



What's on Guide FEBRUARY 2022

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!

Healthy Holiday Special - February Half-Term Special

Come along to our jam packed activities this half term holidays in February.

Family fun activities & free food provided.

- **Monday 14th Feb - 2 Cool 2 Cook (12+) - 11:00am - 1:00pm at Shipshape.**
- **Tuesday 15th Feb - Family fun day at Broomhall Centre**
- **11am - 2:00pm.**
- **Wednesday 16th Feb - 'Textiles Together'- craft group. Help & create a textile for the crucible theatre - 11am-1pm at Shipshape**

To see more info, check our social media pages out!

Call ShipShape Community Hub to book your space on: 0114 250 0222 / 07307 766535

Creative Photography Project with Sheffield Theater's - Mens only!

Every Thursday we have partnered up with Sheffield Theatre and they will be running a creative photography project. Also having conversation about Sheffield heritage!

Every Thursday (7 week session) 11am - 12:45pm

Diabetes Education Programme

ShipShape provides an excellent free support service for those who would like to take steps to manage their diabetes during this time, so why not come along to our diabetes education programme to learn more.

Starting Tuesday 22nd Feb (6 Weeks Programme) 11am-1pm

At ShipShape Community Hub

The Stables, Sharrow Lane, Sheffield S11 8AE

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



SHIPSHAPE 1-2-1 SERVICES

Wellbeing support by our Health & Wellbeing Coaches

Face to face appointments now available

Trained Health & Wellbeing Coaches 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 / Walk & Talk / 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 / Matthews Practice / Mulbury Practice / Sharrow Lane

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

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 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 Foodbank - Partnership with S6 Foodbank

Shipshape foodbank in partnership with S6 Foodbank. If you need help with a food parcel please call Foodbank Hub Line number - 0114 321 0733 / 0114 250 0222 we also offer language support.

Every Thursday 11am-1pm - Please book by Tuesday for a food parcel each week

SHIPSHAPE GROUP SERVICES

LIVE LIGHTER PROGRAMME SPECIAL - Women only!

Offering face to face sessions to support weight management programme. A range of outdoor activities, discussion on diet, getting active, food and managing your diabetes or other health conditions. group and 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 10:30 - 2:30

Broomhall Centre, Broom spring Lane, S10 2FD

Delivered at Broomhall Centre - Face to Face

Broomhall Women's Health Group - Live Lighter Programme

Offering face to face sessions to support weight management programme. A range of outdoor activities, discussion on diet, getting active, food. Group session.

Tuesdays 10:30 - 11:30

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.

TBC

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

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 Tuesday 10am-1pm or call to book a 1-2-1 appointments

Mon-Fri appointments available.

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 - 9:30 - 11:30

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 - 10:00 - 12:00

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!

COMING SOON - WATCH THIS SPACE

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

Live Lighter Programme - Men's Cafe

Monthly check in calls with carers / people with dementia

Every Monday - 11am-12noon

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

City Centre Dementia Cafe

City centre dementia cafe is back. Come along with your carer and enjoy some coffee/tea and refreshments. Reconnect with other service users.

Last Friday a month 10:00am-12:00pm

Delivered via: Face to face

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!

February Half Term - Check the first page for more information!

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 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 - 11:00 - 14:00

Community Cricket Hub - Women & Girls Only

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 4:30pm - 6:00pm at UMIX Centre

CONTACT TO BOOK YOUR PLACE

Walking Football - Men Only

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 & Girls

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

Women's Cycling Club

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

**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 / 07307 766535 (leave us a text)

Email Info@shipshape.org.uk