



-helping the people of Darnall stay healthy-

Activity Programme

To find out more about any of our activities, call the office on 0114 249 6315 or drop by to 214 Main Road, Darnall, Sheffield S9 4QB between 10am – 1pm, Monday and Thursday.

➤ Mondays

- 10am – 12noon. **Advocacy Support.** FREE. At Darnall Well Being, 214 Main Road.
11am. **Local Health Walk.** FREE. Meet at the Ranger Cabin, at the top of High Hazels Park.
2 – 4pm. **Men's Only Gym Session.** FREE. At the Pakistan Muslim Centre (PMC) on Woodburn Road.
5 – 7pm. **Ladies Only Gym Session.** £1.50. At the PMC on Woodburn Road.

➤ Tuesdays

- 10am – 1pm. **Stop Smoking Support.** FREE. At Darnall Well Being, 214 Main Road.
11am – 6pm. **Allotment Group.** FREE. At Infield Lane Allotments, access via Catley Road or via the top of High Hazels Park. Call the office to arrange a visit.
1 – 4pm. **Social Prescribing.** FREE signposting service to help people make a positive change in their lives. At Darnall Community Health Surgery. Call the office for an appointment.
5.15 – 6.15pm. **Ladies Only Aerobics & Creche.** £2 for the class at Darnall Community Association, Darnall Rd + 50p for the crèche next-door at Darnall Education Centre (Starworks).

➤ Wednesdays

- The 1st Wednesday of the month, 10am – 12noon. **Stop Smoking Drop-In Support.** FREE. At Darnall Library on Britannia Road.
1.30 – 2.30pm. **60+ Chairobics.** FREE. At the Church of Christ, Station Rd.
The last Wednesday of every month. **Further Afield Walk.** Approx £2 includes transport. Call to find out what's planned for this month.
4.30 – 6.30pm. **Play and Games For 8-13 year olds.** FREE. At Greenlands View Community Centre.

➤ Thursdays

- 10am – 1pm. **Stop Smoking Support.** FREE. At Darnall Well Being, 214 Main Road.
12pm – 1pm. **Ladies Only Keep Fit.** FREE. At the SUBUD Centre on Swarcliffe Road.
1.30 – 2.30pm. **T'ai Chi.** £2.50. At the Church of Christ, Station Road.
2 – 4pm. **Men's Only Gym Session.** FREE. At the PMC on Woodburn Road.
5 – 7pm. **Ladies Only Gym Session.** £1.50. At the PMC on Woodburn Road.

➤ Fridays

- 10am. **Crafty Crafters Card Club.** £1. At Darnall Baptist Church, Darnall Rd.
10am – 12.30pm. **Ladies Only Swim Bus** – Transport to ZEST Swimming Pool with designated pick-ups. Call to book in advance. £1 transport + £3.30-£2.20 swimming pool charge.
10am – 3pm **Complementary Therapy** appointments via GP Referral only. £2 per session for 6 weeks. At Darnall Community Health Surgery. Massage and Reiki available.
Call Darnall Well Being for an appointment.

➤ Saturdays

- 10.30am – 11.30am. **Play and Games For 8-13 year olds.** FREE. At Darnall Fire Station, Darnall Road.
1pm-3pm. **Play and Games for 8-13 year olds.** FREE. At Greenlands View Community Centre.