

March 2021



COMMUNITY CONNECTOR

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

Hello again!



One of the winning entries to the half-term My Favourite Place competition, run by DWB and St Alban's House Christian Community

Welcome to another edition of your local newsletter, covering homes in the Attercliffe, Darnall, Tinsley and Handsworth areas of Sheffield.

Once again, a small group of local organisations have come together to work in partnership to produce this newsletter for the benefit of the whole community. A mix of useful information, good news stories and ways to connect with activities and support in your local area.

If you'd like to share any feedback or have ideas for future editions,

please get in touch with your suggestions to: communityconnectordarnall@gmail.com. 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 يف الاصدار الثاني من مجلتكم المحليه ، التي تشمل العديد من المعلومات المفيدة والقصص والاخبار الجديده ، وكذلك روابط الكترونية وكل جديد في منطقتكم

আপনার স্থানীয় নিউজলেটারের আরেকটি সংস্করণে আপনাকে স্বাগতম, এখানে দরকারী তথ্য, ভাল সংবাদ এবং আপনার অঞ্চলে ক্রিয়াকলাপ এবং সহায়তা সম্পর্কিত লিঙ্ক রয়েছে।

Vitajte v ďalšom vydaní vášho miestneho informačného bulletinu, ktorý obsahuje užitočné informácie, pozitívne príbehy a odkazy na rôzne aktivity a podporu vo vašej časti mesta.

اپنے مقامی نیوز لیٹر کی ایک اور اشاعت میں آپ کو خوش آمدید۔ اس اشاعت میں مفید معلومات ، خوشخبری کی کہانیاں اور آپ کے علاقے میں ہونے والی سرگرمیوں اور یہاں ملنے والے تعاون سے متعلق معلومات شامل ہیں۔

Waxaanu kugu soo dhaweyneynaa qormo kale oo ah qoraalka wargeyska xaafada, kaas oo ay ka buuxaan warbixino muhiim ah, warar farxad leh iyo tixraacyo ku saabsan waxyaalaha ka socda xaafadaada iyo caawimooyinka xaafadu leeday.

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



Darnall Forum

Darnall Forum continues to be a strategic partner within the local area offering help and support to our local community. Our community classes are still being run, although we have had to change delivery to an online version, whilst we are in the current situation with the pandemic, the classes have been very successful. There is a waiting list for new classes, so if you are interested in ESOL, ICT or Employability, then please call our Learning Champion, Zahira, who will add you to the list. We would also like to hear from local residents about any other learning that you might like to have locally.



As well as being Manager of the Forum, Chris Nuttall is also the Lead Key Support Worker for the ESF funded 'Pathway to Success' employment service, managed by Sheffield City Council. This is a one-to-one service that helps to develop people so that they are ready to look for work, education or training. He will work with you to develop your employability skills such as:

- CVs
- Application Forms
- preparing for interviews
- how to prepare for starting work
- develop your confidence and motivation

This is a one-to-one service and is led by what you want to achieve. Again, due to the Covid-19 restrictions, this service is currently done remotely through telephone, email and video-conferencing (such as Zoom). So, if you want help in looking for work, education or training and are over the age of 18 and currently not in work (unemployed or economically inactive) then give Chris a call.



Congratulations to Zahira Naz for winning one of the Empowering Women in the Community awards from Morrisons Supermarkets. She was nominated by the Community champions at the Catcliffe Store, Caroline and Emma.

Our Covid-19 response work continues, with Zahira leading a fantastic group of volunteers who are busy every week, collecting donations from members of the public, local supermarkets and other sources to put our support packages together. If you need support, information, advice or guidance around Covid-19, then please get in touch. Contact details are below. We cannot thank the volunteers and Zahira enough for the work they have done, and continue to do, to support the most vulnerable in our community.

Remember that Darnall Forum is here to support you, our community, so please drop us a line, pick up the phone and talk to us about anything that concerns you in the community. If it is something that we can help with, we will do our best. If it is something that we need to involve other organisations, then we will pass on any concerns or compliments. Darnall is a fantastic area to live and work and we are proud of the partnerships we have with other groups in the local area and it is by working together that we can achieve great things.

Contact Details

Chris Nuttall – Manager/Lead Key Support Worker – Employment Services
07888 135429 – chris@darnall.org.uk
Zahira Naz – Learning Champion/Covid 19 Project Officer
07983 702870 – zahira@darnall.org.uk

Good News Flash!



Large donations of food from Morrisons Community Champions Catcliffe, IKEA and South Yorkshire Police have enabled Darnall Forum to put together and distribute food packages to local people in need.

Local Life

Learn or Practice speaking English in Darnall & Tinsley with SAVTE

I am Tim Moran. I support an online English conversation group for people who want to learn, practice or improve their English. A friendly and welcoming group for residents of Darnall and Tinsley. Interested to join us? Please contact: Sheffield English Language Support, www.savte.org.uk savte@savte.org.uk 0114 253 6644.



Oasis Academy Don Valley (OADV)

Students and staff at OADV are taking part in the exciting Bears of Sheffield project and fundraising for their very own bear.

The bear will be designed to represent the local community and its history, and will become part of the sculpture trail around Sheffield, helping to raise funds for a new Cancer and Leukaemia Ward at Sheffield Children's Hospital. Fundraising activities include a 'Bear themed online quiz', a 'Sponsored spell', a 'Give it up or take it up challenge', a 'Teddy bear's picnic' and a 'Dress Down Friday'. If you would like to support OADV to reach its fundraising target of £1,000 please visit <https://www.justgiving.com/fundraising/oasis-academy-don-valley>.

If you have questions or need translated information about Covid-19....

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/>

Bengali

Slovak

Arabic

Somali

Urdu

Pebble Hunt Update

You might remember that in the December Community Connector, we told you about lots of painted pebbles that we had hidden around local parks to brighten up your winter walks. We had quite a few photos shared with us of pebbles that you'd found - and there are plenty still out there to be found and re-hidden, so keep your eyes peeled when you're out and about!



Good News Flash!

Subject to government guidelines, Sheffield Olympic Legacy Park junior parkrun will restart on Sunday 11 April. This is a free, 2km walk, jog or run for 4-10 year olds, taking place every Sunday at 9am. Everyone is welcome and we would love to see local families participating and volunteering.

For more details visit; <https://www.parkrun.org.uk/sheffieldolp-juniors/>

Local Life

Catcliffe Morrisons Community Champions

We have been busy supporting the community by providing food supplies to local food banks. Morrisons HQ and our customers continue to be extremely generous, and we have donated over £6,000 worth of food since November last year! This is all shared out amongst our community partners, including Darnall Forum and DWB. We've also donated nappies, toiletries and cleaning products. This February half term we donated 150 pizza and pancake packs to local families. These came with instructions so that families could cook the perfect pizza together. We continue to fundraise in store for both local and national charities. Around 20 of us are taking part in the 500,000 Steps in March Challenge for Clic Sargent, and 3 of us are running 50 miles each in aid of the Alzheimer's Society. Don't hesitate to contact us if we can support your fundraising efforts: Facebook/catcliffemorrisonscommunitychampions



**ŽIADOSTI DO POBYTOVEJ
SCHÉMY PRE OBČANOV EÚ
PODAJTE DO**



**30.
JÚNA
2021**

Viac informácií nájdete a žiadosť
podajte na:
gov.uk/eusettlementscheme

**Ak potrebujete pomôcť s bezplatnou
registráciou, kontaktujte Luciu na čísle
07534 862169
(Ut-Pia 9-5)**

**Na to aby ste si mohli podať žiadosť budete potrebovať
nasledujúce doklady:**

- Platný cestovný pas alebo občiansky preukaz
- National Insurance číslo (ak už máte udelené)
- E-mailovú adresu a telefónne číslo

Sheffield EU ER Support project is a collaboration between:
It is funded by Home Office's UK Visas & Immigration grant.



The Census Is Here

In the Darnall ward and across Sheffield, information packs from the Office for National Statistics are dropping through letterboxes, inviting us all to take part in the 2021 Census on 21st March 2021.

The Census is important to all of us, as it provides us with so much detailed information on the make-up of our communities, and helps shape decisions on services and investment at local and national level. As the 2021 census will take place mainly online, it will be quicker and easier than ever before to complete, and results will be available sooner than previous censuses.

Paper copies of the questionnaire are available for anyone who cannot or does not want to complete their census return online, and support is available for anyone who needs help completing the census, however they do it. You can complete the census as soon as you receive your letter, provided you know what your circumstances will be on 21 March, and you have plenty of time to respond. For more information or help head to:

www.census.gov.uk or call the freephone Census contact centre on 0800 141 2021.

**census
2021**

Sheffield Dementia Action Alliance

Sheffield Dementia Action Alliance brings together organisations across Sheffield who are committed to a shared goal of making it a dementia-friendly city – so that someone with dementia feels part of our city, respected and supported to live well with dementia. Those organisations can also have their own goals of making sure their services and businesses as accessible as possible for people living with dementia and their carers. There's a huge variety of members from a diverse range of industries - businesses, solicitors, health and social care providers, shops and social groups. If your organisation or business would like to join this citywide social movement, Jo at Darnall Well Being can support you in signing up. Please contact Jo on 0114 249 6315 or jo@darnallwellbeing.org.uk. After signing up, you will be entitled to support from the Alliance via Zoom, telephone and Dementia Friends sessions, and a dementia-friendly toolkit.

**Sheffield
Dementia
Action
Alliance**



Good News Flash!

Three new volunteers are ready to get going at Darnall Allotment as soon as restrictions allow, after reading about the opportunities there in December's Community Connector!

Long Covid

If you have experienced Covid-19, there is about a one in ten chance of you going on to experience "Long Covid" if you are under 70. If you are over 70, the chance of you having Long Covid increases. Many people will slowly recover from Covid-19, and after five or six weeks they start to feel better, being more active and able to get on with their lives. If symptoms carry on for about eight or ten weeks and you, or someone in your household, is unable to carry out usual household activities, then you might have Long Covid and you should consider seeking help.

Symptoms of Long Covid

- extreme tiredness after very little activity
- experience shortness of breath
- muscle weakness
- difficulties with concentration or memory
- may affect your ability to do day-to-day tasks or do physical activity

Self Care for Long Covid

- pace yourself and rest afterwards
- plan a small activity and see how you feel after
- try not to do too much activity at once
- try to allow yourself to accept some limitation to what you can do for the time being

People who have Long Covid can feel very isolated and do not necessarily have the support and advice they might need to improve their health and wellbeing. Long Covid is a new condition and so doctors and other health workers are working with people to help them manage their symptoms and plan ways to improve over time. Some people will take some time to improve and others can experience relapses in their symptoms which can be frustrating and disheartening. We are not yet sure why some people experience Long Covid and others do not; it can affect previously very fit people as well as those with lower fitness and other conditions.

Sheffield NHS Long Covid Hub

The NHS community services in Sheffield have set up a Post Covid Rehab Hub. Starting with a visit to your GP, the doctor will ask about your symptoms and how long you have experienced them. The hub is available for people who have been having difficulties for more than 4 weeks after having Covid-19 – ongoing fatigue, shortness of breath, cough, brain fog, pain, loss of taste or smell, anxiety and depression, Post Traumatic Stress Disorder, sleep problems, or weight issues.

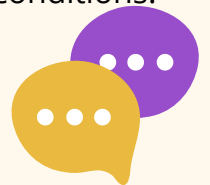
There are also videos talking about fatigue and guidance on how to manage it: <https://www.youtube.com/watch?v=ClpXGB-8DWI>

AWRC and Long Covid Research

The Advanced Wellbeing Research Centre (AWRC) is undertaking research to develop new ways of helping people with Long Covid and some of the academics have been working with Darnall Well Being to understand the experience of local people. Researchers are also developing online methods for helping including guidance and different ways of managing their recovery. This is the link to RICOVR – Research and Innovation for post Covid-19 Rehabilitation:

<https://www.shu.ac.uk/advanced-wellbeing-research-centre/expertise/covid-19-rehabilitation>

This is a group working together to bring in funding into research for Long Covid and within this page a link to sign up to be on the database to receive updates on research progress.



If you are interested in taking part in Long Covid research with DWB and AWRC, please contact Waqas Hameed, a DWB Health and Wellbeing Worker, for an informal chat and to discuss any questions you may have, on 0114 249 6315 or by email to w.hameed@darnallwellbeing.org.uk.

Good News Flash!



The Victory Club in Darnall has been in desperate need of roof repairs, so it's great news that funding has now been approved from the Community Infrastructure Levy for a new roof, thanks to a proposal submitted by DWB volunteer and Victory Club member, Jean!

Local Life

Darnall Allotment Project Update - Sarah Emberson
Spring is on its way and seed sowing has started on the allotment. Finally after a long time digging on my own, we have a date for opening up to volunteers again. On Friday 9th April our weekly volunteer sessions will start up again, just in time for the busy-ness of the growing season. As well as growing a variety of delicious organic veggies, we plan to build new compost bays, lay the hazel hedge, create a space to make leaf mould and more!

If you are interested in getting involved, no experience is needed. Complete our online form:

<https://forms.gle/QYvZK52EjgnQLKA>

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/>



Recent shots of the allotment

Update from the Neighbourhood Police Team

The Darnall and Tinsley Neighbourhood Team are currently based at Moss Way Police Station. Recently, we have been dealing with a number of large cannabis farms. These have links to people trafficking and organised crime. We are also working closely with housing providers, including the council and Together Housing, to tackle antisocial behaviour and criminality. We have just conducted a survey, asking residents how they see the police and what our priorities should be for the next few months. We will be responding to those priorities, and you can expect to see us out and about in the area. The team can be contacted on 0114 296 4014 or Sheffield_Neighbourhoods_SouthEast_Darnall@southyorks.pnn.police.uk

We are still in a national lockdown, and it is really important that people stick to the current rules around gatherings. We are starting to see a rise in the numbers of people gathering - until the rules change, it is still against the law to meet with people outside of your support bubble. Full advice can be found on the [Gov.uk](https://www.gov.uk) website.

IKEA Sheffield in the Community

IKEA Sheffield are proud to offer support to the Darnall area and the surrounding community. Since December we have made donations to help support people during these tough times.

We were able to donate some of our real Christmas trees to the Darnall Education Centre to support them with creating a Santa's grotto for children in the local area. We also connected with DWB, donating some of our real plants to give to service users who have been unable to access their services as usual due to lockdown. In addition, we donated some of our fabric cuts to DWB for use in their crafting workshops. Finally, we donated more of our real plants to some of the care homes that sit under the Sheffcare Group. Homes located in Handsworth, Shirecliffe, Parsons Cross and Foxhill all received donations for their residents, as well as an additional donation to Darnall View Residential Care Home. It is with donations such as these that IKEA Sheffield aims to continue to play a positive part in our local community.



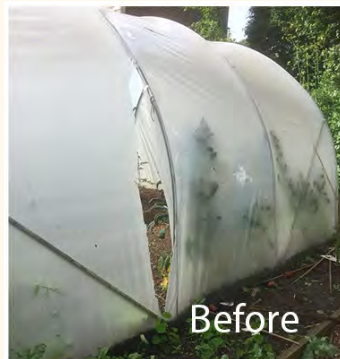
IKEA's plant donation to DWB

Local Life

Tinsley Community Allotment Update

Here at Tinsley Community Allotment we are working our way through some winter jobs, getting ready to reopen. We hope that when you next visit you will notice quite a few changes to the allotment, including the construction of a large willow "reading den" for children and some improved raised beds for growing vegetables. You might also notice that we have a smart new gate! Recently, we have been recovering the polytunnel with some new polythene. You can see from the photos what a difference it has made. We will now be able to start sowing some salad under cover in the warm. Later in the season we will use the polytunnel to grow tomatoes, chillis and cucumbers. We like to grow something new each year, so let us know if you have any ideas of unusual crops for us to try. Previously we have tried growing Oca, Quinoa and Sweet Potatoes – with varying degrees of success!

Keep checking on Facebook ([Tinsley Community Allotment](#)) or Twitter ([@TCAllotment](#)) for details of when we will be starting gardening sessions again. And remember you can always email us at tinsleyallotment@gmail.com if you have any questions about how you can be involved.



The polytunnel at Tinsley Allotment

Update from Church of Christ, Darnall

Did you know that Church of Christ is open as a drop off point for Burngreave Foodbank on Mondays 12-1pm? They are also accepting items of new and used clothing and toiletries for the Archer Project, new baby clothes and toiletries for Baby Basics, and new items for Sheffield Shoebox.

Church of Christ continue prayers through the lockdown. Post a prayer through our letterbox or contact us on 0114 2490779.

Follow Church of Christ on Facebook:

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

Look out for signs of hope in Church of Christ Easter Garden



New Food Works Hub - Darnall

Sheffield charity the Food Works now have a hub at Church of Christ in Darnall. This is open on Thursday mornings 10.30-12.30, and is for collection of prepared meals. These meals are cooked from surplus and/or locally grown ingredients, and can be bought for a minimum donation of £1. You can either order and pay for meals in advance online:

(<https://thefoodworks.org/shop/food-works-meals-individual/>), then collect from the hub - or you can just turn up and ask for meals on a Thursday, and pay at the time. Minimum donation of £1 per meal.



Good News Flash!



Since his hours at work were reduced during Covid, Zlatko in Darnall has been putting his mechanic skills to good use, helping local people with car problems for free!

Covid-19 Vaccinations

Everyone who can is encouraged to get vaccinated against Covid-19. You can choose not to get vaccinated; however, the more people that get vaccinated, the harder it is for Covid-19 to spread.

You cannot catch coronavirus from vaccines.

The vaccines stimulate the immune system to fight infection. The NHS is confident about vaccine safety. Vaccines aren't given to the public until independent experts approve safety. The MHRA (UK regulator) states these vaccines are safe and highly effective. They are checked and monitored at every stage.

People in both vaccine trials were from a range of ethnicities and ages, and those with underlying health conditions. It was effective for people in all groups.

These vaccines are highly effective at reducing serious illness. For full protection the second dose is needed – **this is really important**. Full protection happens 1-2 weeks after dose two, so when you're invited, book immediately.

- If you have or have had Long Covid, discuss when to get vaccinated with a clinician.
- If you have symptoms, get tested and arrange the vaccine after self-isolating.
- The MHRA states that pregnant and breastfeeding women can be vaccinated after discussing benefits and risks with their clinician. There is no evidence that the vaccines can alter genetic material or that they affect fertility.

What does the Covid-19 vaccine contain?

- The vaccine contains no animal products or egg. Ingredients are on the MHRA website.
- The British Islamic Medical Association have issued specific advice urging Muslims observing Ramadan not to delay getting vaccinated, drawing on analysis from Islamic scholars stating that injections for non-nutritional purposes do not invalidate the fast.
- Vaccine information is on the [Muslim Council of Britain](#) and the [British Islamic Medical Association](#) websites.

The body builds protection from two doses, with time in between. The vaccine protects you from illness, but we don't know yet if it stops you catching it and infecting others. It's really important to still wash your hands, cover your face and keep social distance.

Side effects

No significant side effects arose for tens of thousands of people in the trials nor in millions of people vaccinated in UK so far. After vaccination, you may have mild side effects. These are often due to your body starting to create immunity.

- sore arm, tiredness, headache, aching.
- Take painkillers (Paracetamol) if needed.
- If worried or symptoms worsen, call 111.

Covid-19 vaccines are safe and effective for the vast majority of people – they were tested extensively and assessed by experts.

All vaccinators are trained to manage any rare allergic reactions and all venues are equipped.

Accessing your appointment

Viruses (like flu) develop different strains, but these variations rarely stop vaccines working. There is no evidence that the vaccines won't protect against new strains.

You need to be registered with a GP to book a vaccine at a mass vaccination centre or to be invited by a GP. Anyone can register with a GP, please contact a local GP practice or see online for a list of GPs in your area

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

South Yorkshire Community Transport offer a free return journey to your vaccination for people from priority groups who have no other means to get there. To book, contact Sheffield Community Transport on 0114 285 9906. Please try to give at least one or two days notice.

من المهم ان كل شخص يستطيع اخذ اللقاح ضد كوفيد 19 وكذلك يمكنك اختيار عدم التطعيم، ومع ذلك ، كلما زاد عدد الأشخاص الذين تم تطعيمهم ، يصعب على المرض (Covid 19) من الانتشار.

لا يتم إعطاء اللقاحات للجمهور حتى يوافق خبراء مستقلون على سلامتها. كان الأشخاص في تجارب اللقاح من مجموعة من الأعمار والأعمار ، وأولئك الذين يعانون من ظروف صحية أساسية.

كانت اللقاحات فعالة للناس من جميع الفئات. كما ثبت أنها تقلل من الأمراض الخطيرة ودخول المستشفيات والوفيات.

يبنى الجسم الحماية من جرعتين ، مع مرور الوقت. للحماية الكاملة ، هناك حاجة إلى الجرعة الثانية - وهذا مهم جدًا.

تحدث الحماية الكاملة بعد أسبوع إلى أسبوعين من الجرعة الثانية ، لذلك عندما تتم دعوتك ، احجز على الفور.

ما هي جرعة اللقاح؟

* لا يحتوي لقاح COVID-19 على منتجات حيوانية أو بيض. يتم نشر المكونات على موقع MHRA.

* أصدرت الجمعية الطبية الإسلامية البريطانية نصائح محددة تحت المسلمين الذين يحتفلون بشهر رمضان بعدم تأخير الحصول على التطعيم. والحقق لغير التغذية لا يفسد الصيام.

* معلومات اللقاح موجودة على موقع المجلس الإسلامي البريطاني والجمعية الطبية الإسلامية البريطانية.

أجاب NHS في شيفلد على الكثير من الأسئلة حول اللقاحات على موقعه على الإنترنت: www.sheffield.nhs.uk/Your-Health/covid-19-vaccine-faqs.htm

يحميك اللقاح من المرض ، لكننا لا نعرف حتى الآن ما إذا كان يمنعك من التقاط وإصابة الآخرين ، لذلك من المهم جدًا أن تستمر في غسل يديك وتغطية وجهك والمسافة الاجتماعية.

Waa muhiim inuu qofkasta oo qaadan kara talaalka

lagula dagaalamaayo covid 19 uu qaato. Waanad odhan kartaa ma qaadanaayo talaalka. si kastaba ha ahaatee in dad badani talaalka qaataan waxay caawineysaa inaan cudurka covid 19 ku sii fidin. Talaalka si guud looma qaadanaayo ilaa ay cadeeyaan khuburada takhakhuska u leh ee madaxa qaadashadiisa. Dadka lagu tijaabiyeey talaalkani waxay isugu jireen jinsiyado kala duwan, da' ka duwan iyo dad qaba xanuuno kala duwan. Talaalkani waa mid waxtar u leh dhamaan dadka oo dhan. Hishida difaaca jidhka ee labada talaal ee waqtigu u dhaxeeyo, waxa difaaca buuxa laga helayaa talaalka labaad-kaas oo runtii aad iyo aad muhiim u ah in la qaato. waxa difaaca buuxa la dareemayaa ama la arki karaa mudo ah 1-2 todobaad ka dib markaad qaadato talaalka labaad, sidaa awgeed marka lagu yeedho samayso balankaaga sida dhakhso ah.

Maxuu ka samaysanyey Talaalkani?

Somali

•Talaalka Covid 19 kuma jiraan waxyaabo ka yimi xayawaanka ama ukunta. Waxyaabaha laga sameeyey waxa lagu soo bandhigay MHRA website kooda. •British Islamic Medical Association waxay soo saareen talo ku saabsan xiliga ay soomanyiin muslimiintu Ramadan ka si aanu talaalku u habsaamin. Talaalkani ma laha nafaqo kaa jebineysa soonkaaga. NHS ta Sheffield waxay ka jawaabtay suaalo badan oo ku saabsan Covid 19 waxayna ku qortay website keeda.

www.sheffieldccg.nhs.uk/Your-Health/covid-19-vaccine-faqs.htm

Je dôležité aby každý, kto má možnosť sa dať zaočkovať proti Covidu-19, tak urobil. Je iba na vás či sa dáte zaočkovať, no čím viac ľudí sa dá zaočkovať, o to ťažšie sa bude Covid-19 prenášať ďalej. Vakcíny nie sú voľne dostupné verejnosti pokiaľ nie sú schválené nezávislými odborníkmi. Osoby ktoré sa zúčastnili klinických testov boli rôzneho veku a etnickej skupiny a s rôznorodým zdravotným stavom. Vakcíny sa ukázali byť účinné pre ľudí všetkých skupín. Taktiež sa ukázalo, že znižujú vážnosť priebehu ochorenia, počet hospitalizovaných ľudí a počet úmrtí. Ľudské telo si buduje imunitu po dvoch dávkach. Pre kompletnú imunitu je veľmi dôležité podstúpiť aj druhé očkovanie. Celková ochrana nastupuje 1-2 týždne po druhej vakcinácii, čiže keď dostanete pozvánku ihneď si objednajete termín na očkovanie.

Čo vakcína obsahuje?

- Vakcína Covid-19 neobsahuje žiadne živočíšne produkty ani vajcia. Kompletne zloženie nájdete na webovej stránke MHRA
- Britská Islamská Zdravotná Asociácia vydala konkrétne odporúčanie pre moslimov absolvujúcich Ramadan, aby kvôli tomu neodkladali očkovanie. Injekcie s nevyživovým charakterom nie sú v rozpore s pôstom.
Informácie o vakcínach sú dostupné na Britskom Moslimskom výbore a na webovej stránke Britskej Islamskej Zdravotnej Asociácie. Mnoho otázok týkajúcich sa vakcín bolo už zodpovedaných na webovej stránke Sheffieldskej NHS: www.sheffieldccg.nhs.uk/Your-Health/covid-19-vaccine-faqs.htm

Slovak

কোভিড-১৯-এর বিরুদ্ধে প্রত্যেকেরই টিকা দেওয়া জরুরি। আপনি টিকা না দেওয়ার জন্য বেছে নিতে পারেন; তবে, যত বেশি লোক টিকা প্রদান করে, তাদের পক্ষে কভিড-১৯ ছড়িয়ে দেওয়া তত বেশি কঠিন।

বিশেষজ্ঞরা সুরক্ষা অনুমোদন না করা পর্যন্ত জনগণকে ভ্যাকসিন দেওয়া হয় না। ভ্যাকসিনের ট্রায়ালগুলিতে থাকা ব্যক্তিরা বিভিন্ন জাতি ও বয়সের এবং তাদের অন্তর্নিহিত স্বাস্থ্যের অবস্থার মধ্য থেকে ছিল। ভ্যাকসিনগুলি সমস্ত দলের লোকদের জন্য কার্যকর ছিল। এগুলি গুরুতর অসুস্থতা, হাসপাতালে ভর্তি এবং মৃত্যু হ্রাস করার প্রমাণিত হয়েছে।

শরীর সময়ের সাথে সাথে দুটি ডোজ থেকে সুরক্ষা তৈরি করে। সম্পূর্ণ সুরক্ষার জন্য দ্বিতীয় ডোজ প্রয়োজন - এটি সত্যিই গুরুত্বপূর্ণ। সম্পূর্ণ সুরক্ষা ডোজ দুটি পরে 1-2 সপ্তাহ পরে ঘটে থাকে, সুতরাং যখন আপনি আমন্ত্রিত হন, দ্রুত বুক করুন।

ভ্যাকসিনে কী রয়েছে?

কোভিড-19 ভ্যাকসিনে কোনও প্রাণীর পণ্য বা ডিম নেই। উপাদানগুলি এমএইচআরএ ওয়েবসাইটে প্রকাশিত হয়।

ব্রিটিশ ইসলামিক মেডিকেল অ্যাসোসিয়েশন রমজান পালনকারী মুসলমানদের টিকা দেওয়ার ক্ষেত্রে দেরি না করার জন্য সুনির্দিষ্ট পরামর্শ জারি করেছে। অ-পুষ্টিকর উদ্দেশ্যে ইনজেকশনগুলি দ্রুত অকার্যকর করে না।

টিকার তথ্য ব্রিটেনের মুসলিম কাউন্সিল এবং ব্রিটিশ ইসলামিক মেডিকেল অ্যাসোসিয়েশনের ওয়েবসাইটগুলিতে রয়েছে।

শেফিল্ডের এনএইচএস তাদের ওয়েবসাইটে ভ্যাকসিনগুলি সম্পর্কে প্রচুর প্রশ্নের জবাব দিয়েছে: www.sheffieldccg.nhs.uk/Your-Health/covid-19-vaccine-faqs.htm

ভ্যাকসিন আপনাকে অসুস্থতা থেকে রক্ষা করে, তবে আমরা জানি না যে এটি আপনাকে এটি ধরা এবং অন্যকে সংক্রামিত হতে বাধা দেয় কিনা, তাই এখনও আপনার হাত ধোয়া, মুখাশ পরা এবং সামাজিক দূরত্ব বজায় রাখা সত্যিই গুরুত্বপূর্ণ।

یہ ضروری ہے کہ ہر وہ فرد جو کوڈ-19 کے خلاف ویکسین (انجیکشن) لگاسکتا ہے وہ ایسا کرے۔ آپ ویکسین نہ لگائے گا انتخاب کرسکتے ہیں۔ تاہم ، جتنے زیادہ لوگ ویکسین لگائیں گے ، کوویڈ 19 کا پھیلاؤ اتنا مشکل ہوگا۔

جب تک آزاد ماہرین ویکسین کی حفاظت کی منظوری نہیں دیتے ، تب تک عوام کو ویکسین نہیں دی جائے۔ ویکسین کے تجربے (ٹرائلز) میں شامل افراد متعدد نسلوں اور عمروں سے تعلق رکھتے تھے ، اور وہ لوگ جن کی صحت کے بنیادی مسائل تھے۔ یہ ویکسین تمام گروہوں کے لوگوں کے لئے موثر ثابت ہوئی۔ ویکسین سنگین بیماری ، اسپتال میں داخلے اور اموات کو کم کرنے کے لئے بھی موثر ثابت ہوئی ہے۔

ویکسین کی دو خوراکیوں کے بعد جسم اپنے آپ کو کوویڈ-19 سے محفوظ کرنا شروع کرتا ہے۔ ان خوراکیوں کے درمیان وقفہ ضروری ہے۔ مکمل تحفظ کے لئے دوسری خوراک ضروری ہے۔ یہ واقعی اہم ہے۔ مکمل حفاظت ویکسین کی دوسری خوراک کے 1-2 ہفتوں کے بعد ہوتی ہے ، لہذا جب آپ کو ویکسین کے لئے بلایا جائے تو فوری طور پر اپنی ایپائنٹمنٹ بک کرائیں۔

Urdu

ویکسین میں کیا ہوتا ہے؟

• کوویڈ-19 ویکسین میں جانوروں سے بنی ہوئی مصنوعات یا انڈا نہیں ہوتا ہے۔ اجزاء ایم ایچ آر اے کی ویب سائٹ پر شائع ہیں۔

• برٹش اسلامک میڈیکل ایسوسی ایشن نے رمضان المبارک کے لئے خصوصی ہدایات جاری کی ہیں، جس میں کہا گیا ہے کہ عذائیت کے علاوہ کوئی بھی انجیکشن (ٹیکہ) روزے کو خراب نہیں کرتا۔ اس لیے ویکسین لگوانے میں دیر نہ کریں۔

• ویکسین کی معلومات مسلم کونسل آف برطانیہ اور برطانوی اسلامی میڈیکل ایسوسی ایشن کی ویب سائٹس پر موجود ہے۔

• شیفیلڈ میں موجود این ایچ ایس نے اپنی ویب سائٹ پر ویکسین کے بارے میں بہت سارے سوالات کے جوابات دیئے ہیں۔

www.sheffieldccg.nhs.uk/Your-Health/covid-19-vaccine-faqs.htm

ویکسین آپ کو بیماری سے بچاتی ہے ، لیکن ہم ابھی تک نہیں جانتے کہ یہ آپ کو بیماری لگنے اور دوسروں کو متاثر کرنے سے روکتی ہے یا نہیں ، لہذا یہ ضروری ہے کہ آپ اپنے ہاتھوں کو دھوئیں رہیں ، اپنا چہرہ ڈھانپیں اور معاشرتی فاصلہ رکھیں۔

Connecting Sheffield

Sheffield City Council needs your help to shape plans for cycling, walking and public transport.

Connecting Sheffield: Darnall – Attercliffe – City Centre is a proposal to help improve cycling, walking and public transport routes in the area. The consultation is now open and your views are needed.

The Connecting Sheffield proposals look to improve public transport routes and create new and improved cycling and walking routes to help people from across the city travel to and from Attercliffe, Darnall and the wider Lower Don Valley.

The proposals would help ease congestion, improve air quality, address climate change and transform access to employment and education. Where possible, the schemes will also introduce planting to improve local neighbourhoods.

For more information visit <https://connectingsheffield.commonplace.is/>

You can also find out more and request material in alternative formats

·by email info@connecting-sheffield.co.uk

·by phone 0808 196 5105 or in writing FREEPOST Connecting SHF.



CONNECTING SHEFFIELD
Providing better travel
choices for you and your city



Citizens Advice Sheffield

Citizens Advice is here to help as usual – if you need advice on welfare benefits, debt, employment, immigration and housing, please contact us by telephone, text or email.

Telephone advice line : Freephone 0808 278 7820 (language line is always available) (Open Mon to Fri 10am to 4pm except bank holidays)

Text : 07860 026 184 Email : getintouch@citizensadvicesheffield.org.uk and we will phone you back

We aim to provide advice in community languages with the support of language line or through one of our bilingual advisers. In addition, from 22 March, people who are Urdu or Punjabi speakers, who have little or no English, will be able to contact us on 0114 700 6881. Callers will be asked to leave a message and one of bilingual advice workers will phone them back. We want to try out this service to see if it proves useful, then our aim is to extend the service to people speaking a number of other community languages particularly Arabic, Somali and Slovak.

Fly Tipping

Streets Ahead would like your help in tackling environmental and waste issues, so please report any fly tipping or dumping of bulky items that is not meant for the bins. Thanks to your efforts we have already removed waste from the highways (see pictures), and will continue to do so. So please continue to report any instances of fly tipping or waste dumping on the highways by contacting us directly on:

Tel : 0114 273 4567 / Email: streetsahead@sheffield.gov.uk

Twitter: @sccstreetsahead



Reopening The High Streets

Business Sheffield are supporting businesses as part of Reopening the High Streets Project, which works with high street businesses across Sheffield, helping them to operate safely, be Covid secure, access government grants and provide practical advice to help small businesses to survive during these difficult times. Dan Wilkinson (Darnall), Alan Ball (Attercliffe) and Sally Pepper (Handsworth) are the Business Information Officers in our area and can be contacted: Businesssheffield@sheffield.gov.uk / 0114 2245000



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!

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
- 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.

Walking Groups

We know how people have been missing our walking groups, and rest assured, we plan to restart them as soon as it is safe to do so. If you'd like to get outside and get to know some new people, get in touch and we can let you know when these sessions restart.

Online Activities

Our regular group calls with volunteers continue, and we now also offer Chairobics and Craft Group online. We run a Carers group online, too. If you'd like to be involved with any of our groups, please contact us for more details. All online sessions are free of charge.

Learn My Way

Digital Skills

We're proud to be a member of the Online Centres Network, which helps us to provide training to help everyone to improve their digital skills. www.learnmyway.com is their website providing free courses that you can use to learn digital skills so that you can stay safe and connected. Sign up with our Centre ID: 8006661.



Covid Confidence

We have run several Covid Confidence sessions with Sheffield Community Contact Tracers, and these are continuing. If you have

questions about Covid-19, vaccines, Long Covid or about what we can expect as restrictions start to lift, why not join us and ask our experts? We've had some really positive feedback about previous sessions and we'd love to bring in more people from our local community to join the conversation! Contact us at dwb.enquiries@darnallwellbeing.org.uk if you'd like to come along.

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
dwb.enquiries@darnallwellbeing.org.uk
DWB office - 0114 249 6315

Volunteer with DWB

Come and join our team of volunteers! Well Being Champions are volunteers who are engaged, trained and supported to promote positive health messages, and inspire and help their friends, families, neighbours and colleagues to lead healthier lifestyles.

Good News Flash!

DWB distributed Healthy Holidays hampers to 72 local families over February half term. The hampers included ingredients to cook healthy meals, as well as games and activities. We're grateful to the staff and volunteers who were involved in the considerable effort to put all the hampers together and distribute them!



Activities Page

Spring Is Here

F G T A D P O L E P X C D I J
W G H A T C H P I M K H G C Q
S E V A E L V L H S H I N R H
Z H M A Y E U A N U T C I O J
M A R C H T B Y J N R K R C O
E B M S P R O U T S I G P U H
S G N I L K C U D H B B S S L
B U T T E R F L Y I O P J L S
J V J X S T O O B N I A R B R
M N I B O R F F J E R Q H H E
O B M A L E A S T E R J R L W
O F R U D Z P U D D L E J I O
L D L I D O F F A D U T N R L
B W T S M O S S O L B F V P F
L A D Y B U G O W O B N I A R

APRIL	LAMB
BEE	LEAVES
BIRTH	MARCH
BLOOM	MAY
BLOSSOMS	PLAY
BUTTERFLY	PUDDLE
CHICK	RAINBOOTS
CROCUS	RAINBOW
DAFFODIL	ROBIN
DUCKLINGS	SPRING
EASTER	SPROUT
EGG	SUNSHINE
FLOWERS	TADPOLE
HATCH	TULIP
LADYBUG	

Can you name these places in the local area?

Picture A



Picture B



Quiz Questions

Getting to Know Your Local Area

1. When was the foundation stone laid for the mosque on Industry Road?
Was it 1964, 1974 or 1984?
2. When did Darnall's cinema on Catcliffe Road close its doors for the last time?
Was it 1957, 1967 or 1977?
3. Bowden Housteads Wood swimming pool was built during a strike in 1926. Which workers were on strike?
4. Who lived at the High Hazels estate before it was purchased by Sheffield City Council for a public park in 1894?
5. Which son of Darnall became Mayor of Liverpool in 1797? (Clue - he has a road in Darnall named after him)

Answers on page 16

These photographs and questions were provided by Sheffield City Archives and Local Studies Library, which is the place to research local and family history. It collects and preserves original records and printed material relating to Sheffield and the surrounding area.

Check out over 100,000 archive photographs here: www.picturesheffield.com. For more information visit it www.sheffield.gov.uk/archives or email archives@sheffield.gov.uk

Easter Celebrations

A Flutter of Hope

As a Christian community, Easter is an important time of the year for St Alban's House Christian Community – where we remember Jesus' death and resurrection, and all that this means for us in our daily lives. One of the important themes of the season is hope - and we feel that we probably all need some hope at the moment! So we wanted to find ways of sharing hope in the community of Darnall and Attercliffe. So this Easter, we will be putting some wooden butterflies

Flutters of Hope

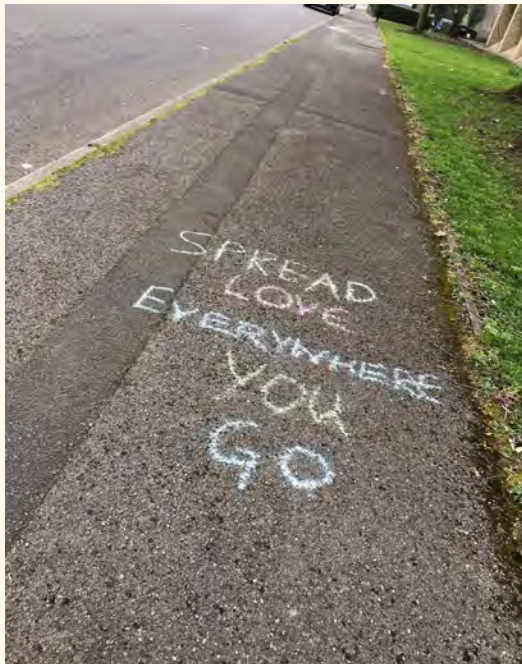
#Easter2021



around Sheffield Olympic Legacy Park & Bowden Housestead Woods (rather like the angels at Christmas). Why not go out on a walk, and find the butterflies? They will have suggestions of fun things to try, while you are out. And there will be groups/swarms of little wooden butterflies in different areas. If you spot a swarm, you are warmly invited to take one – either to keep as a reminder of hope, or to pass on to someone who needs a bit of encouragement/cheering up.

Let's Love Attercliffe & Darnall Together

Positive Pavements



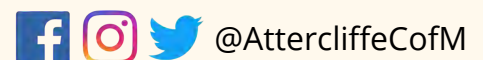
At St Alban's House Christian Community, we feel it's important to be encouraging and to offer positive words and encouragement – especially at the moment. So we are planning to use chalk to write positive messages on the pavements around the area. If you would like to join us – think of some encouraging/hopeful things to write – find some chalk (or ask us, and we can get some to you) and write it on

the pavement. It would be brilliant for the messages to be in different languages too, to reflect the wonderful diversity of our community.

Litter Picking

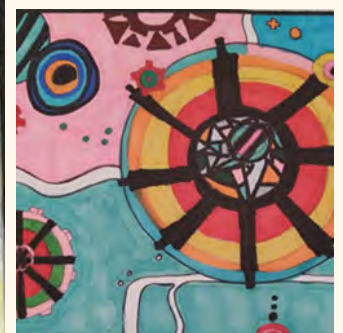
We love Darnall and Attercliffe, and we want to show that love in practical ways. So we have started litter picking in the area. If you would like to join in, and perhaps join a group of us (when it is permitted), then contact us, and we can keep in touch about where/when we will be litter picking.

If you would like some chalk or details on litter picking, please contact us on 07787578720 (Kinder) or email gina.kalsi@churcharmy.org or contact us through social media:



Canal & River Trust Street Art

We have been running a school street art competition, and received entries from 4 schools, including Phillimore and Tinsley Meadows. East Sheffield schools were tasked with designing the latest bit of street art for the canal, which has an industrial history theme. The winners were announced in early March and there will be an exhibition of all entries at Victoria Quays in April. Their designs will inspire the latest piece of art on the canal which will be painted on the towpath at Bacon Lane in April/May.



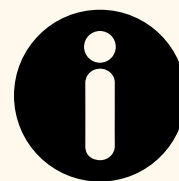
2 of the winning entries from local schools

Local Life



Tinsley Forum

Tinsley One Stop Shop, 120-126 Bawdry 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. 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.

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:

anne@tinsleyforum.co.uk

admin@tinsleyforum.co.uk

Tinsley Forum provide help to
find employment

Job matching CV workshops

Mock interviews

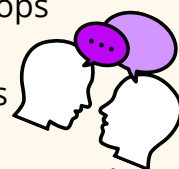
Training / skills tasters

1:1 Individual Advice

★ Guidance Support into voluntary work

COVID-safe!

Facemasks, sanitiser & gloves available



Shacky, our thoughts and prayers go out to you and your family, rest in peace geezer.
Love from everyone at Tinsley Forum

Good News Flash!



Sheffield Road residents have worked together on a petition to get their road cleaned. Owing to blocked grates and gutters, residents were walking in mud on the pavements, cars were filthy and basements were flooding. Thanks to the petition raising the issue, Yorkshire Water and the Council came out and cleared some of the drains, and are to carry out work on a blocked pipe, as well as providing a regular cleaning rota.

21 Things To Do In Darnall is a project being run by Ignite Imaginations this year. It will feature places that you can enjoy and things you can do right on your doorstep - from local walks and places to visit, to interesting things to see and do. It'll include videos, photos and stories to inspire others to discover and explore Darnall.

Share your Darnall best bits! Let us know about the best things to do, places to visit or things to see. Email your suggestions to enquiries@igniteimaginations.org.uk - or send them through the Ignite Imaginations Facebook page.

Your Local Ward Councillors

Your Local Ward Councillors are here to represent you and the needs of the area with Sheffield City Council. If you have any issues that you would like to address in your neighbourhood, they will connect the relevant services and advocate for the local community in Council decisions.

Contact details:

Email: mazher.iqbal@councillor.sheffield.gov.uk

Mobile: 0779 2127843

Email: mary.lea@councillor.sheffield.gov.uk

Mobile: 07711 917232

Email: zahira.naz@councillor.sheffield.gov.uk

Good News Stories

As we start to come out of lockdown in 2021, we have been encouraged by 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.

Albena in Darnall has been helping local families with food and children's clothing and toys. When she came here in 2019, she says so many local people and organisations gave help to her and her family in getting settled in the area, that she decided to give something back as soon as she could. So today Albena does her best to help others in our area, and plans to help many more in future.



6 new volunteers have joined the DWB volunteering programme this year, and are taking part in our training via Zoom this month. When their training is complete, they will be helping local people in different ways - including by helping to support DWB's group activities and interpreting for Roma families when needed. Great to see community spirit in action!

Shelagh's Sewing Circle, a Dronfield-based sewing group, made and donated over 100 masks to DWB for our group members to use.



The Canal & River Trust has just completed a 2 week March to Wellbeing programme for people living close to the Sheffield Canal. 23 people signed up to the challenge and took part in regular activities, Zoom calls, and got involved in a whatsapp group. Participants tried a different short activity every single day aimed at improving wellbeing. If anyone is interested in attending a similar programme, please contact Jade Wilkes on 07769 931463.

DWB have been able to buy a laptop for another volunteer, thanks to local charity 500Together, so she can join our online activities and support others getting online. We have also had a tablet donated by a supporter, which will enable a regular service user to join our online groups and reduce isolation.



Sheffield IAPT offers courses to help you with your psychological wellbeing

Sheffield IAPT (IAPT stands for 'Improving Access to Psychological Therapies') is a NHS service that offers a range of free courses as well as 1:1 talking therapies for adults who are experiencing problems with stress, anxiety symptoms or low mood. Please see our website and course list for more information <https://iaptsheffield.shsc.nhs.uk/course-schedule/>

April is Stress Awareness month

The last year has been stressful for lots of people in different ways; have you noticed feeling stressed? You may have noticed not being able to sleep, feeling tense, a sick feeling in your stomach, going over things in your mind, tearful, restless, smoking or drinking more. These are all really common signs of stress. Now might be a good time to check your stress levels and the good news is we have a 6 week **Stress Control Course** that can help you learn more about stress, how it affects the body, thinking and what we do and learn some really valuable techniques to manage stress. The next courses are running:

Thurs 8th April 5:30-7pm and Tues 27th April 5:30-7pm.

There are lots of other courses, such as: **Urdu Speaking Overcoming Anxiety** - Tuesday 20th April 10-12. A 5 week online course, which will help you learn how anxiety and worry can feel, and learn some techniques to manage these difficult feelings.

How can I get help and book a place?

You can book a course or an assessment by going to our website (<https://iaptsheffield.nhs.uk>) and completing the self-referral form. Or you can call us on (0114) 226 4380 to book. Your GP or Practice Nurse can help you access the service too.

Springtime Support

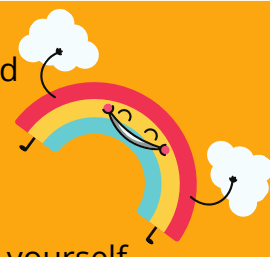
Spring into Spring. Lighten up as the days lengthen and warm up:

Try to get outdoors for some fresh air every day. You can pop outdoors and take some deep revitalizing breaths even when shielding or self-isolating.

Keep connected to people by phone, email or social media.

Sow some seeds, plant some boxes or tubs. Nurture them carefully and watch them thrive and bloom.

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

South Yorkshire Police

Officers from the Darnall and Tinsley Neighbourhood Team are here to keep you safe. They can be reached on 0114 296 4014 or

Sheffield_Neighbourhoods_SouthEast_Darnall@southyorks.pnn.police.uk

If you are reporting a crime, please ring 101, or 999 if it is an emergency. Please stay safe, and look after each other.

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

Freedom Community Project

2 Ingfield Avenue, S9 1WZ

Every Tuesday 10am-1pm

Services: foodbank

free psychotherapy counselling

free debt advice

free benefit advice

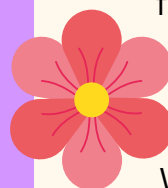
free housing advice.

Website: www.freedom.charity

Email: sheffield@freedom.charity

Tel No: 03003020334

Freedom accept self-referrals (walk-in service) or DWB can refer you



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

Answers (from page 12)

Picture A - Darnall Cricket Ground

Picture B - The Cinema House in Darnall Questions

1) 1984 2) 1957 3) Coal miners

4) William Jeffcock (Sheffield's first Mayor in 1843)

5) Thomas Staniforth (he moved to Liverpool for his business interests)

This newsletter was printed by www.jumpnorth.co.uk