JUNE
2017!

PLEASE CONTACT:
E: Jessica.mccormack@soarcommunity.org.uk
E: helen.warren@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 2\textsuperscript{nd}, 16\textsuperscript{th}, 30\textsuperscript{th} June. 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 and 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. The 2\textsuperscript{nd}, 16\textsuperscript{th}, 30\textsuperscript{th} June.

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 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@soarcommunity.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&lt;sup&gt;th&lt;/sup&gt; April no cafe</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; January</td>
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<tr>
<td>good Friday</td>
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<td>28&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>19&lt;sup&gt;th&lt;/sup&gt; January</td>
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<td>12&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; February</td>
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<td>26&lt;sup&gt;th&lt;/sup&gt; May</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; February</td>
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<td>9&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; March</td>
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<td>23&lt;sup&gt;rd&lt;/sup&gt; June</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; March</td>
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<td>7&lt;sup&gt;th&lt;/sup&gt; July</td>
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<td>21&lt;sup&gt;st&lt;/sup&gt; July</td>
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<td>4&lt;sup&gt;th&lt;/sup&gt; August</td>
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<td>18&lt;sup&gt;th&lt;/sup&gt; August</td>
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<td>15&lt;sup&gt;th&lt;/sup&gt; September</td>
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<td>29&lt;sup&gt;th&lt;/sup&gt; September</td>
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<td>13&lt;sup&gt;th&lt;/sup&gt; October</td>
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<td>27&lt;sup&gt;th&lt;/sup&gt; October</td>
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<td>10&lt;sup&gt;th&lt;/sup&gt; November</td>
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<td>8&lt;sup&gt;th&lt;/sup&gt; December</td>
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<tr>
<td>22&lt;sup&gt;nd&lt;/sup&gt; December</td>
<td></td>
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<tr>
<td>no café Xmas</td>
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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
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
Green Woodwork Course (over 4 weeks) Tuesday

6th June / 13th June / 20th June

10:00am TILL 3:30pm!

For more information please contact
Jenny King: 0114 263 4335

10 places available - Booking Essential
COMING SOON

CLOTHES SWAP SHOP!

WHEN: Thursday 22nd June, 10:00AM till 2:00PM

At The Learning Zone we are holding a clothes swap shop!

Bring along any unwanted baby clothes, meet new people, have a chat and cuppa!

Admission 1 bag of clothes!

If this sounds up your street then please come along!

Information:

Venue:
The Learning Zone

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: 13th of June then every second Tuesday
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

Information:

Contact:
Helen Warren
0114 213 4065
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

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**

| Day              | Activity                        | Location                                                       | Times            |
|------------------|---------------------------------|                                                               |                  |
| Monday           | Firth Park Health Walk          | Meet outside First Start Building, 441 Firth Park Road,       | 11.30-12.30pm    |
|                  |                                 | Firth Park S5 6HH                                             |                  |
| Monday -         | Gilbert Court Craft Group       | Gilbert Court, Hyde Park, S2 5QQ                              | 1-3pm            |
| Fortnightly      |                                 |                                                                |                  |
| Tuesday          | Porter Valley Health Walk       | Meet outside Endcliffe Park Café, Rustlings Road S11 7AB     | 1.30-2.30pm      |
| Tuesday          | Longley 4G Craft Group          | Longley 4G, Southey Avenue S5 7NN                             | 2-4pm            |
| Wednesday        | Darnall Allotment               | Community Allotment, Ouse Road S9 3AD                         | 10-2pm           |
| Wednesday        | Bramall Lane Health Walk        | SUFC Car Park, Cherry Street S2 4SU                           | 10.30-11.30am    |
| Wednesday        | Young at Heart Antiques         | Langtons, 443 London Road S2 4HJ                             | 1-4pm            |
| Thursday         | Communicake                     | Greenhill Library, Hemper Lane S8 7FE                         | 10.30-11.30am    |
| Thursday         | Walking Football                | Concord Sports Centre, Shiregreen Lane S5                     | 7-8pm            |
## Courses

<table>
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<tr>
<th>Start date</th>
<th>Course</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday 25th April</td>
<td>Dancing for Health (12 weeks)</td>
<td>Concord Sports Centre, Shiregreen Lane S5</td>
<td>1.30-3.30pm</td>
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<tr>
<td>Wednesday 26th April</td>
<td>Live Wise, Age Well resilience course (6 weeks)</td>
<td>SUFC, Cherry Street S2 4SU</td>
<td>1-3pm</td>
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<tr>
<td>Thursday 1st June</td>
<td>Mind &amp; Memory Course (6 weeks)</td>
<td>Drink Wise, Age Well Office</td>
<td>10.30-12.30pm</td>
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<tr>
<td>Monday 5th June</td>
<td>Urban Gym programme (12 weeks)</td>
<td>SUFC, Cherry Street S2 4SU</td>
<td>10.30-11.15am</td>
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<tr>
<td>Wednesday 7th June</td>
<td>Live Wise, Age Well resilience course (6 weeks)</td>
<td>The Community Garden, Woodhouse</td>
<td>10.30-1pm</td>
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### One-off events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday 22nd May</td>
<td>Heeley City Farm</td>
<td>Meet outside Drink Wise, Age Well Office</td>
<td>10.30am</td>
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<tr>
<td>Tuesday 23rd May</td>
<td>Money Matters talk</td>
<td>Drink Wise, Age Well Office</td>
<td>11.30-2pm</td>
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<tr>
<td>Wednesday 24th May</td>
<td>Craft Taster Session</td>
<td>Burngreave Library</td>
<td>2-4pm</td>
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<tr>
<td>Thursday 25th May</td>
<td>Sheffield Assay Office Tour</td>
<td>Sheffield Assay Office, Guardian Hall, Beulah Road, Hillsborough S6 2AN</td>
<td>12.30-3.30pm</td>
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<tr>
<td>Saturday 27th May</td>
<td>Spring into Summer</td>
<td>Rivelin Valley Park, Sheffield S6 5GE</td>
<td>12-4pm</td>
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<tr>
<td>Sunday 18th June</td>
<td>Elsecar Heritage Centre</td>
<td>Meet at Sheffield Railway Station</td>
<td>10.15am</td>
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Visit [drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk) or call 0800 032 3723
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 & Stephen Bell! If anyone would like to contribute to the newsletter then please contact Jess or Helen on 0114 213 4075!