



Learn about what is happening in our community over the summer and into the autumn

Join us for our Information & Family Fun Day

High Hazels Park
30th June 2012 • 12noon – 5pm

MARQUEES: (Where you can get information about the following:

- Health and the Environment
- Community Activities
- Work and Activities with children
- Employability
- Community Learning

STALLS: (If you haven't yet booked a stall for your organisation, please contact Darnall Forum on 0114 249 0099

- Art and Craft
- Henna
- Clothes
- And much more...

There will be food available, activities with the Park Rangers, and attractions for the children including a bouncy castle and rides, face painting.

Music & much, much more

Come and enjoy a fun-filled day

Look forward to seeing you there!



Friends of High Hazels Park

■ Volunteers Work On The Formal Garden

We have been working with volunteers from Carillion now for over a year. They chose us as their charity for 2011 and we are delighted they have asked to work with us again this year. The Sensory Garden at the top of the park has had a make-over, the children's play area has been cleared of weeds and a few new plants put in. Now we are taking on the Formal Garden. We spent a full day last month working with Carillion, Park Rangers and the Friends Group and saw a big difference, but there are still some major gaps where plants should be and if we don't get on with doing something about it the weeds will return even more prolific than before!

Volunteers start work on the Formal Garden in High Hazels Park



■ A New opportunity

You may have heard of the Community First Fund which is being administered by the Community Development Foundation. The money for April 2011 to March 2012 was allocated altogether between January and the end of March. The Friends Group

submitted a bid to do some reparation work on the Formal Garden and we are very pleased to announce that we have successfully been allocated £1,500 to replace plants that are missing, replace one of the interpretation boards and re-establish the ground maze which has been lost over the last few years.

WE NEED YOUR HELP

PLEASE JOIN US FOR OUR NEXT WORK DAY ON WEDNESDAY 27TH JUNE – MEET AT THE FORMAL GARDEN BETWEEN 9.30 & 10am.

If you would like more information about the Friends of High Hazels Park please come to the Environment Tent at the Information/Fun Day on Saturday 30th June.

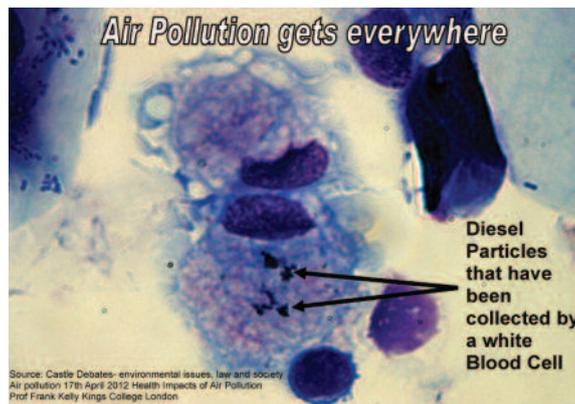
Air Pollution

Air pollution from traffic monitored along Staniforth Road, Main Road and Handsworth Road is at illegal levels, above the European limit values since monitoring started in 2010.

Well, so what? You might say.

Poor air quality is a public health crisis. A recent House of Commons Select committee report said, *'Poor air quality probably causes more mortality and morbidity (chronic illhealth) than passive smoking, road traffic accidents or obesity. Yet it receives little or no attention in the media and scant attention in Parliament and within Government.'* In Sheffield it contributes to the premature deaths of 500 people. Many people with chronic lung and cardiovascular health conditions have their conditions made worse and their lives made a misery by the levels of pollution found in our neighbourhoods. The social cost to the city is around £160million pound according to the Government.

The City Council's real time monitoring station at Tinsley Infants School shows that fine particles (the most damaging to health) exceed the World Health Organisation recommended limit for 30% of the time from last December to the end of May usually around rush hours in the morning and evening. These fine particles get into you body through your lungs. This is graphically shown by the image on the right.



Air Pollution in Darnall is above limits set to protect our health



What can we do about it?

We can try to use our cars less, particularly for short journeys, use public transport more, walk and cycle. When the City Council brings out its Air quality Action Plan later this year we should challenge those who try to portray it as anti-car and anti-business. Inevitably that will happen. Air pollution is a issue for the people of Darnall. It's a hidden public health crisis and tackling it will lead to better health and a stronger economy.

New Fencing around school field will give children and local groups a high quality green space for outdoor activities

Greenland Junior School have recently applied for planning permission to enclose their school field which currently cannot be used by the pupils due to problems with dog mess and general rubbish. The new fence is intended to be erected over the summer holiday and is being paid for out of the school budget.

The field will also be used by the Infant School and by the Children's Centre.

The field belongs to the school, which has maintained it as best it can. However, in reality we cannot use it. We appreciate that people like to walk their dogs but we would like to hold sports days, PE lessons and playtimes on the field.

The proposed fence will be approximately 2 meters high. There will be a gate in for access and a double gate so that we can keep the field in good condition. Whilst the primary concern is to provide grassed space for the Children's Centre, the Infant School and the Juniors, we greatly appreciate that local groups would like to make use of the field. We envisage that once the field has been repaired and the fence completed that local groups – 5-a-side football, scouts and guides, etc. – can contact the school to make use of the field out of school hours. However this will not be until September at the earliest.

So far we have had positive comments from our neighbours who have been concerned about the current state of the field.

Pamela Smith

Headteacher Greenland Junior School



News from Darnall Well Being

At Darnall Well Being we offer a wide range of services to support you and a healthy lifestyle!

Why not come along and try out our women-only walk meeting at our office on a Thursday morning at 10am. Or for the men out there our men's group meets at the Ranger Cabin at High Hazels Park on Thursday afternoons from 2-4pm, where you can try out a spot of cycling, cricket or tennis. We also offer a 1-to-1 signposting service to help link you in with local opportunities, such as courses, coffee mornings, local groups and services. Call the office to book an appointment or ask your GP to refer you.

The Health Trainer Service in Darnall has been very busy working with clients to manage health conditions such as Diabetes. Yvonne and Waqas work with clients on a one-to-one basis to support them in making the necessary changes to their lifestyle by increasing physical activities and focusing on healthy eating. We continue to receive GPs' referrals but recently we have received several self-referrals from local residents, which is a testament to the good work we are doing in Darnall to reach out to residents and engage them in the free, confidential and friendly service that we provide to enhance their lives.

A weekly healthy eating course started at the end in April to help local women learn about healthy cooking, how to reduce fat intake and make healthy choices when shopping for ingredients to cook at home. The course also encouraged women to suggest their recipes so that the group can learn about different food and cook and eat together.

Call the office on 249 6315 to speak to a member of staff to find out what other activities and support we can offer. Language support in urdu, Somali, Punjabi and Arabic is available. You can also drop in to see us at 214 Main Road, Darnall (diagonally opposite Wilkinson's) or come and speak to us in the Health Marquee at the Family Fun Day on 30th June.



Why not join one of our fun and informative healthy eating courses?



Darnall Well Being

Darnall WellBeing are co-ordinating the development of a Community Stakeholder Group for the new health centre on Main Road. As part of this process we are inviting interested parties to attend a planning meeting on Monday 25th June at 5.30pm at our offices.

Our aim is to discuss the aims and scope of the stakeholder group and agree a wider invite list / involvement and terms of reference.

We will then be holding our AGM on Thursday 12th July 5.30pm at the Church of Christ in Darnall and we propose that, following a simple AGM, we can host the first Community Stakeholder Group. We thought that a workshop-style format could work and involve key organisations, tenants, local residents and community representatives to discuss their vision for the health centre.

Please let us know if you would like to attend either (or both) of these meetings on 25th June and the 12th July.

Jogging Club

Do you want to:

- Improve your fitness?
- Increase your weekly physical activity?
- Start a new hobby?

Come along to our FREE jogging sessions on Wednesdays in High Hazel Park

Starting on Wednesday, 13th June 2012, 6.00pm – 7.00pm

Meet at Darnall Well Being office, 214 Main Road, Darnall, Sheffield, S9 4QB at 6.00pm

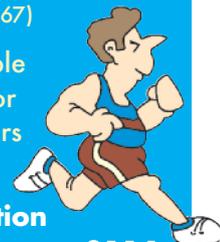
Sessions are for beginners and intermediate runners, male and female aged 16 years old and over.

You are advised to consult your GP if you have a health condition before you partake in any physical activities.

All sessions will be led by Yvonne Witter

(Yvonne is a Darnall Well Being Health Trainer, member of the Sheffield Running Club and a UKA Leader in Running Fitness – Licence Number 2801167)

Please wear comfortable clothing appropriate for the weather and trainers for each session



For further information contact Yvonne Witter on 0114 249 6315 or 07825 291 322

The new Darnall health centre on Main Road is due to open in the Autumn.

Darnall Community Health Surgery, Darnall WellBeing, a pharmacy, and other health services will be in this building.



Facilities for hire at Sheffield Park Academy



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If you are interested in hiring our facilities or would like to find out more please contact Gail Leeming (Academy Business Manager) on 0114 2392661.

20's Plenty



Where People Live In Darnall

Course's at Darnall Forum

Employability Course

From compiling a CV to doing jobsearch to doing job applications on-line and getting tips on interview skills...

Contact Darnall Forum if you wish to enroll onto the programme.

It will take place on Mondays from 9.30-11.30am

● More Community Adult Learning around ESOL and ICT Courses start in September – Register your details with Darnall Forum.

Praise or problem? Let us know about it

Please get in touch about any issue you have concerning Darnall.

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.

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sunday	closed	



যদি আপনি এই সংবাদপত্রটি অন্য কোন ভাষায় পেতে চান তবে,

দয়া করে সাবানার সাথে ০১১৪ ২৪৯ ০০৯৯ নম্বরে যোগাযোগ করুন।

Haddii aad ku dooneysid warqadan luqaad kale fadlan lasoo xidhiidh Shabana Talefaan Lambarka: 0114 2490099

إذا كنتم بحاجة لهذه المجلة بلغة أخرى، نرجو منكم الاتصال بـ 'شبابنة' على هاتف رقم 0114 249 0099

اگر آپ کو یہ نیوز لیٹر کسی اور زبان میں درکار ہو تو، براہ مہربانی شہانہ (Shabana) کو فون کریں: 0114 - 249 0099