

July 2021



The COMMUNITY CONNECTOR

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

Hello!

Here is your summer edition of the local newsletter for the Attercliffe, Darnall, Tinsley and Handsworth areas of Sheffield. A small group of local organisations have worked together to produce this newsletter for the benefit of the whole community. Sharing a mix of helpful 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.

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۔

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.

اهلا بكم يف الاصدار الثاني من مجلتكم المحليه ، التي تشمل العديد من المعلومات المفيدة والقصص والاخبار الجديده ، وكذلك روابط الكترونية وكل جديد في منطقتكم

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.

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

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



Local Life

Food Works Hub in Darnall

Church of Christ is a Partner Hub for Food Works Sheffield. Check the Food Works website for the dates and times when you can go along and choose from a great selection of freshly prepared, frozen meals to take home. All meals £1 - made from surplus and locally sourced food.

More information about Food Works here: <https://thefoodworks.org/>



Food Works meals

Learn / practise speaking English, or volunteer to teach English, in Darnall & Tinsley with SAVTE, Darnall Well Being and Tinsley Forum.

Learn English online or in activity groups doing walks, litter picks or in community venues in Darnall and Tinsley.

Volunteer: Get trained and support to teach English, connect people and reduce isolation. Develop confidence and new skills that support career or job aspirations and personal development. Don't worry if you have no previous experience in teaching.

You can fill in SAVTE's online LEARNER and VOLUNTEER application forms or contact us at: Sheffield English Language Support, www.savte.org.uk / savte@savte.org.uk / 0114 253 6644.

We will help you to enrol.



Sheffield City Trust Introduce Concession Pricing on Coached and Gym Memberships



As a charitable organisation whose focus is on the Health and Well Being of the people of Sheffield, we are delighted to confirm that we have introduced concession pricing on our core products. This will see 40% discount on things such as gym memberships, athletics lessons and swimming lessons. In you receive income support, child tax credit

or universal credit you will be eligible for this discount. Full details are on: <https://www.sheffieldcitytrust.org/memberships/sheffield-lifecard-plus>.



Walking Football Take a stride in the right direction and try walking football today! Age UK are running free sessions for men and women on Fridays, 11am at Davy McKee Sports Ground. For more information and to book, please contact: Info@communitywellnessservices.co.uk, Tel: 0114 5537 807



Darnall Allotment Project

Volunteers are back on the allotment and we have a lovely mixed group. It's a busy time of year - trying to get all the seedlings in the ground and keep everything watered. We have squash, courgettes, beans, potatoes, peas, tomatoes, chard, cucumbers and more growing.

We are on the plot every Friday, 10am - 1pm and we would love you to join us! If you are interested in getting involved, no experience is needed. You can contact us by:

Completing our online form: <https://forms.gle/QYvWZK52EjJgnQLKA>

Contacting us at: darnallallotmentproj@gmail.com / 07415 025919

Following us on:

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

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



Volunteers working on the allotment



Local Life

Tinsley Forum



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

LIBRARY VOLUNTEERS NEEDED

We are currently working with Sheffield City Council on an exciting plan for a new library for Tinsley (more details below). Initial renovation work has been undertaken and we will be looking to open later in the year. The library will be a volunteer run library, and we are looking for volunteers to help run the library, once it is completed. If you would like to volunteer or want any further information about the library, please contact us on admin@tinsleyforum.co.uk. Further details will also be given in the next issue of the Community Connector.

Proposed plans for a new library at the Tinsley One Stop Shop

1- Book shelving for a capacity of approximately 6-8 thousand books with 1 third split to children's area.

1 a - Shelving to be adaptable to allow for future changes/ additions with shelving to central areas to have castors to allow for opening up of the space.

2 - Desk and seating for a member of staff and for checking out books etc.

3 - 2x Fixed networking points with desks and office style seating.

4 - Various types of comfy seating to allow for separate chill out spaces.

4a - Main area of seating to far end of the adult library space.

Children's area to include -

5 - Book shelves

6 - Kinder storage boxes

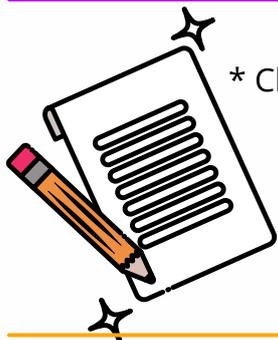
7 - 2x activity tables

8 - Various types of comfy seating

(Numbers relate to those on the library plan above)



Proposed layout for Tinsley Library



Are you looking for jobs in:

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

Tinsley Forum can help!

Call 0114 2444887 or email us:

anne@tinsleyforum.co.uk



Tinsley United Football Sessions

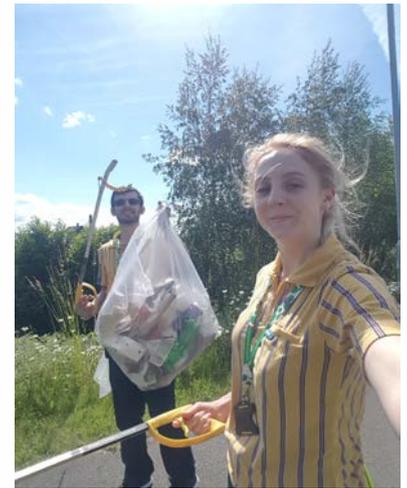
Weekly Football Sessions will be taking place over the Summer Holidays for under 16's on the pitch at the side of Tinsley Youth Club. Please contact Naz: nawaz_khan3@outlook.com or Graham: graham@tinsleyforum.co.uk for details

Local Life

IKEA Sheffield in the Community

IKEA are very much concerned about caring for people and the planet. We look for opportunities where we can create a positive environmental impact, support the learning and development of children and have a significant impact on the living conditions of the most vulnerable.

Alongside the #GBSpringClean run by Keep Britain Tidy, co-workers were able to take part in paid litter picking to take care of the local environment, enjoy the fresh air and have a positive impact on the local community. In total, the store carried out 11.5 hours of litter picking, and collected around 20 bags of rubbish, covering around 30 miles of land in surrounding areas.



IKEA Sheffield staff litter picking



Sustainability packs at Oasis Academy

We have also collaborated with the Oasis Academy to implement a Sustainability Project that will support 5 local families in living a more sustainable life at home. Sustainability packs consisted of 5 products and a range of activity sheets to understand how the families utilise the products in their everyday lives. The project also gives the families an opportunity to share thoughts on the products, and these will be shared with customers in store. We're excited to meet with Oasis Academy over the summer to see how the project went.



Catcliffe Morrisons Community Champions

The last few months have been really busy for us Community Champions at Morrisons Catcliffe. We are still seeing high demand for food from our local food banks and Morrisons are continuing to send us pallets full of essential items for us to distribute on a fortnightly basis. We are also so grateful to our ever generous customers who are buying the newly designed Pick Up Packs. These are full of long life, easy to prepare meals and snacks that range in price from under £1 to £10 and are available to purchase throughout the store. We donate the contents straight to our local food banks.

As lockdown restrictions are starting to ease, we have been able to get out in to the community a little bit more, donating packets of sunflower seeds, compost and pots to local care homes and primary schools. These are starting to grow and we have had some amazing pictures of them. We are looking forward to being able to attend and support lots of community events in the coming months once they are all able to take place safely once more.

champion.catcliffe@morrisonsplc.co.uk Facebook: Catcliffe Morrisons Community Champions

Covid-19 Test and Trace Support Payment

Did you know that you may be able to apply for a payment of £500 if you are employed or self-employed and will lose income because you have been told to isolate by NHS Test and Trace or the NHS COVID-19 app **or** you are the parent or guardian of a child who has been told to self isolate as a contact of someone who has tested positive for COVID-19? More details from Sheffield City Council here: www.sheffield.gov.uk/home/your-city-council/coronavirus-hub/coronavirus-apply-test-trace-support-payment





Local Life

Kickstart job placements

Sheffield Eagles and Eagles Foundation, in partnership with Rugby Football League, are offering high quality, 6 month job placements for young people. There are 4 roles available:

- 2 Development Officer Assistants
- 2 Business Administration Assistants

Each job will be funded by the government for the 6-month period and funding will also be provided to support the young people to develop new skills and improve employability in the long term.

To be eligible to apply, you must be aged between 16 and 24 and be in receipt of Universal Credit. If you meet this criteria and would like to apply for one of the placements, you can do this by accessing your Universal Credit portal or by contacting your work coach / local job centre.

Further details here:

www.sheffieleagles.com/Eagles-News/article/kickstart-placements-available/

(Please note that applications cannot be made directly to Sheffield Eagles or Eagles Foundation)

Darnall TARA

Darnall TARA are organising trips over the year. Adults £10 and children £5

Sunday 8th Aug – Llandudno from 8am

Saturday 11th September is a mystery market trip from 8am

If you are interested, pop along to the TARA office on Greenland estate on Mondays 10-12 or call 0114 221 2672 and ask for Ted.

Knit and Natter in the same room on a Monday from 1-2.30pm. Pop along and knit for good causes, chat and make friends. (Ask for Janet)

St Albans House Christian community

FAMILY PLAY TIME - Thursday mornings in August at St Albans Church, Chapelwood Road, S9 5AY.

The summer holidays can be long, so we are planning a family play time each week in the morning, at St Albans Church. There will be toys and games, a story from the bible, and hopefully some music-making/singing, as well as a cuppa for parents and a snack for children.

10-11.30 am every Thursday in August (5th, 12th, 19th, 26th August)

If you would like to come along, let us know (we need to know for numbers/spaces): email gina.kalsi@churcharmy.org or call us on 0114 216 7615 and leave a message.

Let us know your name, the number of children you will be bringing and their ages.

Children must be accompanied by an adult.

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 224 5000



Connecting Sheffield: Darnall – Attercliffe - City Centre

Back in March we asked you to feedback on our proposals to improve public transport routes and create better cycling and walking routes. We were pleased to receive over 350 responses which were a mixture of positive and negative comments, questions, concerns and ideas for us to consider. We are now using these responses to develop the scheme further and we will share the latest plans once we are in a position to do so. You can stay up to date with the latest news by visiting our website and signing up to the newsletter: www.connectingsheffield.commonplace.is

Sheffield Olympic Legacy Park

www.sheffieldolympiclegacypark.co.uk



junior parkrun - every Sunday at 9am - FREE

2km walk, jog, or run for juniors

Visit www.parkrun.org.uk/sheffieldolp-juniors/

Register once to get a barcode – www.parkrun.org.uk/register/

For help printing your barcode please email sheffieldolpjuniors@parkrun.com



Premier League Kicks - every Tuesday 4.30pm-5.30pm - FREE

Sheffield United Community Foundation football sessions on our 3G pitch

For young people aged 8-18 years old, all abilities welcome

Visit www.sufc-community.com/participation-inclusion/ to book



Last Man Stands - every Monday, Wednesday & Thursday 6.30pm-8.30pm

8-a-side, Twenty 20 cricket game at Don Valley Bowl

New teams and players of all abilities welcome

Please contact paul@lastmanstands.co.uk or call 07795 154 444



Blue Loop waterways walk - open all year round - FREE

Explore this 8 mile circular walk around Sheffield & Tinsley Canal and the River Don.

Lots of wildlife to spot along the way - look out for otters, kingfishers and herons.

Visit www.the-rsc.co.uk/riverlution/blue-loop for maps and more information

Get Involved

In partnership with Sheffield City Council and Legacy Park Ltd, Scarborough Group International, is developing plans for the next phase of Sheffield Olympic Legacy Park, creating thousands of jobs, delivering 850,000 sq. ft. of business space, and supporting the creation of a world-class community for health, wellbeing, sport, and activity. The Park, which is already home to Oasis Academy Don Valley, UTC Sheffield Olympic Legacy Park, Advanced Wellbeing Research Centre, English Institute of Sport Sheffield, and iceSheffield, is a place for everyone to enjoy. We are therefore keen to obtain input and ideas from the local community and park users as an important part of the planning.

Find out more and get involved at www.sheffieldolympiclegacyparkconsultation.co.uk

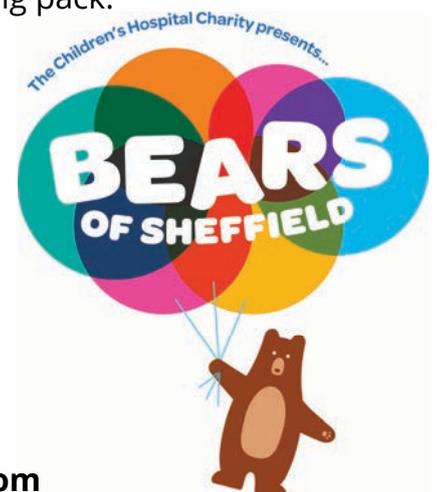
Bears of Sheffield

This summer the streets of Sheffield will be filled with 60 big bears and 100 little bears, as the Bears of Sheffield arts trail comes to town. The Bears will help fund a new Cancer and Leukaemia Ward at Sheffield Children's Hospital, through donations, merchandise, sponsorship challenges and fundraising. The trail starts on 12 July and runs throughout the summer until 29 September. At the end, the big Bears will be auctioned off to the highest bidders. You can help raise money by donating, taking part in an event, or registering for a fundraising pack.

The Bears have been designed by professional artists and local schools and have been made right here in Attercliffe by Simpson Ltd.

Why not head down to Sheffield Olympic Legacy Park to see how many bears you can spot?

www.bearsofsheffield.com



Local Life

Free Wild Food Foraging and Permaculture Walks

Come and join the Bare Project through these coming months as we explore the plants and natural life along the Sheffield and Tinsley canal! Together we will explore the unexpected diversity along the canal and learn how to identify plants safely, discovering their folk history and myth and whether we can use them as medicine, clothing or food. Whether you know lots about plants or have never been on a foraging walk before, this is for everyone. We will learn from each other's experiences building our knowledge as a group and taking home some learning, nourishment and fun!

Dates: Wed 18 August, Wed 22 September & Wed 13 October 2021

Times: 10am - 12 noon

Where: All sessions will take place along the canal and will be easily accessible by car and tram. More details on booking.

Please email sally@thebareproject.co.uk for more information.



Sheffield & Tinsley Canal



Have you got a Beat the Street story?

How has Beat the Street made a difference to you? Get in touch with your story to let us know how Beat the Street has got you more active and exploring your community. Email team.sheffield@beatthestreet.me

Visit www.beatthestreet.me/sheffield/ for more information



Local litter pickers in action

Litter Picking - Are you an Angel or a Diamond?

In the last issue, we shared how we love Darnall and Attercliffe. We wanted to show that love in practical ways, so we started litter picking. We have had a few people join together in the cause and now have a Facebook page – “Attercliffe Angels and Darnall Diamonds litter picking group”. Local organisations like iceSheffield, Sheffield Olympic Legacy Park, Spaces Sheffield, the Cemeteries Group, Fletchers, Darnall Well Being and Virgin have helped with local litter picking. Why not join the page and share where you are litter picking, or look out for litter picks that are

happening and join in? Thanks! If you see flytipping or have done a litter pick then report it on the “Fixmystreet” app or Sheffield City Council website under “fly tipping”. Thanks to local resident Abigail, who made some posters to put up around the area in different languages.

21 THINGS TO DO IN DARNALL

INSPIRED BY 21 YEARS OF DARNALL WELL BEING

21 Things To Do In Darnall

Look out for the '21 Things to do in Darnall' project, which will be going live on the Ignite Imaginations website this summer! Ignite Imaginations is an arts charity based in Sheffield, who aim to celebrate and connect communities across the city through art and creativity.

Inspired by 21 years of Darnall Well Being, Ignite Imaginations created a project titled ‘21 things to do in Darnall’. The Ignite Imaginations team chatted to people within the community about their favourite spots and why they would encourage others to go and visit, which means the project reflects the very best that Darnall has to offer, and captures the memories and feelings of the people who have loved the area for many years.

Featuring places that you can visit and things you can enjoy right on your doorstep, the project aims to inspire people in and around Darnall to head outside their homes and discover what the area has to offer. From walks to local parks, the project will include videos, photos and stories. There's something for everyone in Darnall! <https://www.igniteimagination.org.uk/darnall21>

Get the jab, let's keep Sheffield open

Vaccines are our way of getting back to the things we love – pubs, parties, holidays and hugging. All the things we've missed over the last year.

Thankfully everyone over the age of 18 is now eligible for vaccination.

Although there's some light at the end of the tunnel in the fight against covid, it still hasn't gone away.

New variants continue to spread across the country and people are still at risk.

In fact, plenty of young people end up in hospital with Covid or experience Long Covid. Long Covid can cause fatigue, anxiety and impotence, affecting healthy people of all ages.

To end the pandemic and get our lives fully back, we need as many young people as possible to be vaccinated and get Sheffield running again.

The vaccines didn't appear out of nowhere last year. These vaccines have been in development for years with similar viruses. They are safe and effective and are the only way to reduce the rate of transmission in the fight against the virus.

Mild side effects such as a sore arm, feeling tired and flu like symptoms from vaccines are common but not everyone gets them and if you do, they should only last a few days. They are no worse than a hangover or late night. A small price to pay in protecting yourself and those around you.

Alun Windle, Chief Nurse and Covid Vaccination Lead at NHS Sheffield CCG, said: "Vaccines offer us the best chance of returning to normal life and relaxing lockdown restrictions for good; it's vital we keep on vaccinating as many people as possible.

"It's important to still continue to follow the government's guidance on social distancing, even after vaccination.

"Thank you to everyone who has been vaccinated so far, we're making great progress in Sheffield and may this continue."

You can book an appointment for the vaccine online at www.nhs.uk/coronavirus-vaccination or via 119. There are a number of locations available across Sheffield.

Or visit The Sheffield Octagon Centre or Darnall Primary Care Centre, who are offering walk-in service for anyone over 18 to have the jab.

The Octagon Centre, at the University of Sheffield on Clarkson Street, is open seven days a week, Monday to Sunday, from 8am – 5pm, operating on a first come, first serve basis.

Darnall Primary Care, on Main Road, welcome walk-in patients on Monday to Friday from 7pm until 9pm. You can also attend on Saturdays and Sundays from 9am – 4.30pm.



Vaccine Messages - Translated

Bengali

18 বছরের বেশি বয়সী প্রত্যেকে কোভিড ভ্যাকসিনের প্রথম ডোজের জন্য যোগ্য। যদিও কোভিডের বিরুদ্ধে লড়াইয়ে জিনিসগুলি আরও ভাল হচ্ছে, তবুও তা দূরে যায়নি। নতুন ভাইরাসটি এখনও সারাদেশে ছড়িয়ে পড়ছে এবং লোকেরা এখনও ঝুঁকির মধ্যে রয়েছে। ভ্যাকসিন পাওয়া সাধারণ জীবনে ফিরে আসার একমাত্র উপায় এবং আমরা একসাথে জিনিসগুলি পছন্দ করি সেগুলিতে ফিরে আসার।

শেফিল্ড অক্টোকোন কেন্দ্র সোমবার থেকে রবিবার সকাল ৮ টা থেকে বিকেল ৫ টা পর্যন্ত রোগীদের ওয়াকসিনের জন্য সপ্তাহে সাতদিন খোলা থাকে ডারনাল প্রাইমারি কেয়ার সেন্টার সোমবার থেকে শুক্রবার সন্ধ্যা ৭ টা থেকে রাত ৯ টা পর্যন্ত ওয়াক-ইন রোগীদের স্বাগত জানায়। আপনি শনি ও রবিবার সকাল ৯ টা থেকে সাড়ে ৪ টা অবধি অংশ নিতেও পারেন। মহামারীর অবসান ঘটতে, আমাদের যতটা সম্ভব তরুণ-তরুণীদের টিকা দেওয়ার দরকার, শেফিল্ডে জিনিসগুলি স্বাভাবিক অবস্থায় ফিরে পেতে।

Somali

Qofkasta oo ka weyn 18 wuxuu xaq u leeyey talaalka Covid. Inkasta oo xaalada la dagaalanka covid soo wanaagsanaaneyso hadana weli may dhamaan fidida uu fidaayo xanuunku , dadkuna weli waa u halis. Qaadashada talaalku waa xalka keliya ee lagu soo noqon karo sidii caadiga ahayd.Si aan u sameyn waxyaahaba waa in aynu wada jir samaynaa. The Sheffield Octagon Centre waxay furantahay 7 casho ba wiigii kasta mana u baahna inaad samaysato balan waqtiga ay furantayna waa Isniin – Axad 8am – 5pm iyo Darnall Primary Care Centre soo bookhashada bukaanku waa Isniin – Jumca 7pm – 9pm waxa kale oo ay furantay Sabti and Axad 9am – 4:30pm. Si aynu xaaladan ugu baxno waxaynu u baahaney inay in alaale intii is talaali karta dhalinyarad is talaalaan si Sheffield ugu soo noqoto caadigeedii hore.

Urdu

18 سال سے زیادہ عمر کا ہر فرد کرونا (کوویڈ) ویکسین کی اپنی پہلی خوراک کا اہل ہے۔ اگرچہ کوڈ کے خلاف جنگ میں حالات بہتر ہو رہے ہیں ، لیکن یہ ابھی ختم نہیں ہوا ہے۔ ملک بھر میں کرونا کی نئی شکلیں پھیل رہی ہیں اور لوگوں کو ابھی بھی خطرہ لاحق ہے۔

ویکسین پی واحد راستہ ہے کہ ہم راستہ پر واپس آجائیں اور ان چیزوں کو دوبارہ کریں جو ہم ایک ساتھ پسند کرتے ہیں۔

شیفیلڈ اوکٹاگون سنٹر ہفتے میں سات دن واک کے لئے کھلا رہتا ہے ، پیر تا اتوار ، صبح 8 بجے تا شام 5 بجے تک اور ڈارنل پرائمری کیئر سنٹر پیر سے جمعہ شام 7 بجے سے شام 9 بجے تک واک ان کیلئے کھلا ہوتا ہے۔ آب ہفتہ اور اتوار کو صبح 9 بجے تا شام 4.30 بجے تک بھی اس مرکز میں جا سکتے ہیں۔

اس وبائی بیماری کا خاتمہ کرنے کے لئے ، ہمیں زیادہ سے زیادہ نوجوانوں کو ویکسین لگانے کی ضرورت ہے ، تاکہ شیفیلڈ کو اس بیماری سے آزاد کیا جا سکے۔

Arabic

كل شخص يزيد عمره عن 18 عامًا مؤهل للحصول على جرعة الأولى من لقاح Covid. على الرغم من أن الأمور تتحسن في المعركة ضد كوفيد ، إلا أنها لم تختف بعد. تستمر المتغيرات الجديدة للفيروس في الانتشار في جميع أنحاء البلاد ولا يزال الناس معرضين للخطر.

الحصول على اللقاح هو الطريقة الوحيدة للعودة إلى المسار الصحيح والعودة إلى فعل الأشياء التي نحبها معًا.

يفتح مركز Sheffield Octagon سبعة أيام في الأسبوع ، من الاثنين إلى الأحد ، من الساعة 8 صباحًا حتى 5 مساءً ، ويرحب مركز دارنل للرعاية الأولية Darnall Primary Care Centre بالمرضى من الاثنين إلى الجمعة من الساعة 7 مساءً حتى 9 مساءً. يمكنك أيضًا الحضور يومي السبت والأحد من الساعة 9 صباحًا حتى الساعة 4:30 مساءً ، وجميعهم لاحتياج إلى أي مواعيد مسبقه فقط الحضور دون موعد.

لإنهاء الوباء، نحن بحاجة إلى أكبر عدد ممكن من الشباب ليتم تطعيمهم، لإعادة تشغيل كسابق مرة أخرى.

Czech

Každá osoba nad 18 let má nárok na první dávku vakcíny proti Covidu-19. Situace s bojem proti Covidu-19 se sice neustále zlepšuje, ale i přesto tato nemoc mezi námi nadále existuje. Nové varianty se stále šíří po celé zemi a lidé jsou v ohrožení. Očkování je jediná šance, jak se vrátit do našeho obvyklého způsobu života a společně si užívat vecí, které máme rádi. Centrum Octagon Sheffield je otevřeno sedm dní v týdnu na počkání od pondělí až do neděle od 8:00 do 17:00 a Primary Care Centre v Darnallu je otevřeno od pondělí do pátku od 19:00 do 21:00. Můžete se také dostavit v sobotu a neděli od 9:00 do 16:30. Na to abychom ukončili tuto pandemii co nejdříve, je potřeba, aby se co nejvíce mladých lidí nechalo očkovat. Pomozte nám Sheffield opět rozběhnout!

Darnall Well Being



We're really happy to have been able to restart a number of our groups in person, now that Covid-19 restrictions have been eased. We are now offering:

Mondays 10am-12pm Women Only Cycling (Darnall) – group cycling in High Hazels Park.

11am Health Walk - friendly group walk in High Hazels Park.

Wednesdays 10am-12pm Women Only Cycling (Tinsley) – group cycling session in Tinsley Green.

12.30-2pm Outdoor Conversation (Tinsley) – improve your English and learn something new.

Thursdays 9.15am Women Only Walk (Tinsley) – friendly group walk. Meet at Tinsley Meadows School.

Fridays 10am-1pm Darnall Allotment Project - Grow plants, grow relationships and grow confidence. At Infield Lane Allotments.

Owing to Covid restrictions on numbers, you must register in advance for all face to face activities. Please contact us on 0114 249 6315 or at dwb.enquiries@darnallwellbeing.org.uk.

Or check out our website for more details: www.darnallwellbeing.org.uk



Photos from DWB walking group, Tinsley conversation, Cycling and Darnall Allotment

Volunteer with DWB

Come and join our team of volunteers! You can help us to support existing activities such as the health walk, cycling or conversation groups, or you can help us to develop and support new activities.

You can become a walk leader or a digital champion if you wish. There are various roles available and training opportunities, too, and you can commit as much or as little time as you want. To find out more, contact Volunteer Coordinator Dennis Ward on 07930 273278 or dennis@darnallwellbeing.org.uk

Why Volunteer?

Volunteering can help you and those around you:

- *Learn new skills and develop the ones you already have
- *Gain experience and boost your career options
- *Make a difference in your community
- *Meet new people
- *Make new friends
- *Gain confidence
- *Take on a challenge
- *Have fun



Volunteers Week celebration in June

Online Activities

We're continuing to run our Chairobics and Carers groups online for now. If you'd like to join in, please contact us for more details. All sessions are free of charge.

Covid-19 Community Support

Phone: 0114 249 6315

Text/call: 07946 320 808

Email:

communityhub@darnallwellbeing.org.uk for advice and information, or wellbeing phone calls and doorstep visits, for those that need it most.

DWB Link Workers

Our Link Workers offer one to one support for people with long-term conditions like Diabetes and chronic pain, support with Long Covid, and help with improving physical and mental wellbeing, as well as signposting to other services where needed.

Local Life

Darnall Forum provides employment advice, adult community learning, and brings together people who live and work in Darnall, Acres Hill and Attercliffe. We offer a one-to-one service that helps to develop people so that they are ready to look for work, education or training. We also provide support, information and guidance to the community around Covid-19. Call 0114 249 0099 to find out more.



Health and Wellbeing Event

Thank you to everyone who attended our event in June, it was a great turnout! Thank you to all our brilliant volunteers for helping out on the day. Everyone had a wonderful time and the feedback was very positive. Just look at the pictures!



Darnall Forum offer practical and emotional support, including the following:

Pilates for Wellbeing

Every Saturday 10.30 -12.30

Starting 3rd July.

Contact Suzanne Lister:

07972694645 to book.



Darnall Foodbank

Every Wednesday 12pm

For referrals, enquires and further information

contact Zahira Naz:

zahira@darnall.org.uk



Free Activities with the Canal & River Trust



Let's Craft – Adult based craft sessions every single Friday (excluding half term holidays) at Victoria Quays, Sheffield 10:00-12:00

Let's Paddle - Every Thursday in the school holidays from 29th July – Free Canoe (and occasionally paddleboard) lessons in Tinsley Marina, open to anyone 7+ who wants to have a go.

Let's Lockkeep – Wednesday 11th and Saturday 14th August – A family activity to learn how to use a canal lock. Have a go on our floating pontoon and navigate a lock at Tinsley Marina.

Let's Play Outdoors – Wednesday 18th Aug and Wednesday 1st September – Join us in the outdoors with the whole family to have some fun with nature in Tinsley Marina

Sheffield Waterfront Festival – Saturday 18th September – A family festival event with free canal boat trips, canoeing, paddle boarding, nature walks, entertainers, food, arts and crafts and much more at 3 canal side locations - Victoria Quays, Attercliffe and Tinsley.

For more information about any of these activities please contact Jade Wilkes on 07769931463. You can also follow us on Facebook @canalrivertrust or Twitter @crtYorkshire



People enjoying activities on the canal

Local Churches

Joy and Hope for Galeed House Kids Club

The Galeed House Children's Club and Girls' Club have enjoyed sharing hope with each other and remaining connected over this difficult time. During lockdowns our volunteers regularly visited the children on their doorsteps with craft activities, which the children are always very excited to receive. We were delighted to reopen the club in March in a Covid safe manner and the kids have flooded back with great enthusiasm and enjoyed craft activities and stories. We are open every Tuesday during termtime from 5.30 – 6.30 pm at 75 Nidd Road S9 3BB. All children Y1- Y6, and girls up to Y10, are welcome!



Jewellery making activity



Ladies Love Galeed

A Galeed volunteer reflects, "During the first lockdown we sent cards of encouragement and contact through the post and, when that was relaxed, our volunteers arranged doorstep visits to our ladies. They were delighted to be visited and share news." This continued until the winter lockdowns, when contact was maintained by text or phone. Visiting was resumed in the Spring, and in June we were thrilled to open the doors again for our Thursday morning drop in. We are open from 10.30 – 12 for a chat, cup of tea and the opportunity to use our sewing machines or get help with form filling or any other issues. We hope to resume serving lunch on Thursdays and reopen Friday English classes when government restrictions are fully eased. This may be in September.

Mens' English Classes Resume at Galeed House

Amer and the team have been joined by a trained ESOL teacher who has been able to teach beginner level English via Zoom. Free classes are on Monday and Wednesday mornings. If you would like to know more, please contact Amer on 07710 671175 or amer@galeedhouse.org.uk.

Church of Christ in Darnall and St Alban's Festival Church

St Alban's Festival Church, 20 Chapel Wood Road, S9 5AY

Thursday 10am to 12pm Coffee & Chat

Current Covid regulations in place and numbers are limited. All are welcome to call in at the above times. To join in, call in for enquiries or ring us on 0114 2490779.

Follow us on Facebook: <https://www.facebook.com/churchofchristindarnall/>

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

Sunday Services 10:15am at Church of Christ

11th July Rev Steve Millwood

25th July Rev Lisa Quarmby

Activities during the week

Wed: 10am to 12pm Time Aside Toddler Group

Thurs: 10:30am to 12:30pm Foodworks

Fri: 10am to 12pm Coffee & Chat at Church of Christ

Prayer Space is open to all at the above times.

Foodbank Collection Point for Burngreave Foodbank open to all at the above times. We also accept donations for Baby Basics, Cathedral Archer Project and Sheffield Shoebox Appeal.



Local people enjoying Coffee & Chat meetings

Local Life

Tinsley Community Allotment

Tinsley Community Allotment has started running a group for preschool children and their families on Thursday mornings in term time, 9.30-11am. The group is run in partnership with Manor and Castle Development Trust, and provides opportunities for toddlers to play outdoors while parents and carers socialise together. We have been reading books in the willow den, exploring in the digging pit and making some noise on the music wall! Get in touch if you would like to book a place.

On Friday mornings we have been really pleased to welcome back the children from Tinsley Meadows School. This term we have had visits from Aqua class, who have enjoyed sowing sunflower seeds, hunting for bugs and planting out courgettes.

Our Friday afternoon sessions continue as usual from 1pm - 3pm for anyone who wants to drop in and help us do some gardening, ask advice about growing, or just have a chat in a quiet, green space. If you want to know more, look us up on Twitter or Facebook, or email tinsleyallotment@gmail.com.



Creative use of boots at the allotment

Learn about smart sugar swaps from families in Sheffield

Most of us know sugar is bad for us, but do you know how much is too much? Sheffield is Sweet Enough is a city-wide campaign designed to help local families, schools, healthcare professionals and food businesses tackle sugar in our community. There have already been lots of great resources created for everyone to use, from leaflets in GP surgeries to lesson plans for our schools.

And now there is even a book being published, written by local people, which offers practical advice on making fresh, tasty, low-sugar meals. The Sheffield Family Guide to Smart Sugar Swaps will be available at Waterstones and selected independent bookstores in Sheffield this summer and, for every book purchased, one will be gifted to a school, community centre or library. Find out more about how to get your hands on a copy at www.sheffieldissweetenough.org.



Healthy Holidays



MCDDT, Sheffield City Council and local providers are working together to deliver a range of exciting opportunities for children and families in the East of Sheffield, funded by the DfE. Darnall Well Being are coordinating a programme of activity in Darnall and Tinsley, liaising with local schools and local community providers to reach children who might not access summer fun and learning activities. The opportunities include everything from skating, storytelling and craft, to football, dance, sports, athletics, and fun science. There will be a booking system in place soon and a website hosted by Voluntary Action Sheffield. Every eligible child will receive an Activity Pack with fun things to do, recipes, self-directed activity, and information about how to book onto the face to face sessions.

Good News Flash!



During April and May alone, DWB's EUSS team have helped submit 75 EU Settled Status applications and assisted over 400 individuals. One of the team has made a contact with the consulate, which enabled them to help many people arrange appointments for passport renewals, despite the embassy being fully booked. The team are trying to help as many people apply before the deadline at midnight on 30th of June 2021.

Good News Stories

A huge thanks to Roses Bakery, who have donated cake and bread to a local Christian group, who have, in partnership with Darnall Well Being, delivered to homes in Attercliffe and Darnall. This was particularly good news during lockdown, when people were isolating and shielding.

Abdul was signing on at the Job Centre before the pandemic. He was pleased because the trips always prompted anxiety, if not panic. He settled into life at home with his wife and 3 young children. Abdul had helped at the Men's Health Group at DWB before lock down, so he started doing some exercise every day without fail. He lost weight, gained energy and started to feel more resilient. When he had to go back to the Job Centre, he felt so different. He appreciated it being a beautiful day, and he didn't let anxiety get a grip on him, so at the Job centre interview he spoke up about what he needs and feels he can realistically do. Well done to Abdul!



A big storm one Monday in May during the DWB health walk left group member Hazel drenched, after 20 minutes waiting for the bus home afterwards. Then a police car stopped and kindly offered to drive her home. What a lovely ride home that was! It took three days for her shoes to dry. Luckily she didn't catch a cold. Hazel would love to extend a very warm thank you the police who came to her rescue.

Galeed House worker Amer says, "It has been most encouraging to keep in touch with some of our Darnall friends through telephone calls, walks with them in the park, Zoom or through text messages. For some, their loneliness is relieved by a friendly phone call offering a few caring words. 'How are you?' I asked one man who normally comes regularly to Galeed House. His response, 'I am feeling much better now because you have rung me'"

Darnall Trust Fund - who support local community projects in the defined area of Darnall twice a year - gave contributions to the following groups in June this year
Darnall Wellbeing, Darnall Allotment, Somali Womens Group, Darnall Forum and Syd's Gym to fund community work in the area.

Sheffield IAPT
working together to improve your wellbeing

What is Sheffield IAPT ?

NHS
Sheffield Health
and Social Care
NHS Foundation Trust

Sheffield IAPT (IAPT stands for 'Improving Access to Psychological Therapies') is an NHS service that offers a range of free courses as well as 1:1 talking therapies for adults living in Sheffield 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/>

We have lots of courses available including:

Arabic Speaking Anxiety and Worry course - Tuesday 24th August 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.

Living well with a Long-term health condition - Tuesday 17th August 1-2:30pm.

Big Pain - Wednesday 18th August 1-2:30pm

These are both 5 week courses, available online, helping you manage low mood and anxiety when living with a long-term physical health condition or long-term pain.

How can I get help and book a place ?

There are two easy ways you can get help with the service. First, you can book directly onto one of our courses or book an assessment by going to our website (<https://iaptsheffield.nhs.uk>) and completing the online self-referral form. Or you can telephone the IAPT admin team on (0114) 226 4380 and book onto a course or ask for an assessment. You can also discuss your wellbeing with your GP or Practice Nurse, and they can help you access the service, too.

Summer Support

We hope you have watched seeds you planted and nurtured in spring come to flower and fruit. What satisfaction there is in that simple act of love. Some self care tips for you:

 Take time for yourself this summer. You'll feel better, perform better and be able to look after others better. Remember to rest sometimes.

 Make happiness a priority, enjoy the season to the full.

 "Rest is not idleness and to lie sometimes in the grass under the trees on a summer's day, listening to the murmur of the water or watching the clouds float across the sky is by no means a waste of time." John Luddock



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 also runs a food bank. 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, debt advice, benefit advice and 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 The Source Academy offer support with personal and professional development: <https://thesourceacademy.co.uk/>

Answers (from page 12)

Questions

1) 1950s 2) 1819

3) 47 years 4) True

5) e - all of the above



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