



# Tinsley Tribune

newsletter of Tinsley Forum

April 2014

Our aim is to improve the quality of life for all the people of Tinsley

## Tinsley Young People Display their Artwork on Canal Side Building

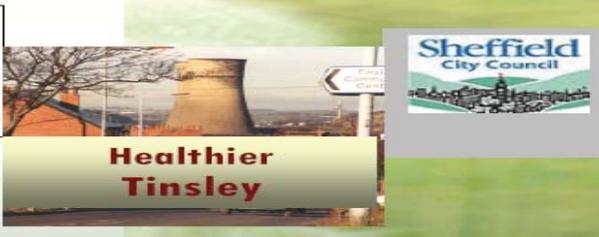


Tinsley Canal Art Exhibition opened 26th February 2014 Funded by Big Lottery

Young people from Tinsley enthusiastically embraced the chance to do some artwork to be exhibited in the graffitied windows of the pump house on the Tinsley Canal. Working with local artist Joe Logan and volunteers, young people from Tinsley Youth Club have creating large scale pieces of art to be exhibited in the windows. The art work focuses on their experiences of the canal and how they would like to see it treated. The 2 metre high paintings have been created at the re-opened youth club on marine plywood and were varnished to preserve the detail for years to come. They were installed and unveiled to members of

the forum as well as local residents and, of course, the artists themselves on 26th February  
Joseph Logan artist said: 'The young people and project staff have worked very hard to design and produce vibrant art work that can be enjoyed by the community whilst helping to increase respect towards the canal environment'.  
Eric Finbow of Tinsley Forum said 'Local young people creating this artwork is a great way of celebrating this quality space on Tinsley Canal towpath'.  
The Project ran by the Tinsley Forum and the River Stewardship Company was funded by the Big Lottery's 'Celebrate your space' and is

part of the general improvements delivered to this stretch of the canal.  
"The artwork was a real team effort with young people being extremely enthusiastic about the project and what they wanted to portray in their artwork. A really pleasing aspect of the project is that every time someone walks past the pump house they will see how the artwork lifts the area and the young people involved in the project can be really proud of their achievements which will be on show for many years to come" said youth worker Graham Whitfield. Tinsley Forum Trustee Eric Finbow painted the Tinsley Cooling Towers scene.



Activities in Tinsley have been attracting new audiences since January 2014.

**Cook and eat session** – A course started on 4<sup>th</sup> March with 12 new participants who were keen to learn about different methods of cooking, foods to lower cholesterol and benefit of fish in their diet amongst other topics covered. The participants complimented the theme of “Food from around the world” as there were women that represented 5 different countries attending the 6 weekly sessions. The cooking sessions also gave women to opportunity to plan and prepare healthier food choices towards managing health conditions such as diabetes. We hope to repeat this course soon.

**Aerobics Sessions, Tinsley Green Monday 1.00pm – 2.00pm (£1.00)** There has been a demand for an exercise session for the under 50 age group. The ladies were delighted when the Aerobics session started on Monday, 20<sup>th</sup> January at Tinsley Green centre. The sessions are well attended with average weekly attendance of 14 women.

**Tinsley Chairobics – Wednesday, Tinsley Community Centre (£1.00).** The session are very popular. It is suitable for ladies of all ages. An opportunity to get socialise and enjoy a gentle exercise session to music while sitting in the comfort of a chair.

**Women only Conversation club, Thursday 12.30 at Tinsley Forum** - Sessions started in November 2013 with a slow start, but

numbers have increased and we now have an average weekly attendance of 9 women.

We also invite speakers to visit the club and give information about different topics; Oral Health and fire safety at home. We are currently working with the ladies towards the “**six book challenge**” in association with Sheffield Libraries in order to introduce participants to libraries and active reading. One of the main emphasis is to develop confidence for use of English in the community.

**Walk and Talk - Every Thursday meet 9.15 at Tinsley Green**– Walking is one of the cheapest therapies to enjoy on your doorsteps. The women group enjoy walking on Thursday mornings. We walk and talk about different topics and go on to different routes within 3 miles of Tinsley Green centre.

**Health Trainers** – Darnall Well Being recently employed 2 part-time Health Trainers; Eram Kaid and Noreen Akhtar. They will see clients at Highgate surgery for one to one support to help you to make changes to your lifestyle and improve your health. The Health Trainers and Social prescribers can also help you to find out about other community activities i.e. the Tinsley Allotment, over 60 activities and volunteering.

If you would like **one to one support to help you make small changes** to improve your health or to find out what’s happening in your local area, please contact Yvonne or Darnall Well Being on 0114 249 6315. .

## Tinsley International Women’s Day – Inspiring Change

Monday morning, 10<sup>th</sup> March was a fair day as women gathered at Tinsley Green to celebrate International Women’s day. The month of March is always busier than normal for women around the world and Tinsley was no exception; “Celebration of women changing lives – Inspiring Change” Women are often working hard at home, cooking, cleaning washing and sewing among the other daily tasks. It was thus fitting for them to make a change for a short 3 hours of their busy schedule to enjoy and indulge in a session of FREE Henna, hand massage and manicure.

The event was supported by Janet Lindop - Remedial Massage Therapist. She provided the ladies with a 15 minutes massage which is relaxing, improves fingers and wrist range of motion and enhanced circulation.

Roshni – Asian Women Resource centre creatively decorated ladies hands with simple and quick but yet beautiful henna patterns. Manicure was an alternative if any one did not wish to have henna but some women had both as they enjoyed the day of pampering – making a change to celebrate unique and decorative “working hands”

There were various stalls for women to browse, have a talk, find out about what’s happening and get information about different projects – Healthy Living Workshop for Women, Healthwatch Sheffield, Breast Cancer awareness, Best Start Sheffield, Tinsley Allotment and Exploring Tinsley Manor project.

Darnall Well being Health Trainers were on hand to give advice on healthy eating, preventing and managing diabetes and provided information for women to get active and involve in Tinsley activities. It was a lovely day attended by over 45 women and many commented that they enjoyed the day

## Learn about growing your own food



Tinsley Community Allotment behind Tinsley One Stop Shop on Bawtry Road

Tinsley Community Allotment will be running volunteer sessions each Friday from 10 -12 Work with Stella and turn your hand to: seed sowing, compost making, organic crop production, fruit canes, picking and sharing food, seed saving

**NEIGHBOURHOOD WATCH**

**TIME TO GET SOMETHING STARTED?**

**Do we need a Neighbourhood Watch scheme in Tinsley?**

Neighbourhood Watch schemes are run by and for the people of the community to make their areas safer. Without local people like you, they don't exist. Would you be interested having a group in this area? Come and let us know.

Tuesday 6th May  
2pm to 3pm  
Meeting room at Tinsley One Stop Shop, Bawtry Road.

Email [watch@sheffield9.net](mailto:watch@sheffield9.net) to let us know you are coming so we can get the right level of resources.

[WWW.OURWATCH.ORG.UK](http://WWW.OURWATCH.ORG.UK)



*Neighbourhood Watch helps people work together to create strong and friendly communities where everyone can feel safe.*



Local young man Adil Mohammed has been elected into UK Youth Parliament as part of the Youth Cabinet. Pictured above with two fellow members. Sue Mia from Sheffield Futures said " I'm very pleased to welcome Adil into UK Youth Parliament, I'm sure he will make the most of his time as an elected representative and I'm really looking forward to working with him "

Tinsley Tribune, Tinsley, Tinsley One Stop Shop, 120-126 Bawtry Rd Tinsley, S9 1UE phone Neil Parry on 0114 2859911. The views of contributors are not necessarily the views of Tinsley Forum or East End Quality of Life Initiative

**Tinsley Citizens Advice Face-Face Advice Drop-in Times**



Monday 10.00-13.30 16.00-17.00  
Wednesday 15.30- 17.00  
Thursday 09.00-17.00 telephone 0114 2432720

Tinsley One Stop Shop, 120-126 Bawtry Road, Tinsley, Sheffield, S9 1UE

**2014 Tour De France to go through part of Tinsley Meadowhall Way, Sheffield Road to the Arena Sunday 6th July**



**Get in the mood for the Tour Why not think seriously about starting cycling regularly ??**

Learn to Ride Course High Hazels Park, Darnall after Easter Phone Darnall Well-being on 0114 2496315

**Tinsley Forum Job Club**

**For 16-65 year olds at Tinsley Forum**

**Every Thursday**

10.00am-4.00pm

Come and get help with

- Job searching
- Writing CV's
- Job applications
- Using a Computer
- One 2 One support with Employment Advisor
- Course enrolment
- Address barriers to work



For more information contact Anne Saleh 0114 2444887 or [admin@tinsleyforum.co.uk](mailto:admin@tinsleyforum.co.uk) or call in to Tinsley One Stop Shop on Bawtry Road



# Children's Health and Air Quality

By Ruth Speare, Public Health Registrar on behalf of Sue Greig, Consultant in Public Health, Sheffield City Council

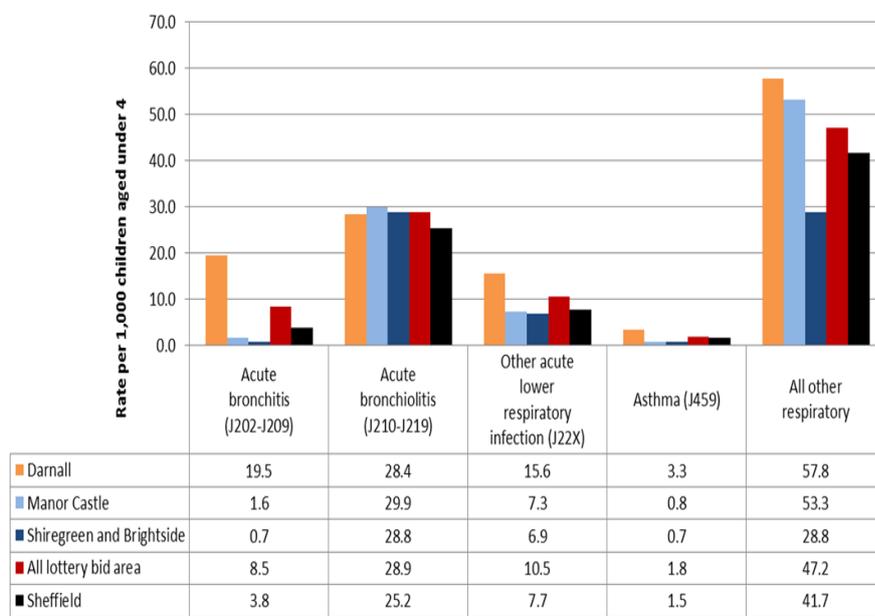
While anyone can be affected by poor air quality, certain groups tend to be affected more than others. Children and the very young (including babies in the womb) are one of these groups who are especially sensitive to the harmful effects of poor air quality. There are two main reasons for this. Firstly their bodies are still developing, in particular their lungs and immune systems, which mean they are less able to protect themselves from damage from particles in the air. Secondly, children breathe in more air compared to their size than adults. This means that the dose of air pollution they receive is comparatively larger. Children also tend to spend more time outside than adults, running around and playing, which increases their exposure to poor air quality.

Pollution, including fine particles in the air, can be carried through the nose and mouth and down into the lungs. This can lead to irritation of the nose and throat and lung irritation or inflammation. Children with asthma or other underlying lung problems are likely to be more at risk. Air pollution is also thought to affect children's lung development which could lead to a greater risk of lung problems in adulthood. There is also evidence linking air pollution to lower birth weight babies as well as cardiac problems in later life.

Tinsley Infants and Tinsley Junior schools are both very close to the M1 and Bawtry Road. Children playing at school or in playgroups within 100metres of the motorway will be most affected by poor air quality. Levels of air pollution generally decrease further away from the roadside, some halving at only 10-15 metres distance.

During term-time these children, who are already more vulnerable to the effects of poor air quality, spend a considerable part of the day at school which also means that they have a high exposure to air pollution. Total hospital admissions for respiratory (lung) disease are high in

Hospital admission rates for Respiratory Conditions 2012/13 for children aged under 4



Source: NHS Sheffield CCG; PHIT, SCC

Chart showing rates of admissions for children in Darnall, compared to Sheffield average rates.

Tinsley compared to other areas of the city. There are also around 50% more children under 4 years admitted to hospital for respiratory diseases for Darnall ward compared to the Sheffield average (see chart).

Poor air quality indoors is also a risk factor for developing asthma and lung disease in children. Children who live in houses where people smoke indoors are at greater risk of being affected by poor outdoor air quality.

Travelling in a car does not protect you or your child from the exposure to air pollution. In fact several research studies suggest that air pollution inside moving cars in heavy traffic can be considerably higher than that at the roadside.

Traffic outside schools and nurseries can make the air in the school playground and inside the classroom poorer quality. Although taking children to school or nursery in the car is often convenient, this can contribute to the pollution levels around the school or nursery,

especially if engines are left running while cars are parked.

Poor air quality is a problem in all urban areas, but some experience higher levels than others. Tackling air pollution is everybody's business and needs action at National, Local and Community levels. Everyone can contribute to cleaner air by reducing car use and walking and cycling more.

#### References

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Janssen N et al. Assessment of exposure to traffic related air pollution of children attending schools near motorways. Atmospheric Environment, 2001;35:3875-3884.