



# Darnall Well Being Newsletter

February 2021

Welcome to a smaller newsletter from us for February! We know it's been a difficult start to 2021 with a new lockdown in place - but hope is on the horizon, with the vaccine roll out well underway, and the days gradually starting to get lighter and longer. We know that people are missing our groups and we're working to restart them in person when we can. In the meantime, our Craft Group and Chairobics are now meeting on Zoom - there's also an opportunity for our volunteers and carers to meet regularly on Zoom. On the calls, we enjoy a chat and sometimes play simple games or have mindfulness sessions. Let us know if you'd like to join us. If you're new to Zoom, there are some helpful guides and videos on our website to help you: <https://darnallwellbeing.org.uk/home/signposting/using-zoom/>

After we shared lots of information to the whole of Darnall ward in the Community Connector newsletter back in December, we've started work on the next edition, to be printed before Easter. If you would like to get involved with helping us put it together, please contact us on [communityconnectordarnall@gmail.com](mailto:communityconnectordarnall@gmail.com).

## Community Hub

In this new lockdown, please be aware that Darnall Well Being are still here to support you. We know that this may feel like a difficult time for many, and our Community Hub continues to provide support for everyone who needs it. We can offer you:

- \* A friendly voice
- \* Signposting/sharing information
- \* Help with sorting out access to food and medication \*
- \* Reassurance about the best place to get help

You can contact the Community Hub by:  
email: [communityhub@darnallwellbeing.org.uk](mailto:communityhub@darnallwellbeing.org.uk)  
Phone: 0114 249 6315  
Text/Call: 07946 320 808

We aim to respond within one working day and will do our best to give the support you need.

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

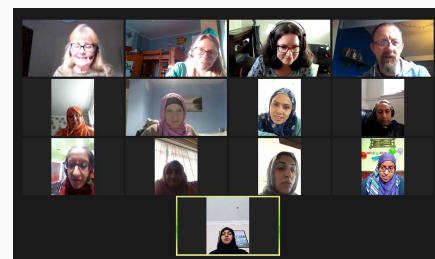
Please remember - you got through lockdown before, and you can get through this one. This won't last forever, even if it may feel like it at times. With winter mornings and evenings, it will feel tougher, so try and take a break and get some sunlight whilst you can – and remember that spring is on the way. It is totally normal to feel anxious or sad, no matter what your circumstances, so please be kind to yourself.

## Update on DWB Services during Covid-19

Darnall Well Being continue to take new referrals and offer one to one support via our Link Workers. We are also continuing to send activity packs out to our group members, 1-1 clients and volunteers.

Our Craft Group, Chairobics sessions and volunteers are now meeting regularly on Zoom. We also run a regular Carers group on Zoom. If you'd like to join one of these groups for a friendly chat or activity, please contact us on 0114 249 6315.

Working with Cyclagetees, cycling for women sessions are also available on a one to one basis. Contact us if you'd like to learn to ride or improve your skills - please note that you must have your own bike for these sessions.



Volunteer Zoom call

In the last 3 months of 2020, we have continued to provide support to the community in a number of ways:

- our one to one team have supported 268 individuals
- we have kept in touch with 208 of our activity beneficiaries with calls and activity packs, and we've had some lovely feedback about these
- we've provided Dementia support to 115 individuals
- 8 trainees were supported for women's only cycling

Thanks again for the phone calls - they are so very much appreciated. It just means so much

Feedback from a beneficiary

## Covid-19 Vaccinations

The national Covid-19 vaccine roll out is well underway - please help yourself and others to be safe by going for the vaccine when it is your turn. You will be contacted when it's your turn. We know that some people feel hesitant about having the vaccine - we have put together information and useful links about Covid vaccines on our website, if you want to find out more:

<https://darnallwellbeing.org.uk/home/covid-19/covid-19-and-vaccines/>  
Until more people have had the vaccine, please continue to follow the guidelines, to help everyone stay safe:

- Stay 2m apart whenever possible
- Wear a face covering on public transport and in enclosed public spaces, e.g. shops
- Wash your hands regularly for 20 seconds
- Book a test if you have a new, persistent cough, a high temperature, or loss/change in sense of smell

Check the NHS website regularly for the latest guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



## Census Day - March 21st 2021

The Census is a unique survey that takes place every 10 years in England and Wales. By filling in your census, you will help inform decisions that shape your community. Things like healthcare, schools and colleges, and public transport.

Find out more at:

[www.census.gov.uk](http://www.census.gov.uk)



## Long Covid

Did you know that Waqas from DWB is involved with Long Covid research at the Advanced Wellbeing Research Centre? If you are experiencing Long Covid, Waqas can help signpost you to support. Contact him on 0114 249 6315 for more details.

## Volunteering with DWB

Would you like to volunteer with Darnall Well Being? We are currently looking for volunteers who are willing to give some of their time to work in the Darnall, Tinsley and surrounding areas. Wellbeing Champions (WBCs) support the physical, mental and social wellbeing of local people. There is ongoing support for WBCs and opportunities to do more training. Previous volunteers have found the experience great for: finding out new things, improving their employability, meeting new people, learning skills, improving their own health and wellbeing.

If you are interested in becoming a Wellbeing Champion please ring: 0114 249 6315.

## Art Therapy

MIND reached out to us last autumn to run a weekly Art Therapy group on Zoom. Four DWB volunteers and one client joined in art-making exercises to express, explore and understand some of their emotions at a challenging time. Each group member used simple materials from home. We hope to run the course again - contact us if you'd like to know more. As one person said about the sessions, "I'd been at a low point - sad, anxious and in a bad mood. Participating in the group changed my mood".



Art from the sessions

## Update from Darnall Allotment Project

Sadly our allotment sessions are currently closed due to Covid, but we are continuing to maintain the plot and occasionally drop off some vegetables to some of our volunteers. We look forward to having some volunteers back on the plot soon.

If you are interested in volunteering please complete our form at

<https://forms.gle/QYvvZK52EjJgnQLKA>

Or contact us at

[darnallallotmentproj@gmail.com](mailto:darnallallotmentproj@gmail.com)



Photos from the allotment



## Keep in Touch with Darnall Well Being

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. Or check our website for updates:

[www.darnallwellbeing.org.uk](http://www.darnallwellbeing.org.uk)

Office: 0114 249 6315 Email: [dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk) Interpretation support is also available.

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