

ACTIVITIES + GROUPS at ZEST – AUGUST 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.



- Changes to **Craft Club** – it will run on Monday afternoons – **13:00 - 14:30** until 9th October 2017. There will also be **no** sessions for 6 weeks from **24th July – 28th August** and will resume 4th September. Any queries, please call Jane (ext 249).
- **Ready, Steady, Cook!** – a **free** community cooking event – sign up to cook on a team to test out your chef skills or simply come along to watch, taste the dishes and be a judge. Refreshments provided and prizes for those taking part. **9th August 11:00 – 13:00**, Zest Shipton Street Hall. Contact Danielle (ext 208) to sign up to cook or for more information.
- ***New* Health checks** at **Winn Gardens**. A new provision offering free health checks in Winn Gardens. Monitor weight, blood pressure and BMI weekly. **Thursdays 09:00 – 10:00**, upstairs in the Pavilion. Contact Sarah for information (ext 232).
- **Carer's Group** – running every 2 weeks at the Zest Centre. Ongoing support and advice for carers in a group setting. Next meeting **4th August 10:30 – 12:00** and fortnightly thereafter. Contact Jenny for more information (ext 210).
- **Summer holiday activities** for children aged 5-11 and families – see below for a full timetable of our summer activities provision over the school holidays – all **free** and something for everyone! Contact Megan for more information (07792191522).
- **MOT motivation course** – a 6 week course on getting motivated. **Wednesday 10:00 – 12:30** starting **27th July** for enrolment (officially starts 9th August). Cost incurred. Contact Zest for Work on 0114 2702042 for more information.
- **Money Management course** – free 8 week course starting **4th August** – every **Friday 10:00 – 12:00**. 0114 2702042 for more info.



Ongoing Activities and Groups at Zest

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 – 12:00 <u>Craft Club</u> *free Zest Library			09.00 – 10.00 <u>Health Checks at Winn Gardens</u> *free Upstairs in the pavilion, Winn Gardens, S6 1UN	10.30 – 12.00 <u>Carer's Group – fortnightly (contact centre for dates)</u> *free Zest Training Room
12:00 – 13:00 <u>Living Well Group (6 weeks)</u> *free Zest Library Starts again 11 th Sept – call Danielle ext 208 for more info		11.00 – 13.00 <u>Health courses (5 weeks)</u> *free Zest Training Room Contact Danielle (ext 208) for details + dates	10.30 - 12.30 <u>Age Better 50+ Social Café + Play Reading Group</u> *free Zest Cafe	
	12:00 – 14:00 <u>Sewing Class</u> *free Zest Library	13.00 – 15.00 <u>Men's Group – fortnightly (contact centre for dates)</u> *free Zest Café		
13:30 – 14:30 <u>Conversation Class</u> *free Zest Training Room			13.00 - 14.00 <u>Health Checks Drop in Sessions</u> *free Zest Library	
		14.00 – 15:00 <u>Women's Health Walks</u> *free Meet at Zest Reception		

Accessible services

Health Trainer Service – tailored appointments to support your health. Call Sarah 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 on 0114 2702040 ext 210

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

Smoking Cessation – get support to quit smoking. 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 support access to 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



**AGE BETTER
IN SHEFFIELD**

Over 50?
Live in Sheffield?
Find out more
about Age Better!

Find out:

- What's going on locally
- How to get help to get out and about
- How to join with others to make a difference to your generation.

We offer:

- Peer support
- Volunteering opportunities

For information about the Age Better Project
Contact Jane Duckitt: 0114 270 2040 Ext 249



M.O.T

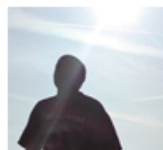
Motivation, Organisation and Transformation

Join our exciting 6 week course (15 hours)

Would you like to deal with everyday stress better?



Learn how to feel more confident and be more assertive



Enrolment: Thursday 27th July 10am – 12 noon

Course starts: Wednesday 9th August 10am - 12:30pm

Zest, 18 Upperthorpe, Sheffield, S6 3NA

Course Fees:

£40 full cost

or

£10 if in receipt of benefit

(proof required)



For more information

call us on 0114 270 2042 or

Email: zestcourses@sheffieldworks.org.uk



**A community
cooking
event for all
ages and
abilities**



**Ready,
Steady,
Cook!**

**Wednesday 9th
August**

11:00am - 1:00pm

Zest Centre, 18 Upperthorpe, S6 3NA

Sign up to cook on a team

OR

**Come and join the audience
to taste and judge the food**

**In Zest
Sports
Hall**

Refreshments

Prizes

To sign up or for more information contact Danielle on 0114 2702040 ext 208 or danielle.bradley@zestcommunity.co.uk



Summer holiday activities timetable (ages 5-11)

Monday	Tuesday	Wed	Thursday	Friday
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
9-9:30am Morning Hangout	9-9:30am Morning Hangout		9-9:30am Morning Hangout	9-9:30am Morning Hangout
10am Bubble Activity	10am Play Club		10am Park Games	10am Rugby
12:30-1:15 Holiday Lunch	12:30-1:15 Holiday Lunch		12:30-1pm Holiday Lunch	1-3pm Community Picnic
Closed	2pm Active Team Games		2pm Reading Challenge	
31-Jul	01-Aug	02-Aug	03-Aug	04-Aug
9-9:30am Morning Hangout	9-9:30am Morning Hangout		9-9:30am Morning Hangout	9-9:30am Morning Hangout
10am French	10am Dragon Boats		10am Den Building	10am Cricket
12:30-1:15 Holiday Lunch	12:30-1:15 Holiday Lunch		12:30-1pm Holiday Lunch	1-3pm Community Picnic
Closed	2pm – Maths		2pm Reading Challenge	
07-Aug	08-Aug	09-Aug	10-Aug	11-Aug
9-9:30am Morning Hangout	9-9:30am Morning Hangout		9-9:30am Morning Hangout	Trip to Bridlington
10am Play Club	10am Maths		10am Craft and Nature Trail	
12:30-1:15 Holiday Lunch	12:30-1:15 Holiday Lunch		12:30-1pm Holiday Lunch	
2pm Bottle Rockets	2pm Sports day		2pm Reading Challenge	
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
9-9:30am Morning Hangout	9-9:30am Morning Hangout		9-9:30am Morning Hangout	9-9:30am Morning Hangout
10am Dream Catcher Craft	10am Treasure Hunt		10am Circus Skills	10am Football
12:30-1:15 Holiday Lunch	12:30-1:15 Holiday Lunch		12:30-1pm Holiday Lunch	1-3pm Community Picnic
2pm – Water Games	2pm Active Team Games		2pm -Reading Challenge Extra	
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
9-9:30am Morning Hangout	9-9:30am Morning Hangout		9-9:30am Morning Hangout	9-9:30am Morning Hangout
10am French	10am Play Club		10am Obstacle Course	10am Multisport
12:30-1:15 Holiday Lunch	12:30-1:15 Holiday Lunch		12:30-1pm Holiday Lunch	12:30-1:15 Holiday Lunch
2pm Active Team Games	2pm Maths		2pm Reading Challenge	2pm Cats Craft Activity
28-Aug	29-Aug	30-Aug	31-Aug	1
Closed for August Bank Holiday	9-9:30am Morning Hangout	9-9:30am Morning Hangout	9-9:30am Morning Hangout	End of Holiday
	10am Active Team Games	10am Park Sports	12:30-2pm Picnic + Park Party	
	12:30-1:15 Holiday Lunch	12:30-1:15 – Holiday Lunch		

