

Winter 2023



The COMMUNITY CONNECTOR

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

Hello!



Light Celebration at Darnall Allotment, p.3

Welcome to the Winter 2023 Community Connector. As we head into 2024, this edition is packed full of news and events of what's happening in the Darnall, Tinsley, Attercliffe and Handsworth areas. There's a personal piece about living with arthritis, as well as an update on High Hazels Park and the plans announced for the Attercliffe Waterside project. We also include lots of useful information covering energy support/help, health and cost of living support. We always welcome new content - please get in touch if you have something you'd like us to share next time - we'd love to hear your views and feedback.

Send your news, stories and information to:
communityconnectordarnall@gmail.com

If you need a large print version of the newsletter, please contact us at the email address above, and we will provide one.

ہمارے نیوز لیٹر کے سرمائی ایڈیشن میں خوش آمدید۔ ہمارے علاقے میں تعاون اور سرگرمیوں کے بارے میں جاننے کے لیے ایک نظر ڈالیں، نیز پچھلے صفحہ پر علاقے میں مفت، گرم، استقبال کرنے والی جگہوں کے بارے میں معلومات حاصل کریں۔

আমাদের নিউজলেটারের শীতকালীন সংস্করণে স্বাগতম। আমাদের এলাকায় সহায়তা এবং কার্যকলাপ সম্পর্কে জানতে দেখুন, সেইসাথে পিছনের পৃষ্ঠায় এই এলাকার বিনামূল্যের, উষ্ণ, স্বাগত জানানোর জায়গাগুলি সম্পর্কে তথ্য।

Ku soo dhawaada daabacaada Jiilaalka ee warsidahayaga. U fiirso si aad u ogaato taageerada iyo hawlaha ka jira xaafada ama aaga, iyo sidoo kale macluumaadka ku saabsan meelaha soo dhawenta diiran ee bilaashka ah , ee degaanka taas oo ku qoran boga ugu danbeya.

مرحبًا بكم في النسخة الشتوية من نشرتنا الإخبارية. قم بإلقاء نظرة لمعرفة المزيد عن الدعم والأنشطة في منطقتنا، بالإضافة إلى معلومات حول الأماكن المجانية والدافئة والترحيبية في المنطقة على الصفحة الخلفية.

Vitajte v zimnom vydaní nášho spravodajcu. Tu nájdete informácie o dostupných službách, pomoci a aktivitách vo vašom okolí. Informácie o miestnych bezplatných uvítacích miestach 'Welcome Places' nájdete na zadnej strane.

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



Attercliffe Local Life

Attercliffe Waterside

A new 1,000-home community, which flanks the Sheffield and Tinsley canal, is to go ahead after contracts were agreed between the council and a developer.

Leeds-based Citu has been selected for the build at Attercliffe Waterside on 23 acres (93,100 sqm) of land currently owned by Sheffield City Council.

The development agreement will see brownfield land off Ripon Street become "one of the largest zero-carbon communities in the UK", the council said.

Timber-framed homes are to be built alongside "climate-conscious creative workspaces, an arts venue and retail opportunities".

The first phase of the scheme will see the buildings converted to create commercial spaces, while more than 400 new homes will be built.

Citu has recently worked on low-carbon residential neighbourhoods in Kelham Island, and the Climate Innovation District near Leeds city centre.

The community aims to use sustainable, low-carbon materials with the properties being energy efficient.

Construction is expected to start on the site in 2024.



Attercliffe Waterside area

Come and Join Friends of Attercliffe Cemetery

The cemetery was previously the site of Christ Church Attercliffe which is also referred to as Attercliffe Parish Church. The church was badly damaged in the Sheffield Blitz in December 1940 and was later demolished.

Graham Blandy of Friends of Attercliffe Cemetery calls the cemetery a place of welcome, community and seeing change for the better.

If you'd like to get involved with the group, there are a variety of jobs being done on site to improve it. Come along to help your mental health, meet new friends or learn new things.

Complimentary tea and coffee is provided courtesy of Scott at the Attercliffe Hotel opposite.

The Friends meet most Thursdays and Saturdays at 10am.

See the Friends of Attercliffe Cemetery Facebook page for up to date information.

Facebook <https://www.facebook.com/groups/993836978036485>



Before and after work at the cemetery by the Friends of Attercliffe Cemetery

Local Life

Darnall Allotment Project

Sadly our community plot recently suffered an arson attack and malicious damage, but we are bouncing back and rebuilding - and still gardening. We are so thankful for all the support we have received during this time.

We have had some lovely events this autumn including the light celebration, where the plot was beautifully lit up and we shared stories and homemade cake around a fire, and pressing our lovely old variety apples to make delicious juice with our traditional apple press.

Early in December we held our Christmas wreath and table decoration making fundraising event.

We are on the plot every Friday, 10am-1pm come and join us. If you are interested in getting involved or just having a look around, no experience is needed.

Contact Sarah at darnallallotmentproj@gmail.com or tel 07415

025919 or <https://forms.gle/QYvvZK52EjgnQLKA>

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

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



Making apple juice



Light celebration

Friends of High Hazels Park Update



Teresa Hart gives Paul Campbell his award

Friends of High Hazels Park has been established for 25 years and play a crucial part in the development of the park, with the maintenance of the ornamental areas and fundraising for facilities such as the playgrounds and the circular walk. At the recent AGM the Chair, Secretary and Treasurer stepped down after long service. Syed Islam is our new chair, Brian Coleman is staying on as Secretary, and Teresa Hart is our new treasurer. New members are always welcome!

Retiring Chair, Paul Campbell, was recently given an award by the East Area LAC team, for all his volunteering and community efforts over the decades, not just with The Friends of High Hazels Park, but with the allotments, too.

If you are interested in joining the group, contact us at highhazelspark@gmail.com, follow us on Facebook at Friends of High Hazels Park, or X, formerly Twitter, at [@highhazelspark](https://twitter.com/highhazelspark).

High Hazels Park Consultation News

Over the past year, High Hazels Stakeholder Group has been working with Parks and Countryside to settle on a design for a new area in the park to benefit the local community's health and well being. Following community consultation, a design brief was developed for the council's Capital Delivery Service to put forward design ideas. With additional funding allocated by the Local Area Committee's (LAC) ward pot and some Community Infrastructure Levy funding, with approval



Shelter from Infield Lane

from elected councillors, a final design is being developed for costing. The design includes: *New (small) shelter over an area of seating *Demolition of the large external shelter *An accessible picnic bench *Two items of gym kit (a city bike and a cross trainer) *New path linking seating area to main play area *Marked scoot track in main play area *New tree

Thanks to local elected councillors who have allocated some CIL contributions and the LAC who contributed from the ward pot. To find out more email: parksandcountryside@sheffield.gov.uk

Local Life

Update from Tinsley Library

The library held a number of events during the autumn, which included a coffee morning in October that raised £173.63 for Macmillan Cancer Support.

The library also ran Halloween events for children and families, which were well attended. The library undertook a Cost Of Living breakfast club in partnership with Sheffield City Council, Citizens Advice Sheffield, Housing Team, South Yorkshire Police and others, with another one planned for January 2024. Please contact the library for details 0114 244 4887 or email anne@tinsleyforum.co.uk

Library opening times: Tuesday 10am–2pm and Thursday 1pm–5pm

Sheffield Citizens Advice - Community Access Point – is open at the One Stop Shop on library days from 10am–4pm

For more information visit: <https://citizensadvicesheffield.org.uk/get-help/>



Events at the library



The deadline for completing surveys for the Coleridge Road recreation ground and Phillimore Park proposals has been extended to Christmas

Get involved!

Sheffield City Council would like to hear how local people feel about two proposals in Darnall.

The Council has been approached by a Darnall-based sports club who are interested in managing and investing in Coleridge Road Recreation Ground. We would like to find out your thoughts on this.

We have also been approached by Phillimore School who would like to manage and use the field/pitch adjacent to their school. This proposal includes fencing the site to ensure it was safe for school children. They would also provide community access to the pitch outside of school hours.

This consultation outlines further information about the two proposals and include a short survey to capture feedback.



To get involved we'd really appreciate if you could complete our online survey at:
<https://haveyoursay.sheffield.gov.uk/coleridge-road-recreation-ground-and-phillimore-park-developments>



If you have any questions do not hesitate to get in touch with us via email:
sportsleisureandhealthteam@sheffield.gov.uk



Survey closes:
Tuesday 12th
December 2023



Get involved!

Sheffield City Council are exploring potential developments to the existing 'Kick Pitch', located at Tinsley Green, and we need your input!

This consultation outlines further information about the proposal and includes a short survey to capture feedback.

The surfacing on the 'kick pitch' area of the park is in need of being replaced. Sheffield City Council would like to hear the thoughts and ideas from local people on how best to improve the space.



To get involved we'd really appreciate if you could complete our online survey at:
<https://haveyoursay.sheffield.gov.uk/tinsley-green-kick-pitch>



If you have any questions do not hesitate to get in touch with us via email:
sportsleisureandhealthteam@sheffield.gov.uk



Survey closes:
Tuesday 19th
December 2023



Have your say on the Tinsley Green 'Kick Pitch' by completing the online survey

Local Life

Sheffield Olympic Legacy Park junior parkrun

Did you know that there's a free parkrun for under 14s in the local area?

Junior parkrun is a 2km run which is held every Sunday morning at 9am at the Sheffield Olympic Legacy Park, Worksop Road, S9 3TL.

All abilities are very welcome and it is a welcoming, friendly, encouraging group. If you have children aged between 4 and 14 years old, that are full of energy or who would enjoy being outside doing some exercise with others, bring them along on a Sunday morning.

Register once before your first visit and bring your barcode every time you take part.

Call for volunteers

We are always looking for volunteers to join our friendly team to enable the parkrun to happen. The roles are accessible to anyone and you will be given support in your role.

If you are interested in getting involved for more information, please go to:

<https://www.parkrun.org.uk/sheffieldolp-juniors/>

Facebook <https://www.facebook.com/sheffieldolpjuniors> or email sheffieldolpjuniors@parkrun.com



We would love to welcome you and to see lots more children having fun being active. Whether they run, walk or jog the whole 2km – they will be encouraged and cheered on.



Come and join in the fun



Sheffield Visually Impaired Snooker Sessions

Sheffield Royal Society for the Blind (SRSB) and Rotherham Sight & Sound (RSS) hold weekly professional snooker coaching sessions for people with sight loss at the Stephen Harrison Academy on Leeds Road, adjacent to the Sheffield Olympic Legacy Park. The sessions are held on Thursdays from noon to 2pm (term time only).

Booking is essential and some transport is available for SRSB/RSS vision impaired clients from their centre.

To find out more, contact SRSB on 0114 272 2757 or 01709 722 420 email activities@srsb.org.uk Play with friends, take part in related games, trick shot or competitive sessions, and get expert coaching to improve your game from Stephen Harrison pro player and snooker coach.

You may need a spotter or enabler, but with practice and encouragement you will develop your own game to be as independent as possible. The sessions are fully inclusive, and Steve is an advocate for disability snooker, wheelchair snooker and also snooker for learning or development needs. www.srsb.org.uk



Stephen Harrison Snooker Academy



Sheffield Olympic Legacy Park

Community Research Showcase

Sheffield Hallam University's Advanced Wellbeing Research Centre (AWRC), located on the Sheffield Olympic Legacy Park, was pleased to host a community research showcase on 10 November.

The public session, which was part of the Sheffield Festival of Social Science, introduced attendees to some of the research that the Centre has undertaken with people and communities from the Darnall, Attercliffe and

Tinsley areas. Alongside a research poster session, there were discussion sessions with SHU community researchers and youth interns from Darnall Well Being (DWB) who have worked on wellbeing projects over the last year as part of the Centre's Civic Fellowship with DWB.



A group discussion



SERVICES WE OFFER AT LIVINGCARE:

The new Canon Medical Arena, home of our Medical Diagnostic Centre is now open!

The LivingCare Group are proud to offer a range of health services across Yorkshire on a NHS and Private basis that are accessible for all.

- Private GP
- Gastroenterology
- Endoscopy
- Dermatology
- Minor Surgery
- Urology & Vasectomy
- Pain Management
- Imaging
- Prostate
- Ophthalmology
- Ear, Nose & Throat
- Tongue Tie
- Weight Management
- Physiotherapy



UTC SHEFFIELD OLYMPIC LEGACY PARK

Showcase and Careers Event

The UTC Sheffield Olympic Legacy Park is holding a Year 12 Showcase and Careers Event on Wednesday 17 January 2024 from 5pm-7pm.

Come along to find out more about technical, employer-led education and joining in Year 12! See the state-of-the-art, industry standard facilities, talk to students and staff, and find out about employer-led projects.

To register, go to

<https://www.utcsheffield.org.uk/olp/events/showcase-careers-event/>



In preparation for the next phase of development at **Sheffield Olympic Legacy Park**, Sheffield City Council has commenced works to remediate a plot of land around the Don Valley Bowl between the tram stop and Coleridge Road.

A planning application will be submitted by our development partner, Scarborough Group International in early 2024 for an ambitious masterplan to deliver up to 1 million sq ft of commercial space, public realm, active transport hubs, and sports and leisure facilities. The masterplan also includes a purpose-built, state-of-the-art Innovation Centre and Move On Building to support the fast growing sports, health and wellbeing innovation ecosystem being developed at the Park.



Proposed plans at Don Valley Bowl

Sheffield Olympic Legacy Park

Legacy Fund

Sheffield Olympic Legacy Park's **Legacy Fund - community grants programme** has reopened for a third round of grants. Offering funding up to £1,000 for grassroots community organisations within a three mile radius of the Park.

The fund, administered by South Yorkshire's Community Foundation, is aimed at community organisations that provide services and activities helping support physical and mental health and wellbeing, and reducing social isolation.

Fund donors

The Legacy Fund would not have been possible without the kind generosity of: AMRC, B Braun, Canon Medical, CMS, Forged Solutions Group, Green Piling, GRI Group, Gripple, Lightfoot Wines, LivingCare, Meadowhall, NOCN Group, Pressure Technologies, Reyt, Scarborough Group International, Sheffield Forgemasters, Sheffield Hallam University, Sytner BMW Sheffield, Sytner Land Rover Sheffield, Westfield Health, WPBSA. A big thank you to you all.



To apply: www.sycf.org.uk/grants-to-organisations/sheffield-legacy-fund/



Cavendish Cancer Care

Local cancer support charity Cavendish Cancer Care has begun a charity partnership with the Sheffield Sharks and Sheffield Hatters basketball teams, based at the Canon Medical Arena. Cavendish will work alongside both teams to fundraise, raise awareness of the work of the charity and offer wellbeing support to the teams and local communities. Cavendish will also work closely with LivingCare which operates the Medical Diagnostic Centre on-site at the Arena.

Cavendish Cancer Care provide free support to anyone affected by cancer living in South Yorkshire and North-East Derbyshire. Help available includes counselling, complementary therapies such as acupuncture, massage and reflexology and support for people bereaved by cancer. There is also a Children and Young People's Service which offers play therapy, art therapy and counselling for young people aged 4-18.

Pick up a leaflet to find out more about Cavendish Cancer Care from the Canon Medical Arena, visit www.cavcare.org.uk or call 0114 278 4600. All services provided by Cavendish are free of charge and you don't need to be referred by a doctor or healthcare professional.



Emma Draper and Yuri Matischen present Deveal Ramsey with the player of the match award



Sheffield Olympic Legacy Park is home to a number of professional sports team. Come and watch the Sheffield Sharks, Sheffield Hatters, Sheffield Eagles, Barnsley Women's and Sheffield Steelers.

To keep up to date with sporting fixtures and events happening at Sheffield Olympic Legacy Park, visit: www.sheffieldolympiclegacypark.co.uk/whats-on/



@OLPSheffield



sheffieldolympiclegacypark



@sheffieldolympiclegacypark

www.sheffieldolympiclegacypark.co.uk

Darnall Well Being



New Year opportunities

Our activities are open to all in the local community. Why not join us and try something new in 2024? Here's an overview of the activities on offer in January 2024, with more planned soon:

Activity Groups

- ♥ Chairobics - Darnall & Tinsley
- ♥ Health Walks - Darnall
- ♥ Yoga - Darnall & Tinsley
- ♥ Somali Dance - Darnall
- ♥ Craft Group - Darnall
- ♥ Community Allotment - Darnall

Support Groups

- ♥ Long Covid - Darnall
- ♥ Persistent Pain - Darnall
- ♥ Diabetes - Darnall & Tinsley
- ♥ Carers - Darnall

Dementia Support

- ♥ Dementia Cafes - Darnall & Handsworth
- ♥ Dementia Carers' Group - Darnall

Just contact us on 0114 249 6315 or dwb.enquiries@darnallwellbeing.org.uk to find out more. All of our activities are free or have a small cost.

More details about all of our activities and groups on the activity schedule on our website!



Recent Darnall Chairobics and Carers' Group sessions

<https://www.darnallwellbeing.org.uk/>

Please book in advance for all our activities:

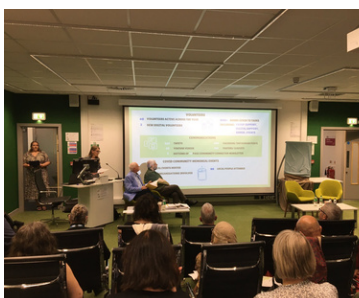
Phone: 0114 249 6315 Email: dwb.enquiries@darnallwellbeing.org.uk

Our Annual General Meeting

We were pleased to hold our AGM in October, hosting it at the Advanced Wellbeing Research Centre. It was wonderful to have nearly 70 people join us there to hear about our achievements in the last financial year, and share food together afterwards. On the theme of Community Spirit, we shared lots of information and stories from our groups, activities and one to one support. We also heard from local resident Jean Pickering, and pronounced her "Miss Community Spirit"!

Some key numbers we shared from the past year included:

- 545 referrals received and responded to by our 1-1 team
- Almost 100 Dementia referrals received and supported
- Over 1,000 attendances across our activity & support groups and green social prescribing trips
- 800+ hours given by our volunteers with us in the local community



Shots from our AGM, including local resident Jean Pickering, with the "Miss Community Spirit" sash we gave to her

Local Life

FREE EMPLOYMENT SUPPORT HELP AND ADVICE FOR WORK AND TRAINING BASED IN TINSLEY

Providing pathways to employment
 Brokering training provision
 Debt, benefit and financial advice
 Job matching
 CV workshops
 Mock interviews
 Work experience placements
 Training / skills tasters
 1:1 Individual Advice and Guidance
 Support into voluntary work

TINSLEY SESSIONS:
MONDAY, WEDNESDAY, THURSDAY
TINSLEY ONE STOP SHOP
120-126 BAWTRY ROAD,
TINSLEY
S9 1UE
0114 2444887

POTENTIAL JOBS INCLUDE:
 CLEANING
 CARE WORK
 ADMIN
 WAREHOUSE DRIVING
 SECURITY
 CALL CENTRES HOSPITALITY
 & MORE!!

Do you need help to find a job?

To find out more about sessions in TINSLEY, DARNALL or BURNGREAVE, please telephone us on:

ANNE: (0114) 2444887

ZAHEER: (0114) 2132307

or Email us:

anne@tinsleyforum.co.uk

zaheerahmed@burngreaveworks.org.uk



Tinsley Forum, 120 - 126 Bawtry Road,
 Tinsley, Sheffield, S9 1UE

News from Tinsley Allotment

At the end of October, during half term, we held our first Apple Day at Tinsley Community Allotment. We had a fantastic time crushing and pressing apples to make juice, as well as running craft activities and fun family games with over 30 people. We were very grateful to Abundance, a Sheffield project that harvests and redistributes unwanted fruit, who provided us with lots of extra apples to supplement the crop from the allotment.

This winter we have received some funding from the Legacy Fund at Sheffield Olympic Legacy Park to open the allotment for a public session once a month.

The allotment will be open on 12 January and 9 February 2024. We hope that this will give people a chance to wrap up and get out of the house for some fresh air and company. You can help us with some light gardening jobs or just have a chat and a hot drink. The sessions will run 1-3pm and all are welcome.



Enjoying activities at the allotment

Handsworth Boys' Brigade



ANCHORS
 5 – 8 Years

BOYS
 8 – 11 Years

Company
 11 – 14 Years

Seniors
 14 – 18 Years

JOIN THE ADVENTURE TODAY!
 FOR BOYS 5 - 18 YEARS

**GAMES
 SPORTS
 SCRIPTURE
 CRAFTS
 CHALLENGES**

FIND OUT MORE ABOUT YOUR LOCAL GROUP AT
BOYS-BRIGADE.ORG.UK/JOIN

HANDSWORTH METHODIST CHURCH
 289A Handsworth Road, Handsworth, Sheffield S13 9BN

Enquiries: lee.andrews10@yahoo.co.uk

The Boys' Brigade is a Company limited by guarantee, registered in England & Wales number 145522. A registered charity in England & Wales number 303949 and in Scotland number SC038076. Registered Office: Foston Lodge, Harrier Hempstead, HPS DBL, UK.

Darnall & Tinsley Local Life

Darnall & Tinsley Neighbourhood Policing Team

May we take this opportunity to introduce ourselves as the local policing team for your area. Based at Attercliffe Police Station we cover the Darnall and Tinsley area by vehicle, foot and pedal cycles. Our vehicles feature Automatic Number Plate Recognition (ANPR), which allows the team to proactively tackle driving offences including vehicles driving with no tax and insurance.

The team's focus remains on tackling crime and anti-social behaviour in the area, with auto-crime and burglary reduction being key priorities. We are pleased to report that two men have recently been recalled to prison thanks to the team's efforts, with a further recent arrest of a prolific auto-crime offender.

Thank you to the local community, places of worship and partner agencies who worked with us in the run up to our busy Dark Nights period, covering Halloween and Bonfire Night. Working closely with colleagues in licencing and South Yorkshire Fire and Rescue Service, we conducted a test purchase operation to ensure local businesses were selling fireworks legally. We are pleased to report that all the premises we visited passed, with no sales to those underage recorded.

Should you wish to speak with our team, we hold regular drop in events which are advertised via our Facebook page - Sheffield South East NPT. Pop along to say hello.



The team out and about on their bikes



Personal stories from volunteers at Darnall and Tinsley Park Cemeteries

My interest in genealogy (family trees) includes the local history of areas, burials and parish records. I came across **Darnall Cemetery** Facebook group and joined. Initially I helped locate burials and ancestors. After attending a communal get together at the cemetery I realised their work involves more than just a clean up. The group are friendly and great fun, between them they have a lot of knowledge of the area and the history around it. The cemetery is a rather sacred place. During my years of involvement I have made friends, gained a lot of knowledge of the area and its history and most importantly accomplished some of the ideas the group set out to complete. I would love to see more people attending and see it as a community group for ANYONE.

It is important to keep **Tinsley Park Cemetery** maintained and in good order, for our loved ones and also to feel part of a group working outdoors to maintain the grounds, litter picking, grave finding, chatting and having fun

while supporting each other. We are a friendly welcoming group, regardless of whether you want to come for a chat, or get physically involved. Working in the cemetery gives me a sense of pride and achievement. It benefits my wellbeing physically and mentally and I have made friendships which go beyond the group.



Volunteers at Tinsley Cemetery

Darnall Group:



Tinsley Group:



Local Life



Galeed House

Are you new to Darnall? Do you want to connect with your neighbours or make new friends? Then you are welcome to our activities at Galeed House or to just drop in and say hello to Amer or Louise and see what we have to offer.

Galeed House is a place of friendship for everyone from Darnall. All our activities are free and open to all. Details on our website www.galeedhouse.org.uk or contact Amer on 07710 671 175



Activities schedule from January 2024 (all activities are term time only)

Men's English Classes: Monday and Wednesday 10am-noon

Women's English Class: Tuesday 10am beginners. 11am intermediate learners

Women's sewing/English conversation, games and free Halal lunch: Thursday 10.30am-1.30pm

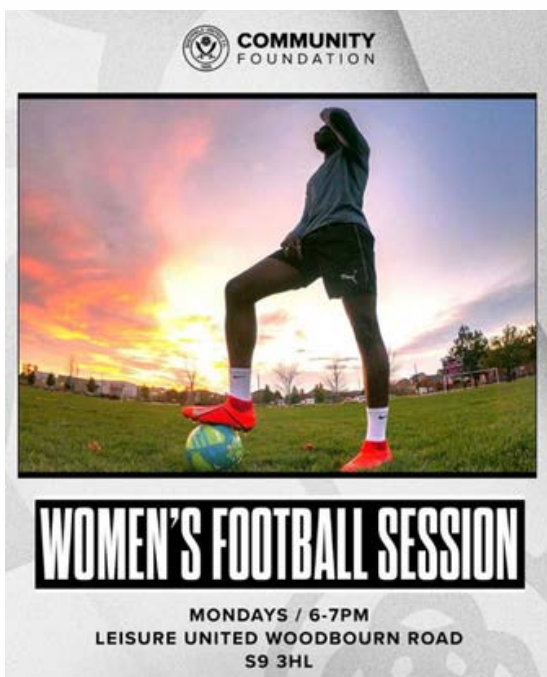
Kids Club (years 1-6)/Girls Club (years 7-10): Tuesday 5.30pm-6.30pm

Galeed House, 75 Nidd Road, Sheffield S9 3BB, just off Staniforth Road near Sunrise Groceries



Enjoying activities at Galeed House

Women's Football



Sheffield United Community Foundation are running a women's football session every Monday evenings 6pm-7pm at Leisure United on Woodbourn Road. Sessions are free and open to aged 18+. All abilities are welcome. Come along to get fit and exercise.

Darnall Light Lunch Club

The Club is held every Tuesday at the Church of Christ in Darnall and is going from strength to strength.

With a core group of 12 members and four volunteers we meet from 11am for a cuppa and an activity, crafting, quizzing and gaming.

We ensure everyone is met with a smile and a reassuring ear. Come along and join us.

Lunch is served at 12.30pm with pie, sausage, cottage pie, gammon - and not forgetting fish and chips served with a bun or a mousse for pudding.

Open to everyone over 55, all welcome.

First visit is free, then we ask for £5 per session.

So, come and join us - the kettle is ON!!



The group enjoying lunch

Local Life

St Albans Christian Community, 20 Chapelwood Road, S9 5AY

St Albans House Christian Community, also known as Attercliffe CofM, is based at St Albans Church, 20 Chapelwood Road, Darnall, S9 5AY. Follow us on our social media pages:

@attercliffecofm



Christmas with St Alban's House Christian Community

Community Meals Sundays 1-3pm
 3th Dec 10th Dec 17th Dec then back 7th Jan
 set up Eat together Share Life and faith Build community
 Clean up together Give what you can

"Create" After School Church Thur 3.30pm Term Time
 Children accompanied with an adult Group activity each week from baking. Building crafts games or dress up, a bible story, prayers and sung worship. Finish with a light tea. All welcome

Christmas eve 2pm - Christingle and Carols Service
 A service for families - a short service with singing, the Christmas story, lots of fun and Christingles (don't know what they are - come along and find out). Followed by a hot drink and mince pies.

Christmas eve - 11.30pm Midnight Mass. St Albans Church

CHRISTMAS DAY SERVICE 10.00am
 Church of Christ Station Road

St Albans House Christian Community
 Based at St Albans Church
 20 Chapelwood Road S9 5AY
 07787578720 Kinder Kalsi
 @AttercliffeCofM



Christingle & Carols Service

Sun 24th Dec. 2pm

Coming dressed as a nativity character is optional

St Albans Church
 20 Chapelwood Road S9 5AY
 children must be accompanied by an adult

St Albans House Christian community
 20 Chapelwood Road S9 5AY
 Tel 07787578720 - Kinder
 @AttercliffeCofM




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

Church of Christ, Station Road, Darnall, S9 4JT. Tel: 0114 272 6009.

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



St Alban's Festival Church, 20 Chapel Wood Road, S9 5AY. Tel: 0114 249 0779

Tuesday

MHA Light Lunch Club 11am-1.30pm (contact Suzanne White 0756 861 2061)

Exploring Faith - Prayer and Bible Study 1.30-3pm

Wednesday

Time Aside Toddler group (during term time only) 10am-11.30am

Coffee & Chat and Knit & Natter 10am-noon

Thursday

Coffee & Chat at St Alban's Festival Church 10am-noon

Friday

Coffee & Chat 10am-noon

Food Works takeaway meals £1 (pay as you can)

#10am-1pm

Free Welcome Lunch noon-1pm

Sunday

Sunday Service at Church of Christ 10.15am followed by coffee and biscuits

TIME ASIDE TODDLER GROUP FOR PRESCHOOLERS

Suggested donation **£1.50** PER CHILD, DRINK SNACK INCLUDED

WEDNESDAY 10-11.30PM

PRESCHOOLERS AND CARERS WELCOME

CHURCH OF CHRIST STATION ROAD DARNALL



Local Life

Weston Park Cancer Charity have launched their Big Purple Bus. It brings services directly into the community. This helps to ensure that people across our region have equal access to cancer support services,



Big Purple Bus

bringing healthcare professionals and advisers into local communities, making it easier to access support. They offer: **One to One support** for anyone affected by cancer from friendly, supportive healthcare professionals and advisors. They offer emotional, financial, practical support and advice. **Welfare advice** there's a qualified welfare advisor on board who can offer support and practical advice if you're affected by cancer.

Most importantly, friendly faces and a welcoming environment. No question is too big or small for the Big Purple Bus Team.

LOOK OUT FOR YOUR

BREAST SCREENING INVITATION

MANY PEOPLE WILL BE INVITED FOR THEIR BREAST SCREENING IN THE DARNALL AREA SOON

IT IS IMPORTANT THAT YOU BOOK YOUR APPOINTMENT WHEN YOU GET YOUR INVITATION

THE NHS BREAST SCREEING PROGRAMME SAVES 1300 LIVES EVERY YEAR.

YOU CAN CALL THE BREAST SCREENING SERVICE AT THE ROYAL HALLAMSHIRE HOSPITAL ON 0114 271 1920 TO MAKE YOUR APPOINTMENT

The bus will be at:

Meadowhall Shopping Centre orange car park, S9 1BN, every 1st and 3rd Wednesday, 9am-5pm
Prince of Wales Road car park, Prince of Wales Road, Darnall, S9 4ER, Fridays 9am-12.30pm
Tinsley Community Centre car park, 1B Ingfield Avenue, Tinsley, S9 1WZ, Fridays 1pm-5pm

The **South Yorkshire Police and Crime Commissioner (PCC)** is asking residents to complete a short survey to help shape the future of policing across the county. South Yorkshire residents are asked to highlight the areas of policing and crime they would prioritise, such as tackling neighbourhood crime, domestic abuse, victim support services, dealing with off-road bikes and fraud.

The survey can be accessed here: <https://southyorkshire-pcc.gov.uk/news/have-your-say-on-the-future-of-policing-in-south-yorkshire/>



Managing Anxiety and Depression

Silvercloud is an online supported programme offered by Sheffield Talking Therapies to help manage anxiety and depression. Silvercloud delivers evidence-based digital Cognitive Behavioural Therapy that can support you in thinking and feeling better. Programmes are accessible 24/7 from a desktop, tablet or mobile device and comprise of engaging content, videos, user stories and interactive tools. You can work through the modules at your own pace (we would recommend an hour a week) and most programmes take around 6-8 weeks to complete. You are assigned a clinical supporter who will encourage and review your progress on a fortnightly basis and you can also leave messages for your clinical supporter through the programme.



To book an assessment or for more information visit

<https://www.sheffielddtalkingtherapies.nhs.uk/> or call 0114 226 4830.



Health & Wellbeing

Living With Arthritis, My Personal Journey, by Shabir Aziz, Darnall resident and Lived Experience Panel Member Of ARMA (Arthritis and Musculoskeletal Alliance)

I have been living with arthritis for over 30 years and have got to know and face some of the difficult challenges that come with living with such conditions from a relatively young age.

Challenges include being unable to get a diagnosis from a specialist, unable to work regularly, being refused disability benefits, living with chronic pain, suffering other related health issues.

In my experience, if you get the right help as soon as possible and actively try to do something about your arthritis, there is light at the end of the tunnel!

What is Arthritis?

Arthritis is often seen as a general problem with joints - however, it is a collection of over 200 different conditions (also known as MSK or musculoskeletal conditions) all causing chronic pain (long-term pain). Musculoskeletal conditions can occur any time from childhood right through to old age.

Arthritis (MSK) can affect joints, bones, and muscles. Common forms include osteoarthritis, rheumatoid arthritis, fibromyalgia, and osteoporosis. One in three people in the UK have arthritis or MSK condition. In deprived areas such as Darnall and Tinsley, these numbers are most likely to be higher.

Signs of an MSK Condition

Continued pain in your joints - if the pain lasts more than a few weeks and doesn't get any better.

Swelling of joints - if a joint becomes swollen, red or warm and you haven't had a recent injury.

Affecting daily life - if the pain is affecting your daily life such as work and family life.

If you have some or all of these problems make an appointment with your GP.

In areas such as Darnall and Tinsley, MSK conditions are often misdiagnosed or are diagnosed too late and conditions become much worse before any help is given.

What can I do to know more about Arthritis/MSK Conditions?

There are many online resources and websites specialising in arthritis and MSK conditions.

www.versusarthritis.org is very easy to understand and aimed at those new to arthritis.

Join a local support group which may specialise in MSK conditions or related issues. Darnall Well Being, in conjunction with Darnall Primary Care, run a monthly Persistent Pain Group.

Exercise-related activities may be beneficial for MSK conditions. You can find these activities at:

<https://darnallwellbeing.org.uk/category/dwbactivities/>

The best of luck on YOUR 'Living with Arthritis' journey



Shabir Aziz



Workshops for older workers

The Shaw Trust are delivering monthly workshops in Job Centres in Sheffield specifically for older workers called Transferrable Skills.

If you are interested in attending one of the workshops call 0114 279 9760 for more details.

shaw trust

Winter Health Messages



Get yourself vaccinated

Help protect yourself against illnesses this winter

People over 65 are being encouraged to 'get winter strong' and take up the offer of free vaccines during the colder months. As well as free flu and Covid-19 vaccines, people over 65 are also eligible for a (pneumonia vaccine) to help protect against serious and potentially fatal pneumococcal infections.

The NHS is also offering a shingles vaccine to healthy people aged 70 to 79 years who have not been vaccinated

and people aged 50 years and over with a severely weakened immune system. Healthy people aged 60 to 70 years will become eligible for the vaccine over the next five years, when they turn 65 or 70 years.

The winter vaccination programme is prioritising those most at risk. The sooner you are vaccinated, the earlier you will be protected.

There is no need to contact your GP or the NHS. The NHS will contact eligible people to remind them that they can get the vaccine and where to get the jab, with the majority of appointments being delivered in communities by pharmacies and GPs.

Book your jab through the [NHS website www.nhs.uk](http://www.nhs.uk), the NHS App or by calling 119.



Stay well this winter

There are simple steps people can take to stay well this winter. These include accessing winter vaccinations, keeping yourself and your home warm, keeping active, looking out for others and making sure you are stocked up on prescriptions ahead of holiday periods.

Get advice if you're unwell

If you feel unwell and you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you can. You can get help and advice from:

Pharmacy – give treatment advice for minor illnesses and can tell you if you need to see a doctor

GP – either speak online or over the phone, or go in for an appointment if they think you need to

NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem for advice

Remember keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night. Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.



Look after vulnerable neighbours and relatives during the winter months

Look in on vulnerable neighbours and relatives. Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.

Icy pavements and roads can be very slippery, and cold weather can stop people from going out. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell. Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out and that they get any prescription medicines before the holiday period starts and if bad weather is forecast.



Welcoming Places

There are Welcoming Places, open for everyone to drop into, all around Darnall, Tinsley, Attercliffe and Handsworth. They are community venues, offering all kinds of free support, like:



Church of Christ in Darnall Station Road, S9 4JT	Fri 12pm - 1pm	07706 476342	     
Darnall Education & Sports Academy Darnall Education Centre, Darnall Rd, S9 5AF	Sat 10.30am - 12.30pm (Girls) 7pm - 9pm (Boys)	07445 426 019	  
Darnall Family Centre 563 Staniforth Road, S9 4RA	Mon - Fri 8.30am - 4.30pm	0114 273 5008	  
Darnall Library Britannia Road, S9 5JG	Mon - Wed, 10am - 5pm, Thu- Closed, Fri, 10am - 5pm, Sat, 10am - 4pm	0114 203 7429	   
St Albans Church 20 Chapelwood Road, Darnall, S9 5AY	Thu 10 -12 Coffee Morning, Sun 1pm -3pm Community meal	07787578720	   
Darnall Rd Baptist Church Darnall Road, S9 5AL (Eleanor Rd entrance)	Fri 12.30 - 2.30pm	darnallrbaptist@ gmail.com	   
Darnall Well Being Darnall Primary Care Centre, 290 Main Road, S9 4QH	Tue 11am - 1pm	0114 2496315	   
English Institute of Sport Coleridge Road, S9 5DA	Mon - Fri, 6.30am - 9pm Sat and Sun, 9am - 5pm	0114 223 3864	
Galeed House 75 Nidd Road, S9 3BB	Thu 10:30am - 1:30pm Women only	0114 244 4832	    
Grace Church 1 Richmond Road, Handsworth, S13 8TB	Wed & Fri 9.30am - 12.30pm	0114 293 9699	   
Ice Sheffield 23 Coleridge Road, S9 5DA	Mon-Sun 6am - 10pm	0114 223 3900	
Littledale, Bowden Wood & Halsall TARA 59 Mather Road, S9 4GP	Mon-Thu 10am - 12pm	lbwhtara@ hotmail.com	  
Living Waters Community Cafe & Foodbank 81 Main Road, S9 5HL	Wed 1 - 3pm	07909 508 426	     
Pakistan Muslim Centre Woodbourn Road, S9 3LQ	Mon - Thu 11am - 5pm	0114 243 6091	   
St Mary's Community Hub 402b Handsworth Rd, S13 9BZ	Tue 10am - 12:30am	0114 2693983	   
Tinsley Library 120-126 Bawtry Rd, S9 1UE	Mon - Thu 11am - 5pm	0114 203 7432	    