

Darnall Herald

carnival special

Community News June 2009



Darnall Carnival

Saturday 13th June

High Hazels Park 12 noon until 5 pm



On **Saturday 13 June**, **High Hazels Park** will play host to the **Darnall Carnival**. This is a really exciting year for the Carnival because for the first time we are sharing a weekend with the **Baishakhi Mela**. The Carnival will include: marquees with information ranging from the Environment and Health to finding a Job; a market; food stalls; activities for children and young people like football, climbing wall and fairground rides; and a silver band. There will also be a special Centenary Celebration from both **Greenlands Infants and Junior School**, including a display of their work and performances on stage. Over the weekend the Carnival and Mela will play host to a Kabbadhi tournament, with coaching taking place on the Saturday and the tournament itself on Sunday. Contact Darnall Forum for more information.

As usual we need committed **volunteers** to take part in running the event on the day. So if you could spare a few hours to help us make sure the carnival runs smoothly and everyone has a great time then please call Shabana or Anne on 0114 249 0099.



A scene from last years carnival

Baishakhi Mela.

Sunday 14th June

High Hazels Park

12 noon until 5pm

Live Music,
Food, Clothes and Toy Stalls
Children's rides

Darnall Wellbeing's new office now open at 214 Main Road



For more information about any of the activities on this page or to enquire about our full programme of activities, you can contact Lucy at Darnall Well Being by phone on 0114 249 6315, by email at darnallwellbeing@rocketmail.com or drop-in between 10am – 12noon, Mondays and Fridays, to one of our One-Stop-Shop Coffee Mornings. Make a Change 4 Life.

A health walk could be your cup of tea?



Darnall's weekly Health Walk, Mondays at 11am – the group meets at High Hazels Ranger Cabin for a relaxed walk, chat and a cup of tea afterwards! The best thing is that it's free! See the difference walking can make by loaning a pedometer for 3 weeks from Darnall Library.

Why not join Darnall Community Allotment Group



Darnall Wellbeing recently launched a fantastic Allotment Group on a Tuesday up at Infield Lane Allotments (access via the top of High Hazels Park or Catley Rd). The group is led by our resident green-fingered Coordinator, Richard, who offers Horticultural Therapy that can improve both physical and mental well being. FREE sessions will run from April – October in the morning: 11am – 1pm, afternoon: 2 – 4pm and finish with an "Allotment School" for families and workers in the area at 4 – 6pm. Come along and have a try at growing your own fruit and veg, pick up new skills and meet new people.



Join our organised monthly adult guided bike rides in the local area. There's no better anti-ageing remedy than physical activity and cycling is a great way of staying healthy, maintaining mobility and independence. To register your interest and book a place on a bike ride, contact Lucy.



Dr Jack Czauderna to retire as a Darnall GP

Dr Jack Czauderna chair of Darnall Wellbeing is due to retire as a GP and would like to hold a 'Goodbye to Patients' event and leaving do on **Thursday 9th July** in High Hazels Park, starting with a health walk at about

4pm, followed by a picnic, trips to the allotment, music and other activities. All welcome!



Fun and games for Kids

Our Community Outreach Play Workers deliver fun, free and spontaneous play sessions across Darnall for 8 – 13yrs every week, throughout the year. Their focus is to work with families to help keep their children healthy and active through outdoor play. Join in the fun and games at one of their regular sessions (below) and look out for our 6-week Summer Play Scheme on Mondays, 2 -4pm in Darnall Community Park!!

Regular Sessions:
Fridays by Mather Road Pavilion, 5 – 6pm and at Phillimore Field, 6 – 7pm
Saturdays at the Fire Station, Darnall Road, 11.30am – 12.30pm
The 1st and 3rd Sunday of the month at Greenland Fields, 4 – 5pm

**Summer will soon be here!
Time to think about using that bike?
You might think too much traffic for me.
Free adult Cycle training could be just the thing**



Pedal Ready are the City Council's accredited cycling instructors. They offer one-to-one training that can be tailored to your needs. More information can be found on the Pedal Ready Website www.pedalready.co.uk. A Free 2 hour one-to one cycle training session for any resident living in Sheffield funded by Sheffield City Council is available

- ⇒ Help with basic cycling skills
- ⇒ Help choosing your route, e.g. to work or leisure
- ⇒ Help cycling along your route
- ⇒ Male and female instructors available

How to apply

Pedal Ready application Forms available at Darnall Well-being and Darnall Forum



Darnall Forum

245 Main Road
Darnall,
Sheffield
S9 4QD
Phone 0114 2490099

**Open
Monday to Thursday
10 am – 4 pm**

Financial Inclusion Services Yorkshire (FISY)
Sheffield Credit Union Ltd & Moneyline Yorkshire
Unit 6, The Gallery, Castle Market,
Sheffield S1 2AJ
Tel: (0114) 276078
Fax: (0114) 2761164
E-mail: scu@fisy1.co.uk



**Financial
Inclusion
Services
Yorkshire**

Sheffield Credit Union and Financial Inclusion Services (Yorkshire)

Everyone needs financial skills, knowledge and confidence to make the most of their money and to prevent future trouble, particularly with the credit crunch making purse strings even tighter at the moment. Financial Inclusion Services Yorkshire (FISY) is a charitable organisation based in Sheffield, which runs the Sheffield Credit Union and a range of projects aimed at helping people get the best deal from their money.

What is Sheffield Credit Union?

- It is a not-for-profit community savings and loan cooperative
- It is open to anyone who lives or works within the Sheffield City boundary
- It offers affordable loans to people who have been saving with them for 12 weeks or more, as an alternative to doorstep lenders and high cost loans
- It has more than 60 collection points around the City, and 4,500 adult members and 2,500 junior members
- It is authorised and regulated by the Financial Services Authority
- It has an independent Money Advice Worker available every weekday at FISY to offer help with money matters (budgeting, benefits entitlement, money problems etc)

More about Money Management Courses

- FISY also offers money management courses to community groups
- Courses are easy to book and free
- The Financial Capability Worker will put you a programme together to fit the time you have available and the interests of your group and bring all materials needed with them

For more information, please call in to the Credit Union offices or contact them by telephone or email.

open every weekday from 10 am to 1 pm

**Looking for a
Job, Training or
Volunteering**
Aged between 19 and 64
Then Darnall Forum can
help you
Please phone 2490099

Islam and the Environment

What do Islamic teachings say about the environment and climate change, big issues that affect the Muslim community worldwide

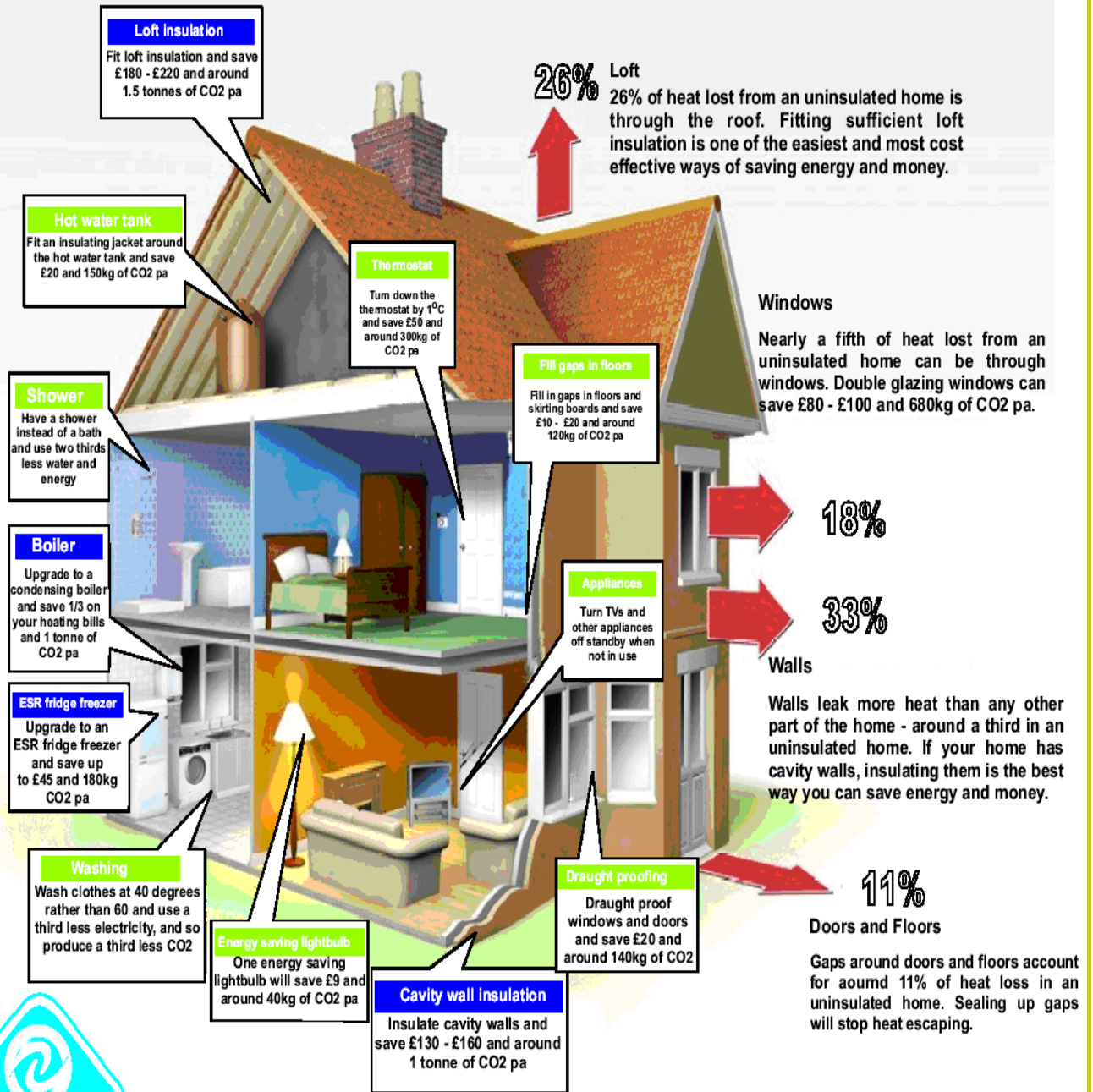
We hope this course will assist the local Muslim community to either gain an appreciation or broaden their understanding of the challenges that affect the world that they currently live in We want to understand what the religion of Islam (Quran and Hadith) say about valuing and appreciating the environment and use this to stimulate a broader discussion that could impact on peoples lives . Open to all members of the community

**Course starting in Darnall this Autumn
look out for details**

contact Shabbaz Abbaz 0114 2296158 or Neil Parry 0114 2859911

Don't throw money away heating your house next winter. Get some free advice on home insulation and energy use at Darnall Carnival

How energy efficient is your home?



ESR
The Energy Saving Recommended (ESR) logo appears on goods that will cost you less to run than older, energy guzzling ones.

KEY	
	Grants and advice available through EST
	No-cost of low-cost

Book a free home visit by South Yorkshire Energy Centre at their stall at Darnall Carnival on Saturday 13th June