



For new activities to be included in the next directory, please contact Amy Kinsella Ford on [amy.kinsellaford@soarcommunity.org.uk](mailto:amy.kinsellaford@soarcommunity.org.uk)



Spring 2024 (Mar - Jun)  
**Activity Directory**



# Health Activities

Area	Service	Day & Time	Location	Contact
Southey	Women's Only Netball Free sessions for women aged 18+ of all abilities.	Wednesdays, 5.30-6.30pm	Chaucer School, Wordsworth Avenue, S5 8NH	sean.graves@swfc.co.uk / rebecca.wilkinson@swfc.co.uk
Southey	SOAR Moving Through The Menopause Café A safe space to talk to other women wanting to find out more about the Menopause.	The 1st Monday of every month (apart from bank holidays)	SOAR Works Enterprise Centre, 14 Knutton Road, S5 9NU	Call Julie Moore on 07960 084 251
Southey	Wellbeing Wednesday Wellbeing and information sessions with SOAR's Wellbeing Coaches and wider team. Exercises, crafts, mindfulness, health checks and more. Mainly for people registered with a GP surgery in the SAPA5 network.	Wednesdays, 10.30am-12.30pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL	Call Mariam on 07943 003 159 or mariam.hussain@soarcommunity.org.uk
Southey	Tai Chi Over 50 and want to enjoy gentle exercise in a supportive and fun setting? Then come along and give Tai Chi a go! £3.00 per session pay as you go - class fees to be paid to Parson Cross Forum.	Tuesdays, 12-1pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Singing for the Soul Group No experience needed for our singing group, all you need is a bit of enthusiasm and a sense of fun! This is a great chance to meet new friends and try something new. £3 per session, pay as you go.	Wednesdays, 10-11.30am	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Batters Group Fancy having a go at a range of activities including table tennis, badminton and curling? This is a friendly and welcoming group. £3 per session, pay as you go.	Thursdays, 10am - 12pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Taekwondo Learn the Korean Martial Art of Self Defence. £6 per training session.	6.30-7.30pm	Parson Cross Forum, S5 9NB	Email: soultkd@talktalk.net
Southey	Walking Football Free sessions for anyone to join in with.	Wednesdays, 2-3pm	Parson Cross Forum, S5 9NB	sean.graves@swfc.co.uk

Area	Service	Day & Time	Location	Contact
Southey	Line Dancing Beginner's line dancing class - £7 per session, booking essential.	Tuesdays, 3pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Sequence Dancing A little experience is preferred, but you will be learning new moves and making new friends! £3 per session pay as you go.	Thursdays, 12.30-2.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Firth Park, Shiregreen & Brightside	Gentle Aerobics with Community Wellness Services Standing or seated! A fun and friendly low intensity workout suitable for all ages, men and women, and all abilities. £2 per session.	Wednesdays, 11.30am	Wincobank Village Hall, Newman Road, S9 1LQ	0114 553 7807
Firth Park, Shiregreen & Brightside	Chairobics Chair-based exercises for the over 50s, fun and friendly.	Tuesdays, 10.15-11am.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07751 469 024
Firth Park, Shiregreen & Brightside	Mindful Exercise Gentle exercise, sit or stand, followed by a cuppa and a chat.	Thursdays, 11am-12pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07751 469 024
Firth Park, Shiregreen & Brightside	Sporting Chance Group Ages 50+. Discussion, cards, dominoes, table football, pool/snooker.	Tuesdays, 1-3pm Thursdays, 2-4pm	Tues - Stubbin Community Centre, Fairthorne Road, S5 6LY Thurs - Firth Park Bowls Pavilion (opposite the Doctor's Surgery)	Contact Mark Hible on 07841 430171 or email mark.hible@volunteeringmatters.org.uk
Firth Park, Shiregreen & Brightside	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Firth Park - meet outside the First Start Children's Centre. From 1st April 2024 onwards.	Mondays, 11.30am-12.30pm	Meet outside the First Start Children's Centre, S5 6HH.	Step Out Sheffield helpline - 07505 639 524
Burngreave	Women's Chronic Pain Cafe A free and welcoming space for women experiencing long-term pain, to make new friends, learn new coping techniques, and ask questions to visiting professionals. Arabic, Urdu, and Farsi interpreters present.	Thursdays, 11am-12.30pm	Burngreave Vestry Hall, 2 Burngreave Road, S3 9DD	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	Chronic Pain Group A free and friendly space for men and women experiencing long-term pain to learn about chronic pain, learn new coping techniques, and join in with chair-based movements. Slovak interpreter present.	Tuesdays, 1-2pm	Firvale Community Hub, S4 8GU	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	Men's Group A free and friendly space for men with long-term pain to socialise with others. Arabic interpreter present.	Wednesdays, 1.30-2.30pm	Burngreave Library, Sorby House, 42 Spital Hill, Sheffield S4 7LG	Contact Tasha on 07904 164 222 or natasha.kistnen@soarcommunity.org.uk
Burngreave	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Pitsmoor - meet at Abbeyfield House. From 1st April 2024 onwards.	Tuesdays, 1.30-2.30pm	Meet at Abbeyfield House, Abbeyfield Park, S3 9DL	Step Out Sheffield helpline - 07505 639 524
Burngreave	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Firshill - meet at the junction of Orphanage Road and Barnsley Road. From 1st April 2024 onwards.	Thursdays, 10.15am-11.30am	Meet at the junction of Orphanage Road and Barnsley Road below Abbeyfield Primary Academy, S3 9AN	Step Out Sheffield helpline - 07505 639 524

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Burngreave	Ladies Only Zumba £1 charge.	Wednesdays, 9.30-10.30am	Firvale Community Hub, S4 8GU	07897 324 285
Burngreave	<b>Active Through Football</b> Recreational football and group social for adult men aged 18+.	Thursdays, 6-8pm Fridays, 6-8pm	Astrea Academy, 97 Andover Street, S3 9BE	Call Faisal on 07944 085 168 or <a href="mailto:faisal.heid@sufc-community.co.uk">faisal.heid@sufc-community.co.uk</a>
Burngreave	<b>Active Through Football</b> Recreational football and group social for adult men aged 18+.	Wednesdays, 6-8pm Sundays, 6-8pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	Call Faisal on 07944 085 168 or <a href="mailto:faisal.heid@sufc-community.co.uk">faisal.heid@sufc-community.co.uk</a>
Burngreave	<b>Seated Exercise</b> For adults aged 18+. Activity runs during Friends of Foundry Community Hub.	Tuesdays, 11am-1pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	Call Faisal on 07944 085 168 or <a href="mailto:faisal.heid@sufc-community.co.uk">faisal.heid@sufc-community.co.uk</a>
Chapelton & Ecclesfield	<b>Walking Football</b> Walking football social session for adults 18+. Delivered as part of Sheffield United Community Foundation's Fans Fighting Cancer programme.	Tuesdays, 2-3pm	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	Call Beth on 07949 375 726 or <a href="mailto:health@sufc-community.co.uk">health@sufc-community.co.uk</a>
Chapelton & Ecclesfield	<b>Paces Active Movement Stroke Group</b> An active programme for people who have experienced a stroke. These sessions are a fun and sociable way to improve both your physical and psychological well-being.  Weekly programmes of physical support developing skills: Transfers and control of movement, talking and mobility, hand and fine-motor skills, breathing and speech activities. £15 per weekly – 1.5 hour session.	Thursdays, 2pm.	Unit 4, Smithy Wood Business Park, Smithy Wood Drive. Sheffield S35 1QN.	Darren Walker 0114 551 0419 Darren.walker@paccessheffield.org.uk <a href="https://www.paccessheffield.org.uk/have-you-had-stroke/">https://www.paccessheffield.org.uk/have-you-had-stroke/</a>
Chapelton & Ecclesfield	<b>High Green Gymnastics Academy</b> Classes for all ages throughout the week, booking only.		The Campus, Pack Horse Lane, S35 3HY	07572 857 223 or <a href="mailto:info@hgga.co.uk">info@hgga.co.uk</a>
Chapelton & Ecclesfield	<b>Fitness &amp; Fun (50+)</b> Gentle aerobics (standing) and indoor games such as curling and badminton.	Thursdays, 10-11.30am	The Campus, Pack Horse Lane, S35 3HY	Contact Margaret on 07704 093 427 or HGGA on 07572 857 223 or <a href="mailto:info@hgga.co.uk">info@hgga.co.uk</a>
Chapelton & Ecclesfield	<b>Echo Athletics</b> Cheerleading and dance classes for all ages.	Sundays.	The Campus, Pack Horse Lane, S35 3HY	Laura - <a href="mailto:echoathletics.cheeranddance@gmail.com">echoathletics.cheeranddance@gmail.com</a>
Chapelton & Ecclesfield	<b>Chairobics</b> Get fit and fun in a friendly environment.	Thursdays, 11.45am-12.30pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<b>Hatha Yoga</b> Mixed adult class for people aged 16+. Cost per class is £6.50.	Thursdays, 7-8pm	Ecclesfield Library, 113 High St, S35 9UA	To book, contact 07794 506 574
Chapelton & Ecclesfield	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Ecclesfield - meet in the Park carpark off 'The Common'. From 1st April 2024 onwards.	Wednesdays, 2-3pm	Meet in the Park carpark off 'The Common', opposite Morrisons in Ecclesfield. S35 9AE	Step Out Sheffield helpline - 07505 639 524
Chapelton & Ecclesfield	<b>Step Out Sheffield Ramblers Wellbeing Walks (accessible to all)</b> Grenoside - meet in the Community Centre car park. From 1st April 2024 onwards.	Thursdays, 10-11am	Meet in the Community Centre car park, off Main Street, Grenoside, S35 8PN	Step Out Sheffield helpline - 07505 639 524



Area	Service	Day & Time	Location	Contact
Citywide	<p style="text-align: center;">Gathering Ground Walk &amp; Talk</p> <p style="text-align: center;">A free casual social gathering for people aged 75 and over.</p>	<p style="text-align: center;">Mondays, 10.30am-12.30pm</p>	<p style="text-align: center;">Bradbury Makers' Shed, Hillsborough Park.</p>	<p style="text-align: center;">0114 250 2850 enquiries@ageuksheffield.org.uk</p>
Citywide	<p style="text-align: center;">Cycling 4 All</p> <p>We offer cycling to anyone who is Disabled or has a long-term health condition and can't ride a 2-wheel cycle. £4 per cyclist and PA/support ride for free. Free first time, and free transport the first time too. Form to complete before attending, <a href="#">here</a>.</p>	<p>Mondays, Tuesdays &amp; Thursdays 10.30am-12pm public cycling 12-1.30pm public cycling</p> <p>Wednesdays 10.30am-12pm Visually Impaired Pedallers groups and public cycling 12-1.30pm Pedal Strokes and Brain Injury group and public cycling</p>	<p style="text-align: center;">Hillsborough Park basketball area, next to the car park.</p>	

# Groups & Support

Area	Service	Day & Time	Location	Contact
Southey	Thoughtful Thursdays Join us for an informal drop-in space to talk about the Menopause and try a variety of activities.	The first Thursday of each month, 10am-12pm.	Foxhill Medical Centre, 160 Foxhill Crescent, S6 1GA	Janine - 07443 999 260 Julie Moore - 07960 084 251
Southey	Unforgettable Me Not Memory Café For people with early/mid stage memory loss and their carers. Come along for a cuppa, a bit of *breakfast and a chat and take part in a new activity every week. Activity session is free, *café is an additional cost.	Mondays, Tuesdays & Fridays 9.30-11.30am (term-time only)	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Parson Cross Forum Dementia Carers Group (Via Zoom) This fortnightly zoom group is aimed at supporting carers of those living with dementia in a safe, friendly and confidential environment. Free to attend, just give us a call for the Zoom codes.	Thursdays 12.30-1.30pm	Zoom - contact us for the link	0114 3279 727
Southey	Friendship and Cash Bingo Come along and join us for a new weekly bingo session on a Monday afternoon. You'll have the chance to have with a cuppa and a chat, before playing bingo.	Mondays, 12.30-2.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Young at Heart Activity and social group for people over the age of 50. Take part in an hour of fun exercise followed by a chat and a cuppa £2.50 per session for exercise and an optional choice to join the social group at £1.00 per week to take part in trips and Christmas meal.	Tuesdays, 1.30-2.30pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Lunch Clubs at Parson Cross Forum Come along and have a cooked meal, socialise and take part in an activity. Places must be booked. £6 for 2 courses.	Wednesdays and Fridays, 11.45am - 1pm	Parson Cross Forum, S5 9NB	0114 3279 727



Area	Service	Day & Time	Location	Contact
Southey	Indoor Crown Green Bowling Group	Wednesdays, 9.30-11am.	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Open Door Art Club An art group for adults with learning disabilities and their carers, come along and take part in a variety of arts and craft sessions each week Open to anyone 18+ £3.00 per session, carers free.	Thursdays, 10-11.30am.	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Cake My Day Warm Space Offering a free safe, warm space for anyone in the community to come along for a couple of hours of activity, a cuppa and a bit of lunch.	Tuesdays, 12-2pm	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	SOAR Social Cafes Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, or just a place to meet up. £2.50 per session - refreshments and activities included.	Fridays (fortnightly), 10am - 3pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL	Call Helen on 07795 563 700
Southey	Arts & Crafts Groups Arts and crafts group, Knit and Knatter group.	Wednesdays, 10am-12pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Welcoming Place Cafe and welcoming place for people to drop in for food or just a chat.	Thursdays, 10am-2pm.	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Singing Group at Longley 4G Singing group.	Thursdays, 10am-12pm.	Longley 4G Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Social Cafe (followed by lunch) Just turn up, no need to book. Free.	Tuesdays, 9.30am	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Community Food Hub Just turn up, no need to book. Collect up to 10 items for a £1 donation.	Tuesdays, 1.30-3.30pm	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Community Meal with FoodCycle Just turn up, no need to book. Free.	Tuesdays, 6.30-8.30pm	Mount Tabor Methodist Church, Wordsworth Avenue, S5 8NJ	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Coffee Morning Come for a chat and enjoy a coffee.	Wednesdays, 9.30-11.30am	St Leonard's Church, Everingham Road, S5 7LE	
Southey	Community Allotments Join us at the Norwood Allotments, no need to book - you can just turn up for free. All levels of experience suitable.	Wednesdays, 9am-12pm Thursdays, 11am-2pm	Norwood Allotments, Herries Road, S5 7HA	Contact Nick Waterfield from PXI at pxi.nick@gmail.com
Southey	Men's Only Talk Club A supportive space where people can come together to share their experiences and support each other on their mental health journeys.	Tuesdays, 11am-12pm	Parson Cross Forum, S5 9NB	sean.graves@swfc.co.uk
Firth Park, Shiregreen & Brightside	Food for Thought Lunches Chance to share a hot lunch and opportunity to meet, chat and make other friends. A 2 course lunch & drink, open to all, no age limit - £3.00.	Every Thursday, 11am - 1pm	Firth Park Methodist Church, Stubbin Lane, S5 8QL	joyce.wiles@talktalk.net

Area	Service	Day & Time	Location	Contact
Firth Park, Shiregreen & Brightside	Community Café - Café Valentine Good food and great prices - a full English is only £3 with bottomless drinks! A place to chat with others, get to know what's going on and maybe sign up to other things.	Every other Wednesday	Shiregreen United Reformed Church, Valentine Crescent, S5 0NX	lisa.wigfield@gmail.com
Firth Park, Shiregreen & Brightside	Wincobank Community Singing Group Singing group open to all (probably more suitable for older people). Free and no experience required.	Mondays, 2-3.30pm	Roman Ridge, 2 Lavender Way, S5 6DD	Call Ella on 07968 903 833
Firth Park, Shiregreen & Brightside	Dementia Group and Sing-Along Singing group with live singer for people with early/mid stage memory loss and their carers. We also have coffee mornings and tea & cake afternoons. Free entry, everyone welcome.	Thursdays, 2-4pm (4th April, 30th May, 27th June)	Wincobank Village Hall, Newman Road, S9 1LQ	wincobankvillagehall@gmail.com
Firth Park, Shiregreen & Brightside	Firth Park Carers Group For people with early/mid stage memory loss and their carers.	April 16th May 21st June 18th 2-4pm	Firth Park, 441 Firth Park Road, S5 6QQ	Call Lyndsey on 07538 100 375
Firth Park, Shiregreen & Brightside	SOAR Social Cafes Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, or just a place to meet up. £2.50 per session - refreshments and activities included.	Wednesdays, (fortnightly) 10am - 1pm	Shiregreen Neighbourhood Centre, Westnall Road, S5 0AA	Call Helen on 07795 563 700
Firth Park, Shiregreen & Brightside	Coffee Morning Meet new friends over a cuppa - all welcome.	Tuesdays, 11am-12.30pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	07752 469 024
Firth Park, Shiregreen & Brightside	Knit & Natter Chat, coffee and knitting. Join our friendly group!	Thursdays, 10am-12pm	Concord Golf Club (behind the Sports Centre)	focpww@yahoo.com
Firth Park, Shiregreen & Brightside	Mindful Mamas with SOAR SOAR's Welfare Coach offers a Mindful Mamas weekly session, for local mums to come together, try new activities and have some 'me-time'.	Wednesdays, 9.30am-2.30pm (excluding half-terms)	Shiregreen Community Centre, Sicey Avenue, S5 0RN	Call Jodie on 07538 118 947
Firth Park, Shiregreen & Brightside	Firth Park Community Allotments Adult Volunteer sessions Shared lunch provided (usually soup). No experience needed, experienced woodworkers and creative problem solvers especially welcomed! Learn how to grow your own food and share in the harvest! General maintenance volunteers also needed, its not all food growing!	Tuesdays, 9.30am-12.30pm	Brushes Allotment, Vickers Drive, Firth Park, S5 6TG	Check Facebook on day to confirm, enquiries through Facebook please. Please let us know you are coming before turning up.
Firth Park, Shiregreen & Brightside	HOPE Community Allotment Learn to grow fruit and vegetables at our gardening sessions. No experience needed.	Mondays, Thursdays and Saturdays, 9.30am-12.30pm	Plot 80, High Wincobank Allotments, Windmill Lane, S5 6FA	Contact Rowan on 07979661003
Firth Park, Shiregreen & Brightside	HOPE Community Allotment Women-only gardening sessions. Children welcome. No experience needed.	Tuesdays, 1-2.30pm Starting on 16th April	Plot 80, High Wincobank Allotments, Windmill Lane, S5 6FA	Contact Rowan on 07979661003



Burngreave	Community Allotment Sessions at Grimesthorpe Road Allotment Feeling isolated and need a chat and a cuppa? This drop-in is held weekly, a great chance to meet locals with similar issues and conversations. Asylum seekers and new arrivals particularly welcomed. Free organic veg for coming along, and learn to grow your own!	Thursdays, 10am-1pm	Grimesthorpe Road Allotment, S4 8LE (second plot on the left from the main entrance)	Sarah Emberson on 07718 609 285
Burngreave	Dementia? Welcome! Café For people with early/mid stage memory loss and their carers.	Mondays, fortnightly 10.30am-12.30pm	199 Verdon Street, S3 9QQ	Call Nick on 07725 569 380
Burngreave	Memory Café For people with early/mid stage memory loss and their carers.	Thursdays, 1-2.30pm	Firvale Community Hub, S4 8GU	Contact Adele 07897 324 285
Burngreave	Memory Dementia Support Group Meet new people, have a cup of tea. Carers advice and information.	Mondays, 11am-1.30pm	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	Contact Corrine 07725 204 574
Burngreave	Wellbeing Hub Supporting adults in the community with mental health conditions. Attendance via referral, please contact SACMHA for details.	Wednesdays, 11am-2pm.	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	<a href="mailto:admin@sacmha.org.uk">admin@sacmha.org.uk</a> Call 0114 272 6393
Burngreave	Social Café/Lunch Club Open to all, come along for a friendly informal weekly gathering. Health advice, arts & crafts, music, exercise. Join us for a healthy Caribbean Meal (vegan options available) only £5!	Thursdays, 11am-3pm.	Community Room, 10A Breinburg Court , 263 Pitsmoor Road, S3 9AQ	Contact Corrine 07725 204 574
Burngreave	<b>SAGE Women's Singing Group</b> SAGE are looking for new members for their women's singing group, supporting wellbeing and reducing isolation. It's a warm & welcoming group of all ages, no experience required. Free to join with optional donation of £2 for refreshments.	Mondays (term-time), 12.30-2pm	Welcome Centre at Christchurch Pitsmoor, Pitsmoor Road, S3 9AW	Contact Helen Walsh on 07932 927 153 or <a href="mailto:helenw@sagesheffield.org.uk">helenw@sagesheffield.org.uk</a>
Chapelton & Ecclesfield	Strong Minds Together Men's mental health support group, free of charge. Optional football.	Tuesdays, 7-9pm.	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	
Chapelton & Ecclesfield	High Green Community Shop Affordable clothing, homewares, toys and more. All funds raised go towards further community support.	Mon-Fri, 9.30am-3pm Sat, 10am-1pm	The Campus, Pack Horse Lane, S35 3HY	<a href="mailto:enquiries@hgdt.org">enquiries@hgdt.org</a>
Chapelton & Ecclesfield	<b>Craft Group</b> Painting, crafting and drawing - or bring your own from home!	Thursdays, 10.30am-2pm	The Campus, Pack Horse Lane, S35 3HY	To book your space please visit <a href="http://www.hgdt.org">www.hgdt.org</a>
Chapelton & Ecclesfield	Chapelgreen Community Fridge Redistribution of surplus food from local supermarkets. All food is free!	Open 11am-1pm every Saturday	The Campus, Pack Horse Lane, S35 3HY	Angela Woodward: <a href="mailto:ang.d.woodward@gmail.com">ang.d.woodward@gmail.com</a>
Chapelton & Ecclesfield	St Vincents ABC Women's boxing club.	Tuesdays, 7-9pm	Thorncliffe Sports Bar, High Green	<a href="mailto:paulstvincents@hotmail.co.uk">paulstvincents@hotmail.co.uk</a> or 07447027215.
Chapelton & Ecclesfield	Memory Lanes Bowling Group For people with early/mid stage memory loss and their carers. Activities, dominos, cards and more.	Mondays, 1-3pm	Chapelton Methodist Church, 1 Nether Ley Ave, S35 1AE	Call 0114 240 3514
Chapelton & Ecclesfield	SOAR Social Cafes Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, or just a place to meet up. £2.50 per session - refreshments and activities included.	Tuesdays, (fortnightly) 10am-12pm	The Community Room at Ecclesfield Parish Council, Mortomley Lane, High Green, S35 3HS	Call Helen on 07795 563 700

Chapelton & Ecclesfield	<p>Wednesday Friends Come for a cuppa and a chat, and make new friends too.</p>	Wednesdays, 10am	St John's Church, 21 Housley Park, S35 2UE	0114 257 7444 Email: office@stjohnschap.co.uk
Chapelton & Ecclesfield	<p>Watercolour Workshops A series of watercolour workshops twice yearly, led by volunteer Tony Wood. 4 consecutive classes over 4 weeks in March and October. £30, which includes refreshments. Limited places, please contact Tony.</p>	March/October Mondays, 7-9pm	Ecclesfield Library, 113 High St, S35 9UA	Tony - 01226 805 754 or tonyandjuliewood@talktalk.net
Chapelton & Ecclesfield	<p>Knit &amp; Natter Anyone welcome, regardless of experience.</p>	Mondays, 2-4pm Wednesdays, 12-3pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p>Creative Writing Group This friendly and supportive group welcomes all would-be authors whether they're in the process of writing their first novel or have a passion for telling short stories.</p>	The first Wednesday of every month, 6-8pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p>Ecclesfield Village History Group This group has a passion for researching and preserving the village's rich history by creating archives for future generations.</p>	The last Monday of every month, 2-4pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p>Reading Group Join a group of like-minded people who love to read and discuss stories.</p>	The last Friday of every month, 3-4pm	Ecclesfield Library, 113 High St, S35 9UA	
Chapelton & Ecclesfield	<p>Bereavement Cafe Talk to others about your grief. No need for a referral, you can just drop in.</p>	2nd Saturday of the month, 10.30am- 12.30pm	St Mary's Church, Priory Road, S35 9XZ	Contact Rev Tim Gill on 0114 257 0002
Hillsborough	<p>Dementia Friendly Talk Club A safe and supportive space for those impacted by dementia to speak to others.</p>	Wednesdays, 2-3pm	SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Hillsborough	<p>Walk and Talk with SWFCCP Our Walk and Talk mental health sessions offer a refreshing way to improve your mental well-being and increase your physical activity.</p>	Thursdays, 12.30-2.30pm	Meet at SWFC Hillsborough Stadium, S6 1SW	john.pearson@swfc.co.uk
Citywide	<p>Grow Walk &amp; Talk Walk and Talk is a walking, mentoring/coaching programme aimed at young people aged 16-24. Matched with a volunteer mentor you will meet for up to 8 weekly, walks in a green open space to help you work towards improving your mental health, wellbeing and confidence to get a job / training.</p>			Open for referrals. You can self refer and find more information on our website. <a href="https://www.growuk.org/walk-and-talk">https://www.growuk.org/walk-and-talk</a>



# Family Activities

Area	Service	Day & Time	Location	Contact
Southey	Baby Time at Parson Cross Library All under 5s, parents and carers welcome.	Fridays, 10.30-11.30am	Parson Cross Library, The Learning Zone, 320 Wordsworth Avenue, S5 8NL	0114 203 9533 parsoncross.library@sheffield.gov.uk
Southey	Berry Academy of Dance Dance classes for children.	Different days and times	Parson Cross Forum, S5 9NB	Contact Rebecca Akers on 07813139057
Southey	Children's Activities - After School Club Southey Forum offers a warm place to relax, have a cuppa, play games like cards, dominos etc. Mums with children are very welcome to use the play area plus toys etc while mum has a coffee.	Southey Forum is open Mon, Tues, Wed.  The Library is open Mon, Wed, Fri.	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Wiggles & Giggles For parents and children aged 6 months - 5 years. £2 per child. Term time only. Running until June 2023.	Wednesdays, 12- 1pm.	Parson Cross Forum, S5 9NB	0114 3279 727
Southey	Parson Cross Youth Club	Wednesdays, 6.30- 8pm.	St Paul's Church Hall, Wordsworth Avenue.	henrylagos@ncsheffield.org
Southey	JOY Intergenerational Group For parents and carers, and people over 60. Pre-booking required.	Wednesdays, 10.30am-1pm.	St Paul's, Wordsworth Avenue, S5 9JH	becca@stpaulswordsworth.org.uk
Southey	Autism Hope Support Group Parent and carer support group for parents of children of all ages with ASD, whether diagnosed or not. We offer support, friendship and understanding and also have guest speakers to signpost to other organisations that can help. No judgement, just a very warm welcome and plenty of tea and cake!	Fridays, 10-12pm (term-time)	Creswick Greave Methodist Church, Yew Lane, S5 9AZ	autismhopesheffield@gmail.com

Area	Service	Day & Time	Location	Contact
Southey	Youth Group Youth club at Longley 4G.	Tuesdays, 6-7.30pm.	Longley 4 Greens Community Centre, Southey Avenue, S5 7NN.	0114 399 0520
Southey	Community Toddler Groups Parent and toddler groups with Best Start Communities Count. All sessions are £2 per parent and child, 50p for each additional child.	Mount Tabor Methodist Church - Mondays, 12.30-2.15pm. Longley 4G Community Centre - Tuesdays, 9.15-11.15am.		Contact Nicola on 07495 965312.
Southey	Rainbows, Brownies, Guides & Rangers	Mondays, 5pm	St Paul's, Wordsworth Avenue, S5 9JH	<a href="http://www.girlguiding.org.uk/information-for-parents/register-a-child">www.girlguiding.org.uk/information-for-parents/register-a-child</a>
Southey	Cubs & Beavers	Mondays, 6-7.30pm	Mount Tabor Methodist Church, S5 8NJ	Sarah - 07856 739 170
Southey	Toddler Group For children aged from birth to 4 years. £1.50 per family, no booking required.	Tuesdays (term-time), 9.30-11am	Church on the Corner, Buchanan Road, S5 8AP	churchonthecorner.enquiries@gmail.com
Firth Park, Shiregreen & Brightside	Wincobank Kicks Youth Club Youth club and multi-sports activities with SWFCCP, for ages 11-16 years.	Wednesdays, 5.30-7.30pm	Wincobank Village Hall, S9 1LQ.	jacob.walkland@swfc.co.uk
Firth Park, Shiregreen & Brightside	Parkwood Kicks Football session with SWFCCP. Ages 8-18 years.	Saturdays, 11am - 1pm.	Parkwood Academy, 3G Pitch, S5 8UL	community@swfc.co.uk
Firth Park, Shiregreen & Brightside	Shiregreen Kicks Junior youth club filled with various activities, with SWFCCP. Ages 7-13 years.	Fridays, 3-5pm	Shiregreen Neighbourhood Centre, S5 0AA	community@swfc.co.uk
Firth Park, Shiregreen & Brightside	Baby Group Term-time only.	Fridays, 10-11.30am	Shiregreen United Reformed Church, Valentine Crescent, S5 0NX	lisa.wigfield@gmail.com
Firth Park, Shiregreen & Brightside	After School Club with Community Wellness Services Indoor and outdoor activities for 6-11 year olds after school.	Mondays, 4-5.30pm	Wincobank Village Hall, Newman Road, S9 1LQ	Let us know you're coming or turn up on the day: info@cwsuk.ltd
Firth Park, Shiregreen & Brightside	Shiregreen Youth Club Youth Club.	Wednesdays, 6.30-8pm.	St James & St Christopher's Church Hall, Bellhouse Road.	henrylagos@ncsheffield.org
Firth Park, Shiregreen & Brightside	Shiregreen Stomp 7-11s kids club.	Thursdays, 5.30-6.30pm.	Shiregreen Community Centre, Sicey Avenue, S5 0RN.	henrylagos@ncsheffield.org
Firth Park, Shiregreen & Brightside	Forge North Football 11-18s football session.	Mondays, 6.30-7.30pm.	Concord Sports Centre (outdoor 3g pitch), Shiregreen Lane.	chrisnall@fctrust.uk

Area	Service	Day & Time	Location	Contact
Firth Park, Shiregreen & Brightside	Wincobank Baby & Toddler Group Indoor activities and outdoor play, parents and grandparents welcome.	Wednesdays, 10am-12pm.	Wincobank Chapel, 132 Wincobank Ave S5 6BB	<a href="mailto:gill.lemm@yahoo.co.uk">gill.lemm@yahoo.co.uk</a>
Firth Park, Shiregreen & Brightside	Community Toddler Groups Parent and toddler groups with Best Start Communities Count. All sessions are £2 per parent and child, 50p for each additional child.	Shiregreen Community Centre - Mondays, 9.30-11.30am. Shiregreen Neighbourhood Centre - Thursdays 9.30-11.30am. Wincobank Village Hall - Fridays, 9.30-11.30am.		Contact Nicola on 07495 965312.
Firth Park, Shiregreen & Brightside	Home Education Aerial Classes Five-week block. Open to all children aged 7-17 years wanting to experience a different type of physical learning. Try out aerial skills in hoop, silks and trapeze to build strength, fitness and confidence.	Tuesdays, 1.45-3.15pm	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	<a href="mailto:youthcircus@greentop.org">youthcircus@greentop.org</a>
Firth Park, Shiregreen & Brightside	Tuesday Youth Circus Skills Open to anyone wanting to try out a new ground-based skill or build on existing talents.	Tuesdays from 9th January 2024, 5-6pm.	Greentop Circus Centre, St Thomas Building, 74 Holywell Rd, S4 8AS	Book one or all five sessions <a href="#">here</a> .
Chapelton & Ecclesfield	Strong Minds Together Youth Club In association with Sheffield United Community Foundation. For ages 10-16 years. Free of charge.	Thursdays, 4-6pm.	Leisure United Thorncliffe, Pack Horse Lane, S35 3HY	
Chapelton & Ecclesfield	Baby Bloom Rotherham North Classes A friendly environment to meet people, have fun and enjoy quality time together with your baby. The multi-sensory themed classes will aid your baby's learning & development. Must be booked in advance.	Thursdays, 10am and 11.15am	The Campus, Pack Horse Lane, S35 3HY	<a href="https://www.bloombabyclasses.com/rotherham-north">https://www.bloombabyclasses.com/rotherham-north</a>
Chapelton & Ecclesfield	SWCP Youth Club Free for ages 9-16. Activities include multi-sports, games console, arts and crafts, tuck shop and more.	Mondays, 4-6pm	The Campus, Pack Horse Lane, S35 3HY	<a href="mailto:paul.hebda@swfc.co.uk">paul.hebda@swfc.co.uk</a>
Chapelton & Ecclesfield	Always An Alternative Youth Club Free for ages 10-16. Console, crafts, games, and more. Limited places available so please book on via the email stated.	Fridays, 5.30-7pm (10-14 year olds) 7.15-8.45pm (15-18 year olds)	The Campus, Pack Horse Lane, S35 3HY	<a href="mailto:info@alwayसानalternative.org.uk">info@alwayसानalternative.org.uk</a>
Chapelton & Ecclesfield	Ready Steady Go, SEND Baby & Toddler Group High Green Development Trust is delighted to announce a brand new baby / toddler group for those with SEND (no diagnosis required). No drop ins as we are limiting numbers to ensure the environment is not too overwhelming for the children. Refreshments and snacks included. Term time only.	Wednesdays, 10.30 - 11.30am	The Campus, Pack Horse Lane, S35 3HY	<a href="mailto:community@hgdtd.org.uk">community@hgdtd.org.uk</a> 0114 284 4444



Chapelton & Ecclesfield	Concord Kicks Football session with SWFCCP. Two sessions: ages 8-13 years and 14-18 years.	Fridays, 4-5pm (ages 8-13 years) Fridays, 5-6pm (ages 14-18 years)	Concord Sports Centre, 3G Pitch, S5 6AE	community@swfc.co.uk
Chapelton & Ecclesfield	St Vincents ABC Under 16s boxing club.	Tuesdays, 5-7pm	Thornccliffe Sports Bar, High Green.	paulstvincents@hotmail.co.uk or 07447027215
Chapelton & Ecclesfield	Little Bears Club Children's playgroup open to children from birth to school age, to socialise, play, read, join in activities and learn via the interactive screen. £1.50 per adult, refreshments provided.	Fridays, 10-11.30am	Ecclesfield Library, 113 High St, S35 9UA	

# Employment & Training

Area	Service	Day & Time	Location	Contact
Southey	Maths and English Lessons Tutor-led lessons at Southey Forum. Available to anyone.	Mondays, 10am-1pm (Maths) Tuesdays, 12-2pm (English)	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Computer Lessons Tutor-led lessons at Southey Forum. Available to anyone.	Mondays, 10am-12pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Southey	Job Club Help with CVs etc at Southey Forum. Available to anyone.	Fridays, 10am-2pm	Southey Forum, Moonshine Lane, S5 8RB	0114 285 3093 or 07951 224 343 (Janet)
Burngreave	Digital Inclusion Free basic IT and computer training. No experience necessary, iPad available for use.	Wednesdays & Thursdays, 10-11am	Community Room 10A Breinburg Court 263 Pitsmoor Road S3 9AQ	<a href="mailto:admin@sacmha.org.uk">admin@sacmha.org.uk</a> 0114 272 6393
Citywide	Progression Hubs Street League offer a drop-in workshop hub focusing on developing CV's looking at job applications and chance to have help with any application forms. These sessions are for young people aged 16-24 and are NEET (Not in Education, Employment & Training) including school leavers.  There is also some time for sport during both sessions.	Tuesdays, 3.30-5pm.	Ponds Forge International Sports Centre, S1 2BP.	Matthew.Cox@streetleague.co.uk or 07795 516 210
Citywide	Grow Programme A 5-week programme for 16-24-year-olds finding it difficult to get into sustained education employment or training. Developing employability skills, building confidence and promoting wellbeing through group coaching, outside work and 1:1s.	Mon, Tues & Wednesdays 1 - 3.30pm 24 June – 24 July 2024	Grow - Green Estates - 389 Manor Ln, Sheffield S2 1UL  Next to the The Rhubarb Shed Cafe	<a href="mailto:charly.crump@growuk.org">charly.crump@growuk.org</a>



# Events

Area	Service	Day & Time	Location	Contact
Firth Park, Shiregreen & Brightside	<p><b>Spud in a Pot Competition!</b> Friends of Firth Park Community Allotments</p> <p>We give you a seed potato, a pot, and some instructions. Take your spud in a pot home, follow the instructions and bring back your bucket to the competition day at the summer fair, July 7th (keep your eye on social media for details). See who can grow the heaviest potatoes, the single biggest potato, the smallest potato! Competitors get to keep their potatoes. There is a limited supply of potatoes, first come first served, when they're gone they're gone!</p>		<p>Launch Saturday 23rd March 10am-4pm At the Makers Market, the Methodist Church of Firth Park</p>	
Burngreave	<p>Friends of Foundry Friends of Foundry was created by Foundry Primary Care Network staff to help support our community in a holistic way. Do you fancy a cuppa? Would you like some help or advice? Or just fancy a chat?</p>	Tuesdays, 11am-1pm	Verdon Street Recreation Centre, Verdon Street, S3 9QS	
Chapelton & Ecclesfield	<p><b>Ecclesfield Parish Council D-Day Event</b> To commemorate the 80th anniversary of the D-Day landings. Save the date!</p>	Thursday 6th June	Ecclesfield Park	
Chapelton & Ecclesfield	<p><b>Friendship Lunches</b> 2 course meal and live entertainment (between £10-£15 per person).</p>	<p>Red Lion Grenoside - 2nd Tuesday of the month Norfolk Arms Chapelton - 3rd Wednesday of the month Oak House Chapelton - please ring for dates</p>	<p>Red Lion - 0114 4383115 Norfolk Arms - 0114 2570750 Oak House - 0114 2455536 For further info please contact Kathy Markwick on 07729 528 844</p>	





# DON'T FORGET ABOUT SHEFFIELD HEALTHY HOLIDAYS!

**FREE Fun activities & food for children eligible for benefits-related free school meals, during school holidays**

<https://sheffieldhealthyholidays.org/>