



-helping the people of Darnall stay healthy-

What's NEW

Call the office on 0114 249 6315 or drop by between 10am – 1pm, Monday and Thursday.

Address: Darnall Well Being, 214 Main Road, Darnall S9 4QB

Website: www.darnallwellbeingcentre.org.uk

Email: darnallwellbeing@rocketmail.com

A free **Cycle for Health** Course starts Wednesday 22nd September for 8 weeks, 10am – 12.30pm in High Hazels Park. Bikes provided – learn to ride or build confidence and skills.

Call the office to book a place on the Taster Day on 22nd September.

A new free **Health Walk** starts on Wednesday 3rd November. Meet at 10.30am at Darnall Well Being's office for a gentle local walk and return for a nice cup of tea!

A new 45+ activity and coffee morning, '**Let's Go Greenlands**' takes place every Tuesday, 11am – 12noon in Greenlands View Community Room. Come along and try a new activity or meet new people from your local area. Activities can include: salsa, line dancing, chairbics, arts & crafts and indoor bowls. Drop in any time.

A new **1to1 Diabetes Support Service** is available for people who would like help to manage their diabetes or are at risk of developing diabetes. Support will come from specialist trained Health Trainers and volunteers who can offer advice and peer-support to help improve your health. Call the office to arrange an appointment or ask your GP for a referral.

Managing Low Mood and Anxiety Workshop – Wednesday 9th November.

Call to be a place. Darnall venue and times to be confirmed

We're running **Allotment Sessions** during Autumn.

Every Tuesday 2 – 4pm and every Saturday 1 – 3pm

Up at Infield Lane Allotments, access via Cat Lane at the top of High Hazels Park. Get some fresh air, try something new, relax, pick up hints & tips and try some free healthy produce fresh from the plot! Call 07825 288 580 for Saturday onsite access or meet our volunteer every Tuesday at 1.30pm at our office.