

SHIPSHAPE ACTIVITIES SEPTEMBER 2016

Group Sessions at ShipShape Health and Wellbeing Centre

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| <p>Seeds to Suppers 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>Games Club 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>Eating on a Budget 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>Table Tennis Club Friendly informal table tennis</p> | <p>Tuesdays 1.30-2.45pm</p> | <p>Free- Drop-in</p> |
| <p>Ladies Open Days with Exercise Chat, sewing, teas and Chairobics exercise session.</p> | <p>Wednesdays Open Day 10.30-1.00pm Exercise 10.30-11.30am (except Sept 7th)</p> | <p>Free – Drop In</p> |
| <p>Breakfast Club Breakfast foods and friendly chat</p> | <p>Wednesdays 10.00am – 1.00pm</p> | <p>Free - Drop-in</p> |
| <p>Abundance Harvesting Plus Learning how to harvest and distribute local fruit trees</p> | <p>Thursdays 10.00 am-1.00pm From 18th August</p> | <p>Free – open to adults. Accompanied, supervised children welcome.</p> |

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| <p>'Man Friday' Men's Group Free, supportive chat and lunch</p> | <p>Fridays 10.00am- 2.00pm</p> | <p>Free Please book</p> |
| <p>Come Pamper Yourself Health and Beauty Activities at low cost</p> | <p>Saturday 10th September ShipShape 6.00- 10.00pm</p> | <p>Drop-in - Low cost activities</p> |

One-to-One Sessions at ShipShape

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

Activities and Services Held in Other Locations

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| <p>Health Trainer Service Support for you to make your own changes to support your health including for weight loss, diabetes and chronic pain.</p> | <p>Weekdays Available at Various Medical Centres and GP Surgeries</p> | <p>Free – pre-book</p> |
| <p>Health and Wellbeing Men's Group</p> | <p>Tuesdays 12.00-1.30pm Israac Centre, 54 Cemetery Road S11.</p> | <p>Free – Drop-in</p> |

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| <p>Tuesday Breakfast Club Elmwood Farm pub, Beighton Business Link Pk, Old Colliery Way,S20 1DJ</p> | <p>Tuesdays 10.00am-12.00pm</p> | <p>Free to join in – pub breakfast food prices.</p> |
| <p>Health Check Drop In at Highfield Library ShipShape Health Trainer, Samia Masood offers basic health checks</p> | <p>Wednesdays 1.00- 2.30pm</p> | <p>Free – Drop in</p> |
| <p>Health and Wellbeing Open Day at Remploy With ShipShape Health Trainer, Nur Ali</p> <p>Remploy provides employment support for disabled and disadvantaged people</p> | <p>Wednesdays: 28th Sept, 26th October, 23rd November, 21st December 1.00- 4.00pm</p> <p>Remploy, 48 West St, Sheffield S1 4EX</p> | |
| <p>Diabetes Support</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>1st 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>Community Health Football Training and Tournament</p> <p>Session open to all aged 18+ - men and women Welcome</p> | <p>Thursdays 6.00-8.00pm at Goodwin Sports Centre, Northumberland Road Sheffield S10 2TY</p> <p>Tournament Sunday 18th Sept 9.30-12.30</p> | <p>Free – Drop-in</p> |

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| <p>Aston Chronic Pain Swimming Group</p> | <p>Fridays 10.00am-1.00pm Aston Leisure Centre</p> | <p>Free – by referral from Health Trainer Service</p> |
| <p>Dads Group 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> |
| <p>Monkey Bizness Eid Fun Day</p> | <p>Saturday 17th September 7.15-9.15pm, Monkey Bizness, Valley Centertainment, Broughton Ln, Sheffield S9 2EP</p> | <p>£2.50 per child £2.00 per adult. Please book.</p> |
| <p>Skate Central Family Fun Day At Sheffield's roller skating arena</p> | <p>Saturday 24th September times To Be Confirmed</p> <p>Skate Central 1 Queens Rd, Sheffield S2 4DF</p> | <p>Good value prices Please book</p> |



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