



## DECEMBER 21 & JANUARY 2022

### What's on Guide

A timetable of activities has been adapted during Covid-19 to ensure we can continue to support our communities across our neighbourhood.

*Activities may change in line with government guidelines.*

### Coming up! Watch This Space

#### ShipShape Winter Fair

We are having a winter fair! We invite you all to celebrate with us at our winter fair THERE WILL BE RAFFLES, STALLS, CRAFTS, FOOD AND ENTERTAINMENT AND MUCH MORE

**Saturday 18th December - 11:00 - 16:00**

#### Community Cricket Hub

The wait is over ladies we have launched our community cricket hub this month! Meeting point ShipShape for Bhangra keep fit class and straight after we will play cricket in the park! If you haven't signed up then get in touch as spaces are limited. Women and girls only.

**Every Thursday 16:30 - 18:00 at Mount Pleasant Park**

#### Desi Women & Young Girls Football

After our successful taster session we have now planned to run weekly sessions. Get in touch if you want to book your place. Women and girls only.

**Every Friday 16:00-17:00 at UMIX Centre**

#### Community Learning Hub

- **Social Cafe** - A digital cafe supporting to use zoom, a SMART phone, set up email, registering with online banking & shopping online, using WhatsApp, registering with a GP, making Covid test appointments- **Thursdays 1:30pm-2:30pm**
- **Employability Support in partnership with Employers Forum** - help you find work, Job search, Careers advice, Job application/CV writing, Help to apply for jobs, Interview preparation, Sourcing skills development. pop in to The Job club every **Thursday 11am-3pm** or call to book a 1-2-1 appointment.
- **English Conversation - Starting soon ! get in touch to book your space**  
**Contact us to book your space.**

#### Healthy Holiday Special -Festive Puppet making and Theatre trip

Come along to this winter workshop to make your own felt puppets. Sign up and come and see Sheffield theatres puppet Christmas show. Families to book.

**Monday 20th Dec 1-3pm at Shipshape, Tuesday 21st Dec at Broomhall Centre 11-2:30pm**

**Wednesday 22nd Dec 1-3pm at Shipshape**

Call to book your space, limited spaces

**At ShipShape Community Hub**

**The Stables, Sharrow Lane, Sheffield S11 8AE**

**Tel: 0114 250 0222 - Email: [info@shipshape.org.uk](mailto:info@shipshape.org.uk)**

**Facebook:** [ShipshapeSheffield](https://www.facebook.com/ShipshapeSheffield) -

**Twitter:** [@shipshapewell](https://twitter.com/shipshapewell) -

**Website:**

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

# SHIPSHAPE 1-2-1 SERVICES

## Wellbeing support by our Health & Wellbeing Coaches

### Face to face appointments now available

Trained Wellbeing officers can offer 1-2-1 tailored support to help you develop healthier lifestyle choices. This includes a personalised support plan that encourages the empowerment of an individual to take control of their own health and wellbeing ('what matters to me'). support may include, eating healthier, losing weight, being more active, referral to other services, advice & information, housing , benefits, diabetes and chronic pain support.

**Monday - Thursday - 10:00 - 15:00**

**Delivered via:**

**Face to Face / Phone calls / Zoom appointments / WhatsApp - BY APPOINTMENT ONLY**

## Health & Wellbeing Coaches- Service at GP practices

Referrals from a variety of medical centres: Hanover MC / Porterbrook MC / Sharrow Lane MC / Matthews Practise / Sloan MC / Blackstock / Mosborough MC / Birley MC / Hackenthorpe MC

**Face to face appointments at Sloan and Black Stock Medical Centre are available**

**Ask your GP to refer you to our coaches**

## Wellbeing Walk and Talk

Come and join your wellbeing workers for a nice walk and talk about your wellbeing. They can support you with being referred to other services, being more active, diabetes and chronic pain support, and much more!

**Monday - Thursday - 11:00 - 15:00**

**BY APPOINTMENT ONLY - Face to Face**

## Wellbeing Support Line

For a free, confidential chat with our Shipshape health and engagement team who are here to help. Receive up to date information on Covid or any health advice and connect back to services. Get in touch! Language support available. Urdu, Punjabi, Arabic, Hindi, Bengali

**Monday - Friday - 11:00 - 14:30**

**Delivered via:**

**Face to Face / Phone calls / Zoom appointments / WhatsApp - BY APPOINTMENT**

## Health Checks and 1-2-1 Support

Shipshape is offering health checks and one to one support. This will include weight, height, BMI and BP. Come along at our drop in session on

**Wednesdays - 10:00 - 15:00**

**CONTACT US TO BOOK YOUR PLACE**

# SHIPSHAPE GROUP SERVICES

## Festive Puppet making and Theatre trip

Come along to this winter workshop to make your own felt puppets. Sign up and come and see Sheffield theatres puppet Christmas show. Families to book.

**Monday 20th December 1-3pm at Shipshape**  
**Wednesday 22nd December 1-3pm at ShipShape**

Call to book your space, limited spaces

## Diabetes & Health Group- Women

Offering face to face sessions to support manage your diabetes. a range of outdoor activities, discussion on Covid and Diabetes, getting active, food & Diabetes, 1-2-1 support/connecting to services.

**Tuesday 11:00 - 12:30**

**CONTACT TO BOOK YOUR PLACE**

## Broomhall Women's Health Group

Broomhall Women's Health cafe for families in the area. a range of food and creative activities. Connect with the community hub to find out more information on local support that's being offered. Keep fit class. Christmas special.

**Tuesdays 11:00 - 14:30**

**Broomhall Centre, Broom spring Lane, S10 2FD**

Delivered at Broomhall Centre - Face to Face

## Helping Hand and Support Group - For Asylum seekers & Refugees

Come along for wellbeing support, to connect with other women, to find out more info on at ShipShape and around the cities and signpost to relevant and more specialised services.

**Fridays - 13:00 - 14:30**

Contact Shipshape for more information / to refer someone you know who might need this support.

# SHIPSHAPE COMMUNITY KITCHEN

## Breakfast Club

Breakfast club is back, come and enjoy a healthy breakfast, connect with others and find out other services and support available.

**Fridays - 10:30 - 12:00**

**CONTACT TO BOOK YOUR PLACE**

## Cooking On A Budget

Together we will learn to cook meals that are exciting diverse and delicious - with affordable, local and seasonal ingredients as well as homegrown produce.

**Thursdays - 11:00 - 13:00**

**CONTACT TO BOOK YOUR PLACE**

## Shipshape's Community Courtyard Garden Project

Sessions at shipshape. Join us for light gardening activities and help us transform our courtyard!

**Fridays - 14:30 - 16:30**

**CONTACT TO BOOK YOUR SPACE - DROP IN**

# DEMENTIA AND CARERS SERVICE

## Monthly Coffee Mornings

Monthly check-in calls with carers and people with dementia.

**1st Monday of every month - 11:00 - 12:30**

**Delivered via: Face to face / phone calls / Zoom / WhatsApp**

## Monthly Men's Cafe

Monthly check in calls with carers / people with dementia

**3rd Monday of every month - 12:00 - 13:00**

**Delivered via: Face to face / phone calls / Zoom / WhatsApp**

## Activity Packs

Come and collect your dementia and carers activity packs!

**3rd Monday of every month, 11:00 - 12:30**

**Please book your slot before attending, you will be given a time slot and instructions for pick up!**

## Recharge your batteries - Carers session - Women only!

A variety of activities such as, chair-based stretching exercise, pampering sessions, nails, hand massage and special guest visits!

**4th Monday of every month, 13:00 - 14:00**

**Delivered via: Face to face / phone calls / Zoom / WhatsApp**

# HEALTHY HOLIDAY PROGRAMME

Free food & activities for kids/young people and families in the local area to get support and fun activities every school holiday!

Activities include, picnics and nature trails in the local park, cricket hub , visits from other organisations providing fun sessions, food packs, cook-along videos, and more!

**December Half Term**

**CONTACT TO BOOK YOUR PLACE**

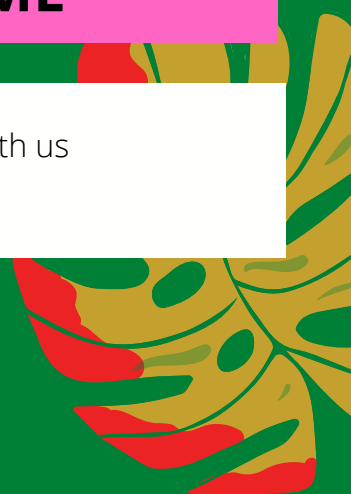
# PHYSICAL ACTIVITY PROGRAMME

## Chair Aerobics & keep fit class - Women's group

Chair-based stretching exercises to music! Come and get active with us

**Wednesdays 11:00 - 12:00**

**Delivered: Face to face outdoor space**



### **Bollywood Dancing**

Join us and dance to your choice of music with our trainer. Different cultural music played

**Wednesdays 12:00 - 12:30**

**Delivered: Face to face outdoor space**

### **Women's Open Day - Apni Sehat**

In this session we will deliver various activities such as, exercise, self love, sewing & Knitting, cancer awareness session and different organisations will come to raise awareness.

**Wednesdays - 11:00 - 14:00**

### **Community Cricket Hub**

The wait is over ladies we will be launching our community cricket hub this month! if you haven't signed up then get in touch as spaces are limited. Women and girls only.

**Every Thursday 16:30 - 18:00 at UMIX Centre**

**CONTACT TO BOOK YOUR PLACE**

### **Walking Football - Men**

A weekly outdoor session keeping people active in a mild form of exercise, and improving your health.

**Tuesdays 13:00 - 14:00 at U-Mix centre, 17 Asline Road, S2 4UJ**

**CONTACT TO BOOK YOUR PLACE**

### **Desi Football - Women**

A weekly outdoor session keeping active and having fun! Ladies only!

**Every Tuesdays - 16:00 - 17:00 at UMIX Centre**

**CONTACT TO BOOK YOUR PLACE**

### **Dr Bike - Repair session and learn how to ride - Watch this space**

Weekly cycling sessions! Come and learn how to ride a bike and find new routes around Sheffield - men only

**CONTACT TO BOOK YOUR SPACE**

### **Women's Cycling Club**

Learn how to ride a bike. Meeting point ShipShape followed by a a session at the back of the centre.

**Wednesday's 10:00 -11:00**

**CONTACT TO BOOK YOUR PLACE**

Our services are free and confidential. Delivered by trained and experienced staff

Contact ShipShape for further details:

**Please ask if you need language support.**

**0114 2500 222 / 07843552713 (leave us a text)**

**Email [Info@shipshape.org.uk](mailto:Info@shipshape.org.uk)**

**Food Bank Hub Line - 0114 321 0733 - Thursdays 11am-1pm - Please book by Tuesday for a food parcel each week on the food bank hub line number.**



HELLO

# ShipShape's COMMUNITY HUB



**For a free, confidential & a friendly  
chat contact:**

**0114 2500 222/07843552713**

**ShipShape's Health & Engagement team alongside their trained community  
champions are here to help.**

- Receive up to date information, Advice & resources on coronavirus & the vaccine.
- Provide practical & emotional support.
- Food supplies (Local Foodbank)
- Advocacy support
- Support with long term health conditions i.e diabetes, mental wellbeing, keeping active, chronic pain, cancer, stop smoking etc.
- Employment & training
- Counselling i.e bereavement
- Connect with other support services.

**Monday – Friday 11am-4pm**

- **Community coronavirus phone support line or**
- **Book an appointment to see one of ShipShape's Health & Engagement workers**

**Support available in - Urdu, Punjabi, Hindi, Bengali & Arabic**

1-2-1 or family support available

