



ShipShape Health and Wellbeing
The Stables
Sharrow Lane
Sheffield S11 8AE
Tel: 0114 250 0222

Email: info@shipshape.org.uk Facebook: www.Facebook.com/ShipshapeSheffield Twitter: @shipshapeshuff

Social Sessions in Broomhall, Sharrow and Sheffield City Centre - Summer 2017

We do our best to ensure this information is correct, but advise you to please check before attending an event that it is running.

Venue addresses are given at the end of the information sheet

Activity Title	Contact	Place	Time	Cost	Check ed
Teas, Coffees, Breakfasts, Lunch Clubs, Cafes					
ShipShape Breakfast Club	0114 250 0222 info@shipshape.org.uk	ShipShape	Wednesdays 10.00am-1.00pm last orders 12.30pm		5.17
Man Friday (Men's Group with lunch)	0114 250 0222 info@shipshape.org.uk Volunteer group: Please contact to confirm it is running.	ShipShape	Fridays 10.00am-2.00pm	Free	5.17
FoodCycle Lunch	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	Cemetery Road Baptist Church	Wednesdays 12.00pm	Pay as you feel.	5.17
Luncheon Club for older people	0114 272 2179 admin@crbchurch.org.uk	Cemetery Road Baptist Church	Tuesdays 11.30 pm	£3.00 for a 3 course meal	5.17
Men's Breakfast Club	0114 272 2179 admin@crbchurch.org.uk	Cemetery Road Baptist Church	Monthly 2 nd Saturday 8.30-10.00am	£2.50	5.17
Coffee Drop In	highfield.library@sheffield.gov.uk tel: 0114 203 7204	Highfield Library	Wednesdays 10.00-12.00	Drinks 40p-50p	5.17
St Mary's Older Peoples Lunch Club	0114 223 0223	St Mary's Community Centre,	Thursdays 12.00-2.00pm		5.17

ShipShape Information Service - Social Events in Sharrow, Broomhall and Sheffield City Centre - Summer 2017

Title Of Event	Contact	Venue	Time	Cost	Checked
Women's Coffee Morning – craft and upcycling with Roshni	Tel: 0114 250 8898	TBC	Monthly on Mondays 10.00-2.00	Free Drop In	5.17
Peer Support Group at Roshni Asian Women's Support	0114 250 8898	TBC	23rd May, 27rd June, 25th July, 29th August, 26th September 12.00-1.30pm	Free Drop In	5.17
Coffee Morning	0114 272 2179 admin@crbchurch.org.uk	Lansdowne Community Centre	Thursdays 10.30-Noon	Free Drop In	5.17
Blend Pop Up Cafes at Broomhall Centre	Blend Cook Eat Share at Broomhall Centre Tel: 0114 272 9105.	Broomhall Centre	Tuesdays Please Enquire for times	£1.00-£7.00	5.17
Coffee Drop In	highfield.library@sheffield.gov.uk tel: 0114 203 7204	Highfield Library	Wednesdays 10.00-12.00	Drinks 40p-50p Drop in	5.17
Breakfast Club	0114 250 0222 info@shipshape.org.uk	ShipShape	Wednesdays 10.00am-1.00pm (last orders 12.30pm)	£1.00 donation	5.17
St Mary's Older Peoples Lunch Club	0114 223 0223	St Mary's Community Centre,	Thursdays 12.00-2.00pm	Please enquire	5.17
Coffee Morning Plus Health Advice: Friendly get-together.	Maxine: 0114 399 1070 or Maxine.b@heeleydevtrust.com	Sloane Medical Centre	22n May, 19 th June, 17 th July 10.00-12.00pm	Free	5.17
Belonging Together (Women) and Belonging (Men) Groups for New Arrivals and Refugees: Football, gym, dance and refreshments	Contact Marilyn Victor-Jefferson at FURD tel: T: 0114 2589601 E: Enquiries@u-mix-centre.org	U-Mix Centre	Wednesdays 11.00-1.00pm	Please enquire	5.17
Cookery					
Cookery Class - Catering/Cooking for a crowd	Tel: 0114 250 8898	Roshni (Asian Women's Resource)	Tuesdays 10:00am - 12:00pm	Please enquire	5.17
ShipShape Cooking on a Budget	0114 250 0222 info@shipshape.org.uk	ShipShape	Mondays 12.30-2.30pm	£1.00 donation	5.17
Craft and Art					
Craft Group	Tel: 0114 250 0222 info@shipshape.org.uk	ShipShape	Fridays 10.30-1.30	Free	4.17

ShipShape Information Service - Social Events in Sharrow, Broomhall and Sheffield City Centre - Summer 2017

Title Of Event	Contact	Venue	Time	Cost	Checked
Life Drawing Classes	www.broomhallcentre.org.uk	Broomhall Centre	Sundays 11.00-1.00		5.17
'Crafternoons' - Adult Craft Sessions	0114 258 0482	Heeley City Farm	Wednesdays 1.00-3.00pm	Free	4.17
Knitting and Craft Group	0114 258 0482	Heeley City Farm	Thursdays Fortnightly 6.00-9.00pm 11 th and 25 th May 8 th and 22 nd June 6 th and 20 th July		4.17
Craft and Conversation for Broomhall Women	www.broomhallcentre.org.uk	Broomhall Centre	Fridays 1.00-3.00pm starting 12 th May	Free	5.17
Photography Group	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre	Tuesdays 1.00-5.00pm	Free	5.17
Gamers Group – Board Games	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre,	Tuesdays 12.30-2.45pm	Free	5.17
Watercolour and Pastels Class	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre,	Wednesdays please check availability	£2.00 or 2 Time Credits	5.17
Jewellery Making Workshop	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre,	Friday 10.00-2.00	Please enquire	5.17
Sewing and Textile Craft	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre	Thursdays 1.00-4.00pm	Please donate for materials Free.	5.17
Sewing Class with Roshni (Asian Women's Resource)	Tel: 0114 250 8898	TBC	Mondays times TBC	Free Drop IN	5.17
Sewing Class (Lansdowne Tenants and Residents Association)	Lansdowne.tara@yahoo.com	Please enquire	Please enquire	Please enquire	4.17
Craft and Sewing Groups	Tel: 0114 270 2040	Zest	Please Enquire	Free	5.17
DressMaking Workshop with U3A	Tel: 0114 250 8384	Sharrow Community Forum	Mondays 10.30	Please enquire	5.17
Experimental Art	Tel: 0114 250 8384	Sharrow Community Forum	Mondays 1.00pm	Please enquire	5.17
Drawing and Painting Workshop (Sheffield Independent School of Art)	Tel: 0114 250 8384	Sharrow Community Forum	Tuesdays 10.00am	Please enquire	5.17

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Dressmaking – pattern drafting and cutting	Tel: 0114 250 8384	Sharrow Community Forum	Wednesdays 7.00pm	Please enquire	5.17
Art courses with Heeley Development Trust	Tel: 0114 399 1070 www.sheffieldonline.net	Meersbrook Hall	Please enquire	Please enquire	5.17
Drama					
Sharrow Drama Group	Tel: 0114 250 8384	Sharrow Community Forum	Mondays 5.00pm	Please enquire	5.17
Gardening					
Grow St Mary's – help with growing and garden Maintenance	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk . Please check availability as places are limited	St Mary's Community Centre	Thursdays 10.00am-12.00pm	Earn Time Credits	5.17
Step out to Gardening SAGE will be running a 10 week introduction to the basics of gardening starting this April in Grimesthorpe Allotments, Burngreave.	Louisa or Spike on 0114 273 7718 or email louisa@sagesheffield.org.uk		The sessions will run from Friday 28th April - Friday 30th June Sessions will be for 2 hours - exact times to be confirmed	Please book on.	5.17
Singing					
Sheffield Chamber Choir	Tel: 0114 250 8384	Sharrow Community Forum	Tuesdays 8.00pm		
Carfield Community Choir	07732 246372 or website: http://www.carfieldcommunitychoir.co.uk	Carfield Primary School,	Monday termtime 6.30-8.00		5.17
Humzingers Singing Group	Tel: 0114 274 6204 or website: www.humzingers.org.uk	The Abbey Pub	Tuesdays fortnightly 8.00pm-10.00pm Next session 16 th May no session 30 th May.		5.17
St Mary's Family Choir	St Mary's Community Centre tel: 0114 223 0223		Wednesdays 3.30-5.00pm		5.17
Sheffield Chamber Choir	Tel: 0114 250 8384	Sharrow Community Forum	Tuesdays 8.00pm	Please Enquire	5.17
St Mary's Rock Choir	Kate Threlfall 01252 714276	St Mary's Community Centre,	Wednesdays 8.00-9.30pm	Please enquire	5.17

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City of Sheffield Teachers' Choir	Joy Bowler 0114 284 4003	St Mary's Community Centre,	Thursdays 7.00-9.00pm	Please enquire	5.17
Sheffield Socialist Choir	info@socialistchoir.org.uk	St Mary's Community Centre,	Thursdays 7.30-9.30pm	Please enquire	5.17
Singing Through the Seasons. Women only. With Refreshments are provided run by Sage Greenfingers	Miriam on 0114 273 7718 or miriam@sagesheffield.org.uk	Venue: The Welcome Centre, Burngreave	Dates: Mondays 24th April 27th July 12.30pm- 2.30pm	Free or £2.00 per session. Please book.	5.17
Writing					
Creative Writing	0114 255 9080 info@learnforlifeenterprise.com	Learn for Life,	Please Enquire		5.17
Poetry Workshop with WEA – beginning to write poetry suitable for starters or re-starters. Tutor, Steve Sawyer	0114 242 3609 ysouthwest@wea.org.uk	Highfield Library	Starts Tuesdays on 25 th April for 10 sessions 7.00-9.00 pm	£67 or free to those on certain benefits	5.17
Creative Writing Group	James Starkey 0114 223 0240	St Mary's Community Centre,	Wednesday 1.30-3.30pm	£2.00 or 2 Time Credits	5.17
Creative Writing – an introduction	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary's Community Centre,	Wednesday 1.30-2.30	Free	5.17
Other Community Activities					
Repair Café Fix and re-use – don't throw away!	Sheffieldrepaircafe@gmail.com tel: 0114 258 0482	Heeley City Farm	Sat 27 th May Sat 29 th July 10.00-4.00	Free	4.17
Home Library Service - FREE service available to any Sheffield resident who has problems accessing their local library due to health or mobility difficulties	0114 273 4277 0114 273 4724 mobileservices.library@sheffield.gov.uk	Mobile – in your home	Monthly	Free	5.17
ShipShape Community Hub One Stop Shop Health Checks, Health Trainers, Community Info.	0114 250 0222 info@shipshape.org.uk	Moor Market, Ground Floor.	Thursday 4 th May 12.00-4.00pm and every 1 st Thursday	Free	5.17

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ShipShape Games Club	0114 250 0222 info@shipshape.org.uk	ShipShape	Mondays 11.00am—12.30pm	Free	5.17
Reading Groups – people meeting together to discuss a book they have read.	<u>0114 2734712</u>	Central Library	Various, please enquire	Free	Drop In
Ladies Open Day with Exercise	0114 250 0222 info@shipshape.org.uk	ShipShape	Wednesdays 10.30am-1.00pm	£1.00 donation	4.5.17
Scrabble – U3A	Tel: 0114 250 8384	Sharrow Community Forum	Fridays 1.00pm		
Clean Up Sharrow! Join us for litter picking – all welcome	Friends of Mount Pleasant Park on Facebook or @FOMPPSheffield on Twitter	Meet outside Little Shop of Chocs, 144 Abbeydale Road	First Saturday of every month 10am	Free	4.5.17
Litter Pick at St Mary’s	Tel: 223 0240 or 07421 745829 or email: maia.salman-lord@timebuilders.org.uk	St Mary’s Community Centre,	Wednesdays 10.00-12.00pm	Free - earn Time Credits	
Ponderosa Park Litter Pick	Christine: 07812441334	Meet at St Stephen’s on Fawcett Street	Thursdays 10.30-11.30am	Earn Time Credits	
<p>Community Support Workers:</p> <ul style="list-style-type: none"> • Access to local community groups and social activities in your area; Support for Carers; Helping to plan for adverse weather; Access to transport; Getting long term support in place; Support with housing; Benefit check; Support to live an active and healthy life. 	You can contact us directly on 0114 2057120 or email us at cswreferrals@sheffield.gcsx.gov.uk	Various and in your home, please enquire	Weekdays	Free	5.17

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VENUE ADDRESSES

Broomhall Centre	Broomspring Lane, S10 2FD				
Carfield Primary School	Argyle Close, Sheffield S8 9HJ				
Cemetery Road Baptist Church	11 Napier Street (behind Waitrose Car Park), S11 8HA				
Central Reference Library	Surrey St, Sheffield S1 1XZ				
Community Support Workers	0114 2057120 or email us at cswreferrals@sheffield.gcsx.gov.uk				
Heeley City Farm	Richards Road, Sheffield S2 3DT				
Highfield Library	London Rd, Sheffield S2 4NF				
Home Library Service	Tel: 0114 273 4277 or 0114 273 4724 mobileservices.library@sheffield.gov.uk				
Humzingers Singing Group	The Abbey, 944 Chesterfield Rd, Sheffield S8 0SH (Corner or Chesterfield Rd/Abbey Lane)				
Landsdowne Chapel	104 Cemetery Rd, Sheffield S11 8FP				
Learn for Life	241-243 London Road, Sheffield S2 4NF				
Meersbrook Hall	Meersbrook Park (Nearest Entrance, Brook Road, S8 9FL)				
Moor Market	77 The Moor, Sheffield S1 4PF				
Roshni Asian Women’s Resource	444 London Road S2 4HP				
Sage Greenfingers	30 Minna Rd, Sheffield S3 9AZ Tel: 0114 273 7718				
Sharrow Community Forum	Old Junior School, South View Road, S7 1DR				
Sharrow Performing Arts Space	Sharrow School, Sitwell Pl, Sheffield S7 1BE				
ShipShape	ShipShape Health and Wellbeing Centre, The Stables, Sharrow Lane, S11 8AE				
Sloan Medical Centre	2 Little London Rd, Sheffield S8 0YH				
St Mary’s Community Centre,	Bramall Lane S2 4QZ				
U-mix Centre	17 Asline Road S2 4UJ				
Welcome Centre, Burngreave	Sheffield S3 9AW				
Zest	18 Uppertorpe, S6 3NA				

