

## SHIPSHAPE ACTIVITIES OCTOBER 2016

### *Group Sessions at ShipShape Health and Wellbeing Centre*

<p><b>Seeds to Suppers</b>        Gardening Group.        Practical skills to help you grow and harvest your own food and enjoy the outdoors with others</p>	<p>Mondays 10.00am-12.00pm</p>	<p>Free –Please book</p>
<p><b>Games Club</b>        Have some fun with board games and other non-gambling games</p>	<p>Mondays        12.00-1.30pm</p>	<p>Free – Drop-in</p>
<p><b>Eating on a Budget</b>        How to cook a budget meal that costs less than £1.00 per person.</p>	<p>Mondays        1.30-2.30pm</p>	<p>Free – Drop-in</p>
<p><b>Table Tennis Club</b>        Friendly informal table tennis</p>	<p>Tuesdays        1.30-2.45pm</p>	<p>Free- Drop-in</p>
<p><b>Ladies Open Days with Exercise</b></p> <ul style="list-style-type: none"> <li>• Chat</li> <li>• Sewing</li> <li>• Teas</li> <li>• Health Checks</li> <li>• Chairbics Exercise</li> </ul>	<p>Wednesdays        Open Day 10.30-1.00pm        Exercise        10.30-11.30am        (except Oct 4 and November 2<sup>nd</sup>)</p>	<p>Free – Drop In</p>
<p><b>Breakfast Club</b>        Breakfast foods and friendly chat</p>	<p>Wednesdays        10.00am – 1.00pm</p>	<p>Free - Drop-in</p>
<p><b>Abundance Harvesting Plus</b>        Learning how to harvest and distribute from local fruit trees</p>	<p>Thursdays        10.00 am-1.00pm        From 18<sup>th</sup> August</p>	<p>Free – open to adults.        Accompanied, supervised children welcome.</p>

<b>'Man Friday' Men's Group</b> Free, supportive chat and lunch	Fridays 10.00am-2.00pm	Free Please book
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*One-to-One Sessions at ShipShape*

<b>Person-Centred Counselling</b> with qualified counsellor, Carol Peckett	Mondays 10.00am-12.00pm	Free – pre-book. Carol will contact you to discuss your needs and her waiting list.
<b>Health Trainer Service</b> One-to-one support for you to make your own changes to support your health including for weight loss, diabetes and chronic pain.	Mondays – Fridays 9.30am to 3.00pm	Free – pre-book. One of the ShipShape Health Trainers will contact you to make an appointment.

*Activities and Services Held in Other Locations*

<b>Health Trainer Service</b> Support for you to make your own changes to support your health including for weight loss, diabetes and chronic pain.	Weekdays  Available at Various Medical Centres and GP Surgeries	Free – pre-book
<b>Health and Wellbeing Men's Group</b> Chairobics and health checks	Tuesdays 12.00-1.30pm  Israac Centre, 54 Cemetery Road S11.	Free – Drop-in
<b>Tuesday Breakfast Club</b> Elmwood Farm pub, Beighton Business Link Pk, Old Colliery Way, S20 1DJ	Tuesdays 10.00am-12.00pm	Free to join in – pub breakfast food prices.

<p><b>Health Check Drop In at Highfield Library</b> ShipShape Health Trainer, Samia Masood offers basic health checks</p>	<p>Wednesdays 1.00-2.30pm</p>	<p>Free – Drop in</p>
<p><b>Health and Wellbeing Open Day at Remploy</b> With ShipShape Health Trainer, Nur Ali</p> <p>Remploy provides employment support for disabled and disadvantaged people</p>	<p>Wednesdays: 28<sup>th</sup> Sept, 26<sup>th</sup> October, 23<sup>rd</sup> November, 21<sup>st</sup> December 1.00-4.00pm</p> <p>Remploy, 48 West St, Sheffield S1 4EX</p>	
<p><b>Diabetes Support</b></p> <p>One-to-one Health Trainer Support for Diabetes.</p> <p>10.00am- 11:30am (women only) 11:30am -1.00pm ( men only)</p>	<p>1<sup>st</sup> Thursday of the month 10.00am-1.00pm,</p> <p>One Nation Community Centre, 7-9 Leyburn Road, Nether Edge.</p>	<p>Free – Drop-in</p>
<p><b>Community Health Football Training</b></p> <p>Session open to all aged 18+ - men and women Welcome</p>	<p>Wednesdays 5.00-6.00pm Pitch A Goodwin Sports Centre, Northumberland Road Sheffield S10 2TY</p>	<p>Free – Drop-in</p>
<p><b>Aston Chronic Pain Swimming Group</b></p>	<p>Fridays 10.00am-1.00pm Aston Leisure Centre</p>	<p>Free – by referral from Health Trainer Service</p>
<p><b>Dads Group</b></p> <p>For more info, please call Phil on: 07914 040917</p>	<p>Saturdays 10.30am-12.30pm Highfield Adventure Playground</p>	<p>Free – drop-in</p>

Coming soon at ShipShape, dates and times to be confirmed:

***Making Healthy Women***

An exciting new course from the Sheffield City Council Community Development and Health programme with ShipShape covering:

- Self Esteem
- Different Aspects of Health
- Medical Model and Social Model of Health
- Femininity and Gender
- A Woman's World
- Relationships
- The Woman I Want to Be

The course is free and is run over 5 weeks in 5 four-hour sessions.

Please book at the ShipShape number or contact [s.brewer@shipshape.org.uk](mailto:s.brewer@shipshape.org.uk)



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