**People Keeping Well Timetable – 2024**

**Please contact primary contact / group leader to check if session is running.**

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| **Activity** | **Venue** | **Primary Contact (Group leader)** |
| Coffee and exercise classes (Strength/Circuits/Seated)  Variety of gentle exercise sessions combined with refreshments | Bradway Community Hall -Monday (weekly)  Dore and Totley United Reformed Church -Monday (weekly), Totley Library/CRIC- Thursday (weekly)  St Peter/St Oswald’s Abbeydale Road- Friday (weekly) | Community Wellness Service - 01145537807 |
| Sporting Chatter / Sporting Chatter films: A social group who come together to discuss all things sport | Dore and Totley United Reformed Church -Friday (weekly) | Michael Tomlinson  Tel: 07896 003941 or alternatively  Mike Pettitt Tel: 0750 3060990 |
| Singing Teapot Choir - A singing group for all abilities | Dore and Totley United Reformed Church-Tuesday (weekly) | Yo Tozer Loft -07925 634420 |
| Welcoming warm space - meet others and have fun. refreshments provided | Dore Methodist Church Hall- Wednesday (weekly) 10.30am to 1pm. | No booking requirement just drop in |
| Dore and Totley Rosemary memory café (Dementia targeted) - a welcoming social space for people living with Dementia. | Dore Methodist Church Hall – Tuesdays - 1st and 3rd week of every month | Contact : [Elsie.ledger@ageuksheffield.org.uk](mailto:Elsie.ledger@ageuksheffield.org.uk) Tel. [07384 833594](tel:07384833594) |
| Reminisce and Revive: a Zoom group where we share stories and poems we have written as well as favourite pieces of writing, including favourite films and TV programmes. | Zoom -Monday (fortnightly) | Anne: [anne.grange77@googlemail.com](mailto:anne.grange77@googlemail.com) 07815 966784 |
| Forest Bathing - a chance to slow down and enjoy mindfulness in nature | Graves Park/ Abbeydale Industrial Hamlet in winter months) - Saturday (weekly) | Caroline Cook- 07583551705  [www.wellwithnature.co.uk](http://www.wellwithnature.co.uk)  [caroline@wellwithnature.uk](mailto:caroline@wellwithnature.uk) |
| Herbal Wellness: Learn about a different herbal medicine every week | Abbeydale Industrial Hamlet - Friday (fortnightly) | Caroline Cook- 07583551705  [www.wellwithnature.co.uk](http://www.wellwithnature.co.uk)  [caroline@wellwithnature.uk](mailto:caroline@wellwithnature.uk) |
| Woodwork Wellbeing: a seasonal woodworking course | Bradway Community Hall - Tuesday (weekly) | Steven Fridlington – [woodworkwellbeing@ouytlook.com](mailto:woodworkwellbeing@ouytlook.com) 07900 344361 |
| Ecclesall Forum: a space to socialise and make new friends. This group is part of the wider Ecclesall forum | Cherry Tree Pub, Carterknowle - Monday (weekly) | Paul May – paulmay@blueyonder.co.uk |
| Dance to Health Sheffield: gentle dance classes for all abilities | St Augustine’s church, Endcliffe- Multiple days of the week | Charlotte Bridle  [charlottebridle@ae-sop.org](mailto:charlottebridle@ae-sop.org)  07942276312 |
| Table Tennis | Bradway Community Hall- Thursday and Friday (weekly) | Jan – 07787 954842/0114 418 6463 |
| S11 Carers Walk: keep fit and healthy and make new friends on these gentle walks, designed to give carers respite | Thursday - (First week of every month) | Sheffield Carers Centre -0114 278 8942 |
| Natter Coffee Morning: a welcoming space to meet new people and enjoy cakes and coffee | Totley Library/CRIC- Thursday (weekly)  Also Chair Aerobics Thurs 12 – 1pm £3  No need to book. | Totley All Saints Church -0114 236 7627 |
| *Coffee on the corner social* drop in: enjoy great food and drink and meet new people) | Coffee on the corner – Baslow Road –Friday (weekly) | Coffee on the corner- 07941 780772 |
| South West Friendship Lunches: Book onto one of our local friendship lunches and enjoy great food and entertainment | Crosspool Tavern Pub, Crosspool - Monday (2nd monthly)  The Ball Inn, Crookes -Tuesday (1st monthly)  The Greystones Pub -Tuesday (2nd monthly)  Shepley Spitfire pub -Friday (last monthly) | 0114 266 2113  0114 266 1211  0114 266 5599  0114 236 0298 |
| Fulwood coffee and games morning: dementia friendly | Fulwood Scout Hut, Fulwood Road-Tuesday (2nd and 4th Tuesday of the month) | [Elsie.ledger@ageuksheffield.org.uk](mailto:Elsie.ledger@ageuksheffield.org.uk)- [07384 833594](tel:07384833594) |
| S17 Carers Café: a social space for carers to come together and make new friends designed to give carers respite in a warm and welcoming environment | Meet at Totley URC on Totley Brook Road - 10.30am on 1st Wednesday of each month Meet at Border View Farm on Rod Moor Road -11.00am on 3rd Wednesday of each month | Sheffield Carers Centre – 0114 278 8942 |
| Calmly Create: the main objective of the sessions is for patients who may be experiencing stress, anxiety, loneliness to create something in a warm enviroment | Fulwood Old Chapel School Room, 8 Whiteley Lane, Sheffield, S10 4GL-Wednesday (weekly) | South Yorkshire Chaplaincy and Listening Service  07903 899751 [sycls@sycls.co.uk](mailto:sycls@sycls.co.uk) |
| Bents Green Rosemary Memory Café (Dementia targeted): a welcoming social space for people living with Dementia. | Bents Green Methodist Church, Ringinglow Road, S11 7PU-Thursday (1st and 3rd monthly) | [Elsie.ledger@ageuksheffield.org.uk](mailto:Elsie.ledger@ageuksheffield.org.uk) - [07384833594](tel:07384833594) |