

# ACTIVITIES + GROUPS at ZEST – October 2017

At Zest we can offer you advice and support in a way that suits you; whether you want one-to-one support or would like to meet new people and take part in group sessions.



- **New \*Feel Good Friday\*** – join us every Friday to be a part of a **walking group** in the local area. Walk with us for an hour followed by some time together in Zest’s Citrus Café. **10:30 – 12:00** every week. All ages and abilities welcome, wear comfortable shoes. Contact 0114 2702040 extension 6 for more information.
- **Volunteer with us** – we have lots of volunteering opportunities including work with the library, children, youth, health and more. We are currently recruiting **bilingual health champions** who speak English and Arabic or Farsi to support local people to improve their health. Contact Danielle on extension 208 for more information.
- **Craft Club** – join a free volunteer-led group **every Monday** to take part in craft activities in a social group setting. One off time of **13:00 – 14:30** on 2<sup>nd</sup> October and will resume as normal at the regular time of **10:30 – 12:00** every Monday starting 9<sup>th</sup> October. Contact Jane on extension 249 for more information.
- **Carers Group** – join our carers support group here at Zest – meets every fortnight. New meeting time of **13:30 – 15:00** every other Thursday – next meeting **12<sup>th</sup> October**. Contact Jenny on extension 210 for more information.
- **Family Health Workshops (women only)** – come along to understand better how to support the health of your family. Running for **3 weeks** including information on first aid, accessing health services, childhood conditions and more. Starts **11<sup>th</sup> October** for 3 Wednesdays, **10:00 – 12:00**. Contact Samira on extension 213 for more information.
- **World Mental Health Day** – come and join us in activities to recognise this national day here at the Zest centre. **10<sup>th</sup> October 13:00 – 14:00** at Zest’s Citrus café. Refreshments provided. Contact 0114 2702040 extension 6 for more information.



## Zest Health Activities Monthly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30 – 12:00</b> <b><u>Craft Club</u></b> *free Zest Library		<b>10:00 – 12:00</b> <b><u>Family Health Workshops (3 wks)</u></b> *free Shipton Street Training room (Zest) Contact Samira (ext 213) - info	<b>09.00 – 10.00</b> <b><u>Health Checks at Winn Gardens</u></b> *free TARA building, Winn Gardens, 126 Winn Drive, S6 1UD	<b>10.30 – 12.00</b> <b><u>Feel Good Friday Walking Group</u></b> *free Meet at Zest
<b>12:00 – 13:00</b> <b><u>Living Well Group (6 weeks)</u></b> *free Zest Library Starts again 9 <sup>th</sup> Oct – call Danielle ext 208 for more info		<b>11.00 – 13.00</b> <b><u>Health courses (5 weeks)</u></b> *free Zest Training Room Contact Danielle (ext 208) for details + dates	<b>10.30 - 12.30</b> <b><u>Age Better 50+ Social Café + Play Reading Group</u></b> *free Zest Cafe	
	<b>12:00 – 14:00</b> <b><u>Sewing Class</u></b> *free Zest Library	<b>13.00 – 15.00</b> <b><u>Men’s Group – fortnightly (contact centre for dates)</u></b> *free Zest Café		
<b>13:30 – 15:00</b> <b><u>Conversation Class</u></b> *free Zest Training Room			<b>13.00 - 14.00</b> <b><u>Health Checks Drop in Sessions</u></b> *free Zest Library	
<b>16:30 – 18:30</b> <b><u>Women’s cooking</u></b> *free **COMING SOON**		<b>14:30 – 15:30</b> <b><u>Women’s Health Walks</u></b> *free Meet at Zest Reception	<b>13:30 – 15:00</b> <b><u>Carers Group – fortnightly (contact centre for dates)</u></b> *free Zest Training Room	

### Accessible services

**Health Trainer Service – tailored appointments to support your health. Call Julie or Nighat on 0114 2702040 ext 232**

**Health Link Worker Service – supporting you to take the next step for your health in partnership with local GPs. Call Jenny or Sarah on 0114 2702040 ext 210**

**Exercise Referral Scheme – getting fitter whilst living with a health condition. Call Jean on 0114 2702040 ext 225**

**Volunteer With Us – you can volunteer on health & ‘Age Better’ projects. Call Jane (Age Better) 0114 2702040 ext 249 or Danielle (health) ext 208**

**BME Link Worker – supporting our local BME community to access local services. Call Samira on 0114 2702040 ext 213**

**Age Better Project Officer – supporting people aged 50+ in the locality to engage in activities. Call Jane on 0114 2702040 ext 249**



# Activities to promote health at the Zest Centre

**ZEST ARE RECRUITING:**  
**BILINGUAL HEALTH CHAMPION VOLUNTEERS**  
WE ARE LOOKING FOR **ARABIC** OR **FARSI** SPEAKING VOLUNTEERS TO SUPPORT PEOPLE IN HEALTH IMPROVEMENT

WE ARE HOPING TO RECRUIT VOLUNTEERS THAT ARE BILINGUAL IN ENGLISH AND ARABIC/FARSI TO SUPPORT SOME OF OUR HEALTH SERVICE CLIENTS IN COMMUNICATION

Community Health Champions are volunteers that support people to eat healthily, be physically active and improve their mental wellbeing and so help to improve the health of people in Sheffield's least healthy communities.



- We are looking for people who are enthusiastic and willing to learn, and able to commit to volunteering for 8 hours a month for at least 6 months, as well as doing some training.
- You don't have to know a lot about health, you will be supporting clients by interpreting at health appointments in Zest and acting as a buddy to the client to support their health and wellbeing.
- This volunteer opportunity provides you with useful skills, knowledge and experience, with training provided.
- If you want more information or you interested becoming a volunteer please contact:

Danielle Bradley, Health Improvement Officer  
ZEST, 18 Upperthorpe, Sheffield  
S6 3NA  
Telephone: 0114 2702040 ext. 208  
Email: [danielle.bradley@zestcommunity.co.uk](mailto:danielle.bradley@zestcommunity.co.uk)



## FEEL GOOD FRIDAY



**STARTS FRIDAY 22ND SEPTEMBER**

**WEEKLY FROM 10:30 — 12:00**

**COMMUNITY  
WALKING GROUP  
IN LOCAL AREA**

- **EVERYONE WELCOME**
- **FOLLOWED BY DRINKS IN ZEST'S CAFE**

- **EVERY FRIDAY**
- **MEET AT ZEST CENTRE**
- **FREE TO COME ALONG**
- **WEAR SUITABLE SHOES**



Zest Centre,  
18 Upperthorpe,  
Sheffield,  
S6 3NA

**CONTACT THE HEALTH TEAM FOR MORE INFORMATION 0114 2702040 EXTENSION 6**





## **FAMILY HEALTH WORKSHOPS**

**Wednesdays 10-12 at Zest starting 11th October**

**Three week health information course for women in the local area**

**Course includes**  
**First Aid**  
**Information on childhood conditions and access to services**  
**Women's services**

**contact Samira Saleh 0114 2702040 ex 213**



**Zest Centre, 18 Upperthorpe, Sheffield S6 3NA**

## **CARERS SUPPORT GROUP AT ZEST**

**FOR CARERS IN THE LOCAL AREA**

**Thursdays fortnightly 13.30-15.00 next meeting 12th October**

- Peer Support**
- Activities and trips**
- Information Sessions**

**A welcoming group for those caring for family members and friends**

**contact Jenny 0114 2702040 ex 210**



**Zest Centre, 18 Upperthorpe, Sheffield S6 3NA**

