

**YOUR COMMUNITY
MAGAZINE SERVING
23,000 HOMES IN
NORTH SHEFFIELD**



THE WORD ON THE STREET

Oh my word! What have they done with our local park?


This makeover is just a digital one – but you've got a chance to help give North Sheffield a real makeover, along with artists Scott Farlow and Antony Lyons.

The only limits will be your imagination as Scott and Antony tour local groups and schools to find out how you'd like to picture the future of Parson Cross and Foxhill.


To find out why they're coming your way, and to get involved, read all about it on page 14.




IN THIS ISSUE...


2  A message to all our readers from the SOAR team


3  Don't get fleeced! Royal Mail blunder sparks new warning


4  Why you should never give up on giving up smoking


5  Out and about with the Area Wide Youth Parliament


6  Why tank driver Lisa Jackson is gunning for North Sheffield

7  Glenn Hodkinson gives us the low-down on a warden's life


9  How local nurseries are making life better for parents and kids

10  Cleaner, greener and safer – that's what theme groups want

11  Schoolkids help Sheffield Homes keep the city green

13  Time to get plastered... with help from SOAR Build

14  A makeover is on its way for Foxhill and Parson Cross

16  All you need to know about what's on in north Sheffield

A LETTER FROM THE SOAR TEAM:



Dear Southey Owlerton
Area Resident,

With change on the horizon in the form of the new Community Assemblies that

are starting up in May, we are working harder than ever to make sure our services are working effectively alongside the community to make this area the best it can be.

In this edition of *5Alive* you can read about SOAR's One Stop Shop on page 6, and some of the more unusual things some of its staff get up to in between helping local people tackle the barriers that stop them getting jobs.

The Housing, Crime and Community Safety Theme Group is featured on page 10, where you can get the low-down on what the group has achieved.

Theme groups are always looking for new members from the community, so have a read and see if it's something you'd like to get involved in.

And there are exciting new plans for public space in this area – see our cover story and

full details on page 14. You can read more about new SOAR buildings in the area such as the Library Learning Centre on this page, while there's an update on SOAR's managed workspace, SOAR Works, on page 13.

Here at SOAR we're in the process of re-launching our website. Go to www.soaregen.org.uk to see the changes we've been making and to learn more about what we do in your neighbourhood.

With best wishes from the SOAR Team

● **Members of the SOAR team are pictured getting to grips with plans for the area.**



**WARNING:
DON'T GET
FLEECE!**

New chapter in library saga



Work has started on the site of the new library learning centre and public square opposite Chaucer School. The current phase is to re-direct underground pipes in preparation for the public square.

The Learning Zone, as it will be known, will be the first building in the new district centre. It will provide space for Parson Cross Library, the Sheffield Homes housing office, an IT suite, a multi-use classroom and two community rooms that can be converted into one large area.

The building will be rated 'excellent' under the long-standing, world class BREEAM environmental assessment

method for buildings – the first one in Sheffield to achieve that accolade. This means that it will achieve the highest standards of energy efficiency and be 'super' environmentally friendly, including features such as a wild flower green roof, air source heat pumps and solar panels to provide hot water and heating, as well as lots of extra insulation to reduce the running costs.

The Learning Zone and public square will be transferred to SOAR to manage. Both are due to open in November 2010. To find out more, or to get involved in running the centre, contact Sarah Larssen on 0114 232 7420.

Back our run



At least nine women from SOAR will take part in this year's Race for Life in aid of Cancer Research. The run, now in its 16th year, is the UK's largest women-only fundraising event. The Sheffield race, on 14 June, starts at Don Valley Stadium and women can walk, run or jog the 5km route.

If you would like to sponsor the SOAR team, contact Hannah Downes on 0114 232 7420 or email 5alive@soaregen.org.uk.

● **The picture shows one of Britain's many successful Race for Life events. Photo by FAF.**

By Paul Humphries

The Royal Mail has been accused of helping to plunge hard-pressed families deeper into debt after an amazing double blunder saw flyers from a high-interest loans firm delivered inside *5Alive*.

Now MP David Blunkett has demanded Royal Mail chief executive Adam Crozier personally explain why flyers advertising easy-to-get loans at eye-watering interest rates were delivered in the magazine... not once, but twice.

Southey and Owlerton Area Regeneration (SOAR), the publisher of *5Alive*, demanded answers from Royal Mail back in November when puzzled householders asked why Tenant Loans, a Bournemouth firm, had flyers in the magazine advertising ready cash for Christmas.

SOAR says it never got a satisfactory explanation from Royal Mail, which it pays to deliver *5Alive* across its area, and was still badgering it for a proper response when the January edition

was delivered. Once again the magazine contained flyers from the firm – this time offering New Year loans.

This latest blunder has left local MP David Blunkett fuming. He had already written to Royal Mail following the mistake made by the postal service in November. When *5Alive* told him the error had been repeated, he said: 'What has happened is inexcusable. Once could be seen as an accident, twice is clearly negligent, lacking in thought and a failure to appreciate the enormity of what is being promoted to those least able to afford this kind of credit.'

'I have approached Adam Crozier directly again to see if we can sort this once and for all. Not just for the north of Sheffield, but for wherever else this practice is being permitted.'

As *5Alive* went to press, Mr Blunkett was still waiting for an explanation.

The Royal Mail has apologised to SOAR. It said staff had been reminded not to put one item of mail inside another and it would monitor the delivery of the next issue of *5Alive*.

But the community

regeneration charity feels that is not good enough. Sarah Larssen, project development manager, said: 'We are extremely disappointed with the service we have received from Royal Mail. Had they properly addressed our concerns when we complained about the leaflet in the November issue and spoken to the delivery office manager, then they could have prevented the same leaflet being placed in the January issue.'

'We wrote to Royal Mail again three weeks ago following concerns with the January issue but we have still not had a response. Maybe their letter has been lost in the post.'

She thanked residents who have taken the time to contact SOAR about the leaflet.

David Ward, of Southey Hall Road, was one of many who called SOAR to say what Royal Mail had done. He said: 'This is absolutely disgraceful and beyond belief. SOAR would never have anything to do with this type of company and is completely against people being encouraged to get into debt. It is shameful that this has been allowed to happen.'

The firm that used the flyers

to tout for business, Tenant Loans, said it was sorry the problem had arisen but its dealings with Royal Mail were through a third party.

The money advice team at Sheffield Homes is concerned that money lenders have been pushing easy-to-get loans through the respectable front of Royal Mail.

A spokeswoman for the team said: 'Debt management companies, money lenders, loan sharks, whatever you call them, are all profit-making organisations that are out to make money. They will charge high interest rates and make charges for lending money.'

The money advice team can be contacted on 0114 293 0000.

If you require loan advice please contact Sheffield Credit Union on 0114 276 0787. For debt advice contact Parson Cross & Foxhill Advice Centre on 0114 245 0287 or the national debt advice line on 0800 808 4000, www.nationaldebtline.co.uk

If you see any more leaflets inside *5Alive* please email 5alive@soaregen.org.uk or phone Hannah on 0114 232 7420.

Picture: <http://www.flickr.com/people/magicfoundry/>

Healthy living



Never give up!

Never give up on giving up! That's the message from SOAR's stop smoking advisor, Lisa Harman, in the run-up to No Smoking Day on Wednesday 11 March.

If you're committed, you can do it, says Lisa. More than a million people have quit successfully on previous No Smoking Days.

Everyone knows nicotine is bad for them, but it doesn't stop there. Lisa gave *5Alive* a list of just a few of the 4,000 chemicals that

smokers inhale with every drag.

- acetone – widely used as a solvent, for example in nail polish remover
- ammonia – found in cleaning fluids
- arsenic – a deadly poison, used in insecticides
- benzene – used as a solvent in fuel and chemical production
- cadmium – a highly poisonous metal used in batteries
- cyanide – a deadly poison
- formaldehyde – used to preserve dead bodies

Studies show that smokers who have support are four times more likely to succeed in quitting than those who don't. That's where Lisa comes in. Contact her on 07960 085403 for more information and free advice.



THIS MONTH'S HEALTHY RECIPE Chicken casserole

Ingredients

- Vegetable oil (preferably olive)
- 3 skinless chicken breasts, sliced
- 3 sticks of celery, sliced
- 8 mushrooms, chopped
- 3 carrots, sliced
- 1 onion, sliced
- 1 stock cube, vegetable or chicken
- Herbs to taste, for example parsley, bay leaf, basil
- Black pepper

1. Switch the oven on to Gas 5 / 190C / 375 F.
2. Heat a little oil in a pan, preferably non-stick.
3. When the oil is hot, brown the chicken and remove it to a casserole.
4. Add the vegetables to the pan, cook for five minutes, adding a little more oil if necessary. Spoon into the casserole.
5. Make the stock cube up to 300ml (10 fl oz) and pour it over the chicken and vegetables. You may not need all of it. Add the herbs and a little pepper, cover and bake in the oven for about 40 minutes until the chicken is tender and thoroughly cooked.

Julia Owen (Food in Sheffield)

Get fit. Get walking!

Get Walking Keep Walking is a free programme for everyone who wants to do more exercise and get to know their local area on foot. It's ideal for people who are not very active at the moment.

To help you get started, *5Alive* is featuring a gentle walk from The Meadows children's centre.

Distance: 1.75 miles (or 2.3 miles if you take in the extra bit)
Time: about 60 minutes

Grants for health

Grants of up to £1,000 each are available to enable groups to promote health and wellbeing in the neighbourhoods of Longley, Shirecliffe, Southey Green, Old Parson Cross and New Parson Cross.

So far, the Enhanced Public Health Programme small grants scheme has awarded £15,912 to 25 voluntary community organisations. Here are some examples of the projects funded.

■ Foxhill Forum 'Knit to Quit' group

The forum received funding to

(1) Leave the centre and turn right onto Shirecliffe Road. Continue along, crossing six other roads. Shortly after the sixth one you will see a sign saying 'Public Footpath'. This is the entrance to a nature reserve called Little Pear Tree Field.

(2) Go through the gate and follow the clearly marked path signs saying 'Easy Going Trail'. At the top of the hill, admire the views across the north of the city.

(3) From here, a path is visible to the right. Follow this path downhill (slightly awkward for pram pushers and wheelchair users) until you

reach the end. Walk across the field to the path, turn left and head out towards the car park. Leave the car park, rejoin Shirecliffe Road and retrace your steps to the centre.

(4) For a short extension, just before you reach the children's centre, enter Busk Meadows Park. Walk all the way through the park on the main path. Leave by the red gate, turn left and head towards the main road. Turn left, walk past the variety of shops, turn left again at the roundabout and return to the children's centre.

For more information, visit www.getwalking.org.uk

run a knitting and crochet health and wellbeing group at Wolfe Road Healthy Living Centre. The group serves as a smoking cessation support group and an advocacy and support group for older people. *For more information, contact Adam Match on 0114 231 5522.*

■ CHILYPEP, Sheffield Futures and YMCA – Youth Counselling Project

The partnership received funding for a 12 month one-to-one counselling service for young people aged 13–19. *For more information, contact Andy Dykes on 0114 232 4352.*

■ Healthy Cross Project – Activity Programme

The project was funded to run a series of outdoor events for volunteers and local people using Healthy Cross services. A five-week programme of indoor climbing at the Foundry Centre and group walking sessions have been set up to reduce isolation and improve confidence.

For more information, contact Louise Ashmore on 0114 234 4445.

The small grant scheme will continue for 2009–10. More information from Guy Weston at SOAR on 0114 232 7420, or email guy@soaregen.org.uk.



ACTION!

Young people from North Sheffield are looking forward to seeing the final cut of a film they made about bullying.

The film was just one of the many projects organised by the Area Wide Youth Parliament (AWYP), a group of elected young people who work with decision makers to address issues that matter to young people in their community.

The parliament is made up of representatives from some of the local youth forums and clubs. There are currently 21 members and the group meets at Chilypep twice a month.

The aim of AWYP – as with all Chilypep's groups – is to help young people get their voices heard in their communities. When the group decided they wanted to

act against bullying, they planned, wrote and acted in a short film on the subject, which is now being edited.

Meanwhile, the youth parliament has started work on a mural in a joint project with Sheffield City Council and a walking group from Parson Cross park. Members will take photos of places or things that mean something to them – maybe a park, a school, shops or places where they meet friends.

The best photos will be made into a mural with the help of an arts and media company and then put on show. It should be completed by the summer.

North Sheffield's Area Wide Youth Parliament has been surveying local young people to see what they like and dislike about the area. Here's what they found.

LIKES

- SOUL & FAME, North Sheffield Youth Forum and the Area Wide Youth Parliament
- funfairs
- youth clubs
- doing questionnaires
- parks
- the smell of the chip shop
- people from this area
- mates

DISLIKES

- the reputation
- the way it looks
- unsafe roads
- unclean areas
- bullies
- lack of jobs
- too few pedestrian crossings



WATCH OUT FOR THE CHILYPEP MINIBUS – COMING SOON TO A STREET NEAR YOU! The bus is a triumph for North Sheffield Youth Forum's members, who have been involved at every stage of the project. Back in April 2007, they lodged a successful bid with the Youth Opportunity Fund. Then they helped draw up a design for the bus. As *5Alive* went to press, the bus was in the workshop having the design transferred all over.

What's on...

MONDAYS

ACE (Care Experienced Youth Council): 4.30-7pm, Youth Association South Yorkshire, 10 Carver Street, Sheffield S1
Youth club night: 7-9.30pm, Colley Youth Centre
SOUL & FAME: 7-9pm, Remington Youth Centre
Cubs (231st Shiregreen Scout Group) for 8-10 year olds: 6.30-8.15pm, 931 Barnsley Road (opposite Job Lot)

TUESDAYS

Young mums: 12noon-2.30pm, Palgrave Children's Centre
Young carers' group: 3.30pm, Meynell Youth Centre, for 8-12 year olds
Detached project work: 5:30-8pm, High Green, Burncross and Chapeltown
LGBT: 6-8pm, alternate Tuesdays, VAS, The Circle, Rockingham Lane

Detached youth work team: 5-8pm Southey/Cookson Park

Girls' night 6.30-9pm, Meynell Youth Club

WEDNESDAYS

Sexual health drop in: 3.15-5.15pm, Meynell Youth Centre
North Sheffield Youth Forum: 5.45-7.45pm, alternate weeks, Remington Youth Centre
Youth club night: 7-9.30pm, Meynell Youth Centre
Area Wide Youth Parliament: 6.30-8pm, alternate weeks, Remington Youth Centre
Detached youth work team: 5-8pm, Ecclesfield
Beavers (231st Shiregreen Scout Group) for 6-8 year olds: 6-7.15pm, 931 Barnsley Road (opposite Job Lot)
Scouts (231st Shiregreen Scout Group) for 10-14 year olds: 7.30-9.15pm, 931 Barnsley Road

THURSDAYS

Pregnant teens: 2-4pm, Palgrave Children's Centre
Girls' night: 6.30-9pm, Colley Youth Centre
Detached youth work team: 5-8pm, Parson Cross/Colley Park

FRIDAYS

Connexions NEETS drop in: 2-4pm, Meynell Youth Centre, for 16-19 year olds
Double "00" Club Disability Youth Group: 6.30-9pm, Meynell Youth Centre

SATURDAYS

Youth Club: 10am-12noon, St Cecilia's, for 8-12 year olds

THINGS YOU NEVER KNEW ABOUT...

6 LISA JACKSON

Lisa Jackson works at SOAR's One Stop Shop – and does many other things besides, as 5Alive found out.



1 Lisa's first job was as a trainee mechanic with the army, where she learned to drive a tank – 'Give me a tank over a car any day,' she says. This may be because she doesn't actually have a driving licence. 'My proudest moment will be when I pass my test. I've been having lessons on and off for 20 years.'

2 One of Lisa's most embarrassing moments came when her daughter was very young. 'I was out shopping in the pouring rain, laden down with bags and a pram. An old friend offered me a lift and told me to wait in her car whilst she popped into the bank. After waiting for ages, I glanced out of the window to see my friend drive past me and an irate man charging towards me shouting obscenities which, roughly translated, meant: Get out of my car, you weirdo.'

3 Lisa is inspired by everyday people who find themselves in unfortunate circumstances but do things to change their lives, like taking steps to improve their education, lifestyle or health.

4 Lisa is part of a dance troupe, Gothique Fox, which has a burlesque theme. 'It is great fun and a good way to keep fit, and I love the dressing up – false eyelashes, glitter and feathers.'

5 If Lisa's house was on fire and she could save one thing, it would be Bungle, her 16-year-old British Blue cat. 'He's very clever, he's got over 600 friends on Facebook and he even made his own toilet in the porch so he doesn't have to go outside in the cold. He's also very considerate because he fertilises next door's roses with no care for his own safety – that water gun doesn't scare him.'

6 Lisa's favourite TV programme is SpongeBob SquarePants – 'because it's real'. We'll let Lisa sing us out: 'Oh! Who lives in a pineapple under the sea? SpongeBob SquarePants! Absorbent and yellow and porous is he! SpongeBob SquarePants! If nautical nonsense be something you wish ...'

Give Lisa a tank to drive any day...

Photo: <http://www.flickr.com/people/rikdom/>



Help from the One Stop Shop

More than 200 local people have been helped along the path to work and training by SOAR's One Stop Shop. Maybe you could be next!

The new Key Support Worker and Engagement Centre services aim to help people remove barriers to work. These barriers may relate to housing, childcare problems, debt, a lack of basic skills or health issues.

Key support workers are experienced advisors who know how to listen to your problems, help you sort them out and put you on the road to getting a job.

You can get help if you are:

- on incapacity benefit
- a lone parent working fewer than 16 hours per week
- economically inactive or have been out of work for a long time
- from a minority ethnic group
- from a disadvantaged group, such as refugees and homeless people.

This list is not exhaustive, so if you are unsure about your eligibility, call one

of the numbers below.

Since the service started in August 2008:

- 38 people have found training courses
- 168 people have started removing their barriers to work
- 30 people have received information, advice and guidance
- 4 people have started work.

One Stop Shops are at 11 Southey Hill, Southey Green, and 19 Bellhouse Road, Firth Park. Information is also available from SOAR's learning and employment champion, Michele Ward.

Michele attends outreaches at Shirecliffe Children's Centre on Wednesdays, Winn Gardens on Friday mornings, and Lower Stanington Community Forum on Friday afternoons. She is also happy to visit community groups to discuss opportunities for learning and support.

For a confidential chat with one of the team, call 0114 232 7422 for SOAR at Southey Green or 0114 244 0401 for Firth Park.

Crackdown on flytipping

A crackdown on fly-tipping is already bearing fruit in Southey Owlerton. Last month Daniel Fitzgibbons, 33, of Southey Drive, Longley, had to stump up more than £100 after pleading guilty to fly tipping at Club Mill Road.



Fitzgibbons was spotted by two police community support officers who noticed him transporting waste that was later seen dumped in the area. When questioned, he admitted fly-tipping and was fined £60 with £30 costs, plus a £15 victim surcharge, making a total of £105.

Sheffield councillors are warning that fly-tipping can lead to a fine of up to £20,000 and six months in prison.

Cllr Shaffaq Mohammed, cabinet member for climate change and local environment, said: 'We are determined

to crack down on fly-tipping in our city and I am pleased that the courts are supporting our efforts by imposing tough penalties on those who break the law.'

If you see someone fly-tipping:

- Don't approach them – they may become violent.
- Don't touch any waste or open containers – they may contain hazardous material.
- Report it to the Liveability Team on 0114 203 7797 or email liveability@sheffield.gov.uk

Picture: Fly-tipping: an eyesore and a hazard. Picture by Alan Stanton

That's the wonder of wardens



Glenn Hodkinson (pictured right) explains what North Sheffield's neighbourhood wardens do – and how they can help you.

Neighbourhood wardens can be easily recognised by their burgundy uniforms. Their main role is go out on patrol and engage with the community – so they welcome any enquiries about housing, community issues or antisocial behaviour.

In the North area, wardens patrol ten parks, twice during the day and twice in the evening, four times a week. They patrol local shops and every road in the North area every month. They also work with the area's antisocial behaviour team.

Their duties in parks include litter picking, checking for any damaged or unsafe apparatus, removing glass, discarded needles and other dangerous materials, and helping to ensure

the parks are safe for children. Recently they handed out hot chocolate to youngsters using the parks. This was a huge success and helped promote good relationships with local young people.

Neighbourhood wardens also work with tenants' and residents' associations by attending meetings, joining estate walkabouts and addressing issues of concern. Following their patrols, they report back to area teams on issues such as street lighting, obstructions, damage to the pavement, fly-tipping, litter and graffiti. They carry out litter picks where necessary, helping to make the estates cleaner, greener and safer.

Sometimes the wardens are invited to work with partner agencies such as the council's parks, woodlands and countryside department, the fire and rescue service, South Yorkshire Police, and local schools to carry out projects such as tree planting, or to tackle more serious issues such as preventing burglaries, arson and youth nuisance.

Recently they organised a leaflet drop advising residents not to place wheelie bins next to entrance doors in case they are set on fire.

Wardens take part in 'Blast Off' events during school holidays to provide activities for youngsters at risk of becoming involved in antisocial behaviour. These events have proved a huge success (see page 11).

So next time you see a neighbourhood warden, come and say hello!

Stressbusting charity here to help

Surehealth is a charity which helps people in North Sheffield and beyond live healthier lives.

As well as putting on classes such as tai chi and stress management, Surehealth also caters for people with specific health problems. One example is a gentle class for people with chronic breathing difficulties. Stretches, breathing exercises and relaxation all help to make a huge difference to people with this distressing condition.

Surehealth is organising a charity auction at Ponds Forge on 25 April to help raise funds to keep its prices affordable. Tickets are £10 each, and Surehealth would also be grateful for donations of items to auction.

Details of Surehealth classes can be found on page 16. For more information, call 0114 249 6511 or visit www.surehealth.org.uk.



Do you suffer from headaches, migraine, exhaustion, anxiety or panic attacks? Do you have aching muscles, digestion problems, high blood pressure or insomnia?

Any of these could be a sign that you have dangerous levels of stress in your life. The

IN BRIEF...

The final meeting of the Owlerton Southey Green Area Panel takes place on Tuesday 24 March at Shirecliffe Community Centre from 6pm-8pm. On the agenda will be the new Community Assembly and a celebration of the Area Panel's achievements. Everyone is welcome and refreshments will be provided. If you need help with transport or childcare, contact the Area Action team on 0114 203 7796.

Local people can have their say on the future of Hillsborough at an event organised by Hillsborough Forum this month. The open meeting will cover issues such as business development, jobs, and street appearance. Guest speakers include Hillsborough MP Angela Smith, and a representative from Sheffield Chamber of Commerce and Industry. It's at the Garrison Hotel, Hillsborough Barracks, from 7 to 9pm on 19 March. For more information, contact Nick Waterfield on 0114 231 4826.

Foxhill SOAR rep Sharon Ashton is celebrating the news that her campaign for new steps at the corner of Wolfe Road and Wilcox Road has been successful. Sharon had become worried about the state of the steps, especially since the opening of the Cost Cutter shop two years ago, which made the area busier. The steps are due for replacement in the near future and Sharon is grateful to Alison Rayner of Sheffield Council's north area regeneration team for her help.

Confusion at the junction of Halifax, Wilcox and Chaucer roads in Foxhill should be a thing of the past, thanks to a decision to install new Give Way signs. The signs became necessary after the junction was improved last year. Local SOAR rep Sharon Ashton contacted Streetforce and the Department of Transport, who agreed to put the signs in the central reservations so drivers could see them more easily.

good news is that there is something you can do about it.

Surehealth's stress management and relaxation classes combine exercises in stretching and breathing with deep relaxation techniques based on yoga to help you regain control of your life.

Get Walking Keep Walking Sheffield

What is Get Walking Keep Walking?

GWKW Sheffield is a four year project developed by the Ramblers Association to increase regular independent walking among insufficiently active people in Sheffield. The programme has been funded by the Big Lottery.

The programme consists of people taking part in a 12-week walking programme in their local area or alternatively using one of our DIY packs (contact Ben on 0114 205 3954 for more details) to encourage, motivate and advise people on how to do more walking on a day to day basis and increase their physical activity.

Our walks take place in the local area and take 30 minutes to 1 hour and we always find pleasant and interesting things to see on the walk.

What is the long term aim of the project?

The long term aim of the project is to change people's behaviour, to walk more as part of their everyday lives, thereby making a big contribution to their physical and mental wellbeing.

Why is walking good for you?

- Walking is the nearest activity to perfect exercise
- Walking 30 minutes a day helps reduce over 20 potential health risks including arthritis, strokes, high blood pressure, type 2 diabetes and many cancers
- Walking is good for your mental health – it is the best free anti-depressant. When people have been walking they feel happier, less stressed, are more productive and better able to cope
- Walking daily for 30 minutes is a great way to control your weight and burn off calories
- It's free! Almost everyone can do it, anywhere and at any time – with friends or on your own.

Practical Tips for Walking

- Wear comfortable clothes and shoes or trainers. Also wear several layers of clothes

then you can take off or add depending on how you feel!

- Unless you're sure it's not going to rain take a jacket!
- Take some water, and food too if you're going on a longer walk. Drink water before and after your walk
- A small back pack is more comfortable to walk with than an ordinary bag
- Choose routes that are safe and well lit and let people know where you are going

If you are interested in the Get Walking Keep Walking programme or would like to know more about walks in your area – get in touch!

Ben West – Project Coordinator

E: ben.west@ramblers.org.uk

T: 0114 2053954 / 07979 693092



AREA'S LARGEST INDEPENDENT OPTICIANS ONE OF FIRST TO SPREAD OPTICAL COSTS

Martyn Kemp Opticians (MKO), which has ten practices across South Yorkshire and approximately 100,000 patients, is offering a way of covering eye care costs and reducing eye wear prices.

For an affordable monthly fee, MKO's Vision Plan is a health plan which will pay all professional fees for work thought necessary by our optometrists to protect patients' eyesight and provides a 30 per cent discount on spectacles, sunglasses, gas permeable lenses and accessories.

Vision Plan membership is open to individual adults at £6.75 and £3.25 a month for children under 16 with a choice of money saving family membership packages.

Because NHS entitlements differ from person to person, refunds are made back into the accounts of Vision Plan members when appropriate claims are made.

For further details about Vision Plan call Ron Dolman on 0114 231 3778.

Do you enjoy helping others? Would you get job satisfaction from enabling people to live in their own homes?



SORCE (Southey Owlerton Regeneration Care Enterprise) is a not for profit company which provides a comprehensive range of personal and practical help within the community.

The work is varied and rewarding. Some comments from our staff team:
 "No two days are the same"
 "The clients are brilliant"
 "It's like having a new social life"

We offer services on a city-wide basis and mileage is paid for travel between clients. We offer a comprehensive paid training package and there will be opportunities for the right applicants to develop their career with us.

We currently have vacancies for care workers.

If you are up to the challenge, please contact **Toni Withers** for more information on **0114 249 6086**

SORCE

Lifechanging times at Early Days



By Jo Dobson

The Early Days Children's Centre in Parson Cross can change your life. That's the message from North Sheffield mum Sarah Fletcher, who was recently appointed as a parent outreach worker.

Sarah's first visit to the centre was in 2004, when she took her daughter Laurisa to the toddler group. When her next child, Georgia, was born in May 2005, she also joined the breast feeding support group.

She found it so helpful that she went on to train as a breast feeding peer support worker so that she could pass on her knowledge to other new mums.

Tragically, Sarah's first child, Alicia Jade, had died in 2001. Through Early Days, Sarah was

able to attend a support group for bereaved parents. 'They helped me deal with all the feelings I'd bottled up,' she said. 'Being part of the group also helped me to explain things to Laurisa.'

All this contact with the centre was giving Sarah's confidence a massive boost. She attended more courses and eventually decided to volunteer, helping regularly at the toddler group. When the bereavement support group lost its paid worker, she and three other volunteers kept it running.

The parent outreach worker post was advertised in the summer of 2008 and Sarah decided to apply, even though she was 'really nervous' about the interview. She was successful and started work in November last year.

Sarah draws on her own

experiences of parenthood to help others who use the centre. 'I am in a position to understand the barriers that some parents and carers face and I have the necessary skills to assist them in accessing the services that are on offer,' she said.

She loves her new job. 'All the staff at the centre have offered me a lot of help and support,' she said.

Help and support are key words at Early Days. Mum Kirsty Fisher summed it up when she said: 'The best thing about the centre is that everything families need is here under one roof.'

'On a Thursday I take my baby, Katie, to the One Stop Shop and get her weighed. At the same time I can talk to my health visitor and to the advice worker, who provides a drop-in session.'

Pregnant women can see the midwife at the centre, and a nursery is open every weekday for working parents. The centre runs a wide range of courses, such as Babies Love Books and The World Through a Child's Eyes.

There are groups to support families with different needs. For example, a family learning group meets on Friday mornings and there

are young mums' sessions twice a week. The centre is careful to provide for children with special needs, and employs Michele Daly as an inclusive outreach worker to help in this area.

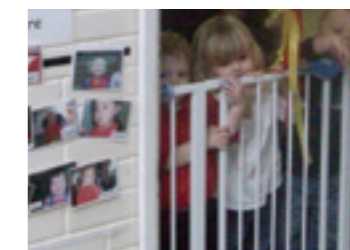
Michele loves working with the families and their children and seeing them thrive. There is no limit on the amount of support she gives – her aim is to be there for 'as long as it takes'.

She told 5Alive: 'I'm working with a family at the moment whose child has special needs and has been treated for cancer. I have supported the family through the past nine months of chemo and the young person has just been given the all clear but I am still here to support him further.'

Parenting can be tough. The centre recognises this and offers specialised help, such as anger management, through a family support worker. It aims to respond to what parents want and need and holds meetings every six weeks where parents can express their opinions and hopes.



Nursery says thankyou



Dickory Dock nursery manager Caroline Hunt has said a big thank-you to all her staff for their hard work during the nursery's massive expansion.

The nursery was set up in September 1996 and offered just two morning sessions a week. It is now open every day for 50 weeks of the year and also has a baby and toddler unit that has been running for less than a year.

The expansion came in response to the number of parents requesting quality childcare for children under three.

Listening our way to lower crime

Members of the Housing, Crime and Community Safety theme group have dealt with everything from overgrown hedges to drug dealing in the nine years since the group was set up. Listening to the community has always been their priority – and many local people can testify to the difference they have made.

Other issues they have tackled include under-age drinking, vandalism, motorbikes, domestic abuse, noisy radios, burning cars, and youths hanging around shops causing intimidation.

Many statutory bodies send representatives to the group's meetings, giving members the chance to talk to the antisocial behaviour team, community police officers, estate wardens, and officials involved with children's activities, housing and many other areas.

Lucy Cox, Doreen Newton and Sue Bell have been involved with the group since it started and have always insisted that it must be community-led. Along with the other members, they have worked to track down solutions and help for a huge variety of problems, and to ensure that there is a wealth of expertise and information at the meetings.

Everyone is welcome at the meetings, which take place on the second Tuesday of the month.



The venue alternates between Southey Library and St Thomas More centre.

Picture: Abandoned cars can be a blight on local neighbourhoods – but the crime and safety theme group has tackled the problem.

Join us and help make your neighbourhood a nicer place



If you want to play a part in making Southey Owlerton a better place to live, then the Environment, Liveability and Transport Theme Group (ELTTG) wants to hear from you.

The group is thrilled with its achievements in 2008, which included running the Southey Owlerton in Bloom scheme, supporting Schools in Bloom, and completing a regeneration masterplan for Parson Cross Park.

Members were also involved in creating plans for the new park currently being built on Foxhill recreation ground.

Now the group is hoping for an even better year in 2009 – and you can help! The ELTTG wants to become independent so that it can apply for funding to go towards local improvements.

To do this, it needs to have more members so that it becomes fully representative of the whole of Southey Owlerton. In particular, people from Parson Cross and Foxhill are

THEME GROUP DATES

SOAR theme group dates for March and April:

MARCH

02 Monday: Environment, liveability and transport, 1pm, Shirecliffe Community Centre

10 Tuesday: Housing, crime and community safety, 10am, St Thomas More Community Centre

10 Tuesday: Healthy Living Network, 12.30pm, Shirecliffe Community Centre

19 Thursday: Adult skills, work and enterprise, 10am, Wolfe Road Healthy Living Centre

APRIL

09 Thursday: Cultural strategy steering group, 12.30pm, 4Greens Centre, Longley

14 Tuesday: Housing, crime and community safety, 10am, Southey Library

needed to balance the membership.

Anyone can join. You don't have to have any experience or any specific knowledge – you just have to want to be a part of making Southey Owlerton a better place to live. If you are interested, please call Susan on 0114 232 7420, or come along to the next meeting at 1pm on Monday, 6 April at Shirecliffe Community Centre on Shirecliffe Road.

Picture: members of the theme group inspect local improvement work.

Tenants train to stamp out nuisance

North Sheffield tenants are to be trained to investigate reports of antisocial behaviour in an innovative scheme organised by Sheffield Homes. Members of local tenants' and residents' associations (TARAs) will learn the basics of investigating the reports so they in turn can help local people deal with any problems they have.

The project was inspired by an incident in 2005, when two members of Holgate and Milnrow Tenants' and Residents' Association, Ann Kemp and June MacFarlane, were trained to help a pair of elderly women who were

being terrorised by another tenant.

The two were so successful that they were dubbed 'Cagney and Lacey' by the local press and went on to win a Respect award, which is given to people who have taken a stand and made a difference in their community.

Paul Voyse, north area manager for Sheffield Homes, said: 'It is often the case that a TARA member is the first point of contact for someone who is suffering from antisocial behaviour.'

By providing basic training, the correct advice on how to report antisocial behaviour can be given at an early stage.'

Art for the playground



Year four children at Lound Junior School, Chapeltown, have helped create a unique work of art for their playground. The children worked with local sculptor Lorraine Botterill to produce a bench decorated with animals that range from insects to woodland creatures and farm animals to marine life.

The school can thank pupil Colby Watkinson for getting the work of art off the ground when he won first prize in a painting competition on the theme of the

environment. Pupils were then invited to watch the felling of the tree that would eventually become their sculpture. Colby said: 'I was very, very happy because I won and Lorraine came into school to sculpt the tree.'

Teaching assistant Kate Needham said: 'It's a fabulous prize and we are so proud of Colby for winning. These children will remember this experience forever and

the sculpture can now be enjoyed by all the children at the school.'

The project was organised and funded by Sheffield Homes, Sheffield City Council's park and countryside trees department and Lane End tenants' and residents' association.

Pictured with sculptor Lorraine Botterill and their wood masterpiece are pupils Charlotte Bishop, Colby Watkinson, Lewis Slinn, Elliott Vaughan and Mason White.

Kids are aiming high for Blast Off

North Sheffield teenagers had the chance to take part in football, street dancing and cheerleading as part of the Blast Off event organised for the February half term.

Blast Off is a joint venture by South Yorkshire Police, Sheffield Futures, Activity Sheffield, Sheffield Homes and Sheffield City Council. It aims to give young people aged 11-16 something constructive and fun to do in school holidays. It also gives neighbourhood wardens and other agencies the chance to engage with children in their area.

Football training sessions were held at parks and secondary

schools after school, and at Meynell and Holgate schools in Parson Cross during the holidays. This culminated in a final five-a-side tournament on the last Friday of half term.

Sheffield Homes' north area neighbourhood wardens were on hand to pick up children from various points and accompany them to the activities. They also managed a football team.

Antisocial behaviour often goes down around the time of Blast Off events. The project was launched by Ecclesfield Safer Neighbourhood Area and other areas are now following their lead.

Pupils dig deep for city



The children helped plant Turkish hazel, rowan, Norway maple and white beam trees. Jez Platts, Sheffield City Council's community forester, said: 'Children from Lound Junior School are always enthusiastic about our tree planting projects and this was no exception. I think they are learning valuable lessons about protecting the environment and helping to keep our city as green as possible.'

Pupils from Lound Junior School at Chapeltown have planted four new trees on land where Worrall Road meets Hawthorne Road in High Green. The event was part of a tree renewal project delivered by Sheffield Homes in partnership with Sheffield City Council.

Across the city, new trees are being planted to replace those that have come to the end of their natural life. The scheme is helping Sheffield retain its position as one of the UK's greenest cities, with more trees per person than any other city in Europe.



ENGAGE

Volunteering Opportunities Leading to Jobs

Would you like to work in a school?

Opportunities to gain experience in: Parkwood High School, Chaucer Business and Enterprise College and Watercliffe Meadow, Hillsborough, Longley, Meynell, Parson Cross CE, Pye Bank CE and Southey Green Primary Schools

You can help with...

Baking, games clubs, trips, outdoor games, grounds, maintenance, small groups, sewing activities, photocopying, reading, IT, PE

support, café, displays, filing, credit union, family learning ...and much more

- No experience required – training provided
- Flexible hours
- Benefits not affected

For more information contact:

Ian Cambé – 0114 232 7422

Engage: A recruitment service specialising in employing local parents and carers as school support staff in jobs other than teaching



Engage is sponsored by



You can get support to quit in your neighbourhood in the following places:

Community Advisers:

- Lisa Harman: Southey & Owlerton Area Regeneration (SOAR)
- Louise Ashmore: Healthy Cross Community Project

Community Clinics:

- Mill Road Surgery, 98a Mill Road S35
- Zest, Uppertorpe Healthy Living Centre S6
- Firth Park Clinic, North Quadrant S5
- Foxhill Medical Centre, 363 Halifax Road S6

GP Surgeries:

- Norwood M/C, 360 Herries Road S5
- Foxhill M/C, 363 Halifax Road S6
- Wadsley Bridge M/C, 103 Halifax Road S6
- Margetson Surgery, 1 Remington Avenue S5
- Barnsley Road Surgery, 899 Barnsley Road S5
- Southey Green Medical Centre, 281 Southey Green Road S5
- Elm Lane Surgery, 104 Elm Lane S5
- Buchanan Road Surgery, 72 Buchanan Rd S5
- Herries Road Surgery, 450 Herries Road S5

- Dunninc Road Surgery, 28 Dunninc Rd S5
- Shiregreen M/C, 492 Bellhouse Road S5
- Middlewood M/C, 621 Middlewood Road S6 (For the GP services you must be a registered patient with that practice to access support)

Pharmacies:

- Allen & Barnfield Chemists, 39 Wolfe Road S6
- Lloyds Pharmacy, 100 Halifax Road S6
- Lloyds Pharmacy, 74 Buchanan Road S5
- Lloyds Pharmacy, 428-430 Firth Park Road S5
- Peak Pharmacy, 255 Southey Green Road, S5
- Peak Pharmacy, 427 Herries Road, S5
- Rowlands Pharmacy, 493 Bellhouse Road, S5
- Rowlands Pharmacy, 827 Barnsley Road S5
- Boots, 11-12 Hillsborough Arcade S6

Ring the Sheffield Stop Smoking Service on free phone **0800 068 4490**.

**We know it's hard to quit.
It's easier with our help.**

Matthew's smooth path to success



Parson Cross plasterer Matthew Hancock is meeting the credit crunch head-on, having kick-started his own

company with backing from community construction programme SOAR Build.

Matthew came to SOAR more than two years ago looking to follow his dad Dave's footsteps into the trade, and was taken on as a trainee working on social housing improvement schemes across north Sheffield.

His company, MH Plastering, has already picked up sub-contracting work with Keepmoat on Sheffield Homes' social housing programme. Matthew, of Doe Royd Lane, has also carried out private work locally and aims to hire more staff in the future.

SOAR Build is a joint venture between community regeneration specialists Keepmoat and SOAR Enterprises, which helps residents

in Southey and Owlerton build new careers in construction. As well as supporting Matthew with training, SOAR Build also provided tools and paid for the branding on his new Vauxhall Meriva van.

Matthew, aged 24, said: 'It's been great working for myself, and I have found that I have been really busy.'

'I had always wanted to work for myself as a plasterer. SOAR Build gave me a chance to learn the skills I have needed to branch out on my own. My ultimate aim is to work as a main contractor and maybe even take on more people to work for me.'

Since 2006, SOAR Build has helped 35 local people into employment in Sheffield – and four of them have gone on to work for themselves.

The picture shows SOAR Build general manager Phil Wright (left) and Matthew Hancock

Dedicated followers of fashion



SOAR employees Hannah Downes, Lisa Harman and Sarah Larssen (above, from left) took to the catwalk for the Lord Mayor's charity fashion show, New To You. The second hand partywear spectacular was in aid of Lord Mayor Jane Bird's charities, Sheffield Children's Hospital and Cavendish Cancer Care.

Actress Alison Steadman, Christa Ackroyd from BBC Look North, and weather girl ITV Kerry Gosney donated their glamorous evening



dresses to the sale at Sheffield Town Hall

'We were roped into to it at the last minute and were all quite nervous but ended up really enjoying it,' said Lisa.

Sarah added: 'I liked wearing the big 80's gown as I wouldn't usually get the chance to wear something like that. I felt like I was in Dynasty!' Kerry Gosney also took to the catwalk, modelling a pink dress which she donated to the sale.

IN BRIEF...

Healthy Cross, a charity working on health issues in North Sheffield, has vacancies for board members. Healthy Cross offers individual and group support, training, events and other activities. The Healthier Lifestyles project aims to improve local people's lives by recruiting people to a buddies scheme, or helping them set personal health improvement targets. Full training will be given to new board members. For more information contact Healthy Cross on 0114 234 4445.

Work is due to start on the Knutton Road depot site behind Margetson Crescent in May. SOAR Enterprises has secured money for the project from Yorkshire Forward, the Homes and Communities Agency and Sheffield council's Local Enterprise Growth Initiative programme. The building – to be known as SOAR Works – will provide office space, light industrial workshops and artists' studios for small businesses to rent, as well as meeting space, conferencing and hot-desking facilities. To find out more contact Sarah Larssen at SOAR on 0114 232 7420.

If you are a Longley resident or are interested in the area and want to be involved in decisions about facilities such as the 4Greens Centre, Longley Organised Community Association Limited (LOCAL) would like to hear from you. LOCAL has vacancies for board members, and full training will be given. More information from Hannah Twyford on 0114 233 2984 or email hannah.twyford@local41.org.uk.



5Alive now has its own page on the revamped SOAR website. You can download the latest issue, find out about deadlines, or even click on the link to email a story. For more information, visit www.soaregen.org.uk.

Artists look for creative colleagues



Exciting changes are taking place in the area and the council's regeneration team has commissioned two artists to involve local people in picturing the future of Parson Cross and Foxhill.

Scott Farlow and Antony Lyons will visit local groups, schools and organisations and try new

approaches to help local people inspire the way their area looks in the future.

They will produce postcards of the area which will be distributed via local libraries, groups, schools and shops, doctors' surgeries, and at city centre locations.

With so many projects under way or about to happen, the

North Sheffield regeneration team realised they needed to treat public spaces in Foxhill and Parson Cross in a unified way.

The new Chaucer Buchanan district centre, improvements to Parson Cross Park, housing developments at Foxhill, Adlington and Falstaff, as well as many others, will change the way the area looks and the team felt it was vitally important for the local community to have a key role.

The aim is to make Parson Cross and Foxhill unique places – where existing residents, new residents and visitors want to be.

By April, a strategy for the design of public space in the area will be produced. This will be followed by work on the entrances to Parson Cross Park, to be completed this summer, and then work next year at Chaucer Buchanan district centre.

The regeneration team is

planning to take a similarly creative approach to public space in Longley, Shirecliffe and Southey in a future project.

If you or your group would like to get involved, contact Jonathan Ulley at the North Sheffield regeneration team on 0114 203 9568.

You can find out more at www.sheffield.gov.uk/parsoncrossfoxhill
 ● The pictures on this page show two of Sheffield's many interesting and unusual public art works – see if you can identify them!



Follow our directions and find your way to new learning opportunities

St Thomas More Community Centre
 Margetson Crescent S5 9ND
 Telephone: 0114 249 5129
 Bus Route: P1, 53
 Facilities: Bookable childcare facilities, kitchen facilities, room hire. Wheelchair access and disabled toilet.

Foxhill Forum
 31-33 Wolfe Road
 Foxhill S6 1BT
 Telephone: 0114 231 5522
 Bus Route: P1, P2, 17
 Facilities: Crèche, ICT suite, activities hall, room hire. Wheelchair access and disabled toilet.

Burton Street Project
 57 Burton Street S6 2HH
 Telephone: 0114 233 2908
 Easily accessible from: Hillsborough interchange
 Facilities: Boxing training and gym, café and restaurant and bar, room hire, sensory garden. Wheelchair access and disabled toilet.

Southey Library, Moonshine Lane
 Southey Green, S5 8RB
 Telephone: 0114 285 3093
 Bus Route: 20, 20A, 97, 97A, 83, P1, P2
 Facilities: Library, childcare facilities, free internet access for adults and children. Send and receive faxes. Wheelchair access.

Healthy Cross Community Project
 49 Southey Avenue S5 7NN
 Telephone: 0114 234 4445
 Bus route: P1, P2, 97, 98, 20, 20A
 Facilities: Training room and volunteering opportunities. Wheelchair access and disabled toilet.

Green light for smarter street

Work to improve the street scene in Shirecliffe Road started in December, between the junctions with Boynton Road and Longley Avenue West.

The scheme, due to be completed in April, will make this important and busy part of the neighbourhood more attractive. Parking bays and raised crossings

will improve safety for both pedestrians and drivers.

Parts of the road will need to be closed in order to complete this work, and at times traffic lights will be in operation. So while the work is going on, please drive with care along Shirecliffe Road, as well as in surrounding residential routes where children and adults may be crossing.



Building continues in Southey

House building in the Southey Owlerton area is continuing, despite the impact of the economic slowdown.

Sheffield Council remains committed to the housing developments it has been publicising in recent months, whatever the market conditions.

These include the six homes being built by Artisan to start the planned development on Fox Hill Crescent. And planning applications will be submitted this

month for 79 homes designed by architects Stephenson Bell for Longley Avenue West and Penrith Road in Shirecliffe.

However, the economic climate is challenging for house builders, so in some other cases progress has slowed over the last year.

The North Sheffield regeneration team will continue to keep local people up to date through 5Alive and other established forums – but please contact us if you have questions.

Regeneration team all set for a flurry of activity in your area

It's going to be a busy couple of months for the North Sheffield regeneration team. A foodstore operator will be selected, site works and testing will take place around the Chaucer District Centre, and the council will run an information and consultation event about the Falstaff housing development.

Details are still being finalised, so please check our website for updates in between 5Alive issues.

If you would like to attend the Falstaff event, please email us to register your interest and we will send you an invitation when they are ready.

For more information on these and other projects in North Sheffield visit www.sheffield.gov.uk/northregen, email nsrt@sheffield.gov.uk, or call 0114 203 9568.

Have you been discriminated against ?

This is an unlawful Act!
 We can advise and assist you with any case of discrimination, harassment or victimisation

Do not suffer in silence!
 Please call us for **FREE ADVICE and SUPPORT**
 Sheffield Racial Equality Council
 Units 112-114, SYAC Business Centre,
 120 Wicker, Sheffield S3 8JD
 Tele: 0114 272 0012
 Email: admin@sheffieldrec.co.uk



4Greens Centre café

The café at is open Monday to Friday, 7am to 2pm for a wide range of home cooked foods – including our senior citizens' special for only £3.50!

Buffet service also available.

Contact Mo for more information on 0114 233 2984

What's on in your area

FOR YOUNG PEOPLE'S EVENTS SEE PAGE 5

- MAR THU 19** SOAR Board, 7pm, St Bernard's church hall, Southey Hill. This month's meeting will focus on housing and crime.
APR THU 16 SOAR Board, 7pm, St Bernard's church hall, Southey Hill. This month's meeting will focus on Southey.

REGULAR EVENTS

SMOKING CESSATION SESSIONS WITH LISA HARMAN

- Mansel School breakfast club – Mon 8-9am
- Southey Green School – Mon 1.30-3pm
- Wadsley Bridge Working Men's Club – Tue 2 pm
- Palgrave Early Days Centre, Palgrave Rd – Wed 1-3pm
- Palgrave Health Centre, Palgrave Road – Mon 9.15-10.30am
- Watermead school – Tue 9.45am
- Southey School Breakfast Club – Wed 8am
- Meynell School – Thu 8.30-10am

If you can't make any of these sessions or are a parent of a pupil at Montenevy School, call Lisa for an appointment on 07877 004739.

RODA (RELATIVES OF DRUG ABUSERS)

Drop ins: Mon: Turning Point, 1-2pm; Tue: Fitzwilliam Centre, 1-2pm; Wed: Guernsey House, 4-5pm
Support groups: Mon: men only, alternate weeks; Wed: city centre, alternate weeks; Space2 (bereavement group), city centre, 2nd week of every month; Fri: city centre, every week. **For general enquiries contact the RODA office on 0114 231 4443.**

SUREHEALTH ACTIVITIES

- Stress management and relaxation. Tue 10.30pm-12noon, Wolfe Road Centre. Contact Chris Noon on 0114 233 8340 or 07780 670466.
- Tai Chi for people with coronary heart disease. Thu 10.30-11.30pm, Wadsley Bridge WMC. Contact Peter Whitfield on 07929 447753.
- Yoga. Tue 12.30-2pm, Wolfe Road Centre. Contact Chris Noon on 0114 233 8340 or 07780 670466.
- Yoga for people with breathing difficulties. Mon 1.30-3pm, Wolfe Road Centre. Contact Graham Storey on 0114 232 5631.
- Yoga for pregnancy. Thu 2.30-4pm, Early Days Centre, Palgrave Road. Contact Pam Mathieson on 0114 230 4111 or 07802 705380

PARSON CROSS LIBRARY For details, call 0114 203 9533

- Mon: Refreshing Reads. 10am-12noon
- Fri: Baby Time. Soft play, music, rhymes and plenty of books for young children. 10-11am
- Wed: Homework Club. 3.30-4.30pm

ST THOMAS MORE CHURCH AND COMMUNITY CENTRE: Everyone welcome to all activities. For details, call 0114 249 5129

- Mon: Slimming World, 10-11.30am; Chairrobics and gentle exercise session, 10.40am; Lunch club, 11am-2pm; Sequence dancing, 1.30-3pm
- Tue: Young at Heart, 1.30- 3pm; Tae Kwondo, 6.30-8.30pm
- Wed: Colley Runners, 5-6pm – meet at entrance to Colley Park, Remington Road; table tennis, 6-7pm
- Thu: Computer classes, 10am-12 noon; digital photography classes, 10am-12 noon; art and craft classes, 1-3pm; line dancing, 6-8pm.

L.O.C.A.L. For details, call 0114 233 2984

- Mon: Family languages (French, Spanish and Italian), 4-6pm.
- Thu: Toddler Express, 9-11am; Spiritualists, 7pm
- Wed: Toddler Express, 9-11am
- Fri: Streetdance (for children up to 16), 4.30pm

SHIRECLIFFE COMMUNITY CENTRE For details, call 0114 232 6201

- Mon: All Stars Dance, 4-6.30pm; Keep fit, 6.30-8.30pm
- Tue: One Stop Shop, 9am-12 noon; over 50s ballroom and Latin dancing, 1.30pm; Spiritualists, 7-9pm.
- Wed: Yoga 1.30-3pm; Longley karate club, 6.30pm
- Fri: Minikidz toddler group, 10-11.30am; Nailart, 1-3pm
- Thu: Shirecliffe 50+ activity morning, 10.30am
- Councillor surgery: third Tuesday of the month, 11am. Also at Norwood and Bishopholme TARA, 12.00-12.45pm, third Tuesday of the month.

WOLFE ROAD HEALTHY LIVING CENTRE For details, call 0114 231 5522

- Mon: Adult table tennis, 5.30-7.30pm
- Tue: Basic English group, 2.15-4.15pm; Martial arts under 8s, 4pm; martial arts 8-16s, 5pm; martial arts, women only, 6pm
- Wed: 50+ activity morning, 10.30am; basic maths, 1-3pm
- Fri: Foxhill Self Help Group, 1.30-3pm
- Thu: Street dance, 8-16 year olds, 5pm
- Sat: Multi-sports for 8-13 year olds, Wolfe Road Park, 10am-12noon (until 28 March)

THE MEADOWS 30 Busk Meadows, Shirecliffe. For details, call 0114 243 5749. Activities open to all.

- Mon: Movement to music, 2pm.
- Thu: Chairrobics £1, 11.30am-12.30pm.
- The Rev Frances Eccleston holds a church service on the first Thursday of the month at 2pm.
- Bistro 55 community café is open 7 days a week from 9am to 4pm.
- Wed: Crafty Ladies craft session, 10.30am-12noon.
- Fri: mobile library outside The Meadows at 10.50am

LEAF VOLUNTEER SESSIONS

- Wed 1- 4pm; Thu 10am-1pm; Sat 10am-4pm, Norwood Allotments, Herries Road. Contact Diane Cocker, 07799 851888.

Longley TARA annual meeting, Wed 25 March, 6.30pm in St Leonard's church hall. All welcome.

Want to find out more? Contact Hannah Downes at:
Southey & Owlerton Area Regeneration, 11 Southey Hill, Sheffield S5 8BB
 Tel: 0114 232 7420 Fax: 0114 232 2603
 E: 5alive@soaregen.org.uk W: www.soaregen.org.uk

Our vision Southey Owlerton Area Regeneration was set up in 1999 to help revitalise neighbourhoods in the north of the city of Sheffield: Foxhill, Longley, Hillsborough/Winn Gardens, Parson Cross, Shirecliffe and Southey



JOKES CORNER

We're including a joke in each 5Alive. Please email your contributions along with your name to 5alive@soaregen.org.uk (nothing too rude, please!) Our favourite will go in the next issue.

This month's winner

The recession is biting really deep and is even affecting the Kennel Club: they've had to call in the retrievers.
 (Contributed by Aunty Pat Tandy in Parson Cross.)