



Stories from around the world

Over one hundred people flocked to the Family Development Project on 12 February to hear stories from different parts of the world. There were four different story rooms and story sacks were created for each one: Ethiopian; Blue Balloon; Urdu and Granny's Stories.

There were also craft activities including Chinese Writing and Illuminated Letters. Thanks to the Big Lottery, Dare to Care and Sheffield City Council for funding the event.

The Family Development Project will have an Open Day on Tuesday 25 March, call 0114 244 8497 for more information.



Above: People showing off their craft work.

Right: Ethiopian story sacks.



The Story So Far...

Tell Us What You Think of Darnall Forum

Monday 17 March 2008
6.30pm
At Darnall Forum Offices

Are you happy with our services?
What do you think are the main issues for Darnall:
Schools and Education?
Crime and Safety?
Rubbish and Fly Tipping?

Come along, meet the staff and have your say.

Call Neil or Anne on 0114 249 0099 for more information.



darnall carnival

5th July 2008

High Hazels Park

For more information or to get involved call Anne or Shabana on 0114 249 0099.

funded by



If you need this in another language or format call 0114 249 0099

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Need help to stop smoking?

The Sheffield Stop Smoking Service is in this area! Did you know you can get free advice and support to help you stop smoking? And you can get this support in Darnall! We have trained advisers ready to provide you with information on nicotine replacement products and other aids to stopping smoking and provide support to you after you have stopped smoking.

You can get one to one support to quit from Darnall Community Health if you are a registered patient with this practice. Or contact Jo Clarke on 0114 249 6315. If there is enough interest we can also run a local group in Darnall.

Please ring the Stop Smoking



Service on our freephone number 0800 068 4490 if you wish to join a group or would like further information on our other services: we will help you to find support that is convenient and local to you.

If you've got the will to stop smoking we've got the way.

If you would like to attend a two hour Brief Intervention Training session in Darnall so you know more about where people can go for help or support, please contact Lyn Brandon at Sheffield PCT on 0114 226 2491.

**National Stop Smoking Day
12 March**

Darnall Area Panel

The next Area Panel Meeting will take place on Thursday 20 March at Church of Christ at 6.30pm.

Items on the agenda include:
Your Council Your Say;
Help us keep Sheffield Clean;
Youth Action in Sheffield; and
Darnall Area Plan.

For more information call Azra Razaq or Sarah Lucas on 0114 203 7517.

Retired NHS?

The Sheffield Health Service Retirement Fellowship meets monthly at the Northern General Hospital. Our membership covers all personnel and their families who have worked in any branch of the Health Service, as receptionists, porters, nursing staff, drivers etc. At our meetings we have speakers, we arrange day trips out, and we usually have a chance to chat and have a cuppa with old and new friends.

Why not pay us a visit and find out what you've been missing?

For further details contact :
Tony Day on 0114 268 6585 or
Val Lancaster on 0114 244 3238

Blooming Darnall

A group of people who work in Darnall have come together to raise funds for planting trees, shrubs and flowering plants in Darnall. Activities may also include bring out your rubbish days, graffiti removal and anything else that will help make Darnall a greener, more pleasant place to live. We need you! If you would like to get involved in any way, or have any ideas about how we could take these plans forward, please contact Anne or Nazia on 0114 249 0099.



Owls Trust Soccer School

The Owls Trust Allstars will be starting a soccer school for 7, 8 and 9 year olds at the end of March.

For further information call Denise on 07812 740 226.



Parent Lifeline – Helpline for Parents

0114 272 6575

On 30 January 1978 a group of parents realised that there was nowhere parents could turn to 'let off steam' especially in the evenings, and it was decided that a helpline would be the best way forward.

30 years on and we are still running in Sheffield. We now have 13 volunteers staffing our helpline from 9am–1pm (excluding bank holidays), and 7.30–11.30pm every evening (including bank holidays). This is a confidential listening service for parents/carers who can ring us knowing they will be talking to a trained volunteer who is also a parent, who will not ask who they are, will listen to what they have to say and who will not judge them or tell them what to do.



Save Money and Tackle Climate Change in Darnall

Would you like to

- ✓ Save money?
- ✓ Do your bit to tackle climate change?

We can lend you a **SMART METER** for a month to help you reduce your electricity bills.

See a **SMART METER** working at 35 Clipstone Road (Darnall Well Being's office)



SAVE MONEY

A Smart Meter will positively encourage a reduction in energy use, because it gives real-time, instant and accurate information about how much energy you are using. Every time an electrical device is turned on or off, the effects can be seen.

CLIMATE CHANGE

Compare usage day to day and see how changes of energy use can have an effect on your CO2 emissions.

WHY USE A SMART METER?

- Understand where and how energy is being used.
- Identify areas where you can reduce energy consumption and save money.
- Confirm whether energy saving measures are working.

WHAT WILL IT COST ME?

Nothing! Except a few minutes of your time.

We will come and install the Smart Meter in your home. At the same time, we'll complete a short questionnaire with you about the choices you make with regard to travel, shopping, the environment and your local community. After a month, we'll come back to collect your Smart Meter and complete another short questionnaire. The data we collect will be shared (anonymously) with WWF/CAG to help them evaluate their Community Engagement Impact Assessment Tool, and with Efergy who have supplied us with their Smart Meters at cost price.

I WANT A SMART METER NOW!

If you live in Darnall and want to try a Smart Meter at home for a month, get in touch with Jo Clarke on 0114 249 6315, Neil Parry on 0114 285 9911 (neil@sheffieldct.co.uk) or Barbara Rimmington on 0114 285 9931 (barbara@sheffieldct.co.uk), or send your name, address and phone number to us at East End Quality of Life Initiative, FREEPOST NEA 13204, 10 Montgomery Terrace Road, Sheffield, S6 3ZZ (no stamp required) and we'll get in touch with you to arrange a convenient time to call.

SMART METER FEATURES

- Shows instant power use, electricity cost, and personal carbon footprint.
- Unique memory storing daily, weekly and monthly data.
- Smart alarm warning the user about over consumption.

HOW IT WORKS

There are 3 parts to the Smart Meter:

The **sensor** clips around your electricity feed cable. The **transmitter** sends information instantly to the **portable display unit** which you can take from room to room to see which appliances are using the most electricity.

Active Friends

Are you an active older person? Would you like to help others to become more active? Darnall Senior Peer Mentors is a new scheme that will provide training and support to volunteers who would be interested in encouraging and motivating their peers to be more active. Contact Jo Clarke at Darnall Well-Being on 0114 249 6315 for more information.



This is a joint energy saving campaign by Sheffield's East End Quality of Life Initiative, Darnall Well Being Group, Darnall Forum and Tinsley Forum

Darnall Forum Employment Project

Latest News

Success for Mustapha

Mustapha Ali Ahmed was unemployed for 7 months and claiming Job Seekers Allowance. He had previously worked in a Newsagents in Liverpool where he carried out general duties. After moving to Sheffield he decided he wanted a change in career which would be more challenging and rewarding for him. His first career choice was to work in the Security industry. Having carried out his training to become a Door Supervision security guard, the key worker at Darnall Full Employment Zone supported him to get his 3 years Door Supervision Security licence. Mustapha is happy in his new job as he works full time for Proguard Security (Yorkshire) Limited.



We are planning to deliver another Door Supervision Course with Sheffield College in March. This is for any Darnall resident who has at least English Level 1. Please note you will have to pay for the cost of your security badge unless you are under 25 and we can get help towards the cost.

We also have Careers advisers from Sheffield Futures at Darnall Forum each week. If you're not sure what to do next and need advice please contact Sidrah on 0114 249 0099.

Struggling to find a job?

Come and search for jobs and apply online at our E-Job Shop every Thursday afternoon from 2.00–4.00pm.

- Ring Sidrah now to make an appointment and click your way to a job.

Interested in becoming self employed?

Have an idea but not too sure what to do about it? Become part of the new BIG initiative and run your own business.

- For further information contact Sidrah on 0114 249 0099.

Jobs Jobs Jobs...

The Source is providing Guaranteed Interviews for Darnall residents. Course supports people into retail, customer service and call centre jobs.

Only a 6-day course and it's FREE!

- Please ring Sidrah on 0114 249 0099 to find out if you're eligible.

Exercise does make a difference...and here's the proof!



Tommy is 70 years old and suffers from diabetes, high blood pressure and an occasional bad back, but he is 'beginning to feel young again' since being referred to the Darnall Well-Being GP referral scheme.

Tommy's doctor referred him to the scheme last August to get advice on increasing his physical activity levels in an attempt to better control his diabetes. The scheme offers one to one advice on increasing exercise levels

whilst taking into account any current health issues. Tommy was already walking his dog every day, but he found out that he needed to be participating in moderate activity on a regular basis to have an impact on his health.

During his Navy days, Tommy was very active and particularly enjoyed boxing. After a chat we decided that the gym was an ideal place to start. Although apprehensive at first, Tommy soon gained confidence at the Darnall Well-Being gym based at the PMC. He received advice on developing a fitness programme and has made new friends with similar conditions. Tommy is enjoying it so much that he has started to attend twice a week.

And the hard work is beginning to pay off – Tommy's dog is enjoying plenty of fresh air as Tommy is able to walk for longer without his back pain stopping him. At a recent diabetes review Tommy found out that he does not need to use insulin just yet as he is managing to control his diabetes on his own.

For more information on the GP referral scheme or any Darnall Well-Being activities contact Jo Clarke on 0114 249 6315.

If you have an idea for a story for this newsletter please contact Anne at Darnall Forum (0114 249 0099). We are always looking for good ideas for stories so we'd love to hear from you.

Praise or problem? Let us know about it

Is there anything you want to tell us about, good or bad? If you want to let us know about something we have done well, or something good happening in Darnall, or if there is an issue that we need to act on, you can let us know in confidence.

Name: _____

Address: _____

Comments: _____

Please drop this slip in to Darnall Forum or post it to Darnall Forum, 245 Main Road, Sheffield S9 4QD or call us on 249 0099.