

South West/S17 Sheffield PKW Network Activity Guide

Monday

- ✚ Coffee and Chair Aerobics - Bradway Community hall-10.30am every week– Delivered by CWS- Provided by PKW
- ✚ Coffee and Chair Aerobics – Dore Methodist Hall- 1pm every week-Delivered by CWS- Provided by PKW
- ✚ Strength and balance Class- Dore and Totley United Reformed Church- 1pm every week-Delivered by CWS- Provided by PKW
- ✚ Monday Coffee Morning – 1st and 3rd Monday of each month –Delivered by Dore and Totley URC- 07929720977
- ✚ Cosy Creatives – Online Creative writing sessions- Every Monday 2-3pm-Delivered by a trained Art Therapist- Provided by PKW- 01142502850
- ✚ Connecting with nature for wellbeing – 11am every week – Cross Scythes public house, Totley- Delivered by Caroline Cook, Horticultural Therapist – Provided by PKW
- ✚ Ecclesall Forum - Cherry Tree pub on Carterknowle Road, 3pm-5pm every Monday- Delivered by Paul May- Pauljmay@blueyonder.co.uk
- ✚ Dance to health – St Augustine’s Church, Endcliffe- Contact Jenny Johnson for details jennyjohnson@ae-sop.org

Tuesday

- ✚ Singing Teapot Choir – 10am for coffee, 10.30am singing begins- 2nd and last Tuesday of every month –Dore and Totley United Reformed Church - Delivered by Yo Tozer loft – Provided by PKW
- ✚ Dore and Totley Rosemary Memory Café – Weekly 3pm-4.30pm- online chat, quizzes, live singers and more for people living with Dementia and their carers- Delivered by Eliza- Provided by PKW
- ✚ 10-12m: Fulwood Memory Café at Fulwood Scout Hut. Chat, quizzes, live singers & more, for people living with Dementia & their carers.
(Please click [here](#) to e-mail Eliza or call her on 07384 833594)
- ✚ 2-4pm: Dore & Totley Rosemary Memory Café at Dore Methodist Church. Chat, quizzes, live singers & more, for people living with Dementia & their carers.
(Please click [here](#) to e-mail Eliza or call her on 07384 833594)
- ✚ Hammer & Pincers Friendship Lunch: Ticket (£10) includes a 2-course meal & entertainment. Ringinglow Road (S11 7PW), 12-2pm – once per month- please contact provider for next event- Delivered by Kathy Markwick – Provided by PKW
- ✚ Knit and Natter – Totley Rise Methodist Church -1pm-3pm

Wednesday

- ✚ S17 Carers café – 10am on the 1st and 3rd Wednesday of every month-supported by Sheffield Carers Centre
- ✚ Gentle Exercise Circuit Class-2pm every week (Zoom)- Delivered by CWS- Provided by PKW
- ✚ Dance to health – St Augustine’s Church, Endcliffe- Contact Jenny Johnson for details
jennyjohnson@ae-sop.org
- ✚ Coffee on the Corner Totley - every Wednesday. This is different to the 'normal' Friendship Lunches in that it is weekly, with no set price/menu/live entertainment. Guests can therefore just call in and have a drink and/or lunch.

Thursday

- ✚ Chair Aerobics-Totley Library - 12pm every week- Delivered by CWS- Provided by PKW
- ✚ 2-4pm: Bents Green Memory Cafe. Chat, quizzes, live singers & more, for people living with Dementia & their carers – Contact - 07384 833594- Provided by PKW
- ✚ 3pm Table Tennis- Bradway Community Hall. (Contact Jan on 07787 954 842/0114 418 6463)
- ✚ S11 carers Walk, Ecclesall Woods. 1st Thursday monthly at 11am- Delivered by Sheffield Carers Centre
- ✚ Natter Coffee morning – 10.30am Totley Library – Delivered by Totley All Saints Church
- ✚ Community Journalism – Online 10.30am – Contact – Kathryn Reaney – Provided by PKW

Friday

- ✚ Sporting Chatter – 10am on the 1st and 3rd Friday of every month – Sporting Films on the 2nd and 4th- Dore and Totley URC – Provided by PKW
- ✚ Connecting with Nature for Wellbeing-10.20am-11.30am every week- Delivered by Horticultural Therapist Caroline Cook- Provided by PKW
- ✚ 7pm Table Tennis- Bradway Community Hall.
(Contact Jan on 07787 954 842/0114 418 6463)
- ✚ Shepley Spitfire Friendship Lunch, Mickley Lane, Totley, Sheffield, S17 4HE. Last Friday of the month. Two course meal and live entertainment - cost is £10 - to book please call the venue on 01142 360298

Saturday

- ✚ Saturday mornings (monthly)
Forest Bathing /Nature mindfulness in Graves Park
Caroline Cook Forest Therapy Practitioner To book contact Caroline
@wellwithnature.co.uk www.wellwithnature.co.uk

Clubs



- ✚ Dore Neighbourhood Club – An Exclusive Neighbourhood, Social and Lifestyle Club for adults over 60 in and around S17- contact Caroline - carolinedorenc@gmail.com or 07766242116

For more information or to join any of the sessions above, please contact the relevant team via the details listed below or provided against the listing above. For any general queries or assistance please contact Joanna Woodward at Age UK Sheffield (details listed below):

- CWS- Community Wellness Service – 01145537807
- SCC- Sheffield Carers Centre-email Jan- jan@sheffieldcarers.org.uk
- Eliza – Age UK Sheffield - Eliza.Groark@ageuksheffield.org.uk
- Caroline Cook- Horticultural Therapist Caroline@wellwithnature.co.uk www.wellwithnature.uk or Telephone Age UK 0114 250 2850
- Kathryn Reaney - reaneywrites@gmail.com , 07854751932
- Cosy Creatives – Please contact Age UK Sheffield on 01142502850
- Sporting Chatter – Phillip Staton- 07788620313
- Kathy Markwick - kathymarkwick@googlemail.com
- South West Sheffield PKW (People Keeping Well)- Joanna Woodward (Community Development Officer) Joanna.woodward@ageuksheffield.org.uk or Age UK Sheffield on 01142502850
- Jan Outram – Sheffield Carers Centre – jan@sheffieldcarers.org.uk