Sword dancing at Yorkshire Day celebrations with our local PCSOs.
Miners Welfare 29th July

Please send your High Green photos to us via
email: TheHighGreener@hotmail.com

News from around High Green

The High Greener
FREE COPY – PLEASE TAKE ONE

FUN FITNESS FOR ADULTS
Fitness & Fun are a fitness group for adults who wish to improve their health and fitness levels in a friendly informal group, with like-minded people. Meeting every Thursday at Paces Campus sports hall at 11am for an hour of aerobic exercise, followed by 30 minutes of a sport of your choice. You can choose from Table Tennis, Badminton, Indoor Tennis, Boccia or New Age Curling. The sports are optional, you may only want to do the Aerobics. Likewise, you may only want to play one of the games on offer for an hour. The choice is yours. The group are friendly and welcoming people to all abilities and welcome people with disabilities as well as able bodied. You don’t need to make an appointment, just pop in and see for yourself what they do, join in if you wish. Give Fitness & Fun the chance to welcome you to the group. After the fitness session, the group call in to The Old School Café for a relaxing home cooked lunch or a sandwich. This is of course optional. Fitness & Fun is Lottery and Ward Pot funded.

HIGH GREEN IN BLOOM
High Green in Bloom made an application to Tesco’s “Bags of Help” fund earlier in the year, to help raise cash to start to replace some of the old planters around the village. Thanks to all the support from people voting for the scheme, they were lucky enough to receive a grant of £2000. This has helped us fund the replacement of the old wooden planters in the centre of the village at Mortomley Hill on the roundabout. The planters arrived in June and work was to replace them with the help from PJF Builders, for lifting into place and High Green Auto Spares for assisting with the watering. We have a few more to replace this autumn so all will be sorted ready for next spring. We are almost ready to place the order for the electricity supply for the village Christmas Tree, thanks again to the community supporting our fund raising, with grants from the Parish Council, Lane End Tara and donations from local business NISA, the rest being raised through raffles and events. The Yorkshire in Bloom judge visited us in July to see how things have progressed over the last year. We walked through the Rose Garden at Mortomley Park, looked at the village planters, and the entrance ways at Thompson Hill and High Green crossroads, ending at High Green Methodist Church to see the gardens there, he was impressed with how things were looking. The results will be out in mid September so we have our fingers crossed!! High Green in Bloom will be holding their rescheduled annual “Party in the Park” on Saturday 2nd September – see The What’s On diary for further details.

This Newsletter is put together by local volunteers. Start-up funding was provided by High Green Community Wellbeing Programme. To enable us to keep this Newsletter in production each month we need to raise funds for printing costs. If you run a local business please consider advertising with us. If you would like to advertise please email TheHighGreener@hotmail.com
CROWN GREEN BOWLING
KIDS COACHING FOR FREE!!

Only at Thorncliffe Bowling Club, Mortonley Close, High Green

Run by qualified coaches who are police checked this is the 4th year that local youngsters have been offered this opportunity. One which is not available anywhere else in Sheffield.

Tuesdays and Thursdays from 3.30pm till 5.00pm

Contact Graham Elliott for further details
Telephone - 07583608062
Email - grahamelliott86@gmail.com

High Green Fitness & Fun

Paces Campus 11am—12.30pm every Thursday

Offers an hour and a half of healthy activities including an hour of aerobics, followed by a half hour of sports. Alternatively just one hour of an activity shown.

We aim to keep fit and enjoy playing games and sports together in a relaxed and friendly environment.

We usually have an organised keep fit session, and then enjoy games such as Badminton, Indoor Curling, Indoor Tennis & Table Tennis.

EVERYONE WELCOME JOIN US FOR A FREE TASTER SESSION £3 per week thereafter

For more information contact Margaret
0114 284 7190 or Gill 07913 920203

IRENE’S SPONSORED DOG WALK

High Green resident Irene, recently completed a sponsored dog walk for the Guide Dogs Association with her dog Ebony. They walked from High Green to Chapeltown and back walking just under 6km/3.5 miles. With Irene’s current health her family didn’t think she would be able to complete the walk but she soldiered through. They raised over £140, this money goes a long way and is vital to helping people with a visual impairment as the Guide Dogs Association doesn’t receive government funding so relies on charitable donations from the public such as this one. Everyone is incredibly proud of Irene for doing this act of kindness.

For more information on The Guide Dogs Association visit www.guidedogs.org.uk

Quick and Easy Recipe
Beef with Noodles

75g thin rice noodles
115g beef sirloin
Olive oil
1 tsp ground cumin
Salt
½ red onion finely sliced
Thumb sized piece fresh ginger, peeled & finely sliced
1 fresh red chilli, deseeded & finely sliced
Small handful sliced mushrooms
200 ml stock
1 Pak Choi

Boil the kettle and soak the noodles in the boiling water according to the packet instructions. Meanwhile, rub the beef with olive oil, sprinkle with the cumin and a small pinch of salt and rub all over.

Place in a really hot fryng pan and sear on all sides. Add the onion, ginger and chilli and cook for a couple of minutes, then add the mushrooms, stock and pak choi.

Drain the noodles and add them to the pan. Stir around, and correct the seasoning. Slice up the beef and serve the noodles and pak choi in a big bowl, with the beef slices on top. Pour over the broth from the pan.
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

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 Cook and Eat
4.00pm to 6.00pm The Old School Café, Paces Campus. £2.50 per child, bring an apron. Book 0114 284 4444

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

Coffee/Brunch Club
10.30am to 12 noon – Angram Bank Pavilion

REGULAR ACTIVITIES

THURSDAY
High Green Saving Scheme
9.30am to 10.30am - The Project, Greengate Lane

Coffee Morning
9.30am to 11.00am – Newgale 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, Mortomley Lane

Shape & Tone Fitness – Total Body Workout
6.15pm – 7.15pm - Paces Campus, Packhorse Lane

FRIDAY
The High Green Mother’s Union - Coffee, Cake and Company
10.30am to 12 noon, 3rd Friday of each month – St Saviours Church, Mortomley 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

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
Knit & Natter
12 noon to 2.00pm, 1st Saturday of each month – Dressmakers Workshop, Mortomley Lane

PRIME TIME
Primetime is a social group for adults which runs on the 2nd and 4th Thursday in St Saviours Church Hall. Activities involve - eating together, crafts, speakers, sharing different aspects of our lives etc.
This is open to all. Want more information, then ring Maureen on 0114 2844003

EVENTS

PARTY IN THE PARK
Saturday 2nd September
11am to 3pm
Rose Garden, Mortomley Park
High Green
There will be a Barbeque, Stalls, Games and Children’s Rides
Stalls are available for local groups.
Anyone interested should contact High Green in Bloom, David Cooper telephone 0114 284 7226

HIGH GREEN SECONDARY SCHOOL RE-UNION
Saturday 16th September
40 years ago this September the school opened on Pack Horse Lane. For pupils who started there 1977, 1978 and 1979 6pm to 8pm School Building (now Paces) then on to St Georges Park (opposite leisure centre) from 8pm
Cost £8.00
Ex pupils please bring along photo’s etc
For more information and how to pay email hgs40years@gmail.com

HIGH SPIRITS SINGERS SHOWCASE FOLK
Sunday 24th September
Miners Welfare
Fund raising sing-a-long
Songs of the sea, rivers, ponds etc
Refreshments available
Fund raising raffle
Donations welcome for local charities
For further information contact Vic 07884 007581

LET US SPREAD THE WORD
Do you know of an event or regular activity happening in High Green?
Email details to:
TheHighGreener@hotmail.com
Paces is a charity based in High Green that uses Conductive Education, a holistic system of learning (hence education) to help children and adults with neurological motor disorders. In September 2015 Paces were pleased to be able to extend their provision by creating groups for people who have suffered from a Stroke or who have Parkinson’s. Unfortunately after 10 months this provision had to stop due to lack of funding. So, it is with great delight that Paces can report that they have received a grant from the People’s Postcode Trust for £15,501.00

The People’s Postcode Trust is a grant-giving body supported entirely by players of People’s Postcode Lottery. This grant has enabled Paces to re-start their group supporting people who have had a stroke. Currently they run one group per week for 6 people who come from different areas of Sheffield. The session runs on a Monday morning from 10.30-1.00 and all 6 members of the group would testify to the benefits they gain from attending the group.

The programme enables people to relearn skills that aid recovery from stroke to increase levels of activity, support daily living and improve confidence and self-esteem. We support people who have just had a stroke, or those who have recently completed a period of intensive rehabilitation, to work towards increasing the range and control of their movement skills. The flexible approach allows people to relearn skills relevant to their personal circumstances at any stage during their recovery and offers benefits to anyone aged 18 plus regardless of how long ago they had a stroke.

The Paces specially trained Conductors help people to identify the most relevant programme for them based upon their personal goals and aspirations, focusing on potential benefits and desired outcomes.

The aim is to personalise the programmes as much as possible, concentrating on enabling people to recover as much movement as possible on their affected side/s, and helping them to use this efficiently within everyday life. Now the first group is up and running the plan is to extend the number of groups running per week and increase the number of people with neurological disorders they are supporting. So if you have had a stroke, suffer from Parkinson’s or Muscular Sclerosis please contact Paces on 0114 284 4488 or email info@pacessheffield.org.uk and arrange an assessment or visit our website for more information www.pacesheffield.org.uk

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 Mahmood, Cape Horn Medical Centre 1 Jeffcock Rd 0114 284 6722

Dentists:
Michael & Margaret Naylor & Associates, High Green Dental Practice 3 Wortley Road 0114 284 846723

NHS Direct - 111

Pharmacies:
Lloyds Pharmacy, Foster Way, 0114 284 8219
Rowlands Pharmacy, The Old Surgery, Bevan Way S35 1RN 0114 246 2636
ASDA Pharmacy, 1 Market St, Chapeltown 0114 240 4210
Lloyds Pharmacy, 96A Mill Rd 0114 246 9383
Inside Nisa, 104 Wortley Road 0114 2847007

Vets:
Beech House Vets, 106 Greengate Lane 0114 2844855 beech.house.vets@zen.co.uk
Abbey Vets, Wortley Road 0114 284 8481

Non-emergency police - 101