

High Green

Jan 2011



1940's Tea Dance

On 13th November the High Hopes community group held a 1940's Tea Dance for local residents. The group have held a number of community events in the last year, but wanted something that was specifically appealing to the more mature members of the community!

The group invited residents from local sheltered housing schemes, members of Golden Days Social Club and Members of the 50+ Activities Group to the event.

Over 70 people attended the event. The hall was decked out with posters from the era, with Union Flags and bunting. People attended the event in 1940's style clothes, and shared a buffet tea that was made up of traditional food from the era - there were even 'ration book' cakes to enjoy - all provided by the local Bloomers Café.

As well as being entertained with music and singing from Paul Harper, the event included displays by the Chapelton and High Green Archive, the Chapelton Library and Pastimes Memorabilia. People were able to look at old photographs and artefacts from the era and recall to each other their own memories.

Guests then enjoyed the buffet where the homemade preserves and the Beetroot Cake went down a real treat!

The event also provided local people with an opportunity to get to know about all the different activities that take place in the local community, especially those that can help improve health, increase physical activity and make you feel good. It was a really good chance for people to make new friends and acquaintances.

The event ended with 'a good old knees-up' and sing-a-long, ending with a rousing rendition of the National Anthem. One of the organisers of the event, Rachael Pickin said:

"The event was a great success, and it was wonderful to see everyone joining in and participating in the dancing and singing. We have received a lot of positive feedback and it proves that in High Green we still have a strong community spirit and people enjoy events like this."

The group hope to organise similar events in the coming year, and if you have any suggestions or ideas for community events like this, then High Hopes would love to hear from you.

Email highhopescommunity@yahoo.co.uk or call Rachel on 07530 530515

Activities at St Saviour's

St Saviour's Church Hall is on Mortomley Road, High Green, between the Church and the Ecclesfield Parish Council Offices.

Ed Mitchell, the priest of St Saviour's, told us about the activities that take place within the church and the church hall.

"St Saviour's is an active, vibrant church which strives to serve people of all ages in our community. In addition to our regular Sunday Services we hold a family service 'Snapshots' every Wednesday at 3.45pm. We have an active Mothers' Union and Men's Group, and for teenagers we have the Genesis2 Club. On Thursday's we host an Alzheimer's respite Lunch Club. Everyone is welcome at St Saviour's."

Keep Fit

Katy Henderson runs a Keep Fit class in the hall every Thursday. The class attracts people of all ages and abilities, and is the ideal way to start regular exercise. People enjoy the social aspect of the group as well as the variety of exercises which take into account people's different abilities and look forward to meeting their friends each week. The youngest member is 50 and the oldest is 90 years young!

Janet, who attends the class said: "I think it's a lovely group. I am hopeless at Keep Fit because I have two left feet, but I love going. Katy is wonderful, and we have lots of fun and laughter."

Each session costs £3.50. For more information, contact Katy on 0114 284 6580.

Lunch Clubs

The Thursday Club meets in the church and provides activities and a cooked lunch for people with Alzheimer's. Members take part in craft activities, making things such as cards, photo frames, flannel rabbits and beads. The group also play games; they have a giant snakes

and ladders game which they all play together on the floor using tea pot lids instead of counters!

The treasurer of the group, Mrs Dorothy Wood, said volunteers realised that very little was available for people with Alzheimer's and wanted to give full time carers a break during the week. Group members are collected by minibus from their home around 9.30am and the group meets until around 2pm.

The group is currently full, but if you know someone who is affected by Alzheimer's and may benefit from the service, contact Social Services who can put you on the waiting list. If you are interested in joining the group, through volunteering or fundraising, please contact Daren Ward at the Northern Community Assembly Office on 0114 213 7133.

St Saviour's Lunch Club meets every Friday in the church hall and is open for anyone living in High Green over the age of 65. Members can be collected from their home by Sheffield Community Transport and volunteers supported by the city council provide an opportunity for people to enjoy a cooked meal and some good company.

If you know anyone who may benefit from the club or are interested in volunteering or supporting the club, please contact Mike Gray on 0114 233 6333.

Slimming World

Lindsay Gillott leads the Slimming World groups which have been meeting at St Saviour's*, with three sessions: 10am, 5pm and 7pm on Wednesdays. Lindsay knows how difficult it can be to take that first step into a group, but, as she explains, the support that Slimming World offers is very different to the image we have of weekly weighing and complicated diet programmes.



"There are no targets set for you, you set your own. And there is no calorie counting."

The key message is that healthy balanced eating combined with exercise is the best approach to achieve long term success.

When you change your approach to eating, it's important to get support from the people around you in the group and being able to feel good about yourself is a really important aspect of anyone's approach to becoming healthier.

A local resident, Ian Rodgers, joined the group in May 2009. Ten years ago Ian had been diagnosed with diabetes and was dependent on insulin injections, having to inject himself six times a day. However, due to the sessions, support and his own hard work, Ian was able to lose 6 stone in weight, 10 inches off his waist and is no longer on insulin. Ian loved the freedom and flexibility of the eating plan filling up on the many unlimited foods which can be enjoyed freely like potatoes, pasta, vegetables, lean meat, rice, fish and seafood. To quote Ian:

"I feel younger, like I can do anything. This has been the best lifestyle change anyone could ask for."

For more information about the Slimming World Group, contact Lindsay Gillott on 0114 284 5866 or 07902 217 030 or email: chocolateandchips@btinternet.com

People are welcome to attend one of the sessions to see how the programme works before joining.

*Important Note: The venue for Slimming World has just changed to The Pines, 100th Footpath Lane, just round the corner from St Saviour's

Can't cook but want to cook?

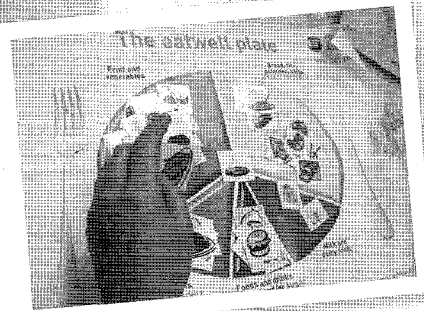
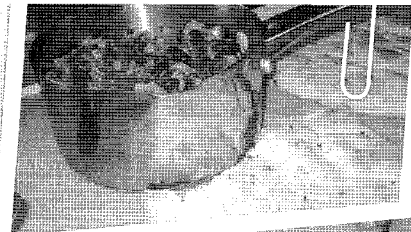
We have all probably seen the popular TV show *Can't Cook, Won't Cook*, and watched members of the public and celebrities with an aversion or a lack of confidence learn to cook interesting and exciting food with only a few ingredients and a tight budget.

Recognising the need that we all have to be able to cook affordable, easy to prepare, nutritional, tasty and convenient meals, NHS Sheffield and the city council commissioned Sheffield Wildlife Trust to deliver a range of workshops in local communities across the city to help

people develop their cooking skills and confidence.

Under the banner of 'Can't cook.... but want to cook?' the workshops are tailor-made to meet the needs of the local community in which they are taking place. Sheffield Wildlife Trust are wanting to hold a workshop in the High Green area in the first part of the year and are currently recruiting local people to take part.

The 4-6 week course will equip you with information and advice about healthy eating, shopping and cooking on a budget, basic food hygiene and of course the chance to cook! Each week you will cook a new recipe so



that by the end of the course you will have a range of ideas and the confidence to cook.

If you are interested in finding out more or taking part, then call Darren on 0114 284 7943 or email darren.ward@sheffield.gov.uk

New Year, New You!

Stopping smoking won't only improve your health, it'll boost your bank balance as well. If you normally smoke 20 a day and decide to quit:

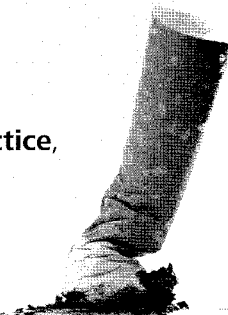
After 1 month you'll save **£167**
(enough to buy an iPod or an Xbox 360)

After 6 months you'll save **£1,004**
(the money you would have saved could be turned into a huge LCD TV)

After 1 year you'll save **£2,007**
(with that you could go on a luxury holiday or round the world trip)

If you are thinking about stopping smoking and would like support, then help is round the corner. In High Green you can pop into the pharmacy and arrange to see the Stop Smoking Advisor. Stop Smoking advisors are available in the following pharmacies:

- **Lloyds Pharmacy**, Thompson Hill
- **Lo's Pharmacy**, Station Road, Chapeltown
- **Morrison's Pharmacy** at Ecclesfield
- **Rowlands Pharmacy**, Bevan Way
- Patients registered with the **Michael Naylor and Associates Dental Practice**, 3A Wortley Road and **HDS Dental**, 97 Lound Side, can also get help.



Reading Group

A new reading group, High Green Readers, has been set up in High Green. They meet on the first Wednesday of every month, at 2pm at the Paces Campus.

Reading groups are a great way to share your enjoyment of books and meet new people. Every month the group all read the same book and meet up for an hour to discuss the book with each other.

The first book the group discussed at their meeting in December was *The Welsh Girl* by Peter Ho Davies. Set in wartime North Wales, the novel follows the lives of three characters during the last years of the Second World War - a young woman living on a sheep farm and working in the village pub; a German prisoner of war, captured in Northern France and held in the newly built POW camp on the edge of the village; and an army intelligence officer tasked with interviewing Rudolph Hess who was being held close by.

The group enjoyed the book, and particularly liked the way in which the author was able to describe the scenes. One member of the group commented that she felt that she was in the village pub with the characters the description was so good.

In January the group will be discussing the book *Notes on a Scandal* by Zoe Heller. The group is free to join, and all the books discussed are provided by Sheffield City Libraries. If you would like to know more about this group, please contact Darren on 0114 284 7943.

**Westwood Country Park
Chapelton & District Angling
Association** meets at Westwood
Country Park. Tel: 284 5424
Concorde Model Flying Club
meets at weekends. For more
information tel: 246 2460 or
www.concordemfc.co.uk

Activities at Chapelton Baths
*In addition to public swimming
sessions, Chapelton Baths offer
a range of activities including:*

Aqua aerobics, women only
sessions, 50+ swim, swimming
lessons for children and adults,
Water babies, family swim,
inflatable fun swim, mini polo,
Chapelton swimming club,
Chapelton sub aqua club, South
Yorkshire Diving Academy, First
Aid, Life Guard & swimming
teacher courses available, Fitness
suite, sports injury clinic, beauty
therapist, holistic therapy.
Chapelton baths is also linked in
to the GP activity referral scheme.
For more information on any of
the above activities telephone:
257 0354 or look at our website
www.chapeltonleisure.org.uk

**Angram Bank School
Mother & Toddler Group,**
Mon 9-11am. £1 per session.
Newcomers welcome.

**High Green Working Men's
Club**
Table Tennis, Monday evenings
Tel: 284 8239.

**Activities at St Mary's Community
Room**

Ballroom & Latin	Mon 7.15-10.15pm Wed 8.15-9.15pm
Karate Club	Mon 6-7.30pm
Mother & Toddler Group	Tuesdays 9.30-11.30am
Mother & Toddler Group	Fri 9.30-11.30am
Pre-school playgroup	Wed 9.30-11.30am
Tree tops social club	Tues 6.30-9pm
WEA Dance Class	Thurs pm (term time only)
Weight Watchers	Wed 6-7.30pm
Yoga	Thurs 10am-12pm

For information on activities at the hall
call: 284 8344

**Greengate Lane School
Coffee morning and drop
in session** for parents with
children at Greengate Lane
School.
Wednesdays 9.30am-11am

High Green Scout Group
Packhorse Lane, High Green.
Various times for different age
groups. Tel: 246 5112 for more
information.

**Activities at
Angram Bank Pavilion**
Angram Christian Fellowship,
Children's Church, Thurs 4-5pm
Mother & Toddler Group
Thurs 9-11am (term time only)

High Green Methodist Church
Coffee Morning:
Wed 10am-12pm
High Green Brass Band:
Thurs 6pm-7.15pm
All Welcome.

Activities at Thorncliffe
Thorncliffe Bowling Club:
Meets daily April-Sept.
Tel: 246 2200 or 284 6184.

Valley Hill Runners:
Meet at Thorncliffe Pavilion,
Mortomley Close, every Mon,
Weds, Fri at 6.30pm.
Tel: 246 3076

**Chapelton
Community Centre**
Hosts playgroups,
sports, folk dancing,
house church,
brownies, girl guides,
keep fit and has rooms
for hire. Tel 245 2230
for more information.

**High Hopes Drama
Club**
(from 6-16 years of age)
6pm-7.30pm, Miners'
Welfare Building. For
further details contact
Rachael: 07530 530 515

Activities at St Saviour's Church
Alzheimer's Lunch Club Thurs 10am-2pm
Genesis2 Youth Club Thurs 6pm-9pm
Mothers' Union Last Tues of every
month, 2pm

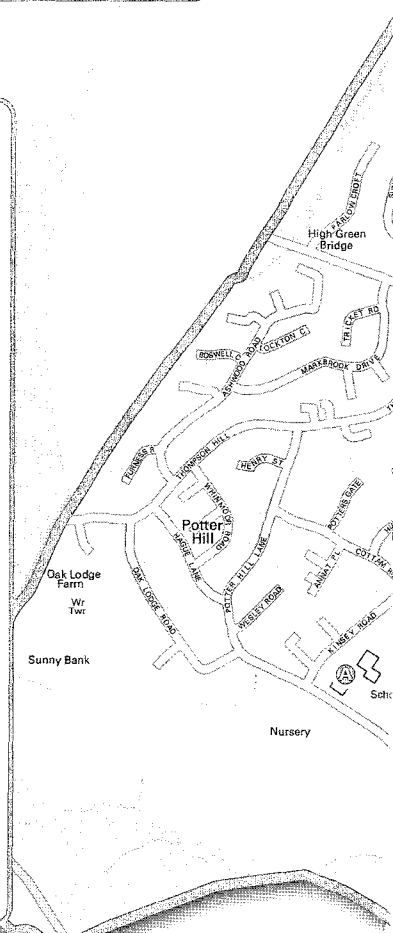
Activities St Saviour's Church Hall
Brownies Tues 5pm-6pm
Brownies Thur 6.30-7.30pm
**Chapelton Silver
Prize Band** Mon, Fri
7.45pm-10pm
Girl Guides Mon 6-7.30pm
Ladies Keep Fit Thur 7.45-8.45pm
**Little Angels Mother
& Toddler Group** Thurs 9-11am
Rainbows Thur 5-6.30pm
Slimming World Wed 10am-2pm,
5-7pm, 7-9pm

St Saviour's Lunch Club Fri 11am-2pm
For all enquiries about the church hall
contact Mike Gray on 286 9656.

Activities at the Miners Welfare Hall
Agewell Social Club Mon 1.30-3.30pm
High Hopes Drama Wed 6-7.30pm
Keep Fit Mon 7.15-8.15pm
Line Dancing (50+) Wed 1.30-3pm
Social Dancing Class Thurs 7.30-10pm
Tai Chi Tues 10-11am
Tai Chi (Agewell group) Tues 1.30-2.30pm
Young People's activities Wed 6-7.30pm
For more information tel: 284 8497

Key to map

- A Angram Bank School
- B Angram Bank Pavillion
- C Cape Horn Medical
Centre
- D Greengate Lane School
- E High Green School
- F High Green Methodist
Church
- G High Green Miners
Welfare Hall
- H Lloyds Pharmacy
- I M & MR Naylor &
Associates
- J Paces Centre
- K Scout Hut
- L St Mary's Church
- M St Mary's School
- N St Saviour's Church
- O The Health Centre
- P Thorncliffe Pavillion
- Q Westwood Country
Park
- R Working Men's Club



Angram Bank Children's Centre

Reception At present this is run by a job share (two receptionists)

Nursery The Nursery is now very busy with different groups. The Nursery is also used as a crèche for courses.
 Mon: Dads Group; Tues: Wait and Play for One Stop Shop.
 Wed: Babies to 1st Steps (6 months - 12 months)
 Thurs: Healthy U Course on health and wellbeing
 Friday: Little Rhymers Informal Toddler Group

Training Room The training room is used by:

Breastfeed Support: Baby Massage Classes, New Mum and Babies Group, Group Meetings.

Courses: Family Learning, C'mon Everybody, One Stop Shop, Health Visitors, Baby Clinic, Breastfeed Support, Parent Outreach, Men's Worker

Also once a month: Oral Health, Sheffield Information Link, SOAR

Sign posting for: Family Support, Advice Worker, Speech and Language Therapist

Midwives Room: Antenatal / Postnatal Clinic. The midwives work in the centre Mon-Thurs. This service is very busy and at present all appointments are full every week.

Chapelton library

Opening Hours

Monday	10am - 7.30pm
Tuesday	9.30am - 5.30pm
Wednesday	Closed
Thursday	9.30am - 7.30pm
Friday	9.30am - 5.30pm
Saturday	9.30am - 4pm
Sunday	Closed

Activities and Services at the Paces Centre

Abbecare & Nursing @ Home Ltd All round support for young people with disabilities. Tel: 0114 284 4868

Café Mon-Fri, 9am-3pm during term time and 10am-2pm during holidays. Opens at weekends for special events.

Conductive Education Services:

Leaping the Void Mon-Fri (age 19+ adult learning)

School Mon-Fri (ages 0-19 years)

Stroke Group Mon & Thurs, 1.30pm-4pm
 Tel: 0114 284 5298

Coterie Gallery and Fine Art Studio:

Art Classes (Adults) Contact Anthony Carroll on 07981 851174 or Joanne Jenkins on 07746 718658

NEW Textile Classes (Adults) Tues & Weds. More classes can be set up on demand and can cover all abilities. Contact Jean Golby on 07858 272872 or email jeangolby@btinternet.com

Gallery 9am-5pm on weekdays and 10am-3pm on Saturdays. Available for booking by any artist wishing to display their work

Hullballoos Children's Indoor Play Area Available for parties and celebrations. Open every day.

Toddler Group Weds & Fri 9am-11.30am
 Tel: 0114 284 8921 Email: enquiries@hullballoos.org.uk

Steps Pre School Nursery Mon-Fri, 8am-6pm (6mths-4yrs+)
 Tel: 0114 284 8060

Stomp Breakfast Club Mon-Fri, 7.30am-9am

Stomp After School Club Mon-Fri, 3pm-6pm

Stomp School Holiday Club Mon-Fri, 8am-6pm
 Tel: 0114 284 7071

NEW Reading Club 1st Weds of every month, 1.30pm-2.30pm

Sports:

Salsacise Fitness Class Tues, 7.30pm-8.30pm; £4 (Adults)

Multi Sports Tues, 5pm-6pm; £1 (8-13 years)

50+ Activity Day Fri, 11am-1pm; £1.50

Shape 'n' Tone Fitness Tues & Thurs, 6.30pm-7.30pm; £3.50 (Adults)

Badminton Sun, 6pm-7pm; £5 per court

Cheerleading Fri, 5pm-6pm; £3 (4 years +)

Circuit Training and ABS Workout Mon, 7.15pm-8.15pm; £4 (Adults)

Junior Football Mon 4pm-5pm; £3 (5-9 years)

Netball Sun, 5pm-6pm (Adults)

Nicholson Theatre School of Dance

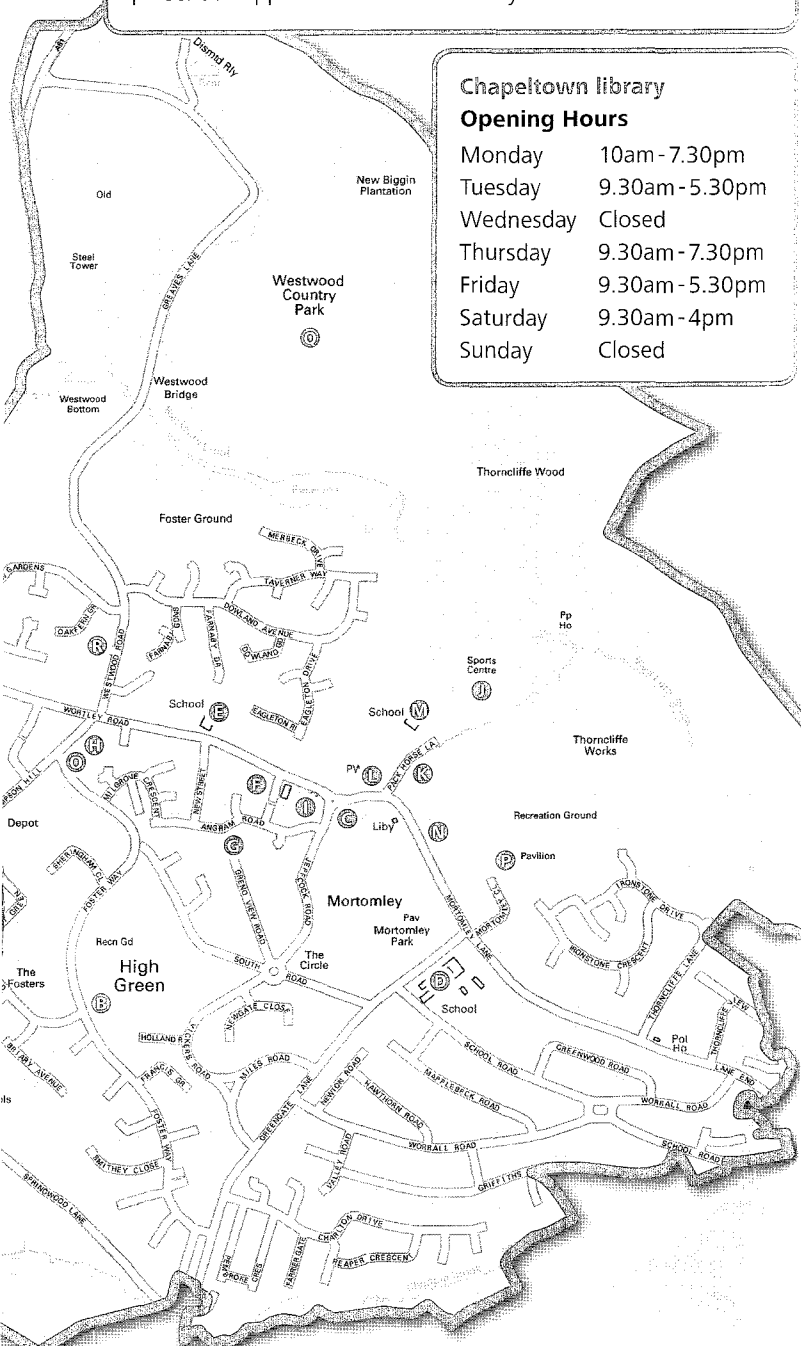
Disco: Mon, 4pm-5pm

Jazz/Limber: Mon, 5pm-6pm; £3 (4 years +)

Westwood Training:

Computer Classes for Beginners Thurs 2pm-3pm / 3pm-5pm FREE (Adults)

Please call Paces Reception on **0114 284 4444** for further information about activities or email pacesreception@f2s.com



the great swapathon!

January 2011 is going to be all about the Great Swapathon - the new and innovative Change4Life campaign that aims to get everyone swapping their unhealthy habits for healthier ones.

We know that January is a time when people are especially willing to make lifestyle changes by making lists of New Year's resolutions. But we also know that many of these good intentions falter because people set themselves impossible tasks. So this year we're calling on people to pledge to make small, manageable swaps instead.

The campaign will trial a new approach - distributing £250 million of partner-funded vouchers to encourage people to make swaps for a healthier lifestyle, as set out in the White Paper published Tuesday 30th November. We hope the Great Swapathon will

really get people thinking about their lifestyle and the swaps they could make. And we're counting on you to help promote the campaign in your area and encourage the adults and families with children you work with to make swaps. The Great Swapathon aims to provide everyone with simple, specific swaps that are easier to stick to long-term. It will only be successful if people can identify swaps to make, that are relevant to them and their own habits.

To make it easier for you to suggest relevant swaps to the people you work with, we've put together a Top 10 of swaps. Here they are (in no particular order!):

1

Swap sugary drinks like fizzy drinks or squash for water, milk or unsweetened fruit juice. This could be in packed lunches, on the way to school or work and during breaks.

2

Swap fry-ups for grill-ups. Everyone enjoys a cooked breakfast, but you can easily make it healthier by poaching or scrambling the eggs and grilling the sausages or bacon rather than frying them.

3

Swap the sweetie jar for a bowl of fruit. Once the sweets aren't there, people soon stop thinking about them!

4

Swap snacking on the run for 3 meals a day. It's easier to make healthier choices and keep hunger pangs at bay.

5

Swap big plates with smaller plates. Using smaller plates is a good way to keep portion sizes in check (and it'll look like you've got more food!).

6

Swap 4 wheels for 2 feet. Whenever you can: maybe for the school run, journeys to work or trips to the shops.

7

Swap sitting around indoors for racing around outside. Kids love it and they'll probably sleep more soundly afterwards.

8

Swap the lift for the stairs. It's a great way to get your heart going.

9

Swap vegging on the sofa for a swim in your local pool. Find a time that works for you and try to make it a weekly trip.

10

Swap white bread for wholemeal for your sandwiches or toast. It's tastier and full of fibre.

Happy Birthday Drama Club!

The High Hopes Drama Club celebrates its first year of opening this month.

Over 50 young people aged between 6 and 16 are members of the group. They meet weekly at the Miners' Welfare Hall and take part in drama workshops and activities that help build their skills and self confidence.

The group are now in rehearsal for a seasonal production of C.S. Lewis' *The Lion the Witch and The Wardrobe*, which will be performed later in the year.

The club is a really popular activity for young people, giving them chance to learn new skills, raise their confidence and make new friends. A parent whose children attend the club said:

"My daughters love the drama club and can't wait for Wednesdays to come around each week. They really enjoy the sketches they get to create, the fun games they play and work well in the environment created by Joy and Rachael. They have such a good time that I asked if Rachael could possibly start a class of some sort for my youngest daughter who is under five."

The group is free to join, and is open to any young person who lives in the High Green Area. The High Hopes Community Group is providing this club free for ALL young people in the area, and are particular keen to encourage children with special needs to join the club - the club has several members who have a range of needs, and who have found the time spent at the club really rewarding and enjoyable.

If you are interested in joining the group or in supporting the work of the group, please contact the Chair of the High Hopes Community Group, Rachael Pickin on 07530 530 515 or email the group at: highhopes.community@yahoo.co.uk



It's all change at Chapelton Baths

There are some big changes happening at the Chapelton Baths in the coming year.

Following a street audit conducted by members of the High Hopes Community Group, financial support has been received from the Sheffield City Council Living Neighbourhoods fund, as part of NHS Sheffield's Let's Change4Life and grant support from the Ecclesfield Parish Council.

The project has been long in the planning and will be in three stages. The first will take place over the Christmas period and will involve a current equipment store being converted into two fully accessible disabled changing rooms, which will be located by the poolside for easy access to the swimming pool.

The next stage is in two parts and will be to automate the front entrance doors, which, together with the removal of the admission barriers, will mean that we can ensure that wheelchair access is possible.

The final step and probably the biggest part of the overall project is the addition of an access ramp to the front of the building. This addition will not only assist wheelchair bound users access to facilities but also ensure that prams and pushchairs can also gain access to the Centre without parents having to negotiate the steps at the front of the building.

The community-run facility will be celebrating its 50th Anniversary in 2011 and what better way to celebrate than to make the centre accessible to all, give the facilities a facelift and achieve its stated aim, in being a facility that is 'run by the community for the community'

Why not take the plunge? Give the Baths a visit, keep your resolution and turn the New Year into a New You!

There is always a warm welcome waiting for you at the Chapelton Baths.



Burncross Road, Chapelton
Sheffield, S35 1RX
Tel: 0114 2570354

Meet Tom, our Activity Sheffield Worker

When we go to galas and festivals people are always telling us that they would like more activities happening in the area. This is why we have decided to pay for the Northern area to have an extra Activity Sheffield Worker. His name is Tom Hughes and he organises all kinds of activities for all kinds of people across this area.

Tom doesn't just work with children and young people. One of Tom's regular groups is an Agewell group in High Green. They meet every Monday and Tom runs a variety of activities including table tennis and indoor tennis with them.

Ladies from the group told us: "We come along regularly now that Tom is here. He is brilliant with us and the group is much better now we have lots of activities going on."

Tom told us: "The focus of my work is to get the community physically active, from developing fundamental skills such as agility, balance and coordination in school age participants through to improving physical activity levels amongst the older generations. I organise tournaments, sports activities at festivals and the Sport in the Community programme. I also work with lots of the primary schools and secondary schools across the area."

Councillor Hooper, Chair of the Northern Assembly said: "We are really glad to be able to fund an extra Activity Sheffield Worker for the area. Having Tom means that there are an extra 25 hours a week of activities happening across our area."

If you would like to get more active see below to find out about the nearest session to you.



Active adult Sessions

Monday 1.30pm - 3.30pm

Agewell Session. Miner's Welfare, Angram Bank, High Green. £2 to Agewell Group.

Tuesday 11.30am - 12.30pm

Come Dance with Me, Paces Sports Campus, High Green. First Session FREE, £1 thereafter.

Wednesday 10.30am - 11.30am

Keep Fit Aerobics, Grenoside Methodist Church, Grenoside. £2

Thursday 11.15am - 12.15pm

Multi Activity Session, Chapeltown Community Centre, Burncross Road, Chapeltown (Activities include Badminton, Indoor Tennis, Table Tennis). £1

7pm - 7.45pm

Badminton, Ecclesfield Secondary School Gymnasium, Ecclesfield. £1

Friday 11am - 1pm

Keep Fit / Aerobics (11am - 12pm) Multi Activity (12am - 1pm) Paces Sports Campus, High Green. £1.50 includes both sessions.

Young Person Sessions

Tuesday (Starting January 11th)

5pm - 6pm Sport in the Community, Ecclesfield Secondary School Sports Hall, Ecclesfield, (9-12 years). FREE

Wednesday 6pm - 9pm

Club 230 Youth Club, Chapeltown Training Centre, Chapeltown

Friday 6.15pm - 7.45pm

Friday 5's Football, Ecclesfield Secondary School Sports Hall, Ecclesfield. FREE

7pm - 8pm

Girls' Fun Multi Activity Session, Ecclesfield Secondary School Gymnasium, Ecclesfield. FREE

For more information contact Tom:
Email: tom.hughes@sheffield.gov.uk
Tel: 07837 174 217

Beating stress and anxiety

Courses, workshops, one-to-one support and online self help are available to help you beat stress and anxiety and take the first steps to feeling better.

Stress control This is a free course where you can learn to deal with stress and help yourself feel better in everyday situations. You can come alone or bring someone along with you. You'll learn how to deal with a range of problems including depression, anxiety, panic, poor sleep and low confidence.

This is a class, not a group workshop so you don't have to talk about your problems in front of others. You simply have to come along and listen, and you'll learn some great ways to control stress.

Healthy living workshops These workshops cover everything from sleep problems to managing low mood. Choose which you think suits you and phone 0114 226 4380 to book a place.

Understanding Stress and Anxiety - Learn some simple ways to deal with stress and anxiety when it happens.

Sleep problems - Sleep problems are very common. This workshop will deal with methods of coping and overcoming common sleep problems.

Interpersonal skills - If you find it difficult to engage in social situations this workshop can help.

Managing Low Mood - Find out more about how to manage and prevent low mood and depression.

Assertiveness - Develop the skills needed to deal with conflicts and negotiate meeting your needs.

All the courses and workshops are free. Help is also available online for **Beating the Blues** to help manage depression and **Fear Fighter** for phobias. Visit www.sheffield.gov.uk/capt.chec.nhs.uk