



Sheffield

Clinical Commissioning Group

PEOPLE KEEPING WELL



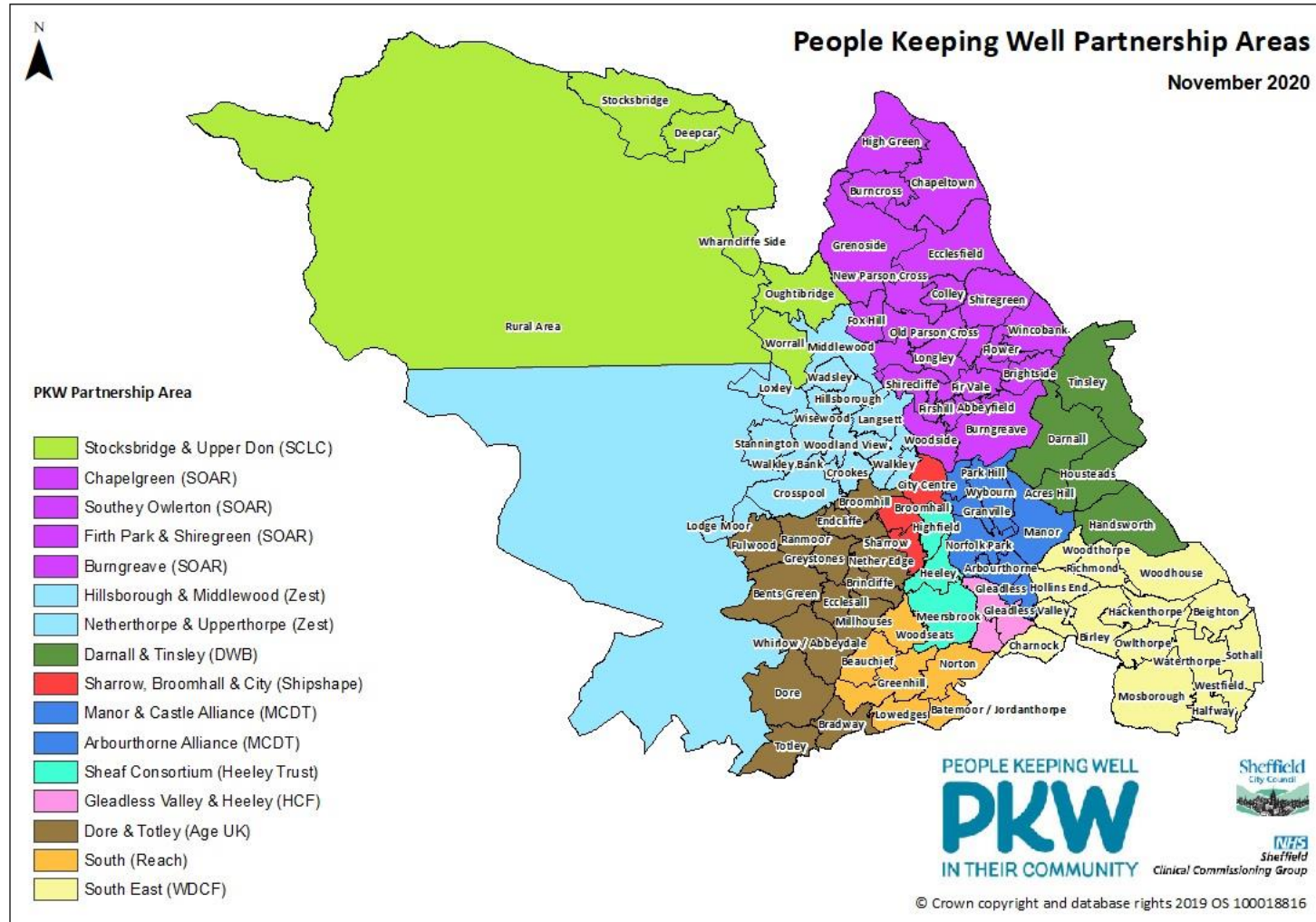
PKW ACTIVITY LIST |

PEOPLE KEEPING WELL

PKW

IN THEIR COMMUNITY

PKW NETWORK COVERAGE



AGE UK SHEFFIELD



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Chair Aerobics	Gentle seated aerobics	Online	Mondays- 1.30pm	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	Community Wellness Service- PKW
Mindfulness	A class to improve mental wellbeing	Online	Contact for details	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	Community Wellness Service - PKW
Singing Teapot Choir	A community choir who come together to sing classic musical songs	Online	2 nd and last Tuesday every month -10.30am	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	PKW – Joanna Woodward
Dore and Totley Carers Café	A social café for unpaid carers	Online	1 st and 3 rd Wednesday of every month- 10.30am	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	PKW – Joanna Woodward
Sporting chatter	A group for anyone who loves sport discussion on current sporting news, favourite sports and quizzes	Online		Quizzes via email	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	PKW- Joanna Woodward
Gardening with Caroline	All thing nature and gardening. Caroline works with people to explore nature around them and in their home environment	Online	Every Friday 10.30am- new course to start soon	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	PKW – Joanna Woodward
Various writing courses	A series of different writing courses including journalism to support local newspapers, memoir/story and creative writing	Online	New course to start soon	Zoom	https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/	PKW – Joana Woodward

DARNALL WELL BEING



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Health Walks		TBC	Monday	TBC	https://darnallwellbeing.org.uk/category/dwbactivities/	0114 249 6315 dwb.enquiries@darnallwellbeing.org.uk
Virtual Chairbics	Light, chair based exercise for women	Online	Tuesday	Zoom	As above	As above
1-1 English Support	If you need support with learning or improving your English, we can refer you to SAVTE for online 1-1 or group sessions.		Tuesday		As above	As above
Volunteer Get Together	Regular Zoom call for all our volunteers to catch up and support one another	Online	Tuesday	Zoom	As above	As above
Virtual Craft Club	Friendly, supportive group to join for a craft activity and a chat	Online	Wednesday	Zoom	As above	As above
Virtual Carers Session	Grab a brew and join others who are supporting their loved ones	Online	Wednesday	Zoom	As above	As above
Darnall Allotments Project	At Infield Lane Allotments – get involved when we are back welcoming visitors.	TBC	Friday	TBC	As above	As above
EUSS Support With Settled Status	Support completing the EU settled status process.		All week		As above	As above
Women Only Cycling Session	1-2-1. Own bike required.		All week		As above	As above

HEELEY CITY FARM



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Walking for Purpose	A weekly walk for those needing support to travel independently or to benefit their health & wellbeing	Phone/ Email	TBC	Walks will take place in either/or: Newfield Green & Heeley Green once restrictions ease.		dawn.young@heeleyfarm.org.uk
Food, Fun & Friendship	Social Café held monthly in Newfield Green	TBC	TBC	TBC		dawn.young@heeleyfarm.org.uk
Farm to Fork	Cooking Course to support participants to improve skills, knowledge and confidence to access a healthier diet	TBC	TBC	TBC		Referrals can be made to Dawn Young: dawn.young@heeleyfarm.org.uk
Fuel Poverty Advice	Providing advice and support to those needing help with energy bills including switching to new tariffs and suppliers; sorting out supplier and debt problems and making sure that customers apply for the discounts, grants and services on offer.	Telephone and online	As needed	Remote	https://www.heeleyfarm.org.uk/syec	Sharon Smith, South Yorkshire Energy Centre, 0114 3039981 Ext 2 or 07471952627

HEELEY CITY FARM, CONT.



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Farm Afternoons	Animal Therapy, with goats, guinea pigs, rabbits and walking the Pony – listening to music, playing a Japanese drums and percussion instruments, piano playing - building bug hotels, painting them and collecting sensory materials	In person ALL COVID SAFE	Weekly – Weds PM 2pm – 4pm	The Valerie Garden and the Summerhouse Garden Room - HCF	www.heeleyfarm.org.uk/dementia	lee@heeleyfarm.org.uk Susie@heeleyfarm.org.uk
PKW Dementia Supporters Group	A supporters/carers for people caring for someone with dementia. Members of the group have started to come to the farm for private small COVID bubble farm experiences	Online – zoom	Weekly - Weds – 6.30pm – 7.30pm	Zoom	www.heeleyfarm.org.uk/dementia	lee@heeleyfarm.org.uk Susie@heeleyfarm.org.uk
Farm Experience	New Sessions due to COVID restrictions One person with dementia with loved one/supporter etc. visits for 1.5-2 hrs. for a farm experience with Lee Pearse. A focused, safely managed and engaging experience – an excellent way of focussing closely on the family and ability to encourage one-to-one communication and learn more from each other.	In person ALL COVID SAFE	Different days Has been Sundays	The Valerie Garden is the main location, although we visit the farm	www.heeleyfarm.org.uk/dementia	lee@heeleyfarm.org.uk Susie@heeleyfarm.org.uk

HEELEY TRUST



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Knit and natter	PKW A group who chat whilst knitting	Online	Monday 11-12pm	Zoom	Sheffieldonline.net	Samantha.W@heeleydevtrust.com 0114 399 1070
Spanish for Beginners	Adult Learning Languages course	Online	Monday 2-5pm	Zoom		Elisha.h@heeleydevtrust.com 0114 3991070
Relaxation Group (Dementia/Carers)	PKW A relaxation class aimed at those caring for someone living with Dementia	Online	Monday 2-3pm	Zoom		Grace.d@heeleydevtrust.com 01143991070
Women's Zumba	PKW - HAWG Zumba class	Online	Tuesday 10:30-11:30am	Zoom		Maxine.b@heeleydevtrust.com 0114 399 1070
iTea and Chat	SCC - IT help 1-2-1 30min calls	Phone Call	Tuesday 11-12:30pm	Over the phone		Elisha or Samantha W
Spanish for Beginners+	Adult Learning Language course	Online	Tuesday 2-5pm	Zoom		Elisha
Young Dementia Group	PKW Group for those living with dementia under 65 and their carers	Online / some meets in person when not in lockdown	Wednesday afternoon	Zoom		Rhiannon.w@heeleydevtrust.com
Health and wellbeing course	Health and wellbeing course – series of wellbeing session- designed with the group	Online	Weds 10.30am	Zoom		Maxine Bowler/ Nuzrath Mowlana
Wednesday Wellbeing sessions (TBC)	Face to face one to one with a wellbeing community worker using forest school for adults basis (TBC)	Face to face	Weds afternoons	Heeley Peoples Park		Charlie.h@heeleydevtrust.com

HEELEY TRUST, CONT.



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Digital Inclusion Class	SCC - Learning about different topics each week	Online	Wednesday 1-3pm	Zoom		Elisha or Samantha W Sam.m@heeleydevtr.ust.com
CV advice/help	SCC/PKW CV help 1-2-1 session	Online	Wednesday 2:30-4pm	Zoom		Elisha or Samantha W
Art Skills and Techniques	Adult Learning Wellbeing course	Online	Thursday 10-12:30am	Zoom		Elisha or Samantha W
Digital Photography	Adult Learning Digital course	Online	Thursday 1-3:30pm	Zoom		Elisha or Samantha W
Relaxation 1-2-1's	PKW 1-2-1 sessions for carers of those living with dementia	Online	Friday morning	Zoom		Grace
Art Crafting	Adult Learning Wellbeing course	Online	Friday 10-12:30am	Zoom		Elisha or Samantha W
What is Art? (History of art)	Adult Learning Wellbeing course	Online	Friday afternoon	Zoom		Elisha or Samantha W
Tea and Trudge	Wellbeing 1-2-1 outside with tea	Face to face outside	Mondays afternoons	Heeley People's Park or Meersbrook Park		May.c@heeleydevtr.ust.com 0114 3991 070
Link Worker Drop Ins	PKW/PCN Bookable face to face outside slots with a community worker	Face to face outside	Wednesdays	Meersbrook Hall		Maxine

MANOR & CASTLE DEV. TRUST



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Dementia carers	Dementia Carers Group	Online	Thursdays 10.30-11.30	Zoom		nigellamb@manorandcastle.org.uk
Spires Cafe	Dementia group	Online	Tuesdays 2.00-3.00	Zoom		nigellamb@manorandcastle.org.uk
Forget me not singing group	Singing group	Online	Tuesdays 5.30	Zoom		nigellamb@manorandcastle.org.uk
Adult Education	Mindfulness and Relaxation	Online	27th January to 17th March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Food and Mood (food ingredients supplied by door step delivery)	Online	25th January to 15th March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Smart Phone Photography	Online	18th January to 1st March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Arts and Crafts for wellbeing (arts and craft supplies supplied by door step delivery)	Online	11th January to 1st March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk

MCDT CONT.



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Adult Education	Intro to ICT zoom	Online	19th January 10 weeks	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Epps (employment progression)	Online	15th January to 26th March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Epps workshop zoom	Online	19th March 2021	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Adult Education	Introduction to play work Taster session	Online	12th March	Zoom	0114 2789999 www.manorandcastle.org.uk	lealapautre@manorandcastle.org.uk
Employment support	Help with C,v, job applications, job matching, mock interviews, free vocational training	Phone, zoom	Arranged individually	Phone/Zoom	0114 2789999 www.manorandcastle.org.uk	Employmentteam@manorandcastle.org.uk or
Springboard Mental wellbeing	One to one keeping in touch	Phone, zoom	Arranged individually	Phone/Zoom	0114 2789999 www.manorandcastle.org.uk	monikatarzyte@manorandcastle.org.uk
Walking for Purpose	One to one walk and talk sessions to support wellbeing	In person or phone calls	Arranged individually	Around the local area	0114 2789999 www.manorandcastle.org.uk	errolbarrows@manorandcastle.org.uk

MCDT CONT.



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Health & Wellbeing support	Bespoke support: Benefits, housing, health, food and mood, fitness, loneliness etc	Phone, zoom, doorstep conversations, walk and talks, activity packs delivered, 121 physical activity sessions.	Arranged individually	Around the local area	0114 2789999 www.manorandcastle.org.uk	valjones@manorandcastle.org.uk
This Girl Can	Facebook group for women wanting to move more and feel body positive.	Facebook group, virtual coffee mornings, small groups.	Ongoing	Online	0114 2789999 www.manorandcastle.org.uk Facebook Page: This Girl Can – MCDT	monikatarzyte@manorandcastle.org.uk

PARSONS CROSS FORUM

Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Forget Me Not Memory Cafe via Zoom	Share your stories and socialise with others who are experiencing early stage memory loss	Online	Every Tuesday (excluding school holidays) 9.30am till 11.30am	Online	http://www.pxforum.org/	Telephone number 0114 3279727 Email louise@pxforum.org or louisec@pxforum.org Facebook https://www.facebook.com/parsonscrossforum.5/
Unforgettable Me Memory Cafe via Zoom	Share your stories and socialise with others who are experiencing early stage memory loss	Online	Every Monday (excluding school holidays) 9.30am till 11.30am	Zoom	http://www.pxforum.org/	As above
Tai Chi via Zoom	Our online Zoom Tai Chi class is a great way to help you relax, especially during these difficult times.	Online	Every Tuesday 12-1pm	Zoom	http://www.pxforum.org/	As above
Singing for the Soul via Zoom	A fun and friendly online Zoom singing group for all abilities. This group is not specifically for people living with Dementia, but people living with Dementia are more than welcome to join the group	Online	Every Wednesday 10-11.30am	Zoom	http://www.pxforum.org/	As above
Men-Talk	An online Zoom Men only group that offers an informal, safe and confidential space for men to get together and talk.	Online	Every Friday 7-8pm	Zoom	http://www.pxforum.org/	As above

Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Chair aerobics	Chair based exercise to music	Online	Monday's 12-12.45pm Thursday's 11-11.45am	Online	To book online classes: https://app.gymcatc.h.com/provider/2805/events	Lee Hible – sdo@stocksbridgeclc.co.uk
BoxFit	Full body exercise class can be done alone or with a partner	Online	Monday 7.30-8.15pm	Online	All other information: www.stocksbridgeclc.co.uk	Lee Hible – sdo@stocksbridgeclc.co.uk
Pilates	Core workout to strengthen the core and reduce aches/ pains	Online	Tuesday 6.30-7.15pm	Online		Lee Hible – sdo@stocksbridgeclc.co.uk
BikeFit	Exercise class to music you can do at home on your spin bike	Online	Tuesday 7.30-8.15pm	Online		Lee Hible – sdo@stocksbridgeclc.co.uk
Coffee & Chat	Drop-in for a general natter with others and have some 'me time'	Online	Wednesday 1.00-2.00pm	Online		Lee Hible – sdo@stocksbridgeclc.co.uk
SPA	Suicide Prevention & Awareness group	Online & In-person	Friday 3.00-4.00pm	Christ Church, Stocksbridge		Lee Hible – sdo@stocksbridgeclc.co.uk

SPORTING CHANCE SHEFFIELD



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Quiz	Weekly general knowledge and sports quiz	On line/phone	Wednesday 2.30pm	Zoom		Mark.hible@volunteeringmatters.org.uk
Mens Keep Fit	Weekly gentle group exercise aimed at men aged 50+	On line	Wednesday 11am	Zoom		Or call 07841 430171 for information on all activities
Pen Pals	Letter writing scheme ages 25+	Via post	On going			
Telephone Befriending	Weekly phone calls for isolated people	Via phone	Coming soon			

THE TERMINUS INITIATIVE



The Terminus Initiative is providing groups over the phone and activity packs themed around nature or arts and crafts.

We also provide support for carers.

Coverage corresponds to the area marked as Reach (Green) on the PKW activity map.

For more info please contact:

Joy Arnott on 07599010452 or email joy@terminusinitiative.org.

Website: www.terminusinitiative.org

Facebook: www.facebook.com/theterminusinitiative

WDCF



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Dementia Café/Carers Zoom	Online memory café	Online	Every other Monday week commencing 2 nd Nov 11am	Zoom	https://mywoodhouse.co.uk/aevents.html	Nicola 07736221829
Love Sport	Online Sporting memory group	Online	Every week Thursdays 10.30am – 12pm	Zoom	https://mywoodhouse.co.uk/aevents.html	Nicola 07736221829
Women's Social Group	Online social weekly Group	Online	Every week Tuesdays 10.30am – 11.30pm	Zoom	https://mywoodhouse.co.uk/aevents.html	Lesley 07703358008
YOGA	Online Yoga	Online	Mondays 7.45-9pm Wednesdays 6-7.15pm Fridays 10-11.15am	Facebook	https://mywoodhouse.co.uk/aevents.html	Contact Helena 07795271100
Tai Chi	Online Zoom	Online	Thursdays 11am – 12pm	Zoom	https://mywoodhouse.co.uk/aevents.html	Nicola 07736221829
Wellbeing Calls	Wellbeing calls Activity Packs Doorstep Visits Working with Individuals & Family	Telephone	Weekly – MON-FRI	Via Telephone or Zoom	https://mywoodhouse.co.uk/aevents.html	Nicola & Lesley 07736221829 07703358008

ZEST



Activity	Description	Online or In Person	When	Where	Link to Website	Contact
Gentle circuits	Gentle circuits fo all abilities	Online	Monday 10.30 – 11.30am	Online	Zestcommunity.co.uk	Jean.kirby@zestcommunity.co.uk
Express Abs	Express abs for all abilities	Online	Monday 11.45 – 12.15	Online		Jean.kirby@zestcommunity.co.uk
Legs bums and tums	Legs bus and tus for all abilities	Online	Tuesday 10 – 10.45am	Online		Jean.kirby@zestcommunity.co.uk
Kettlesize express	Kettlesize express for all abilities	Online	Tuesday 11 – 11.30	Online		Jean.kirby@zestcommunity.co.uk
Pilates	Pilates for all abilities	Online	Wednesday 10 – 10.45am	Online		Jean.kirby@zestcommunity.co.uk
Social cafe	Regular social meeting for over 50s at risk of isolation	Online	Thursday 11am	Online		Jane.duckitt@zestcommunity.co.uk
BAME older women's group	For women over 50 to meet and chat socially	Online	Tuesdays fortnightly 12.00	Online		Jane.duckitt@zestcommunity.co.uk
Online homework support	Individual homework support	Online	Flexible/on demand	Online		Alison.somersetward@zestcommunity.co.uk
Community skill share	Lean a new skill from someone in your community	Online	Flexible/on demand	Online		David.mcneil@zestcommunity.co.uk

FOR MORE INFORMATION



Sheffield Directory PKW Page:

<http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/advice.page?id=XdHZvdjfM4E>

Sheffield Directory Dementia Page:

<http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/advice.page?id=TbXDY3ky61U>

Coronavirus Community Resources:

<https://www.sheffield.gov.uk/coronaviruscommunityresources>

PKW Team Inbox: pkw@sheffield.gov.uk