

# July Latest News & Events

## • Men's Health Awareness Day

**Moor Market Welcome place** is holding an open drop in health awareness and support from professionals to help you live well.

**Thursday 31<sup>st</sup> July** **10am - 4pm**

## • Cooking with Diabetes

Food based cook-a-long session for people with diabetes and prediabetics to gain better insight on their diet and wellbeing. Bookings only.

**4 week course starting**

**Wednesday 2nd July** **12pm - 2pm**

## Scarborough Trip

Our Annual summer coach trip to the seaside this year will be to sunny Scarborough. This is a bookable event for £18 per seat on **Wednesday 30<sup>th</sup> July**

## Around The Kitchen Table Special

a BBQ edition of our lunch club to kick off the summer time on **Tuesday 15<sup>th</sup> July**.

Bookings for our children's **Health Holiday Programme** Sessions open on IPAL on Friday 4th July at 3pm.

Be sure to take a look into what kids sessions we are running this summer.

Visit us Monday - Friday: 9:30am - 3:30pm  
Our welcome place: 10am - 1pm

## MONDAY

### Chai and Chat

**Women's Only** - Community socialising group sharing different techniques of sewing and knitting

**Mondays 11am - 1pm**

### RECONNECT Community Café

**Men's Only** - A drop in for people affected by Dementia. 1 hour chair based exercise session, walking cricket, etc Guest Speakers & information on long term cognitive health.

**(1st Monday of the month) Monday 7<sup>th</sup> July 11am - 1pm**

### Health & Wellbeing Open Day

**Men's Only** - a community group for socialising, playing cards/board games & getting active.

Guest speakers, health checks & more.

**Mondays 11am- 1pm**

## TUESDAY

### Community Social Club

open social space: chat, play games & connect.

**Tuesdays 9:30am - 11am**

### Recharge Your Batteries

Session for Carers & people with Dementia to connect and enjoy variety of physical activities.

**(1st Tuesday of the month) Tuesday 1<sup>st</sup> July**

**11:30am - 1pm**

### Around the Kitchen Table

free community meal in a warm & friendly space

**Tuesdays 11am - 1pm**

## WEDNESDAY

### Breakfast Club

Free open session with variety of breakfasts with games & crafts.

**Wednesdays 9:30am - 11am**

### Keep Fit Class with Cuppa & Conversation

**Women's Only** - Chair-based stretching exercises to music.

**Wednesdays 11am - 1pm**

### Men's Creative Corner

**Men's Only** - Creative community session

**Wednesdays 11am - 1pm**

## THURSDAY

### English Conversation Club

**Women's Only** - Practice speaking English with people in your community.

**(Term Time Only) Thursdays 10am - 12pm**

### Social Wellbeing Café

Free open community session with food, a garden space, computers & internet access as well as 1-2-1 support with bills, letters, benefits etc.

**Thursdays 11am - 1pm**

## FRIDAY

### Blood Pressure Checks at your Barbers

Free blood pressure checks, no appointment needed

**Fades Barbers** - Wolstenholme Road

**10am - 12pm**

**Istanbul Barbers** - London Road

**10am - 12pm**

## MORE OF OUR SERVICES

### Citizen's Advice Appointments

Qualified C.A.B worker to support with any issues such as tenancy, debt, Visas, bills & working rights.

**Strictly Booking required**

**Tuesdays 10am - 12pm**

### Community Hub

Call us for a Free, confidential chat with our Shipshape health & engagement team.

**Languages available: Urdu, Punjabi, Arabic, Hindi, Bengali**

**Monday to Friday - 11am- 2:30pm**

Meet & Chat to our Men's Health Worker

**Moor Market - Tuesday 12<sup>th</sup> July & 22<sup>nd</sup> July  
10am-12pm**

### Dementia, Carers - Services & Support:

- Broomhall centre - **Wednesday 16th July**
- ShipShape - **Monday to Friday 10am- 3pm**
- ShipShape 1-2-1 Phone line - **Monday 14th July**

### Broomhall Group Activities

- Dementia & Carers Information Hub:  
**Wednesday 16th July - 2:30pm - 3:30pm**
- Women's Open Day: **Tuesdays 10:30am - 12:30am**
- Women's English Conversation: **Fridays 11am - 12pm**
- Zumba: **Fridays 12pm - 1pm**

**Broomhall Centre, Broom spring Lane,  
S10 2FD**

### Equal Communities

Offering 1-2-1 practical employment support.

- Applications & CV
- Work experience
- Job searching
- Confidence building
- Interview tips

**Book an appointment:**

**info@equalcommunities.co.uk**

**0114 2585000**

### Sheffield City Council: Cost of Living Team

Open drop in support session to help you navigate the cost of living crisis.

**Wednesdays 9:30am - 12:30pm**

### Health & Wellbeing Coaches

Free 1-2-1 support for health and wellbeing. Weight, Height, BMI, and Blood pressure checks available.

Sessions held Face-2-Face, Calls & Outdoors

**Monday to Thursday - 10am - 3pm**

**(By appointment only)**

### See Our Coaches in the Community

Highfield Library - **Tuesday 8<sup>th</sup> July**

Broomhall Centre - **Tuesday 15<sup>th</sup> July**

**No appointment required.**

### GP Centres our Coaches Work With

Ask your GP or Nurse to refer you to us

- Hanover MC
- Matthews Practice
- Porterbrook MC
- Sloan MC
- Sharrow Lane MC
- Devonshire MC



**Facebook:** Shipshape Community Hub **Twitter:** @shipshapewell

**Website:** <https://www.shipshape.org.uk>

**ShipShape**  
Community Hub

**JULY**  
What's On Guide



Health & Wellbeing

Sports & Physical Activities

Dementia & Carers

Employment & Learning

Food Hub

Volunteering

Families & Communities

📍 ShipShape Community Hub  
The Stables, Sharrow Lane,  
Sheffield - S11 8AE

☎ 0114 2500 222

✉ Info@shipshape.org.uk