

What's on Guide

February 2023

Supporting Communities Across Nether Edge, Abbeydale, Highfield, Sharrow, Broomhall & City Centre

Language support available- Urdu, Punjabi, Arabic & Hindi

Healthy holiday programme

Fun friendly activities for Kids on free school meals, during the February half term holiday

13/2/2023- ready steady cook 12:30- 2:30pm

14/2/2023- Drama and Games 11am-1pm

15/2/2023- future of food workshop! 10am-1pm

16/2/2023- Multisport activity 2pm- 4pm

booking required.

For enquiry and booking contact Shipshape 0114 2500222

Health and Wellbeing Drop in at LUX Beauty Clinic (NO Pressure)

A new drop in at LUX beauty and laser clinic on London road.

Offering free blood pressure checks.

This will be at the reception area.

Every Wednesday 11am-1pm

E-cycling Hub At ShipShape in partnership with Cycling UK

Making cycling easier. This project aims to introduce people to electric cycles through offering free 1-month electric cycle loans as well as on the day taster sessions.

<https://www.cyclinguk.org/sheffield-making-cycling-easier-session-and-loan-booking>

Period Wellness Bank

Come and collect free sanitary pads, tampons and modibodi reusable period underwear.

Information provided as well.

Monday-Friday - 11am - 3:00pm

At ShipShape Community Hub

The Stables, Sharrow Lane, Sheffield S11 8AE

Tel: 0114 250 0222 / 07307 766535 - Email: info@shipshape.org.uk

SHIPSHAPE 1-2-1 SERVICES

Health & Wellbeing Coaches

Free 1-2-1, Confidential and Tailored support to improve individuals' health & wellbeing and to change their behaviours to lead a healthier lifestyle

We are now offering support face to face at Shipshape), outdoor walk & talk, over the phone, zoom & WhatsApp

Monday - Wednesday 10:00 - 15:00

(By appointment only)

Health & Wellbeing Coaches @ GP practices

Referrals from Gp practices can be made to our Health & Wellbeing Coaches
Hanover MC / Porterbrook MC / Sharrow Lane MC / Matthews Practice / Sloan MC /
Blackstock MC / Sloan MC

Ask your GP or Nurse to refer you to our coaches

Face to face appointments at Sloan and Black Stock Medical Centre are available

Community Hub Line

For a Free, confidential chat with our Shipshape health and engagement team who are here to help. Receive up to date information on Covid or any other support required.

Language support available. Urdu, Punjabi, Arabic, Hindi, Bengali

Monday - Friday - 11:00 - 14:30

ShipShape Foodbank

Partnership with S6 Foodbank

To book a food parcel please call Foodbank Hub Line number - 0114 321 0733.

If you require language support, need help with booking your food parcel call: 0114 250 0222. Booking: Monday and Tuesday Only

Collection: Every Thursday 11am-1pm At ShipShape

Health Checks Now Available

Receive a 15-minute Health check followed by 1-2-1 support. health checks include weight, height, BMI, Body Fat percentage and Blood pressure checks.

Monday-Thursday - 10:00 - 14:00

(By appointment only)

Employability Support

Are you looking for work! if you are unemployed & struggling to find work our key workers at Employers Forum can make a difference.: 121 support, job applications, CV writing, job search, interview tips, work experience & confidence building.

Call to book an appointment 0114 2585000

info@theemployersforum.org.uk

SHIPSHAPE GROUP SERVICES

Men's Health and Wellbeing Open Day

Come and have some fun, socialise, play cards/board games & get active.

Guest speakers, health checks and much more.

Tea, coffee and biscuits provided

Every Monday 10:30am-12:30

Broomhall Women's Health Group

A range of fun and creative activities for women in Broomhall.

Sewing, Information sharing, Cultural dancing 1:15-2pm

Dementia Information Hub & Health checks (second Tuesday month).

Contact our Development worker at ShipShape for more information on local support that's being offered.

Tuesdays 11:00 - 1:30

Broomhall Centre, Broom spring Lane, S10 2FD

Women's Health & Wellbeing Open Day

In this session we deliver various activities such as, exercise, self love, sewing & Knitting, cancer awareness session and different organizations will come to raise awareness.

Wednesdays - 11:00 - 1:00

English conversation group

Come along and practice speaking English for FREE in a welcoming and friendly environment.

Men's only Every Monday - 2pm-3pm

Women only every Thursday 10am-12noon. term time only

SHIPSHAPE COMMUNITY KITCHEN

Breakfast Club

Come along & have some breakfast with us, play activities find out about our services and support available.

Fridays 10:00-11:30

No booking required just drop-in

Around the Kitchen Table (free community meal)

Come along and learn recipes, skills, tips and tricks that help you to cook on a budget. With affordable, local and seasonal ingredients as well as homegrown produce. **Enjoy a hot meal** no bookings required!

Starting every Tuesdays from 21st feb 11am- 1pm

ShipShape Garden Based Project

In partnership with bright box we have set a 8 weeks gardening session .

Come along and let's get started creating our green space.

Every Thursday: 10am- 12noon

DEMENTIA AND CARERS SERVICE

Community Men's Cafe - Men only

Once a month drop in to have tea/coffee and advice on Dementia. For carers and people with dementia. 1 hour exercise session provided now, chair based exercise, walking cricket, chair based Thai-chi/seated Pilates and walks.

1st Monday of every month - 11:00 - 12:30

Recharge your batteries - Carers session - Women only

A variety of activities such as, chair-based stretching exercise, hand massage and special guest visits! Face to Face.

First Wednesday of every Month - 11:00 - 12:00

1-2-1 Phone Support

1-2-1 phone support. People who have Dementia and their carers.

Every 2nd Monday a month

PHYSICAL ACTIVITY PROGRAMME

Chair Aerobics & keep fit class - Women's group

Chair-based stretching exercises to music! Come and get active with us

Wednesdays 11am- 12noon

Walking Football

A weekly outdoor session keeping people active in a mild form of exercise, and improving your health.

Every Tuesdays 13:00 - 14:00 at U-Mix centre, 17 Asline Road, S2 4UJ

SHIPSHAPE SPORTS HUB FOR WOMEN & GIRLS

Multi Sports Activities - Women & Girls Only

Multi sports activities. (Football, soccer size, cricket and tennis.

Half-term/Summer Holidays ONLY! Thursdays 12-2pm

CONTACT TO BOOK YOUR PLACE

**Our services are FREE and Confidential
Delivered by trained and experienced staff**

At ShipShape Community Hub

The Stables, Sharrow Lane, Sheffield S11 8AE

Tel: 0114 250 0222 / 07307 766535 - Email: info@shipshape.org.uk