

# ACTIVITY SCHEDULE



## MONDAY (except Bank Holidays)

**11am Health Walks** - friendly group walks in High Hazels Park for all fitness levels.

## TUESDAY

**8.45am Women's Health Walk** - group walk, starting from Oasis Academy Don Valley.

**10.45am Virtual Chairbics** - light, chair-based exercise for women, via Zoom.

**1pm Volunteer Get Together** - regular get together for all our volunteers to catch up and support one another. If you'd like to know more about volunteering with us, get in touch to come along, meet other volunteers, and find out more.

## WEDNESDAY

**1-3pm Making Memories Dementia Cafe** - friendly Dementia cafe in Handsworth, offering chat, hot drinks and cakes. Cost £2, inc refreshments and activities. Alternate Wednesdays. (Restarts 26th January 2022)

**1-2pm Women Only Chairbics** - Gentle exercise with a friendly group at Tinsley Forum. (Restart date TBC)

## THURSDAY

**9.15am Women Only Walk** - friendly group walk in Tinsley. Meet at Tinsley Meadows School.

**2-3pm Virtual Carers Session** - Grab a brew and join others who support loved ones. (Restarts 20th January 2022)

## FRIDAY

**10am-1pm Darnall Allotment Project** - Grow plants, grow relationships and grow confidence - at Infield Lane Allotments. (Restarts 4th February 2022)

### Throughout the week

#### EUSS support with settled status

Support completing the EU settled status process.  
Contact 07534 862 169 for more information and help.

#### Health & Wellbeing Team

Our Health & Wellbeing team are able to support you with Diabetes management or prevention, chronic pain management, basic information on healthy eating, weight management and physical activity. They also offer a listening ear to signpost and refer you onto other services for the support you need. Get in touch for more details.

**To maintain safety during Covid-19, you must register in advance for all face to face activities:**

**Phone: 0114 249 6315 Email: [dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk)**

With thanks to our funders:

Sheffield City Council, NHS Sheffield Clinical Commissioning Group, Awards for All National Lottery, Darnall Area Trust Fund and Tinsley Area Trust Fund



We are a local, not-for-profit, community health organisation, working to help the people of Darnall, Tinsley and neighbouring areas stay healthy. We are based at Darnall Primary Care Centre.

We have been supporting local people for over 20 years, working with them to help them manage their own health and wellbeing in ways that work best for them. We offer a combination of activities, one to one support and volunteering opportunities. Our staff and volunteers also deliver local health campaigns and health events.

You can be referred to us by your GP - or you can refer yourself.

**Contact us for more details:**

Phone: 0114 249 6315 Email: [dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk)  
More information about our services: <https://darnallwellbeing.org.uk/>

**What our clients say**

"Having Health Trainer support is like talking to a friend, discussing my fears and aspirations"

"I feel more confident and happy, and want to start a career."

"I have noticed a big difference in my life as I have started to get my confidence and life back."

**Covid-19 Community Hub**

During the Covid-19 pandemic, Darnall Well Being has also been operating as a local Community Hub, working closely with a range of services to support the community. If you or someone you know would like support, please contact us by:

Email: [communityhub@darnallwellbeing.org.uk](mailto:communityhub@darnallwellbeing.org.uk)  
Phone: 0114 249 6315 or Text/Call: 07946 320 808  
We will respond by the next working day.

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



Follow us - @darnallwb <https://darnallwellbeing.org.uk/>

