A picture containing text

Description automatically generated

**What’s On**

**March 2024**

**(Please note, it is recommended you make contact before attending any activity on this document as all activities are subject to change at short notice.)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| Walk & Talk | Dukes In The Park, Centre In The Park, Norfolk Park, Guildford Avenue, S2 2PL | Monday 9.30am – 10.30am | Buggy and pram friendly walks. A great way for new parents wishing to get back to doing some physical activity to meet other parents for friendly walks and chats.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| Norfolk Park & Arbourthorne Men’s Group | The Spires Centre (600 East Bank Rd, S2 2AN) | Monday  9.30am – 11.30am | Looking for things to do? Feeling lonely/isolated? Want to learn new things? Healthy lifestyle tips & ideas, visits to places of interest & guest speakers.  **Referral only.** | Michael McKeown  0114 2789999  michaelmckeown@  manorandcastle.org.uk |
| Over 50’s Table Tennis Club | Park Centre (4 Samson Street, S2 5QT) | Monday  10am – 11.30am | £1. Beginners to experienced player welcome.  **Drop-in.** | 0114 2739611  parkcommunityaction@  gmail.com |
| Echo | York House (535 City Road, S2 1GF) | Monday  10am – 2pm | ECHO sell pre-loved clothes and toys. Free hot drink for every customer.  **Drop-in.** | Charlotte Hutton  charlottehutton@  manorandcastle.org.uk |
| Park Library | Park Library  (243 Duke Street, S2 5QP) | Monday  10am – 2.30pm | Serving the Park, Granville, Wybourn and Norfolk Park area of the city. Volunteer-led library run by Park Community Action (PCA) in partnership with Sheffield City Council. Full range of library services. Working with children is a particular priority. Free access to IT including the internet and other resources.  **Drop-in.** | 0114 2797497 |
| Park Centre Cafe | Park Centre (4 Samson Street, S2 5QT) | Monday  11.30am – 2pm | Serves delicious food and hot/cold drinks in a friendly atmosphere. Sit over a coffee, use the Wi-Fi, borrow a book from the library and make yourself comfortable.  **Drop-in.** | 0114 2739611 |
| Line Dancing | Park Centre (4 Samson Street, S2 5QT) | Monday  12noon – 2pm | Line dancing with the Arbourthorne Women’s Group  **Drop-in.** | Jackie  0114 2739611 |
| St John’s Toddlers Group | St John’s Church (Bernard Street, S2 5PU) | Monday  12.30pm - 2.30pm (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Drop-in.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Afternoon Tea Over 50’s | Park Centre & Library (4 Samson Street, S2 5QT) | Monday  2pm – 4pm | Meet new people, have a chat and play bingo in a friendly atmosphere. Bring your lunch. Free drinks provided.  **Drop-in.** | 0114 2739611 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tuesday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| St Leonard’s Toddlers Group | St Leonard’s Church (331 Arbourthorne Road, S3 3RD) | Tuesday  9am – 11am (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Drop-in.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Boxercise/Kick sessions | Main Sports Hall @ Park Centre (4 Samson Street, S2 5QT) | Tuesday  9.30am – 10.15am | Physical activity session. £1 per session.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| TakePART In The Garden | Norfolk House  Stafford Lane S2 5HR | Tuesday  10am – 12.30pm | This is a weekly self-care group set in the garden of York House. Sessions include discussion, craft activities, short walks and food.  **Referral/self-referral only.** | Diane Cairns  0114 2789999  dianecairns@  manorandcastle.org.uk |
| Kettlercise Circuit | Main Sports Hall @ Park Centre (4 Samson Street, S2 5QT) | Tuesday  10.30am – 11.15am | Physical activity session. £1 per session.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| Spires Café | The Spires Centre (600 East Bank Rd, S2 2AN) | Tuesday  1pm – 3pm | This is a dementia friendly social café for people with mild memory loss and people with mild to moderate dementia. It’s a welcoming place for people in the local community to meet and share good times. We usually have a fun game and some light refreshments.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Nigel Lamb  0114 2655145 option 4  07918054103  dementia@  manorandcastle.org.uk |
| Forget-Me-Nots Singing Group | St Aidan’s Church  2 Manor Lane  S2 1UF | Tuesday  6pm – 7pm (5pm for refreshments) | Open to everyone. £2 minimum suggested donation. No singing experience necessary. Professional tutor – Maxine Emmens.  **Drop-in.** | Diane Cairns  07946436163  dianecairns@  manorandcastle.org.uk |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Wednesday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| Wybourn Toddlers Group AM | Pat Midgley Community Hub (331 Manor Oaks Road, S2 5EE) | Wednesday  9am – 11am (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Booking essential.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Parent Creative Session | Pat Midgley Community Hub (331 Manor Oaks Road, S2 5EE) | Wednesday  9am – 11am (term time only) | Activities include arts and crafts and baking. £2.50 – hot drink/toast included.  **Please contact prior to the session.** | Fiona  07507072134 |
| The Pantry Project | Park Centre (4 Samson Street, S2 5QT) | Wednesday  9am – 2pm | An exclusive food club. For just £4 each week, local residents can join up and access a whole range of benefits. Get more for your £££’s at your local pantry. Big names at small prices! For local residents of the Manor and Castle area. Free advice and support. Entrance to a weekly shop.  **Drop-in or call.** | Call in at Park Library or Park Centre or call 0114 2739611 and leave your contact details |
| Health Walk | East Bank Medical Centre (555 East Bank Road, S2 2AG) | Wednesday 9.30am – 10.30am | Free physical activity session.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| Over 50’s Table Tennis Club | Park Centre (4 Samson Street, S2 5QT) | Wednesday  10am – 11.30am | £1. Beginners to experienced players welcome.  **Drop in.** | 0114 2739611  parkcommunityaction@  gmail.com |
| Park Library Community Garden | Park Library  (243 Duke Street, S2 5QP) | Wednesday  10am – 12noon | This is a small community garden at Park Library. We grow a range of vegetables, fruits and flowers.  The garden is open to the public to use, relax and even pick our fruit and veg when it’s in season.  **Open to new volunteers, either contact Jonathan by phone or email.** | Jonathan Davis  07966768602  jonathandavis@  manorandcastle.org.uk |
| Park Library | 243 Duke Street, S2 5QP | Wednesday  10am – 5pm | Serving the Park, Granville, Wybourn and Norfolk Park area of the city. Volunteer-led library run by Park Community Action (PCA) in partnership with Sheffield City Council. Full range of library services. Working with children is a particular priority. Free access to IT including the internet and other resources.  **Drop-in.** | 0114 2797497 |
| Spires Allotment | The Spires Centre (600 East Bank Rd, S2 2AN) | Wednesday  11am – 1pm | No gardening experience needed. The allotment is in need of some TLC and so we are asking people from the local community to help tidy it up and maintain it. We grow a range of vegetables, fruits and flowers from seed and have a small orchard with fruit trees.  **Drop-in.** | 07762522976  spiresallotment@  mail.com  Facebook: ARC – Arbourthorne community allotment and garden |
| Park Centre Cafe | Park Centre (4 Samson Street, S2 5QT) | Wednesday  11.30am – 2pm | Serves delicious food and hot/cold drinks in a friendly atmosphere. Sit over a coffee, use the Wi-Fi, borrow a book from the library and make yourself comfortable.  **Drop-in.** | 0114 2739611 |
| Wybourn Toddlers Group PM | Pat Midgley Community Hub (331 Manor Oaks Road, S2 5EE) | Wednesday  12noon – 2pm (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Booking essential.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Echo | York House (535 City Road, S2 1GF) | Wednesday 12noon – 4pm | ECHO sell pre-loved clothes and toys.  Also, information drop-in centre supporting the community.  Hot & cold drinks available.  **Drop-in.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Thursday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| TakePART In The Sewing Room | York House (535 City Road, S2 1GF) | Thursday  9.30am – 12.30pm | Come and sew with others in an open and friendly environment, at your own pace. All are welcome – from novice to expert! This is a wellbeing group, where members share their skills – learning independently, with and from each other. No equipment needed – machine sewing, hand sewing, embroidery and cross stitch are all catered for.  **Referrals preferred. Self-referrals are accepted, but please make contact before attending to ensure places are available.** | Diane Cairns  0114 2789999  dianecairns@  manorandcastle.org.uk |
| Circuit Training | Main Sports Hall @ Park Centre (4 Samson Street, S2 5QT) | Thursday  9.30am – 10.15am | Physical activity session. £1 per session.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| Gleadless Toddlers | Terry Wright Community Hall  (569 Gleadless Rd, S2 2BT) | Thursday 9.30-11.30 (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Drop-in.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Echo | York House (535 City Road, S2 1GF) | Thursday  10am – 12noon | ECHO sell pre-loved clothes and toys. Free hot drink for every customer.  **Drop-in.** | Jonathan Davis  0114 2789999  jonathandavis@  manorandcastle.org.uk |
| Corner House Group | Pat Midgley Community Hub (331 Manor Oaks Road, S2 5EE) | Thursday  10am – 1pm | A weekly drop-in group for peer support. Activities include cook and eats and crafting.  **Drop-in.** | Dawn Dale  07855814889 |
| Chair-based Exercise Class | Arbourthorne Centre (33a Edenhall Rd, S2 2LD) | Thursday  11.15am – 12.00am | Physical activity session. £1 per session.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| TakePART In Nature | Manor Fields Park (City Road entrance, S2 1GF) | Thursday  1pm – 3pm | A weekly wellbeing group set in a woodland area of Manor Fields Park. For adults to improve self-esteem and strengthen their connection to nature. Various nature-themed activities.  **Referrals preferred. Self-referrals are accepted, but please make contact before attending to ensure places are available.** | Jonathan Davis  07966768602  jonathandavis@  manorandcastle.org.uk |
| Springboard Wellbeing Cafe | Arbourthorne Centre (33a Edenhall Rd, S2 2LD) | Thursday  11am – 1pm | Provides safe and positive help for people with low level mental health conditions to get support on their journey to recovery.  Arts & Crafts provided.  Hot drinks available  **Referrals preferred. Self-referrals are accepted, but please make contact before attending to ensure places are available.** | Holly Denniff  0114 2789999  hollydenniff@  manorandcastle.org.uk |
| Victoria Memory Cafe | Victoria Centre (Victoria Methodist Church, Stafford Road, S2 2SE) | Thursday  1pm – 3pm | For people with mild to moderate memory issues / dementia.  We offer a wide variety of activities to enjoy and make new friends.  **Referrals preferred.  Self-referrals and drop-ins accepted.** | Nadia  0114 273 9850 / [v.c.e.admin@gmail.com](mailto:v.c.e.admin@gmail.com) |
| Everyone’s Singing Group | Arbourthorne Centre (33a Edenhall Rd, S2 2LD) | Thursday  2pm – 3.30pm | “Everyone has a song inside and everyone has a voice. You just need to let it out!” We aim to improve wellbeing through singing together. Suggested donation is £6, first session is free. Sessions are fun, happy and inclusive. Taught by professional singing teacher Paul Newman. Everyone is welcome and it doesn’t matter if you can sing. No experience is necessary!  **Drop-in.** | Andy Bingham  07719230219  andybingham45@  gmail.com |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Friday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| St Swithun’s Toddlers Group | St Swithun’s Church Hall (Cary Road, S2 1JP) | Friday  9.15am – 11.15am (term time only) | Bring your under 5’s along to play and meet other parents and carers of young children from your area. £2 per adult & child. 50p per additional child. Snack included.  **Drop-in.** | Marie  07495965774  mariegill@  manorandcastle.org.uk |
| Manor Park Breakfast Club | Flat 213 (Harborough Avenue, S2 1QT) | Friday  9.30am – 11.30am | Enjoy a hearty breakfast whilst meeting new people. All welcome in a friendly atmosphere to chat and make friends. Disability access and facilities on site. Breakfast: £3.  **Referrals preferred. Self-referrals are accepted, but please make contact before attending to ensure places are available.** | Stephen Johnson  07908832117 |
| Short Mat Bowling | Park Centre (4 Samson Street, S2 5QT) | Friday  10am – 12noon | Recommended donation £2. All ages welcome. Beginners welcome.  **Drop-in.** | 0114 2739611  parkcommunityaction@  gmail.com |
| Park Library | 243 Duke Street, S2 5QP | Friday  10am – 12.30pm | Serving the Park, Granville, Wybourn and Norfolk Park area of the city. Volunteer-led library run by Park Community Action (PCA) in partnership with Sheffield City Council. Full range of library services. Working with children is a particular priority. Free access to IT including the internet and other resources.  **Drop-in.** | 0114 2797497 |
| Let’s Have a Chat | York House (535 City Road, S2 1GF) | Friday 11am – 1pm | The group will focus on supporting conversations regarding the mental health and wellbeing of men living in the S2 area or registered with a GP Practice in the S2 area.  To increase the confidence & self-esteem of men who are isolated and feel they cannot talk to family or friends about how they are feeling.  **Referral by GP or other health professional only.** | Jonathan Davis  07966768602  jonathandavis@  manorandcastle.org.uk, Michael McKeown  0114 2789999  michaelmckeown@  manorandcastle.org.uk or  Andy Bingham  andybingham@  manorandcastle.org.uk |
| Pilates | Park Centre (4 Samson Street, S2 5QT) | Friday 12.30pm – 1.30pm | Pay-as-you-feel. Suggested amount is £2 on low income, £5 otherwise.  **Referrals preferred. Self-referrals and drop-ins accepted.** | Kellyanne Watts-Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Saturday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| Parkrun | Manor Fields Park (City Road entrance, S2 1GF) | Saturday  9am | Free weekly 5km timed run (or walk) for all ages and abilities. Register at: [www.parkrun.org.uk](http://www.parkrun.org.uk), then turn up, run (or walk) and have fun! Don’t want to run/walk? Why not help others by volunteering?  **Pre-register before attending.** | [www.parkrun.org.uk](http://www.parkrun.org.uk) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sunday Activities** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| Junior Parkrun | Norfolk Heritage Park (Guildford Avenue, S2 2PL) | Sunday  9am | A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds). Register at: [www.parkrun.org.uk](http://www.parkrun.org.uk). | [www.parkrun.org.uk](http://www.parkrun.org.uk) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Other/Upcoming** | | | | | |
| **What** | | **Where** | **When** | **Details** | **Contact** |
| Woodland Confidence | Manor Fields Park (City Road entrance, S2 1GF) | | One morning per week for 8 weeks, next dates TBC | For adults to improve self-esteem and strengthen their connection to nature. Making fire with natural materials, cooking on a fire, learning knots and making a shelter, working with tools, whittling, mindful practices & the great fresh air.  **Please contact. Booking essential.** | Diane Cairns  07946436163  dianecairns@  manorandcastle.org.uk |
| Carers group | Spires Centre (600 East Bank Road, S2 2AN) | | 1st Tues of the Month  1pm till 2.30pm | This is a chance to meet other carers for a chat and a drink and to access information from Sheffield Carers Centre and Manor and Castle Development Trust.  **Drop-in.** | Nigel Lamb  0114 2789999  07918054103  dementia@  manorandcastle.org.uk |
| Early Years Volunteer Training | | TBC | TBC | Are you interested in volunteering with under 5’s? Early Years Volunteer training available.  **Contact for more information.** | Fiona  07507072134 |
| Eating Well and Moving Well in Everyday Life | | Various | TBC | A 6-week programme for people who would like to make positive changes to their lifestyle and improve their mental and physical health.  **Please contact to book a place.** | Kelly Anne Watts - Sharman  0114 2789999  kellyannesharman@  manorandcastle.org.uk |
| Parents are Experts | | TBC | TBC | The fun and enlightening way to raise confidence, increase enjoyment and ‘melt away’ the frustrations of being a parent. Recognises the importance of understanding yourself and your children while valuing your essential role as a parent.  **Contact for more information.** | Wendy Kettleborough  0114 2270000  07854656488 |
| STEPS to Excellence | | TBC | TBC | This is a personal development programme which helps individuals move beyond where they have become stuck to more fulfilling and successful lives. Participants are provided with a “Tool Kit” to realise their potential.  **Contact for more information.** | Diane Cairns  0114 2789999  dianecairns@  manorandcastle.org.uk |
| The Sunshine Programme | | Community Space  52/54 Manor Park Centre , S2 1WE | TBC | FREE programme for 18 – 24 year olds. Designed to help you create a more positive future by helping you to make the right choices about your life and improve your job prospects. It includes a range of positive activities to help with social skills, employability skills, group interaction, communication skills, problem solving and creative thinking.  **Contact for more information and to enrol.** | Jane Cartwright  0797 084 6823  janecartwright@  manorandcastle.org.uk |
| Sisters of Steel (Women’s Only Monthly Social) | | Flat 213 (Harborough Avenue, S2 1QT) | Monthly | We welcome ALL women to come along to the group where friends are made and where you matter. We have informal discussions on women only topics, run activities that promote women's health and wellbeing and create a supportive network.  If you struggle with childcare for younger children, please drop us a call or email so we can discuss how we can accommodate you and your children.  Please do come along to help our sisterhood grow.  Refreshments will be available.  **Drop-in.** | 07900626900  sheffieldsistersofsteel@  gmail.com  Instagram: @sheffieldsistersofsteel |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Services** | | | | |
| **What** | **Where** | **When** | **Details** | **Contact** |
| Dementia Support | This could be at a local community venue, GP surgery or in their home | Mon – Fri 9am – 5pm (4.30pm on Friday’s) | Support for people with dementia and those who care for them.  Can offer information, advice & guidance on all things dementia related:   * Social care * Benefits * Changes in memory & behaviour * Losing weight * Social isolation * Carer stress   **Call or email.** | Nigel Lamb  0114 2655145 option 4  07918054103  dementia@  manorandcastle.org.uk |
| Employment Support | Community Space (52-54 Manor Park Centre) | Mon – Fri 9am – 5pm (4.30pm on Friday’s) | Looking for work? Our experienced, friendly and qualified team offer 1-1 support to assist you on your journey back into work. All services are free and confidential. To find out more or book an appointment, call, email or drop-in.  Registered CSCS Test Centre. Also a Youth Hub to help young people aged 18-24 find employment and training.  **Drop-in, call or email.** | 0114 2655145 option 2  employmentteam@  manorandcastle.org.uk |
| MCDT Social Prescribing | This could be at a local community venue, GP surgery or in their home | As arranged | Personalised 1:1 support for anyone over 16 who would like a helping hand to improve their health and wellbeing. They could be a tenant, parent, carer, patient or an individual who refers themselves to us.  **Referral only.** | 0114 2655145/0114 2789999 for more information |