to win PRIZES!

Local Life

Darnall Allotment Project Update - Sarah Emberson

It was very exciting to have volunteers back on the allotment for a few months, we had a great team who were getting lots done and bringing life back to the plot. Much produce was shared and some crops have been sown for next spring whilst other beds have been manured for winter. All the summer crops in the polytunnel have finished and new seedlings have been sown ready for overwintering in the polytunnel.

Please get in touch if you are interested in getting involved and we will let you know as soon as there is a space.

Complete our online form

<https://forms.gle/QYwZK52EjJgnQLKA>

Or contact us at darnallallotmentproj@gmail.com / 07415 025919

You can also follow us on

<https://www.facebook.com/darnallallotmentproject>

or

<https://www.instagram.com/darnall.allotment/>



Good News Flash!



Local charity, 500Together, have made 2 donations to members of the community. In June, they donated £250, which was matched by Darnall Well Being, and used to buy supermarket vouchers for a number of local families and individuals who we knew were struggling financially. In December, 500Together made a further donation to help a local person in need to buy a laptop, enabling her to stay in touch with family and friends.

Darnall Forum Update - Chris Nuttall (Manager)

Darnall Forum continues to provide support to local families during the Covid-19 pandemic. Over the last few months we have given out over 1000 food, health and wellbeing, children's activity packs. Our thanks to all who have donated items to support this work including all of the private individuals who have dropped off donations, South Yorkshire Police, our funders: South Yorkshire Community Foundation and Sheffield City Council, and the Community Champions at local Morrison's stores. I must also thank Zahira Naz who co-ordinates this work for us and to all of the volunteers who help make up and deliver the packs. Thank you all.



Pathway To Success

If you are unemployed and aged 18+, get in touch with the Lead Key Support Worker at Darnall Forum (Chris Nuttall) on 0114 249 0099 or 07888 135429. Pathway To Success offers:

Employment Support

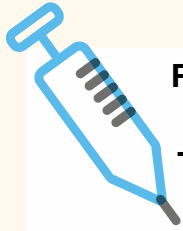
Access To Training

Access to Education

Access to Voluntary Work

Access to Financial Advice

Flu Jab



Flu Vaccine Myth Busting – Greg Fell, Director of Public Health Sheffield

“The flu vaccine gives you flu.”

This is biologically impossible, flu vaccines do not contain live viruses.

“Flu isn’t that bad, it’s better to catch it.”

Flu is a horrible infectious disease, and it can make some people very seriously ill.

“I’m fit and healthy, therefore I won’t get it.”

Everyone can catch the flu, even those in good health.

“Having a flu jab can make you autistic or give you dementia.”

There is no scientific basis whatsoever for any link between vaccines and autism or dementia.



There are also other conspiracy theories, such as “Flu vaccines contain Coronavirus”.

This is not true.

Flu vaccines protect you from a nasty, sometimes fatal infectious illness.

Don't delay. Ask about your flu jab today.

THE FLU KILLS.

**JUST GET YOUR
FREE FLU JAB**

Ask your pharmacist
or GP if you're eligible.

NHS

Flu
vaccine
help us
help you

If you need information about the flu jab in another language, leaflets produced by the NHS in a number of different languages are available online here:

<https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why>

NHS

**NHS - Help us help you get the treatment
you need**

You can still contact your GP, 111 online or call 111 for help. If you are told to go to hospital, you must go. We'll give you the care you need. www.nhs.uk

GP surgeries, pharmacies, dental practices, opticians and other NHS services have made changes to the way you access their care to make it safer for you.

Don't delay, contact them to get the care you need.

**The NHS
is here for
you and
your family.**



Good News Flash!

Julie, member of Darnall Well Being's Craft and Chairobics groups, made over 40 Christmas cards for DWB, which we were grateful to be able to send to all of our volunteers this year!

Local Life

Tinsley Allotment Update

Like most of us, Tinsley Community Allotment have had a very different year in 2020. Since April we have been unable to run our usual sessions or have visits from the children at Tinsley Meadows School. This meant we were particularly pleased to win a national gardening competition called "Cultivation Street". The competition is run to inspire and recognise community gardening projects around the country and we were delighted to see the hard work of our volunteers featured in a national newspaper. We were awarded our prize cheque for £2000 by TV gardener David Domoney and we have already started to plan how to spend our winnings!



Allotment volunteers with David Domoney



Volunteers with produce boxes in summer

Despite the Covid restrictions our two workers, Jacqui and Jess, have been able to maintain the allotment and harvest crops. This summer we were able to give away some of our produce from a stall outside the gate. We were also able to donate some fruit and vegetables to Darnall Well Being to add to the hampers they distributed as part of Sheffield Healthy Holidays. We very much hope that when we are due to open next March we will be able to run our weekly groups again. The sessions are for anyone who wants to do a bit of gardening,

ask for advice on growing food, help us look after the allotment or just sit and have a cuppa in the green space. We are also hoping to start a toddler session for preschool children and their carers. If you are interested in either of these things you can send your details to tinsleyallotment@gmail.com or look us up on Facebook (Tinsley Community Allotment) or Twitter (@TCallotment). The entrance to the allotment is in the car park behind Tinsley Forum at 120 Bawtry Road. Hope to see some new faces next year!

The Source Training Centre

Throughout lockdown, The Source Training Centre maintained their support for local communities throughout the Sheffield City Region, via their Steps to Work Programme. During the pandemic, they provided accredited training and employability support to around 164 unemployed people, with 120 people progressing into positive outcomes such as employment, apprenticeships and further training. This programme is still being accessed by those whose employment was affected by the pandemic and is helping eliminate barriers to get into work. The Source has opened its doors to the public again and is offering various training and support, both in the centre and online.

If you or someone you know, would benefit from this support and would like to know more, please contact community@thesourceacademy.co.uk or 0114 263 5693.

Covid-19 Update

The pandemic has affected us all, either directly by the virus or from the impact of restrictions under 'lockdown'. It is important that we continue to support each other through this difficult time. With a vaccine on the horizon, we still need to prevent transmission. The best way to help us feel more confident about how to stay well and protect those most at risk, is to be able to know where to find accurate information and the right support. Younger people should also not take risks. They may still experience severe illness and people of any age can suffer from 'Long Covid'. We hope you find this summary helpful.

To protect others and reduce transmission, it is important that we continue to follow the guidelines:

- Keep 2 metres apart at all times
- Wear a face covering when in public and when entering and using shops/public buildings
- Wash hands for at least 20 seconds

To check what Tier Sheffield is in for Covid restrictions, please use the UK Government website:

<https://www.gov.uk/find-coronavirus-local-restrictions>



Christmas Bubbles

Between 23 and 27 December, you can form a Christmas bubble with up to 3 households. Please remember:

- you can only be in one Christmas bubble and you cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can only meet people who are not in your Christmas bubble outdoors, according to the rules in the tier where you are staying

Travel to meet those in your Christmas bubble and return home between 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

Celebrating Safely

Not everyone celebrates Christmas, and we know that many people have missed holding family celebrations for Eid and Diwali this year, to help **reduce the risk** of spreading of Covid-19. If you do choose to celebrate Christmas in a bubble with other households, then please try to spend as little time indoors with your Christmas bubble as possible. **Open doors and windows** if you're inside – or try some of these ideas and **get outdoors**:

- Wrap up warm and meet outdoors in the garden or a park
- Have a BBQ or picnic for your Christmas dinner
- Play party games with children outdoors

Or you could delay a big Christmas celebration altogether and plan a fantastic family event in the late spring / summer instead!

Covid-19 Symptoms and Testing

What are the symptoms of Covid-19?

- **A new and continuous cough** - Coughing a lot for more than an hour or having 3 or more coughing episodes in a 24 hour period.
- **Fever** - A temperature of 37.8C or above.
- **Change in smell or taste** - Either you cannot smell or taste anything, or that these senses are different to normal.

Got Symptoms? Get Tested

If you have any Covid-19 symptoms, then you must book a test – but only if you have one or more of these symptoms (many people are booking tests because they are worried but do not have symptoms. This places a great strain on the testing system and delays those who have symptoms from getting tested.)



Got any coronavirus symptoms? Isolate and book a test.



High temperature



New continuous cough



Change/loss of smell/taste

Use the NHS COVID-19 app or go to gov.uk/coronavirus

STAY ALERT
CONTROL THE VIRUS
SAVE LIVES

NHS

Booking a Test

If you have one or more of the symptoms book a test by:

Calling 119 or

Online: <https://www.gov.uk/get-coronavirus-test>

You will be able to choose a test centre in Sheffield that you can access easily.

Please do not attend a test centre unless you have booked an appointment.

When you have symptoms, you should **only** leave home to get a test. You should self-isolate at home whilst you wait for a test result.

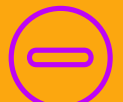
Positive Test Results

- If you have received a positive test result you should self-isolate at home for 10 days from the time your symptoms started.
- You must stay away from other members of your household (2 metre distance). Other members of your household should self-isolate for 14 days.
- Most people will have mild symptoms which can be managed with pain relief (Paracetamol), bed rest and by drinking plenty of fluids.
- Do not go to your Doctors, Pharmacy or Hospital if you only have mild symptoms. If your symptoms become worse, for example, you have difficulty breathing to the extent that you can only manage to speak a few words, call 999 who will respond accordingly.



Negative Test Results

- Continue to carry out normal daily activities in line with both National and Local restrictions.



If you have questions or need translated information...

Sheffield City Council has information about Covid-19 symptoms, local test sites and how to isolate in a number of different languages here:

<https://www.sheffield.gov.uk/coronaviruscommunityresources>

The NHS has information about symptoms, testing, treatment and isolating on their website here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Doctors of the World have Covid-19 guidance translated into 60 different languages here:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Arabic

Urdu

Bengali

Somali

Slovak

Key Covid-19 Messages - Translated

Arabic

COVID-19 معلومات

کرسمس (اعیاد المیلاد) ،

في الفترة ما بين 23 و 27 ديسمبر يمكنك تكوين "فقااعة عيد المیلاد" مع أشخاص لا يزيدوا عن 3 أسر . يمكنك فقط مقابلة الأشخاص الذين ليسوا في فقااعة عيد المیلاد الخاصة بك في الهواء الطلق ، ووفقاً للقواعد الموجودة في الطبقة التي تقیم فيها .

إذا اخترت الاحتفال بعيد المیلاد ، ففكر في الاستمرار في حماية الأشخاص الأكثر عرضة للخطر من خلال :
* قضاء أقل وقت ممكن في الداخل مع فقااعة عيد المیلاد الخاصة بك قدر الامكان .
* فتح الابواب والنوافذ اذا كنت بالداخل .

حجز الاختبار

إذا كان لديك واحد أو أكثر من أعراض كوفيد19 قم بحجز الاختبار عن طريق :

* الاتصال ب 911

* أو الحجز عبر الإنترنت : <https://www.gov.uk/get-coronavirus-test> وبذلك سوف تستطلع اختبار مركز الاختبار الواقع في شفيلد والذي يمكنك الوصول اليه بسهولة . من فضلك لا تحضر الى مركز الاختبار مالم تكن قد حجزت موعداً .

إذا كانت لديك أعراض ، يجب عليك مغادرة المنزل فقط لاجراء الاختبار ، فيتوجب عليك عزل نفسك الى ان تحصل على نتيجة الاختبار .

في حالة النتيجة الإيجابية

فيتوجب عليك العزل لمدة 10 أيام من اليوم الاول لظهور الاعراض .

فيجب عليك البقاء بعيد عن باقي أفراد أسرتك (بمسافة 2 متر) . ويجب على أفراد الاسرة الاخرين عزل أنفسهم لمدة 14 يوماً .

في حالة النتيجة السلبية

الاستمرار في تنفيذ الأنشطة اليومية الاعتيادية بما يتماشى مع الفئود الوطنية والمحلية .

Urdu

کووڈ 19 کے بارے میں معلومات

کرسمس

23 اور 27 دسمبر کے درمیان ، آپ زیادہ سے زیادہ 3 گھنٹوں کے لوگوں کے ساتھ ایک کرسمس بیل (میل جول) بنا سکتے ہیں۔

جس علاقہ میں آپ رہ رہے ہیں وہیں کے قانون (پابندیوں) کے مطابق کرسمس بیل کے علاوہ آپ گھر کے باہر لوگوں سے مل سکتے ہیں۔

اگر آپ کرسمس منا رہے ہیں تو ان لوگوں کی حفاظت مندرجہ ذیل طریقوں سے کریں جن کو زیادہ خطرہ ہے۔

- اپنے کرسمس بیل کے ساتھ گھر کے اندر کم سے کم وقت گزاریں۔
- اگر آپ گھر کے اندر موجود ہیں تو دروازے اور کھڑکیاں کھولیں۔

ایسٹیک بک کروانے کا طریقہ کار

اگر آپ میں ایک یا ایک سے زیادہ کووڈ 19 علامات ہیں تو نیچے دیے گئے طریقہ کار کے مطابق ٹیسٹ تک کروائیں۔

119 پر کال کریں یا

آن لائن: <https://www.gov.uk/get-coronavirus-test>

آپ ٹینیلڈ میں ایسے ٹیسٹ سنٹر کا انتخاب کر سکیں گے جہاں آپ آسانی سے رسائی حاصل کر سکیں۔

براہ کرم کسی ٹیسٹ سینٹر میں وقت (ایڈمنسٹریشن) لیے بخیر نہ جائیں۔

جب آپ کو علامات ظاہر ہوں تو آپ کو صرف ٹیسٹ کرائے کے لئے گھر سے باہر جانا چاہئے۔ ٹیسٹ کا نتیجہ آنے تک آپ کو گھر میں خود کو قرنطینہ کرنا چاہئے۔

مثبت ٹیسٹ کے نتائج آنے کے بعد

اگر آپ کو ٹیسٹ کا مثبت نتیجہ موصول ہوا ہے تو آپ کو 10 دن تک گھر میں خود کو قرنطینہ کرنا چاہئے (علامت شروع ہونے سے لیکر)۔

آپ کو اپنے گھر کے دیگر افراد (2 میٹر یا 6 فٹ سے) فاصلہ رکھنا چاہئے اور آپ کے گھر کے دیگر افراد کو خود کو 14 دن کے لئے قرنطینہ کرنا چاہئے۔

منفی ٹیسٹ کے نتائج آنے کے بعد

قومی اور مقامی پابندیوں کے مطابق معمول کی سرگرمیاں جاری رکھیں۔

Waqtiqa Christmas

Inta u dhaxaysa 23-27 December waad kulmi kartaan idinkoon ka badneyn dad ku kala nool sedex guri.

Waxaad keliya ood dadka ka imanaya banaanka ku arki kartaa albaabka hortiiisa uun adigoo eegaya xaalada la geliyey meesha aad ku nooshey.

Hadii aad u dabaaldageysyo christmas ka,waxaad ogaataa inaad ilaalisaa kuwa u jilicsan qaadista xanuunka.

- Wada jooga waqti yar dadka aad ku wada qaadaneysaan xalfada Christmas ka meelaha xidhan.
- Fura albaabada iyo daaqaadaa hadii aad ku jirtaan meel xidhan.

Balan sameysashada

Hadii aad isku aragto mid ama laba calaamadaa Covid 19 sameysyo balan adoo wacaya 119 ama Online: <https://www.gov.uk/get-coronavirus-test>

Waad dooran kartaa xarunta baadhista ee kuugu dhaw adiga ee ku taal Sheffield.

Fadlan ha imaan xarunta barista adigoo haysan wax balan ah.

Hadaad isku aragto calaamadaa cudurka waxaan ka bixi kartaa oo keliya gurigaaga markaad isa soo baadheysyo uun.ka dibna isku xir qol ilaa jawaabtu kuu imaaneyso.

Hadaad cudurka lagaa helo:

Haday jawaabtaadu noqoto in cudurka lagaa helo waa inaad is xidhaa mudo 10 casho ah,laga soo bilaabo maalintii aad isku aragtey calaamadaa. Waa inaad ka fogaato dadka guriga kugula nool ugu yaraan 2 metre. Dadka guriga kugula noolina waa iney is xidhaan mudo 14 casho ah

Hadii lagaa waayo xanuunka:

Hadii lagaa waayo xanuunka waxaad iska wadataa noloshadii caadiga ahayd adigoo ilaalinta sharciga mid gaara iyo mid guud ba.

Slovak

Vianoce

V období medzi 23 a 27 decembrom si môžete vytvoriť tzv. 'vianočnú bublinu' s ľuďmi z nie viac ako 3 domácností.

Podľa pravidiel daného stupňa, v tej oblasti kde sa práve nachádzate, sa môžete stretnúť s ľuďmi, ktorí nepatria do Vašej bubliny iba vo vonkajšom prostredí.

Ak sa rozhodnete Vianoce oslavovať, zväzťe naďalej ochranu tých, ktorí sú najviac ohrození a to tak:

- Že budete tráviť, čo najmenej času v domácom prostredí s ľuďmi, ktorí patria do Vašej vytvorenej vianočnej bubliny
- Že budete vetrať vo Vašej domácnosti, čo najčastejšie ako sa dá

Ako sa objednať na testovanie

Ak máte jeden alebo viac príznakov Covidu-19, môžete sa objednať na otestovanie jednou z nasledujúcich možností:

- zavolaním na linku 119
- online: <https://www.gov.uk/get-coronavirus-test>

Budete mať možnosť zvoliť si testovacie miesto v Sheffielde, ktoré Vám najviac vyhovuje.

কভিড-19 তথ্য

বড়দিন

23 থেকে 27 ডিসেম্বরের মধ্যে আপনি কেবলমাত্র 3 টি পরিবারের লোকদের সাথে একটি ক্রিসমাস বৃদ্ধ তৈরি করতে পারেন।

আপনি কেবলমাত্র আপনার ক্রিসমাস বৃদ্ধ বৃদ্ধি বৃদ্ধি লোকের সাথে দেখাকরতে পারেন। আপনি যেখানে থাকছেন সেইসবের নিয়ম অনুসারে

আপনি যদি ক্রিসমাস উদযাপন করেন তবে ঝুঁকিমরমে সবচেয়ে বেশি যাদের রক্ষা করা চালিয়ে যান তা বিবেচনা করুন:

আপনার ক্রিসমাস বৃদ্ধ বৃদ্ধি দিয়ে যতটা সম্ভব ঘরেবসে অল্প সময় ব্যয় করা আপনি ভিতরে থাকলে দরজা এবং উইন্ডো খোলার।

একটি পরীক্ষা বুকিং

আপনার যদি এক বা একাধিক কোভিড-19 উপসর্গ থাকে তবে এর মাধ্যমে একটি পরীক্ষা বুক করা

119 কল বা

অনলাইন: <https://www.gov.uk/get-coronavirus-test>

আপনি শেফিল্ডে একটি পরীক্ষা কেন্দ্র বুক করতে সক্ষম হবেন যা আপনি সহজেই অ্যাক্সেস করতে পারেন।

আপনি অ্যাপয়েন্টমেন্ট বুকনা করে দয়া করুন কোনও পরীক্ষা কেন্দ্রে উপস্থিত থাকবেন না। যখন আপনার লক্ষণগুলি দেখা যায়, তখন আপনাকে পরীক্ষা দেওয়ার জন্য কেবল বাড়ি ছেড়ে যাওয়া উচিত। আপনি পরীক্ষার ফলাফলের জন্য অপেক্ষা করা অবস্থায় আপনার বাড়িতে থাকা উচিত।

ইতিবাচক পরীক্ষার ফলাফল

যদি আপনি কোনও ইতিবাচক পরীক্ষার ফলাফল পেয়ে থাকেন তবে আপনার লক্ষণগুলি শুরু হওয়ার 10 দিনের জন্য আপনার নিজের বাড়িতে আলাদা থাকা উচিত।

আপনাকে অবশ্যই আপনার পরিবারের অন্যান্য সদস্যদের থেকে দুই থেকে তিন (২ মিটার দূরত্ব) আপনাদের পরিবারের অন্য সদস্যদের 14 দিনের জন্য স্ব-বিচ্ছিন্ন করা উচিত।

নেতিবাচক পরীক্ষার ফলাফল

জাতীয় এবং স্থানীয় উভয় বিধিনিষেধের সাথে সামঞ্জস্য রেখে সাধারণ প্রতিদিনের ক্রিয়াকলাপ চালিয়ে যান।

Prosím, ne navštevujte testovacie miesta bez toho, aby ste mali vopred dohodnutý termín.

V prípade, že sa u Vás vyskytnú príznaky, smiete opustiť Váš domov iba za účelom otestovania sa. Počas čakania na výsledky testu by ste sa mali doma izolovať.

Positívny výsledok testovania

Ak ste obdržali pozitívny výsledok testu, mali by ste sa doma izolovať na 10 dní, odkedy sa u Vás objavili príznaky.

Musíte sa držať ďalej od zvyšných členov domácností (dodržiavať 2-metrový odstup). Zvyšní členovia domácnosti by sa mali izolovať na 14 dní.

Negatívny výsledok tetovania

Pokračujte v dodržiavaní bežných každodenných aktivít v súlade s národnými aj miestnymi obmedzeniami.

Darnall Well Being Update

We may not be able to run our groups in person at the moment, but remember that Darnall Well Being are still here for you through the winter!



Email communityhub@darnallwellbeing.org.uk, phone 0114 249 6315 or text/call 07946 320 808 for any of the following:

- Covid Community Hub – offering telephone advice and information
- Regular wellbeing phone calls and doorstep visits where possible, for those that need it most
- Regular activity packs through the post
- Regular (Zoom) conference calls for our volunteers – with the prospect of more opportunities to connect online for our group members before long.
- Link Workers can still offer one to one support for people with long-term conditions like diabetes and chronic pain management, help with improving physical and mental wellbeing, as well as signposting to other services where needed.

Women Only Cycle Training in Sheffield - in partnership with the Cyclagettes

We are currently offering FREE 2 hour one-to-one cycle sessions to women who have access to their own bike - learn to ride, or improve your cycle confidence and road confidence.

You can request to start your session from your home address or meet at a local park/recreational area.

Please register using this form:

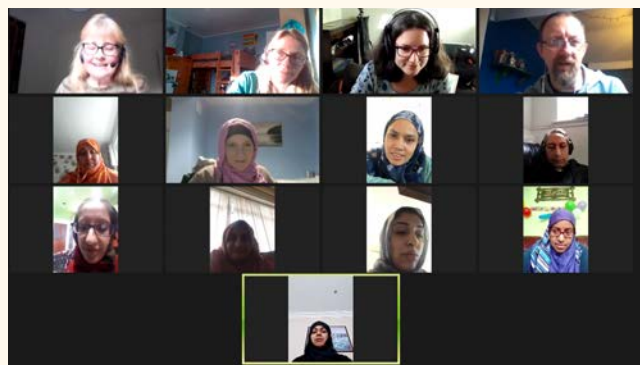
<https://forms.gle/RqAyP3hZFMXjcaiKA>

OR contact Yvonne Witter for a registration form y.witter@darnallwellbeing.org.uk
DWB office - 0114 249 6315



Zoom Groups

We've been meeting with our volunteers on regular Zoom calls for a while - it's been lovely to see friendly faces and catch up together! We're now starting Zoom sessions for some of our activity groups - contact us if you'd like to get involved!



Activity Packs

Since lockdown started in March, DWB have sent out hundreds of activity packs to our volunteers and service users. These have had a different theme each time, and included puzzles, wordsearches, colouring and craft activities, as well as health and wellbeing information and ideas. Contact us if you know someone who could benefit from being sent one!



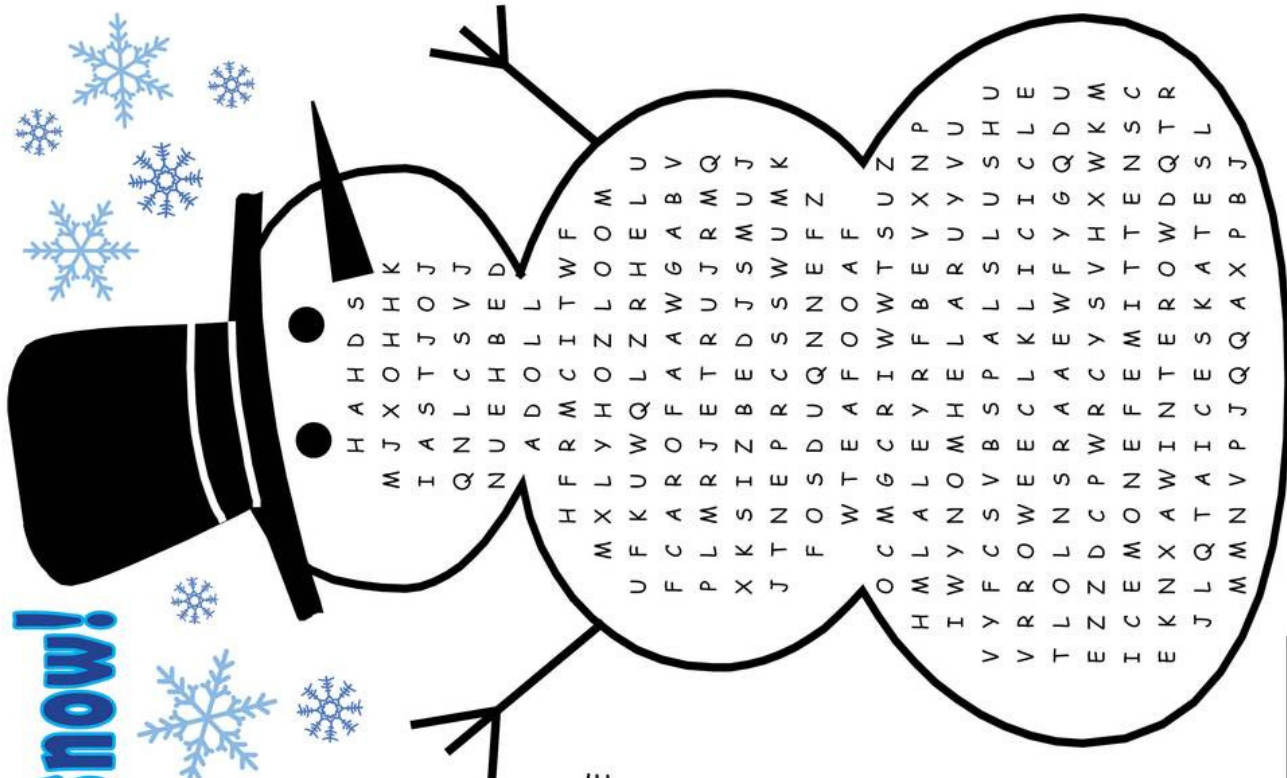
Good News Flash!



Saada, a volunteer with DWB, has found that keeping in contact with people has really helped during lockdown. Whilst dropping the kids off at school or chatting on Zoom, a short conversation can be so helpful to you and to others. Saada's advice is to stay positive - this will end eventually and we have to try to adapt to help us get through it.

Activities Page

Let it snow!



- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

Name: _____

mpmideas.com

Page 1

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SUPER
COLORING

St Albans House Christian Community

The Angels are coming....

Who are your angels? Who brings light and joy to your life? Who has been good news to you? At Christmas, the angels bring good news to ordinary people, they tell Mary that she will bear Jesus and they promise God's love and peace to all the earth. We want to celebrate the people who are our good news bringers, as we celebrate the season of remembering Jesus' birth.

We invite you to think about the people who are a blessing to you and then decorate your windows to celebrate the angels in your life.

You might want to use pictures, a candle, card, paper, tissue paper, whatever you have to get as creative as you like. It may be that you want to celebrate groups of people (NHS, teachers) or individuals, and dedicate your window to them – maybe by adding names, photos, or things that remind you of them.

Post your pictures on social media with the hashtag **#whoisyourangel2020** **#attercliffeangels** or **#darnallangels** or email **gina.kalsi@churcharmy.org** and we will post them for you.

We would love to celebrate the people who bring light and joy to Attercliffe and Darnall.



Light in the Darkness



From the beginning of November, Attercliffe & Darnall Centre of Mission, Darnall Well Being, and other community groups, asked people to decorate their windows with the theme 'Light in the Darkness'.

Thanks to funding from Sheffield City Council, we handed out lots of activity packs, allowing people to decorate their windows and share the results with us on social media.

It was lovely to see the displays all around Darnall – did you spot any? One lady got her neighbours involved to create three windows next to each other, all encouraging us, in the dark nights, to find light.

Well done to everyone who took part – it certainly brightened up Darnall during the dark nights in November.




Angel Trail

At Sheffield Olympic Legacy Park and Bowden Housteads Woods, over the festive season, you will find some angels asking questions to ponder as you walk around.

So do pop by and see if you can find all 6 angels, and think about the questions they are asking.

There will also be a large angel travelling around Darnall & Attercliffe. Look out for it and see where it turns up - maybe you could take a selfie to share with us.

gina.kalsi@churcharmy.org

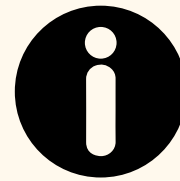
   @AttercliffeCofM





Tinsley Forum

Tinsley One Stop Shop, 120-126 Bawtry Road, Tinsley, Sheffield, S9 1UE
Tel: 0114 244 4887 E-mail: admin@tinsleyforum.co.uk



A message from Tinsley Forum - Graham Whitfield

We would like to thank everyone we have worked with over the COVID period for doing everything they can to make our community as safe as it can be for everyone. Darnall Well Being, Best Start and Darnall Forum have been brilliant in providing help and support with food and activities for families. The young people we have worked with on the football project, during our detached activities, on the lead up to Bonfire Night and at the Tinsley One Stop Shop have all been great to work with. Thank you to the National Lottery Community Fund, The South Yorkshire Violence Reduction Unit, Sheffield City Council and E.ON for supporting our work and providing funding for PPE equipment, activities for young people, employment support and for supporting this Newsletter.

We want to wish everyone a safe and Happy Christmas, and a New Year that brings a new hope for everyone.

Are you looking for jobs in:

- * Cleaning * Care work *
- * Administration * Warehousing *
- * Driving * Delivery work *
- * Security * Call centres * Retail *
- * Hospitality & more?

We can help!

Call 0114 2444887

or email us at:

graham@tinsleyforum.co.uk

admin@tinsleyforum.co.uk

Tinsley Forum provide help to find employment

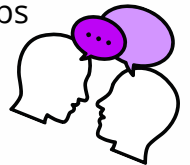
★ Job matching CV workshops

Mock interviews

Training / skills tasters

1:1 Individual Advice

★ Guidance Support into voluntary work



COVID-safe!

Facemasks, sanitiser & gloves available

Christmas Eve Jingle

Good News Flash!

Children at Oasis Academy Don Valley have been busy creating #heartsforhomes pictures and poems to send to residents at Darnall Grange Care Home to spread joyful messages at Christmas time.



At 6pm on Christmas Eve, people all around the world will connect across communities by ringing bells for 2 minutes - in gardens, on doorsteps, on balconies - to spread Christmas magic and be part of something special.



Good News Stories

Whilst 2020 has been a very difficult year for everyone, there have been some brilliant, positive stories that have come out of our local community. We have shared some of these on the Good News Flashes throughout this newsletter - and here are some more stories.

Maureen normally helps at DWB with Craft Group and Health Walks, and during lockdown has helped deliver activity packs.

She has found that a walk around the neighbourhood starts the day off right and gives her a chance to say hello to neighbours. She has also got involved in arts and crafts (such as in the activity packs) or read a book to keep herself occupied.



Reem has been an Early Years volunteer and helped DWB with the Healthy Holidays programme this summer, as well as helping to deliver flyers and activity packs. Reem has stayed positive this year by staying busy and keeping moving! She suggests trying to support your family and neighbours by dropping off a food parcel or completing an activity pack with your family.

Shelagh's Sewing Circle, a Dronfield-based sewing group, made and donated over 100 masks for families at Tinsley Meadows School



Mohammed and Saada from Darnall took up walking for exercise during the first lockdown. Their teenage daughter also enjoys walking with them, particularly in High Hazels Park. Mohammed says "Lockdown has given me the opportunity to explore new places I've never been to before"

Darnall Well Being Craft Group have joined others to knit 500 angels that will be hiding around the area in Christmas week. If you find one, take it home or give it to a friend who needs cheering up this Christmas. #darnallangels #attercliffeangels

Church of Christ Darnall has been collecting food and toys for Burngreave Foodbank. There has been 3 carloads of food and gifts already delivered to the Foodbank, that will help support people who are struggling this Christmas.

Asha is a member of DWB activity groups. She lives in Darnall and is in her 80s. During lockdown, she was feeling isolated and decided to do something for her mental wellbeing. Asha took up making strings with her teeth, using traditional Somali methods. The strings she has made are being sent to Somalia via a charity, to help others.



Sheffield IAPT offers courses to help you with your psychological wellbeing

These are extremely challenging times for us all because of the pandemic. An NHS service in Sheffield is here to offer you help and support with your psychological wellbeing with a range of free online courses for adults (18yrs+) starting in the new year:

Stress Control: Stress is a common reaction to the challenges we face in our lives. This 6 session course teaches you all about stress and how to manage and overcome it.

Overcoming Low Mood: If you feel like there is a lack of pleasure in your life and you feel down, this 4 session course will help you improve your mood and get your life back on track.

Overcoming Anxiety & Worry:

Understanding anxiety symptoms can be really helpful in learning how to improve your wellbeing. This 4 session course will teach you tools and techniques to manage anxiety & worry.


Improving Wellbeing

(Arabic): This is a new 5 session course for Arabic speaking women. The aim of the course is to understand anxiety and low mood and learn ways to improve your wellbeing.


You can book a course directly by going to the website <https://iaptsheffield.nhs.uk> and completing the self-referral form or you can call the IAPT admin team on (0114) 226 4380.

Winter Wellbeing

Here are a few thoughts for handling the winter months, particularly during the pandemic:

 **With winter mornings and evenings, it will feel tougher, so try and take a break during the day, and get some sunlight whilst you can**

 **This won't last forever, even if it feels like it right now**

 **It's totally normal to feel anxious or sad, no matter what your circumstances**

 **Be kind to yourself**



Mental Health Support

For people in crisis with their mental health – **Single Point of Access (SPA)** are running 24/7: 0114 2263636

If you're feeling isolated or low, here are some contacts who can help provide support:

Sheffield Mind have a listening ear service for those 50+ who are isolated, lonely, worried or just want to talk. You can call Monday-Friday 9-5 on 0114 258 4489 and they will arrange a call back within two days.

Age UK (Sheffield) are currently offering telephone support and advice. Call 0114 250 2850 or email enquiries@ageuksheffield.org.uk.

Reengage have a telephone buddy and befriending service for those who are experiencing isolation or loneliness. Call 07442 096145 or email info@reengage.org.uk

Sheffield Flourish are offering online support through telephone chats, online games and social groups as well as signposting and advice. Call 0114 273 7009 or email info@sheffieldflourish.co.uk

SHSC Chaplaincy are offering support for mental health carers and relatives. Call 0114 271 8022 or email chaplains@shsc.nhs.uk

Barnardos run Boloh - a helpline created to help Black, Asian and Minority Ethnic children and their families. Call: 0800 1512 605 Mon-Fri, 1-8pm

Food

FoodWorks Sheffield:

You can now collect nutritious, affordable and sustainable meals from 7 hubs across the city, with more locations on their way very soon.

Food Banks

You must have a referral to access a Food Bank. Contact DWB via our Community Hub line and we can refer you to Burngreave and Handsworth Food Banks. Freedom Project at Tinsley Methodist church runs a food bank, provides benefit and debt advice and counselling. Contact: 07720 698532 or info@fcgroup.org.uk

Universal Credit

Get help from Citizens Advice when applying for Universal Credit. Call for free: 0800 144 8 444

Sheffield Citizens Advice

Sheffield's Advice line is open Monday to Friday, 10am to 4pm (except Bank Holidays): 0808 278 7820

Employment

If you have a health condition and need help to find or stay in work, you may be eligible for Employment Support. Sign-up: <https://www.workingwinreferrals.co.uk/> or call: Working Win 0114 2900 218

Police

Officers from the Darnall and Tinsley Neighbourhood Team are here to keep you safe:

- Sergeant 3813 Peter Heginbotham – Darnall and Tinsley Neighbourhood Team
- PC402 Craig Addinall – Main Rd, Staniforth Rd, Shirland estate and Darnall Rd
- PC736 Dean McLaughlin – Greenland and Stovin Estates
- PC1503 Joe Gourdin – Tinsley
- PC 2483 Steph Dodd – Littledale and Bowden Wood
- PC1943 Mark Cope – Attercliffe Corridor

We can all be reached at our temporary home, Moss Way Police Station, on 0114 296 4016 or SheffieldSouthEastNHP@southyorks.pnn.police.ukt

Please get in touch with any concerns or questions, and we will do our best to answer them.

Please report crime using 101 or, in an emergency, 999.