

Darnall Well Being

-helping the people of Darnall stay healthy-

214 Main Road, Darnall, Sheffield S9 4QB.

Activity Programme

To find out more about any of our activities, call the office on 0114 249 6315 or drop by between 10am – 1pm, Monday and Thursday.

✚ Mondays

- 10am – 1pm. **Stop Smoking Support.** FREE. At Darnall Well Being, 214 Main Road.
- 10am – 12noon. **Advocacy Support.** FREE. At Darnall Well Being, 214 Main Road.
- 11am. **Health Walk:** local walk. FREE. Meet at the Ranger Cabin, at the top of High Hazels Park.
- 2 – 4pm. **Men's Only Gym Session.** £1.50. 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 – 4pm. **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 first Wednesday of the month, 10am – 12noon. **Stop Smoking Drop-In Support.** At Darnall Library on Britannia Road.
- 12pm – 1pm. **Ladies Only Chairobics.** FREE. At the SUBUD Centre on Swarcliffe Road.
- 1.30 – 2.30pm. **60+ Chairobics.** FREE for men and women. 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. [Indoor Play & Games](#) at the Church of Christ, Station Rd, for 8-13yrs. FREE

✚ Thursdays

- 10am – 1pm. **Stop Smoking Support.** FREE. At Darnall Well Being, 214 Main Road.
- 1.30 – 2.30pm. **T'ai Chi.** £2.50. Upstairs at Darnall Horticultural Club on the corner of Staniforth Road-Gainsford Road.
- 2 – 4pm. **Men's Only Gym Session.** £1.50. 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. All Welcome.
- 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.
- 4.30 – 6.30pm. [Indoor Play & Games](#) at Church of Christ, Station Road for 8-13yrs. FREE

✚ Saturdays

- 10.30am – 11.30am. [Play and Games](#) at Darnall Fire Station, Darnall Road for 8-13 yrs. FREE