

Darnall Well Being Newsletter

July 2021

Welcome to a mini newsletter from us for the summer! As the vaccine roll out has progressed and restrictions have lifted, we have been happy to be able to carefully restart a number of our groups outdoors. It has been wonderful to see people in person again, and to see everyone chatting and sharing their news, after a long time apart! Walking, cycling, conversation club - all the details about our activities are on the schedule with this newsletter. Our Dementia groups are also restarting very soon - more details on page 2. Please remember that we do need to ask that people register with us before coming along to any groups, so that we can manage numbers and keep everyone safe. You just need to give us a call or send us an email, and we can get you registered. If you prefer to meet online, don't worry - our Chairiobics and Carers groups are still meeting regularly on Zoom.

We hope that by now you will all have received the bigger Community Connector newsletter that we have put together, along with other local organisations, giving lots of news and information for the whole of Darnall ward.

Community Hub

Whilst the vaccine roll out is progressing, please be aware that Darnall Well Being are still here to support you during Covid. We can offer you:

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

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

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

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



Healthy Holidays

Did you know that Darnall Well Being are once again helping to provide free activities in the school holidays for children who receive benefits-related free school meals, via the Healthy Holidays scheme? Sign up for activities in our area via the Healthy Holidays website: <https://sheffieldhealthyholidays.org/activities/>

Update on DWB Services during Covid-19

Darnall Well Being continue to take new referrals and offer one to one support via our Link Workers. We have also been providing support to local people with arranging and attending their vaccine appointments, when they have needed support.

Since our groups started meeting again in person, we have been joined by lots of local people - and we always welcome more! If you'd like to join a group in person or online, for a friendly chat or activity, please contact us on 0114 249 6315 or dwb.enquiries@darnallwellbeing.org.uk.



Tinsley Outdoor Conversation Club

In the first 6 months of 2021, we have continued to provide support to the community in a number of ways:

- our one to one team have supported 380 individuals
- we have kept in touch with 200 plus beneficiaries with calls and activity packs, and we've had some lovely feedback about these
- we've provided Dementia support to 115 individuals
- 8 trainees were supported for women's only cycling

"I don't know where I would be and what I would have done without your help. Talking to my Wellbeing worker is like talking to my friend - I can express my feelings and ask any questions I have. I highly recommend DWB to anyone who is looking for support locally."

Feedback from a recent beneficiary

Staying Safe This Summer

Don't ditch your masks just yet



Although the legal requirement to wear a face covering in England ended on 19th July, national and local government still expects and recommends that people to continue to wear a face covering in crowded or enclosed spaces. We realise that people may have mixed feelings about these changes, but ask that our beneficiaries and partners continue to wear face coverings.

Beat The Street?

Beat The Street Sheffield has now ended, and we want to say a huge thank you to all 45 people who joined our team and helped us reach over 17,000 points! Staff, volunteers and members of our groups took up the challenge to have a Beat The Street card and head out around our local area and all across Sheffield in search of boxes to tap - earning points for the team every time they did so.

We hope you enjoyed the game and explored some new places whilst you looked for beat boxes. Here are a few photos of our team in action!



Volunteering with DWB

Would you like to volunteer with Darnall Well Being, or do you know someone else who would? We are currently looking for volunteers who are willing to give some of their time to work in the Darnall, Tinsley and surrounding areas. Wellbeing Champions (WBCs) support the physical, mental and social wellbeing of local people. We provide ongoing support and training. Previous volunteers have found the experience

great for: finding out new things, improving their employability, meeting new people, learning skills - and improving their own health and wellbeing.

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

Long Covid

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

Our Dementia Groups Are Back!

We've been providing support to people living with Dementia and their carers remotely during Covid, but we're very happy to now be able to launch our in person group support! Not one, but **three** opportunities to meet others for chat, refreshments, activities and support:



Dementia Cafe in 2019



On The Plot

Dementia Cafe - Wednesday afternoons at St Mary's Community Hub, and Mondays at Living Waters Christian Fellowship, where language support will be available.

On The Plot - Tuesday afternoons at Darnall Allotment Project

Booking essential

For more information and to book, please contact: 0114 249 6315 / 07495 548929 (Jo)

Keep in Touch with Darnall Well Being

You, or a family member or friend, could follow us on Social Media for regular updates. Please search for @DarnallWB on Facebook, Twitter and Instagram. Or check our website for updates: www.darnallwellbeing.org.uk

Office: 0114 249 6315 Email: dwb.enquiries@darnallwellbeing.org.uk Interpretation support is also available.

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