PLEASE CONTACT:

E: Jessica.mccormack@soarcommunity.org.uk
E: rachael.moss@soarcommunity.org.uk
T: 0114 213 4075
Forthcoming Events at SOAR & within the community!

1. Step by Step group Craft Group! Every Monday 11:00AM. Down at Ecclesfield Library. Refreshments provided £1 donation. 0114 246 3615 – Contact to secure your place.

2. MODEL & CRAFT GROUP - This amazing group is aimed at people 50+ and is held on every other Fridays. The dates are Friday 11th, 25th August. The sessions are held 11:00AM till 2:00PM.

3. Movers and Shakers group held every Monday at Ecclesfield Library. 11:00AM till 12:30PM!

Psssstttt! You..yeah YOU! You wanting to become a volunteer? Aged 50+
**MENS ONLY GROUP!**

Due to high demand Ecclesfield Library will be setting up a men’s only group! So bring yourself, meet NEW people, have a cuppa & a bun and get chatting! Women’s groups have been running but now it’s **YOUR** turn to create a wonderful group! All the voluntary staff down there will be male so put your ideas together a build this group as a team!

---

**MOVERS & SHAKERS!**

There is a new group taking place at Ecclesfield Library every Monday called Mover & Shakers. Come along, have a cuppa and play a few board games! It starts at 11:00AM and finishes at 12:30 – 1:00PM. For a minimum charge of £1 refreshments are provided!
WANT TO VOLUNTEER?

We are looking for volunteers aged 50+ who can give a few hours a week to support older people who are at risk of social isolation.

As a Peer Mentor you will support older people to prepare for life events that could lead to them becoming socially isolated, such as retirement or loss of a loved one. This is a flexible role that gives you the opportunity to help people in a way that you are passionate about, from setting up networks and activities, to befriending people to support them to try something new.

CONTACT...

Rachael Moss

Rachael.moss@soarcommunity.org.uk

0114 213 4065
Art Craft & Model Group!

This amazing group is aimed at people 50+ and is held on every other Fridays. Friday 11th, 25th August. The sessions are held 11:00AM till 2:00PM. Knitting is also taking place!

Refreshments are provided!

Information:
Venue:
Learning Zone, 320 Wordsworth Ave, Sheffield, S5 8NL

Contact:
Helen
0114 213 4065
Get up! Get Active!

We’re here to help you...

Get active
Make friends
Engage with your community
Try new activities

As Age Better we volunteer with GP surgeries in North Sheffield to encourage fitness and exercise in a fun, friendly and warm environment.

Interested?

For more information please contact

Volunteering team at SOAR

0114 213 4065  07795 563700
helen.warren@soarcommunity.org.uk
Margaret Heathcote -  07538824400
Margaret Gardiner - 07796105430

Class Timetable

Tuesday
Walk/Run 9am—10:20
Pilates 10.20 - 11.10
Zumba Gold 11:15—12pm
Swimming 12.15 - 12.45
*Concord Sports Centre*

Wednesday
Shiregreen social group and digital drop in 10 –3pm
*Shiregreen Neighbourhood Centre*

Thursday
Swimming  9.30-11.30 am
Or
Pilates 9.30 - 10.30
Coffee and chat 11:30—12:15
Walk Around  12-1pm
*Concord Park (weather permitting)*
Or the gym.
Pulmonary 1:15-2:15pm
*Concord Sports Centre*
Shiregreen Social

Every other Wednesday
10-3PM

Shiregreen Neighbourhood Center
Westnall Rd, Sheffield, S5 0AA
Helen Warren:
T: 0114 213 4065
50 + FIT
LOCAL, AFFORDABLE FITNESS
ESPECIALLY FOR 50+

Only £3.50 per session
30min Workout

FREE Nutrition Challenge Pack for everyone who registers

***Would you like to meet new friends & have fun?
***Would you like to feel healthier & happier?
***Bit more energy & strength?

MAYBE YOU WANT TO GET IN BETTER SHAPE?

Monday 11.30am (from 8th May)
at The Learning Zone,
320 Wordsworth Avenue, Parson Cross, Sheffield S5 8NL
Sessions suitable for any level of fitness

Basic but very effective exercise
Our sessions are fun & friendly

Contact - Julia - Personal Trainer
07887 692616 / ptfit321@gmail.com
SPRINGBOARD

The Learning Zone,
Wordsworth Avenue,
Parson Cross Sheffield S5

DO YOU HAVE ISSUES WITH MENTAL HEALTH?
Help in taking control of your situation.
We are here to aid you on the road to recovery.

Make new friends!
Refreshments.
Fridays, fortnightly, 10-4pm.

For more info call 0114 2134065 or visit
helen.warren@soarccommunity.org.uk

Please see over for dates
The Springboard Social Café Parson Cross

Runs 10am-4pm Lunch and refreshments £1.00
Fortnightly Fridays at The Learning Zone
Dates until March 2018

<table>
<thead>
<tr>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>14th April no cafe good Friday</td>
<td>5th January</td>
</tr>
<tr>
<td>28th April</td>
<td>19th January</td>
</tr>
<tr>
<td>12th May</td>
<td>2nd February</td>
</tr>
<tr>
<td>26th May</td>
<td>16th February</td>
</tr>
<tr>
<td>9th June</td>
<td>2nd March</td>
</tr>
<tr>
<td>23rd June</td>
<td>16th March</td>
</tr>
<tr>
<td>7th July</td>
<td>30th March</td>
</tr>
<tr>
<td>21st July</td>
<td></td>
</tr>
<tr>
<td>4th August</td>
<td></td>
</tr>
<tr>
<td>18th August</td>
<td></td>
</tr>
<tr>
<td>1st September</td>
<td></td>
</tr>
<tr>
<td>15th September</td>
<td></td>
</tr>
<tr>
<td>29th September</td>
<td></td>
</tr>
<tr>
<td>13th October</td>
<td></td>
</tr>
<tr>
<td>27th October</td>
<td></td>
</tr>
<tr>
<td>10th November</td>
<td></td>
</tr>
<tr>
<td>24th November</td>
<td></td>
</tr>
<tr>
<td>8th December</td>
<td></td>
</tr>
<tr>
<td>22nd December no café Xmas</td>
<td></td>
</tr>
</tbody>
</table>
Would you like to volunteer with families and children age 0 – 5 years?

We will soon be running a variety of sessions and are looking for support.

We are looking for committed volunteers to:

- Promote healthy lifestyles for children
- Prepare children for nursery and school
- Host groups and activities and have fun!
- Volunteer within local children’s centres

Contact:
Angela
angela.woodward@soarcommunity.org.uk
01142134075
Befriending Training!

Attention all volunteers!
Would you like to be involved in becoming a befriender in your local community?

Having a coffee and chat with people who are lonely and isolated. You will be giving one to one support.
You will be doing general everyday activities whilst simply being a friend!

Full training given!

If you are interested and want to know please contact:

Rachael Moss –
rachael.moss@soarcommunity.org.uk

Helen Warren –
Helen.warren@soarcommunity.org.uk
4 Greens Crafters group

Over 50? Interested in creative activities?

Join this friendly group. Arts, crafts and refreshments are provided for free.

For more info please call:
0800 032 3723

Every Tuesday
2pm to 4pm
Longley 4G,
41 Southey Ave,
S5 7N
At The Learning Zone we are holding a clothes swap shop!

Bring along any unwanted baby and children’s clothes from 0-10 years, meet new people, have a chat and cuppa!

Admission 1 bag of clothes!

If this sounds up your street then please come along!
Come along to ‘The Comfort Zone’ every second Tuesday of the month. We will be meeting at the Hub and giving you the chance to take part in a range of optional activities, learn something new or just simply have a cupper and a chat all in a friendly and comfortable atmosphere.

Date: 11th, 25th July.
Time: 10am – 2pm
Place: The Hub at Firth Park Methodist Church 8 Stubbin Ln S5 6QL
For more information contact Rachael Moss on 07495839801 / Rachael.moss@soarcommunity.org.uk
FUN ON THE SQUARE!

Thursday, August 24th
10am-3pm

The Learning Zone Front Square

Tombola!  Car Boot!
Clothing Exchange!
Refreshments!

For more information
contact: Katherine.Keeler@soarcommunity.org.uk

SOAR
Supporting people to make positive changes
Drink Wise, Age Well: Activities
Please note all activities must be booked when attending for first time please call 0800 032 3723 to book your place.

Regular activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Firth Park Health Walk</td>
<td>Meet outside First Start Building, 441 Firth Park Road, Firth Park S5 6HH</td>
<td>11.30-12.30pm</td>
</tr>
<tr>
<td>Monday - Fortnightly</td>
<td>Gilbert Court Craft Group</td>
<td>Gilbert Court, Hyde Park, S2 5QQ</td>
<td>1-3pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Porter Valley Health Walk</td>
<td>Meet outside Endcliffe Park Café, Rustlings Road S11 7AB</td>
<td>1.30-2.30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Longley 4G Craft Group</td>
<td>Longley 4G, Southe Avenue S5 7NN</td>
<td>2-4pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Darnall Allotment</td>
<td>Community Allotment, Ouse Road S9 3AD</td>
<td>10-2pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Bramall Lane Health Walk</td>
<td>SUFC Car Park, Cherry Street S2 4SU</td>
<td>10.30-11.30am</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Young at Heart Antiques</td>
<td>Langtons, 443 London Road S2 4HJ</td>
<td>1-4pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Communicake</td>
<td>Greenhill Library, Hemper Lane S8 7FE</td>
<td>10.30-11.30am</td>
</tr>
<tr>
<td>Thursday</td>
<td>Walking Football</td>
<td>Concord Sports Centre, Shiregreen Lane S5</td>
<td>7-8pm</td>
</tr>
<tr>
<td>Friday</td>
<td>Hillsborough Art Group</td>
<td>Hillsborough Pavilion, Hillsborough Park, Middlewood Park S6 4HD</td>
<td>10-12 noon</td>
</tr>
<tr>
<td>Friday</td>
<td>Norfolk Park Health Walk</td>
<td>Meet in Lobby of Centre in the Park, Guildford Avenue S2 2PL</td>
<td>10.30-11.30am (meet at 10.15am)</td>
</tr>
<tr>
<td>Day</td>
<td>Event</td>
<td>Address</td>
<td>Time</td>
</tr>
<tr>
<td>---------</td>
<td>------------------------</td>
<td>--------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Friday</td>
<td>Model Making</td>
<td>Echo, York House, 535 City Road S2 1GF</td>
<td>10-1pm</td>
</tr>
<tr>
<td>Friday</td>
<td>Community Shop</td>
<td>Echo, York House, 535 City Road S2 1GF</td>
<td>10-3pm</td>
</tr>
</tbody>
</table>

Visit [drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk) or call **0800 032 3723**
Feeling fed up? Discover a new you @ Springboard Social Café

The café is a great starting point for those who want to meet others, build self-confidence and self-esteem. The Springboard Social Café provides the perfect atmosphere helping people to help themselves

Fortnightly sessions from Tuesday 1st Aug, from 10am – 4pm.
82nd Chapeltown Scout Hall, Burncross Rd, Sheffield S35 1RX

For further details contact Schani on 07507 791471
IDEAS!

If you have any ideas or anything you would like to add into the Age Better Newsletter then please contact....

Jess McCormack

E: Jessica.mccormack@soarcommunity.org.uk

T: 0114 213 4065
UP & COMING TRAINING & EVENTS!

Don’t forget the usual activities that are taking place on a regular basis:

- Model & Craft Group – Knitting is also taking place!
  (See Ivan Sewell for more details)

- The 50+ exercise project at Concord
  (See Margaret Gardiner and Margaret Heathcote)

For any training opportunities please contact SOAR: 0114 213 4065
This newsletter was designed by:

Jess McCormack

If anyone would like to contribute to the newsletter then please contact Jess or Rachael on 0114 213 4075!