Paces names leading politician as Patron

Rt Hon Robert Halfon MP, Chair of Commons Education Select Committee, is named Patron of Paces

The influential Chair of the House of Commons Education Select Committee has been named as a Patron of Paces, the Sheffield charity and school which supports children, adults and families with cerebral palsy and motor disorders.

The Rt Hon Robert Halfon MP, a former Education Minister who himself has cerebral palsy, accepted the invitation to take up the role as he visited the charity’s High Green campus on Friday (8 December). During the visit, Mr Halfon met with some of the school’s pupils, teachers and staff and heard about the work of the charity and its innovative conductive education programme to support those living with motor disorders. He said: “I care passionately about supporting young people with disabilities and Paces is a national centre of excellence for supporting those living with cerebral palsy and motor disorders. When I was invited to become a Patron, I took no time at all to accept and am proud to support and promote this beacon of excellence and great education for children, young people, adults and families with their outstanding school and innovative conductive education programmes.”

Mr Halfon was accompanied on the visit by Dr Spencer Pitfield, Interim Chief Executive of Paces, who had invited him to become a Patron. Speaking about the appointment, he said: “I have known Rob for a number of years and have been impressed by his commitment to ensuring young people have the best start in life – no matter what challenges they may face. This commitment makes him the perfect choice for our Patron. As Paces ends our 20th anniversary year, the appointment of such an influential Patron is an indication of our commitment to continue to find innovative ways of supporting young people, adults and families who live with cerebral palsy and motor disorders.”

Ann Menzies-Blyth, Chair of Trustees at Paces, said: “I would like to thank Rob for both coming to Paces to see and hear about our work and for saying ‘yes’ to our invitation to be our Patron. We are passionate about the work we do here to support those of all ages with motor disorders, I know Rob shares that passion and I look forward to working together to inform more people about what we do and how we can help in the months ahead.”

Paces is a leading specialist centre for children, young people, adult and families living with motor disorders. The charity works with those with neurological conditions, typically Cerebral Palsy, Stroke, Multiple Sclerosis, Parkinson’s and Acquired Brain Injury, and has an ever-growing national reputation for excellence in Conductive Education. Paces School has been rated as ‘Outstanding in every category’ by Ofsted.
**Sewing Lessons for Kids and Adults**

Dressmakers Workshop now enrolling for the 'New Spring Term' starting from the 20th February- Evening & Day Time classes. This is a ten-week term of two hourly classes open to beginners to home dressmakers. Learn how to measure, cut & sew to perfection. Or improve on the dressmaking skills you have,

Children's Craft Classes on Saturday Lunch time- for 8 to 12 year olds. This is a most popular class. We teach the Children how to knit and sew - with the aim to teach them how to make their own garments on a sewing machine. There is a choice of a one-off class or monthly or full term. Lower rates charged for a full term of bookings.

'Sew Saturdays' classes on all day through - 'Get to know your Sewing or Overlocking Machines' - Children's Craft Classes & 'Weekend Sew Project' for those who lead busy lives and are unable to commit for a full term of Dressmaking.

Course Leader Sheila Constance of Dressmakers Workshop
Est 1986
124 Wortley Road, High Green, Sheffield, S35 4LU.
Telephone: 0114 2846868
email at: dressmakersworkshop@hotmail.com

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**KEEP FIT**

With Katy

- Destress & improve fitness
- KFA trained instructor
- Regular classes
  - Mondays 2 pm
  - Thursdays 7.45pm

St Saviours' Church Hall,
High Green, S35 3HS
Text "class" or ring 0772 926 0802 for info

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**Quick and Easy Recipe**

**Parmesan Spring Chicken**

A chicken dish full of spring flavours, the Parmesan coating gives a satisfying crunch and the meat stays tender. All in 20 minutes

Serves 1:
- 1 egg white
- 1 tbsp finely grated parmesan
- 1 boneless, skinless chicken breast
- 100 g new potatoes, cut into small pieces
- 50g frozen peas
- handful of baby spinach leaves
- 1 tsp white wine vinegar
- a drizzle of olive oil

Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the Parmesan until evenly coated. Grill the coated chicken for 10-12 mins, turning once until cooked through, browned and crisp.

Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the baby spinach leaves, white wine vinegar, olive oil and seasoning to taste. Place on a warm plate, then serve with the chicken.
WHAT’S ON

REGULAR ACTIVITIES

MONDAY
St Mary’s Lunch Club
From 12.30pm – St Mary’s church every second Monday of the month
Golden Days Age Well Group
1.30pm to 3.30pm – Miners Welfare
Keep Fit with Katy
2.00pm – St Saviours Church Hall, £3.50 – Telephone 0114 284 6580 or 07722 926 6802 for more information

TUESDAY
Tea & Toastie Club
9.00am to 12 noon - High Green Miners Welfare
Health Walks
10.30am to 11.30am start Meet by Ecclesfield Parish Council Office
Chatty Crafters
12 noon to 4.00pm Ecclesfield Parish Council Community Room, Pack Horse Lane
Job Club
1.00pm to 3.00pm – The Project, Greengate Lane
Kids Club
5.30pm to 7.30pm – Angram Bank Pavilion
Brush Strokes
7.00pm to 9.00pm Ecclesfield Parish Council Community Room, Pack Horse Lane
Martial Arts - Karate, Aikido and Ju-jitsu – Miners Welfare
7.00pm to 8.15pm – ages 6 to 16
8.15pm to 9.30pm - adults

WEDNESDAY
Art Classes
9.00am to 4.00pm – Parish Council Community Room, Pack Horse Lane
Coffee Morning
10.00am to 12 noon at High Green Methodist Church, Wortley Road

THURSDAY
High Green Saving Scheme
9.30am to 10.30am - The Project, Greengate Lane
Coffee Morning
9.30am to 11.00am – Newgate Close Community Centre
Fitness and Fun
11.00am to 1.00pm - Paces Campus, Pack Horse Lane
Crafty Cards
12 noon to 4.00pm Ecclesfield Parish Council Community Room, Pack Horse Lane
Kids Church Club Activities
3.45pm during term time – Foster Way Pavilion. Games, snacks, bible stories & crafts
192nd Sheffield Brownies
6.00pm to 7.30pm – St Saviours Church Hall, Mortonley Lane
Shape & Tone Fitness – Total Body Workout
6.15pm – 7.15pm - Paces Campus, Packhorse Lane
Keep Fit with Katy
7.45pm – St Saviours Church Hall, £3.50 – Telephone 0114 284 6580 or 07722 926 6802 for more information

FRIDAY
The High Green Mother’s Union - Coffee, Cake and Company
10.30am to 12 noon, 3rd Friday of each month – St Saviours Church, Mortonley Lane, Pack Horse Lane
Friday Art Group
10.00am to 12 noon - Parish Council Community Room
Kinsey Road Lunch Club
12 noon to 2.00pm - Kinsey Road Centre Community Room
Friday Feast
4.30pm - St Saviours church Hall Mortonley Lane - 2 course meal for anyone who like to attend, made on site out of quality ingredients. - Adults £1 Children Free
Martial Arts - Karate, Aikido and Ju-jitsu – Miners Welfare
7.00pm to 8.15pm – ages 6 to 16
8.15pm to 9.30pm - adults

SATURDAY
Children’s Craft Class
Lunchtime – Ages 8 to 12 years - Dressmakers Workshop, Wortley Road

LET US SPREAD THE WORD
Do you know of an event or regular activity happening in High Green?
Email details to:
TheHighGreener@hotmail.com
Ecclesfield Parish Council Archiving

Ecclesfield Parish Council’s Past & Present Archiving Project held a ‘Meet the Archive’ event in October at the Parish Council Offices to promote our collection of local history material. There was a small exhibition including photos, maps, pamphlets, objects and brochures; an opportunity to see some of the slide shows we’ve put together, and to look at our collection of local history books. The event was so successful that I’ve been asked to plan more.

**Archiving Project Open Afternoon, October 2017**

The Archiving Project is continuing and we’ve been working in the background for the past few months developing the project further. There are now new opportunities for getting involved and volunteering for the archiving project. You don’t have to be a history expert or have lived all your life in the area to take part. Young or old, everyone can contribute. The aim of the project is to capture our rich and varied local history from across the parish. One of the things we are keen to do is to put more ‘names to faces’ for some of the photographs that we’ve had donated for the archive. We’re sure that there will be people from the local area who will be able to recognise them. This 1953 photograph, of a Coronation Tea Party at Potter Hill, Queen Elizabeth II Coronation Tea Party at Potter Hill – does anyone recognise any faces?

For details of Archiving Project events or to find out more about volunteering, please contact, Christine, at the Parish Council Offices, Mortonmley Lane, High Green, Sheffield S35 3HS; Telephone: 0114 2845095; email: Christine.handley@ecclesfield-pc.gov.uk or see our facebook page Ecclesfield Civil Parish Past and Present Archiving Project for more information.

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**USEFUL NUMBERS**

**Doctors:** High Green Health Centre, Thompson Hill 0114 232 9030  
Dr R T Kemp 0114 286 7000  
Dr W E Warren 0114 286 7000  
Dr C A Mills 0114 286 7000  
Dr C A Mills, Burncross Surgery, 1 Bevan Way 0114 232 9030  
Dr M Z Mahmoud, Cape Horn Medical Centre, 1 Jeffcoek Rd 0114 284 6722

**Dentists:** Michael & Margaret Naylor & Associates, High Green Dental Practice, 3 Wortley Road 01142 846723

**NHS Direct – 111**

**Pharmacies:** Rowlands Pharmacy, The Old Surgery, Bevan Way 0114 246 2636  
Lloyds Pharmacy, 96A Mill Rd 0114 246 9383  
Lloyds Pharmacy, Foster Way 0114 284 8219  
ASDA Pharmacy, 1 Market St, Chapeltown, 0114 240 4210  
Inside Nisa, 104 Wortley Rd 0114 2847007

**Vets:** Beech House Vets, 106 Greengate Lane 0114 2848555, beech.house.vets@zen.co.uk  
Abbey Vets, Wortley Road 0114 284 8481

**Non-emergency police - 101**

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**Keep fit and De-stress**

Katy Henderson, registered with the Keep Fit Association, has been organising keep fit classes in High Green since 2003. Katy’s faithful followers are a lovely group of people from all around the area – all are welcome. Each week they take part in moderate and gentle exercise for flexibility, balance, co-ordination, movement and muscle strength. They call it the laughing class – it’s a great de-stresser.

Classes are held every Thursday night 7.45pm to 8.45pm and Monday afternoon 2pm to 3pm in St. Saviour’s Church Hall, Buses stop right outside, of course!

Classes are just £3.50 per session – call Katy for further information - 0114 284 6580 or 07722 926082.