

# What's on Guide

## JUNE 2023

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

*Language support available- Urdu, Punjabi, Arabic & Hindi*

### Warm Place, Safe Space!

Shipshape has created a warm and welcoming place for everyone  
Come along and enjoy free  
tea/coffee  
Access to free WIFI and Internet  
Monday - Friday 09.30am - 3.30pm

### Foodbank

#### Social Wellbeing Café

Free tea/coffee with support from our advisors  
Every Thursday 11am-1pm

### Tai Chi in the Park

Find balance and look after your heart and mind.

08th June 2023 - 12pm - 1pm

General Cemetery Green Space (Montague St Entrance) off Cemetery Rd,  
Sharrow

### Free Community Hot Meals

Come along and learn recipes, tips and tricks that help you to cook on a budget.  
No bookings required!  
Every Tuesdays 11am- 1pm

### Free Blood Pressure checks at the Local Barbers

- LUX beauty clinic on London road
- Fades Barbers on Wosterholm Road
- Istanbul Barbers London Road

No appointment needed .

Our Health & Wellbeing Coach will be there first  
Monday of each month. 11am-1pm

### Green Growers

Come down to ShipShape and get gardening with us!

4 weeks Course: , 8th, 15th, 22nd and 29th June

At 10:00 AM - 11:30 AM

At ShipShape Community Hub

The Stables, Sharrow Lane, Sheffield S11 8AE

Tel: 0114 250 0222 / 07307 766535 - Email: [info@shipshape.org.uk](mailto:info@shipshape.org.uk)

# SHIPSHAPE 1-2-1 SERVICES

## Health & Wellbeing Coaches

Free 1-2-1, Confidential support

We are offering 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

**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. 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](mailto: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 - 11:30 - 1:00pm**

## Women's only Chai and Chat

All ladies welcome to our friendly group and share different techniques of sewing and knitting with a cuppa!

**Every Monday 11am- 1pm**

## English conversation group

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

**Men's only Every Thursday 11am-1pm**

**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.

**Every wednesday 09:30- 11am**

**No booking required just drop-in**

## Green Growers

Come down to ShipShape and get gardening with us!

4 weeks Course: , 8th, 15th, 22nd June

**At 10:00 AM - 11:30 AM**



# 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 - dementia and 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 11:30am- 12:30pm**

## 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 2pm-4pm**

**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**

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