

ShipShape's What's on Guide

A timetable of activities ShipShape will be hosting over the winter period.
Activities may change in line with government guidelines.

HEADLINES – Upcoming

ShipShape's City Centre Community Hub- at the Moor Market. Tuesdays 1-3pm (TBC)

Opening up our Community Hub in the Moor Market with Information and opportunities to get connected
NEW-Wellbeing Café- Fridays 11am-12pm

Join us in a mixture of outdoor and virtual activities. Friendly wellbeing support provided for Asylum seekers and refugee.

NEW- MOVE MORE Programme

This Girl Can -Supporting women and young girls to become more active and help us shape and bridge gaps in accessing services. <https://www.bbc.co.uk/sounds/play/p08rjcnr>
<https://www.facebook.com/groups/301142364459737>

A training programme for local volunteers to train up and become ShipShape Trainers – support provided to set up groups

Walking for Purpose Programme – several physical activity sessions to help you improve your health and have fun.

ShipShape's Ready Steady Cook Programme

Food and outdoor activities for families during school holidays. A week full of activities for young children and teenagers – contact ShipShape for further information. Wednesday 28th October and Friday 30th October 2020.

ShipShape Community Learning Hub

keeping connected while staying safe at home

Being developed at ShipShape is a partnership "Community Learning Hub". Building on learning opportunities for communities at grass root level.

Click to find out more: https://community-tu.org/learning-centre-partnership-inspires-local-learners/?utm_source=SubscriberCRM+Integration&utm_campaign=b352dd5a3d-EMAIL_CAMPAIGN_2019_08_01_10_06_COPY_01&utm_medium=email&utm_term=0_c142948645-b352dd5a3d-

This week celebrates 'get online' week-learning opportunities. Click this link to explore your options:

<https://community-tu.org/our-services/community-learn/> https://community-tu.org/learning-centre-partnership-inspires-local-learners/?utm_source=SubscriberCRM+Integration&utm_campaign=b352dd5a3d-EMAIL_CAMPAIGN_2019_08_01_10_06_COPY_01&utm_medium=email&utm_term=0_c142948645-b352dd5a3d-



**All our activities are COVID Safe.
Facemasks, sanitizer & gloves available**

Activity	Time and Venue	Booking
<p><u>1-2-1 support with our Health Trainer's & Wellbeing Officers</u></p> <p>Via phone, WhatsApp, Zoom or walking appointments</p>	<p>Monday – Thursday 11am-3pm</p>	<p><u>Appointments only</u> Please call to book</p>
<p><u>1-2-1 Health trainer support at GP practices</u></p>	<p>Mondays - Sloan MC-face to face appointments</p> <p>Friday - Blackstock MC- face to face appointments</p> <p>Patients from the following practices are supported over the phone, Hanover MC, Porterbrook MC, Sharrow Lane MC, Matthews Practice, Mosborough MC Birley MC, Hackenthorpe MC</p>	<p><u>Appointments only</u> Ask your GP's to refer you to the health trainer</p>
<p><u>Dementia Community Café for men.</u></p> <p>Come walk with us and join us for a cup of coffee.</p> <p>Receive a dementia friendly activity pack</p>	<p>1st and 3rd Monday of every month</p> <p>1:30-2:30pm</p>	<p><u>Appointments only</u> Please book your slot before attending</p>
<p><u>Diabetes Walking Session</u></p> <p>1-2-1 walking appointments / small group session</p>	<p>Monday 11:00am – 12:00</p>	<p><u>Appointments only</u> Please book your slot before attending</p>
<p><u>Broomhall Community Information Hub</u></p> <p>Offering wellbeing support session and activities to communities in Broomhall</p> <p>Connect with the Community Information Hub to find information of local support</p>	<p>Tuesdays 11:00am-3:00pm</p> <p>Sewing, knitting and coroshea activities 11am-1pm</p> <p>1-2-1 support followed by a local walk 1:30-2:30pm.</p> <p>At Broomhall Centre Broom spring Lane, S10 2FD</p>	<p><u>Appointments only</u> Please book your slot before attending</p>



Email: info@shipshape.org.uk
 Web: <https://www.shipshape.org.uk/>
 Facebook: www.facebook.com/ShipshapeSheffield
 Instagram: [Shipshapewellbeing](https://www.instagram.com/Shipshapewellbeing)
 Twitter: [@shipshapewell](https://twitter.com/shipshapewell)

<p><u>Walking Football in partnership with FURD</u></p> <p>A weekly outdoor session keeping people active in a mild form of exercise and improving your health</p>	<p>Tuesdays 1.00-2.00pm</p> <p>At U-mix Centre, 17 Asline Road, S2 4UJ</p>	<p><u>Appointments only</u> Please book your slot before attending</p>
<p><u>Physical Activity Programme</u></p> <p>Get active with a number of physical activity sessions. Walking group, Zumba and dancing</p> <p>Via zoom /outdoor activities</p>	<p>Wednesdays 10am-11am</p>	<p><u>Appointments only</u> Please book your slot before attending</p>
<p><u>Zoom session - Cooking on a Budget</u></p> <p>Join our Food Worker to cook a healthy meal straight from your kitchen. Learn lots of new low-cost recipes</p> <p>Follow us on our Facebook and twitter page each week for the video</p>	<p>Wednesday 1:30-2.30pm</p>	<p><u>Appointments only</u> Please book your slot and receive your zoom link</p>
<p><u>Carers zoom session -Recharge Your Batteries Women only</u></p> <p>Chair based stretching and exercise session perfect of all ages with long term health conditions.</p> <p>Receive a Carers relaxation pack</p>	<p>Wednesday 3:30 – 4:30</p>	<p><u>Appointments only</u> Please book your slot and receive your zoom link</p>
<p><u>WhatsApp session- Diabetes support group</u></p> <p>Join us for a weekly educational session</p>	<p>Wednesdays 11-1pm</p>	<p><u>Appointments only</u> Please book your slot and receive your WhatsApp number</p>
<p><u>ShipShape's local Food Bank in Partnership with S6 Food Bank</u></p> <p>Referrals to be made before Wednesday each day.</p>	<p>Thursday day 11am-1pm</p> <p>If you are an agency wanting to refer, contact our Hub number before Wednesday each week</p>	<p><u>Pre-booked clients only.</u> Please don't turn up on the day if you haven't booked your voucher.</p>



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Web: <https://www.shipshape.org.uk/>
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Instagram: [Shipshapewellbeing](https://www.instagram.com/Shipshapewellbeing)
Twitter: [@shipshapewell](https://twitter.com/shipshapewell)

<p><u>Wellbeing Café</u></p> <p>Offering wellbeing support session</p> <p>Outdoor activities-grow your own fruit & veg, walking, conversations sessions</p> <p>NEW-Support available for Asylum seekers and refugee</p>	<p>Friday 11am - 12:30pm</p>	<p><u>Appointments only</u> Please book your slot before attending</p>
<p><u>Men's Wellness Day</u></p> <p>Gentle outdoor walking, gardening, singing and conversation session</p>	<p>Fridays 1pm-3pm</p>	<p><u>Appointments only</u> Please book your slot before attending</p>

For more information please contact ShipShape on the following details

- Enquiries and information about Coronavirus: 0114 2500 222/07843552713
- How to refer to our activities: 0114 2500 222 or email Info@shipshape.org.uk
- Food Bank Referrals: 0114 321 0733 – to be made before Wednesday each week.



Email: info@shipshape.org.uk
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Instagram: [Shipshapewellbeing](https://www.instagram.com/Shipshapewellbeing)
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