AGE BETTER IN SHEFFIELD

JULY
2017!

HELLO JULY

HAPPY SUMMER

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 30th, 14th, 28th July. 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](mailto: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. The 30th, 14th, 28th July. Friday 11th, 25th August.
The sessions are held 11:00AM till 2:00PM.
Knitting is also taking place!

Refreshments are provided!

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

<table>
<thead>
<tr>
<th>Class Timetable</th>
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</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
</tr>
<tr>
<td>Walk/Run 9am—10:20</td>
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<tr>
<td>Pilates 10.20 - 11.10</td>
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<tr>
<td>Zumba Gold 11:15—12pm</td>
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<tr>
<td>Swimming 12.15 - 12.45</td>
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<tr>
<td>Concord Sports Centre</td>
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<tr>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>Shiregreen social group and digital drop in 10–3pm</td>
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<tr>
<td><em>Shiregreen Neighbourhood Centre</em></td>
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<tr>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td>Swimming 9.30-11.30 am</td>
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<tr>
<td>or</td>
</tr>
<tr>
<td>Pilates 9.30 - 10.30</td>
</tr>
<tr>
<td>Coffee and chat 11:30—12:15</td>
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<tr>
<td>Walk Around 12-1pm</td>
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<tr>
<td><em>Concord Park (weather permitting)</em></td>
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<tr>
<td>Or the gym.</td>
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<tr>
<td>Pulmonary 1:15-2:15pm</td>
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<tr>
<td><em>Concord Sports Centre</em></td>
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</tbody>
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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@soarcornmunity.org.uk
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>
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<tbody>
<tr>
<td>14(^{th}) April no cafe</td>
<td>5(^{th}) January</td>
</tr>
<tr>
<td>good Friday</td>
<td></td>
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<tr>
<td>28(^{th}) April</td>
<td>19(^{th}) January</td>
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<tr>
<td>12(^{th}) May</td>
<td>2(^{nd}) February</td>
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<tr>
<td>26(^{th}) May</td>
<td>16(^{th}) February</td>
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<tr>
<td>9(^{th}) June</td>
<td>2(^{nd}) March</td>
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<td>23(^{rd}) June</td>
<td>16(^{th}) March</td>
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<td>7(^{th}) July</td>
<td>30(^{th}) March</td>
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<td>21(^{st}) July</td>
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<td>4(^{th}) August</td>
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<td>18(^{th}) August</td>
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<td>1(^{st}) September</td>
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<td>15(^{th}) September</td>
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<td>29(^{th}) September</td>
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<td>13(^{th}) October</td>
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<td>27(^{th}) October</td>
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<tr>
<td>10(^{th}) November</td>
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<tr>
<td>24(^{th}) November</td>
<td></td>
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<tr>
<td>8(^{th}) December</td>
<td></td>
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<tr>
<td>22(^{nd}) December no café Xmas</td>
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</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

Information:

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
Meet 10am at Longley 4 Greens Community Centre
Southey Avenue, S5 7NN
All sessions start and finish at the Community Centre
10am - 12:30pm (approximately)

Wednesday 5th July.

Drumming Circle
Led by Steve Rivers from Unbeatable Energy

Wednesday 19th July.

Visit to the Our Cow Molly dairy for an ice cream.
BOOKING ESSENTIAL

Wednesday 12th July.

Canal Boat trip from Victoria Quay
(Sheffield & Tinsley Canal)
BOOKING ESSENTIAL

Wednesday 26th July.

Nature Art – making nature diaries with Ignite Imaginations
SOAR Volunteering

CLOTHES SWAP SHOP!

WHEN: Thursday 6th July, 9:15AM till 11:15AM

At The Shiregreen Neighbourhood Center we are holding a clothes swap shop!

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

Admission 1 bag of clothes!

If this sound’s up your street then please come along!

Information:

Venue:
Shiregreen Neighbourhood Centre

Contact:
Angela Woodward
0114 213 4065
The Comfort Zone
Firth Park

Come socialize over a cupper and meet new friends & try some new activities

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
TRIP TO SCARBOROUGH

Sun, sea and fish ‘n’ chips!

If all those tickle your pickle then listen up!

On Wednesday 12th July there will be a trip to Scarborough! The pickup will be at the Learning Zone at 8:00AM!

There will be a fee of £5.00!

If you would like more information or would like to attend please contact Helen Warren!

0114 213 4065
FUN ON THE SQUARE!

Thursday, August 24th
10am-3pm

The Learning Zone Front Square

Tombola!  Car Boot!
Clothing  Refreshments!
Exchange!

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

0114 232 6211
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>
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<tr>
<td>Monday - Fortnightly</td>
<td>Gilbert Court Craft Group</td>
<td>Gilbert Court, Hyde Park, S2 5QQ</td>
<td>1-3pm</td>
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<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>
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<tr>
<td>Tuesday</td>
<td>Longley 4G Craft Group</td>
<td>Longley 4G, Southey Avenue S5 7NN</td>
<td>2-4pm</td>
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<tr>
<td>Wednesday</td>
<td>Darnall Allotment</td>
<td>Community Allotment, Ouse Road S9 3AD</td>
<td>10-2pm</td>
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<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>
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<tr>
<td>Wednesday</td>
<td>Young at Heart Antiques</td>
<td>Langtons, 443 London Road S2 4HJ</td>
<td>1-4pm</td>
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<tr>
<td>Thursday</td>
<td>Communicake</td>
<td>Greenhill Library, Hemper Lane S8 7FE</td>
<td>10.30-11.30am</td>
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<tr>
<td>Thursday</td>
<td>Walking Football</td>
<td>Concord Sports Centre, Shiregreen Lane S5</td>
<td>7-8pm</td>
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<tr>
<td>Friday</td>
<td>Hillsborough Art Group</td>
<td>Hillsborough Pavilion, Hillsborough Park, Middlewood Park S6 4HD</td>
<td>10-12 noon</td>
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<tr>
<td>Day</td>
<td>Event</td>
<td>Location</td>
<td>Time</td>
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<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>
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<tr>
<td>Friday</td>
<td>Model Making</td>
<td>Echo, York House, 535 City Road S2 1GF</td>
<td>10-1pm</td>
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<tr>
<td>Friday</td>
<td>Community Shop</td>
<td>Echo, York House, 535 City Road S2 1GF</td>
<td>10-3pm</td>
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Visit [drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk) or call 0800 032 3723
Yorkshire Day

Healthy Family Fun Day

WHERE: Miners Welfare, High Green

WHEN: Saturday 29th July, 11:00AM – 3:00PM

Breakfast served from 10:00AM
Activities, Stands and Performances.
Coming to an area near you....

Springboard Social Café

Do you feel alone or fed up? Struggling? Want to meet new people and build your confidence?

If so, Springboard Social Café is for you!

Starting fortnightly on Tuesday 4th July, from 10am – 4pm.
82nd Chapeltown Scout Hall, Burncross Rd, Sheffield S35 1RX

For further details contact Schani on 07507 791471
SENSORY BABY ACTIVITY!

Come and share a sensory experience with your baby to stimulate their senses and communication skills!

Taking place on Thursday 20\textsuperscript{th} July.
12:45PM till 1:45PM.

Come on! Try something fun and new!
CRAFTY TODDLERS!

Come and share some fun activities with your toddler to develop their social and communication skills!

Taking place on Thursday 20th July.
1:45PM till 2:45PM.

Come and get crafty!

Contact: Angela Woodward.
0114 213 4065
TEDDY BEARS PICNIC!

Come and join our Teddy Bears Picnic! For all children up to 5 years old!

Come and bring your teddies, join our picnic and have lots of fun!

The picnic will include games and rhymes!

This will take place on Monday 17\textsuperscript{th} July. 1:00PM till 2:00PM.

SEE YOU THERE!

Contact:
Angela Woodward
0114 213 4065
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!