

Woodhouse and District Community Forum Weekly Activities Guide

Activity	When	Where	Contact
Community Café Comfortable safe space, social gathering that allow people to socialise and connect and build added support networks. Opportunity to chat to our local mental health development worker.	Mondays 12.30pm-2.30pm Refreshments provided. Donation's welcome Please note these sessions are not respite and a carer is required to stay	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Jan Browse 07724634359 Nicola Garnett 07586974483 janet@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Dementia Friendly Social Café Comfortable safe space, social gathering that allows people experiencing memory loss and loved ones to connect with others and build added support networks.	3rd Thursday of the month 12pm – 2pm £1 donation Please contact for us for latest dates (No sessions during August) Please note these sessions are not respite and a carer is required to stay	Beighton Miners Welfare 52A High Street Beighton S20 1ED	Lesley Roberts 07586823707 Nicola Garnett 07586974483 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Dementia Friendly Social Café Comfortable safe space, social gathering that allows people experiencing memory loss and loved ones to connect with others and build added support networks	Bi- weekly on Wednesdays 1pm-3pm £1 Donation Please contact for us for latest dates (No sessions during August) Please note these sessions are not respite and a carer is required to stay	Centre Spot Pub Jaunty Lane Sheffield S12 3DN	Lesley Roberts 07586823707 Nicola Garnett 07586974483 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk

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Bereavement Support Group Find comfort and support in caring understanding atmosphere. Meet others who are also grieving. Refreshments provided	3rd Friday of the month 10am-11.30am Please contact for Jan for latest dates FREE	Art space at crystal Peaks 1-3 Peak Square, Waterthorpe S20 7PH	Fiona Milnes 07741599659 Jan Browse 07724634359 fiona@mywoodhouse.co.uk janet@mywoodhouse.co.uk
Menopause Support Group - Drop in Likeminded people to gather in a safe environment and discuss menopause / menopause journeys. Peer support Guest Speakers	4th Wednesday of the month 6.30pm – 8pm Please contact for us for latest dates FREE	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Fiona Milnes 07741599659 Nicola Garnett 07586974483 fiona@mywoodhouse.co.uk nicola@mywoodhouse.co.uk

Friendship Lunch Open to everyone A safe space for everyone to come together and meet new people. Quiz and Bingo Lunch Provided.	1st Thursday of the Month 12pm – 2pm £5 per person MUST BE PRE-BOOKED Please contact for us for latest dates (No sessions during August) Please note these sessions are not respite and a carer is required to stay	Beighton Miners Welfare 52A High Street Beighton S20 1ED	Lesley Roberts 07586823707 Nicola Garnett 07586974483 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Rogers Lunch Box Lunch, Games, Quizzes, and gentle exercises it is a safe space for anyone to come together and meet new people and talk about memories.	Wednesdays 12.45pm-2pm FREE	The Space 59 Stradbroke Drive Sheffield S13 8SB	Helen (The Link) 07973837664 Nicola Garnett 07586974483 nicola@mywoodhouse.co.uk

Activity	When	Where	Contact
Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Mondays 12pm-1pm £3	Westfield Community Centre Westfield Centre, S20 8ND	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Mondays 3pm-4pm £3	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Thursdays 11.00am-12.15pm £3	Spa View Community Church Hackenthorpe S12 4HD	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Friday 10.45am- 11.45am £3	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk

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Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Friday 12.30pm – 1.30pm £3	Hackenthorpe Christ Church Sheffield Road Hackenthorpe Sheffield S12 4LR	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Chair Based Exercise Minimal impact class format of movement whilst sitting to incorporate movement in a routine also use of weights, balls, and resistance bands	Friday – Osteoporosis Group 12.15am-1.15am £3	Joseph Stone School Street Mosborough S20 5EB	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Beginners Yoga Minimal impact exercise for adults & accessible for adults with mobility issues	Tuesdays 12.00pm – 1.30pm £3	St James Church Hall Tithe Barn Lane Woodhouse S13 7LL	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Pilates Pilates and mind-body exercise increase overall fitness, awareness, and focus. Suitable for Beginners, All ages and Fitness ability.	Tuesdays 6pm – 7pm £3 MUST BE PREBOOKED	St James Church Hall Tithe Barn Lane Woodhouse S13 7LL	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk

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Pilates Pilates and mind-body exercise increase overall fitness, awareness, and focus. Suitable for Beginners, All ages and Fitness ability.	Tuesdays 7.15pm-8.15pm £3 MUST BE PREBOOKED	St James Church Hall Tithe Barn Lane Woodhouse S13 7LL	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Dance Fit Fitness class with a dance element using easy to follow routines.	Wednesdays 1pm – 2pm £3 MUST BE PREBOOKED Please contact for us for latest dates	St James Church Hall Tithe Barn Lane Woodhouse S13 7LL	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Legs, Bums & Tums A dynamic 45 minute workout targeting legs, bums & tums for strength and conditioning	Every Thursday 6pm – 7pm £3 MUST BE PREBOOKED	Salvation Army Tannery Street Woodhouse S13 7JW	Nicola Garnett 07586974483 nicola@mywoodhouse.co.uk
Woodhouse Quiz Group A chance to socialise with like-minded peers, make new friends, and Play Quizzes	Thursdays 10.00am- 11.30am £1	Salvation Army Tannery Street Woodhouse S13 7JW	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk

Activity	When	Where	Contact
Woodhouse Community Garden projects Offers a range of activities suitable for all kinds of interests and abilities.	Volunteering opportunities School visits Community Group visits Come & dig it sessions	WDCF Community Garden Victoria Allotments Sheffield Road S13	communitygarden@mywoodhouse.co.uk Various groups dates and times please contact Jess for more information on 07719709326
Wellbeing Wednesdays Community Garden where you can get some fresh air, make new friends, learn, or share skills together, enjoy a few creative activities, or simply sit and chat. If you have been feeling a low/feeling anxious about going out, support is here.	Wednesdays 11.30am – 1.30pm FREE	Community Garden Victoria Allotments Sheffield Road S13	Jessica 07719709326 Ben 07483396687

Activity	When	Where	Contact
Women's Weekly Social Group A chance to socialise with like-minded women and make new friends	Tuesdays 10.00am-12.00pm £1 donation	Trinity Methodist Church Chapel Street Woodhouse Sheffield S13 7JL	Lesley Roberts 07586823707 Nicola Garnett 07586974483 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Chair Yoga Helps to bring peace to the mind and body. Chair yoga is a modified form of traditional yoga. This seated practice offers a wide range of benefits, making it an excellent choice for those looking to stay active without putting excessive strain on their bodies. Suitable for beginners.	Every Friday 10.00am-11.30am £3	St James Church Hall Tithe Barn Lane Woodhouse S13 7LL	Nicola Garnett 07586974483 Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Hackenthorpe Hub Social Café with a focus of health supported by Thrope Practice, Social Prescribers and Sheffield's talking therapies.	Every Wednesday 2pm – 4pm FREE	The Sportsman Main Steet Hackenthorpe S12 4LA	Fiona Milne 07741599659 fiona@mywoodhouse.co.uk

Activity	When	Where	Contact
WOODHOUSE ART GROUP Find a sense of wellbeing in creativity and spending time with friends. Bring along your own projects & help others learn Beginners Welcome Materials provided	Every Friday 12.30pm-2pm £3 Suggested Donation Please note these sessions are not respite and a carer is required to stay	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Jan Browse 07724634359 Nicola Garnett 07586974483 janet@mywoodhouse.co.uk nicola@mywoodhouse.co.uk
Dementia Friendly Chair Yoga (Closed Group) Yoga Practice to provide a proactive approach with people living with dementia. Can help improve mild cognitive impairment and dementia.	Every Monday 1pm-2pm FREE MUST BE PREBOOKED	Beighton Miners Welfare 52A High Street Beighton S20 1ED	Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk
Dementia Carers support Group Peer support group in a comfortable and confidential safe space that allows people to connect and talk to others and build added support networks. Refreshments provided	Last Wednesday of the month 12pm – 2pm FREE	Frecheville Community Sports & Social Club 11 Silkstone Drive S12 4RF	Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk

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Dementia Carers support Group Peer support group in a comfortable and confidential safe space that allows people to connect and talk to others and build added support networks. Refreshments provided	2nd Monday of the Month 1.30pm-3.30pm	Joseph Stone Centre School Street Mosborough S20 5EB	Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk
Dementia Friendly OTAGO Falls Prevention Exercise The Otago exercise programme is a set of leg muscle strengthening and balance retraining exercises designed specifically to prevent falls.	Every Monday 2.30pm – 3.30pm FREE	Joseph Stone Centre School Street Mosborough S20 5EB	Lesley Roberts 07586823707 lesley@mywoodhouse.co.uk
Plant & Play Outdoor playgroup at Woodhouse Community Garden aimed at under 5's and their grownups Snack & Drink included	Every Friday 10am – 11.30am £3 Donation Please note, will get muddy and messy with nature-based play & activities	Community Garden Victoria Allotments Sheffield Road S13	Katie theenchantedforesters@gmail.com

Activity	When	Where	Contact
Osteoporosis Peer Support Group Come along to a friendly peer support group to meet others in your community living with osteoporosis Refreshments provided	Wednesdays 11am – 12.30pm FREE Please contact for us for latest dates	Woodhouse Community Hub 524 Stradbroke Road Woodhouse Sheffield S13 7GD	Liz Turton 07394081747 Nicola Garnett 07586974483