**People Keeping Well Timetable – July 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 alternativelyMike 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 Tel. 07384 833594 |
| 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 07815 966784 |
| Nature Natter Coffee, Nature chat and mindfulness Activity | Cross Scythes Pub, Totley, Mondays 11 am-12:30 pm | Caroline Cook- 07583551705[www.wellwithnature.co.uk](http://www.wellwithnature.co.uk/)  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    |
| Woodwork Wellbeing: a seasonal woodworking course | Bradway Community Hall - Tuesday (weekly) | Steven Fridlington – woodworkwellbeing@ouytlook.com07900 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 Bridlecharlottebridle@ae-sop.org07942276312 |
| 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 |
| South West Friendship Lunches: Book onto one of our local friendship lunches and enjoy great food and entertainment | 1. **Crosspool Tavern Pub,** Crosspool - Monday (2nd monthly)
2. **The Ball Inn**, Crookes -Tuesday (1st monthly)
3. **Shepley Spitfire pub** -Friday (last monthly)
4. **Sportsman** 57 Benty Lane Crosspool Sheffield S10 5NF – third Friday
 | 1. 0114 266 2113
2. 0114 266 1211
3. 0114 321 4530
4. 0114 268 8011
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| 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- 07384 833594  |
| 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 monthMeet 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 environment. | Fulwood Old Chapel School Room, 8 Whiteley Lane, Sheffield, S10 4GL-Wednesday (Monthly)This group is only for patients of surgeries within the Porter Valley Primary Care network which includes Greystones, Falkland Road, Rustlings Road, The Hollies, Nethergreen, Carterknowle and Dore.To sign up and to get more information please speak to the reception staff at your surgery. | South Yorkshire Chaplaincy and Listening Service 07903 899751 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 - 07384833594 |