



What's on Guide

August 2022 Summer Edition

Supporting Communities Across Nether Edge, Abbeydale, Highfield, Sharrow, Broomhall
& City Centre

Language support available - Urdu, Punjabi, Arabic & Hindi

ShipShape Family Summer Camp

Come along to our jam packed activities this summer. Family fun activities & free food provided. Different activities planned this summer, get in touch to book your place. See our leaflet for more info - drama, multi-sports activities and lots of fun!

Health & Wellbeing Coaches

Wellbeing Coaches offer 1-2-1 Free, Confidential and Tailored support to improve individuals' health & wellbeing and to change their behaviours to lead a healthier lifestyle. *(by appointment only)*

Monday - Wednesday

10am - 3pm

Diabetes Education Programme

Do you have Diabetes? Are you newly diagnosed with Diabetes? Are you at risk of getting Diabetes? Come to our free 6 weeks diabetes education programme and learn about Diabetes. Booking required.

Time & Date TBC

Men's Health and Wellbeing open day

Come and have some fun, socialise, play cards/board games & get active.

Guest speakers, health checks and much more.

Tea, coffee and biscuits provided

Every Monday 10:30am-1pm

At ShipShape Community Hub

The Stables, Sharrow Lane, Sheffield S11 8AE

Tel: 0114 250 0222 / 07307 766535 - Email: info@shipshape.org.uk



GREEN SPACE ACTIVITIES

ShipShape Garden Based Project

Come along and lets get started creating our green space. Donations welcome.

Every Wednesday 12:30-14:00

Multi Sports Activities - Women & Girls Only

Multi sports activities. (Football, soccer size, cricket and tennis.

Half-term/Summer Holidays ONLY! Thursdays 12-2pm

CONTACT TO BOOK YOUR PLACE

Men's Cycling Sessions

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

TBC

CONTACT TO BOOK YOUR PLACE

Walking Football

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

SHIPSHAPE 1-2-1 SERVICES

Health & Wellbeing Coaches @ GP practices

Referrals from Gp practices can be made to our Health & Wellbeing Coaches

Hanover MC / Porterbrook MC / Sharrow Lane MC / Matthews Practice / Sloan MC / Blackstock MC
/The Mulberry Practice/ Sloan MC

Ask your GP to refer you to our coaches

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

Employability Support

Are you looking for work! if you are unemployed & struggling to find work our key workers at Employers Forum can make a difference. A range of support available:

121 support, job applications, CV writing, job search, interview tips, work experience & confidence building.

Call to book an appointment 0114 2585000

info@theemployersforum.org.uk

Community Hub 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 other support required.

Language support available. Urdu, Punjabi, Arabic, Hindi, Bengali

Monday - Friday - 11:00 - 14:30

1-2-1 Walk and Talk

Come and Join our Health & Wellbeing coaches for a nice walk and talk. Speak to your coaches to book in your outdoor appointments.

Every Monday 10:00-15:00

(by appointment only)

ShipShape Foodbank

Partnership with S6 Foodbank

To book a food parcel please call our Foodbank Hub Line number - 0114 321 0733.

If you require language support and need help with booking your food parcel call: 0114 250 0222

Booking : Monday and Tuesday Only

Collection :Every Thursday 11am-1pm At ShipShape

Health Checks Now Available

Receive a 15 minute Health check follow by 1-2-1 support. This will include weight, height, BMI, Body Fat percentage and Blood pressure checks.

Monday-Thursday - 10:00 - 14:00

(by appointment only)

SHIPSHAPE GROUP SERVICES

Broomhall Women's Health Group

A range of fun and creative activities for women in Broomhall.

Sewing

Information sharing

Cultural dancing 1:15-2pm

Dementia Information Hub & Health checks (second Tuesday month).

Our development worker is hosting Information & Advice drop-in-11-1pm

Contact our Development worker at ShipShape for more information on local support that's being offered.

Tuesdays 11:00 - 14:30

Broomhall Centre, Broom spring Lane, S10 2FD

Helping Hand Support Group

Monthly social wellbeing group for Asylum seekers & Refugees. A range of fun and creative activities, information and advice, signpost to relevant and more specialised services.

Last Friday of the month

Date & Time to be Confirmed

SHIPSHAPE COMMUNITY KITCHEN

Breakfast Club

Come along & have some breakfast with us, play activities find out about our services and support available.

Fridays 10:00-11:30

No booking required just drop-in

Cooking On A Budget

Come along and learn recipes, skills, tips and tricks that help you to cook on a budget. With affordable, local and seasonal ingredients as well as homegrown produce.

Every Thursday 10:00-12:00

Starting 12th May

6 week programme

DEMENTIA AND CARERS SERVICE

Recharge your batteries - Carers session - Women only

A variety of activities such as, chair-based stretching exercise, hand massage and special guest visits! Face to Face.

First Wednesday of every Month - 11:00 - 12:00

Community Men's Cafe - Men only

Once a month drop in to have tea/coffee and advice on Dementia. For carers and people with dementia.

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

1-2-1 Phone Support

1-2-1 phone support. People who have Dementia and their carers.

Every 2nd Monday a month

PHYSICAL ACTIVITY PROGRAMME

Chair Aerobics & keep fit class - Women's group

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

Wednesdays 10:30-11:30

Delivered: Face to face outdoor space

Women's Health & Wellbeing Open Day

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 - 10:00 - 12:00

**Our services are FREE and Confidential
Delivered by trained and experienced staff**

At ShipShape Community Hub

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