



# Tinsley Tribune

newsletter of Tinsley Forum

September 2010

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

## A New Look for Tinsley Centre



**T**insley Centre on Bawtry Road is the feature of some exciting new plans to raise the quality of the space in front of the shops, slow traffic down, make it easier for pedestrians to cross the road and create more of a village feel to this local shopping centre.

The plans have been designed by the same Council design team that has created the award winning city centre public spaces. The brief for the design team used the Tinsley part of the Darnall, Attercliffe and Tinsley Neighbourhood Development Framework that local people were consulted on in 2006/7. This ensures that all the input that local people have had in previous years has been used now to design the centre improvements. The design proposal includes new wild flower planting, a new public square, improved crossing points and new bus stops that will make it easier to get on and off the bus. The work is to be funded mainly by Housing Market Renewal and the East Community Assembly is contributing to the crossing points and bus stops.

The next steps are to share the design ideas with local traders and residents through individual meetings and at the Tinsley Forum meeting on 30<sup>th</sup> September. It is expected that the work will start on site early in 2011 and take about four months to complete.

For more information please look at [www.sheffield.gov.uk/ssrt](http://www.sheffield.gov.uk/ssrt) or contact Alex

Shilkoff in the South Sheffield Regeneration Team on 0114 292 2307 or [ssrt@sheffield.gov.uk](mailto:ssrt@sheffield.gov.uk).

### Tinsley Forum win Funding For Canal Towpath

**Tinsley Canalside Access Project**  
Tinsley Forum have been successful in their application to Community Spaces for £38000 to improve the canal towpath from Wharf Road to the bridge over to the tram stop and Meadowhall.

This will include improved lighting under viaduct, seating, interpretation boards, painting Wharf Road bridge, painting railings along towpath, removal of vegetation to improve sight lines and views, planting a wild flower meadow, removal of tree branches obstructing effective lighting of path. We are hopeful that most of the work will be done by Christmas. Tinsley Forum will be working with SCC Streetforce, Tinsley Tree Project, Sheffield Wildlife Trust and British Waterways on this project. Sheffield City Council will be resurfacing the towpath.



### Pakistan Flood Appeal



**T**he launch of the Pakistan flood appeal, this a joint appeal by the City Council and Pakistan Muslim Centre (PMC) and the Pakistan Advice Centre (PAC). The event was attended by the Lord Mayor of Sheffield Cllr Alan Law, Nick Clegg MP, Lord Nazir Ahmed of Rotherham, Muhammed Ali Chair of PMC, Wahid Nasir chair of PAC Councillors from the three political group on Sheffield City Council and community members. Funds are being collection at both centres as well as at the Town Hall and Howden House in the city centre. Locally Tinsley Mosque have held collections and local people have also made donations to Radio Ramadan in Attercliffe. Fundraising continues, for further inform or to donate please contact Shaffaq Mohammed on 07714654421

we aim to deliver to every household in Tinsley

# Healthier Tinsley Healthy Communities Programme

## Keeping Active in Tinsley from 8 years to 88 years old there's something for you

Activity Sheffield are running a range of activities in Tinsley for young people and adults. Sessions for young people include football, basketball, cricket & Street Dance. As for the adults there is Areobics & Women's Gym for those looking for something a bit more physical and energetic, and if you are looking for something less strenuous, want to make new friends, socialize feel happy & healthy then Chairobics, indoor bowling and indoor curling are something to try !!

Sessions are on at the following times and days:

- Monday 9.45am-10.45am Chairobics-Tinsley Community Centre- Cost: £1
  - Monday 5.00pm-6.00pm Aerobics Tinsley Green Centre- Cost: £1
  - Monday 6.15pm-7.30pm Football-Tinsley Green MUGA- Cost:Free- Age 8-16yrs
  - Tuesday 9.30am-11.00am Womens Gym -Tinsley Green Centre-Cost: £1
  - Wednesday 4.00pm-5.30pm Womens Gym- Tinsley Green- Cost: £1
  - Thursday 4.00pm-5.30pm Womens Gym- Tinsley Green-Cost: £1
  - Friday 3.30pm-4.30pm Multi-Sports-Tinsley Green Centre- Cost: Free
- For further information please contact Imtiaz on 0114-2448899




**Come and Join our Women Only Walks**

Meet at 11.30am  
in Tinsley Green Café  
on Monday 4th October,  
Monday 11th October  
and  
Monday 18th October  
Walk for 40 mins - 1hr

Walks by the canal and river and around the local area.  
Everyone receives a FREE stepcounter and walking pack  
All Women Welcome

For more information contact:  
Ruth or Helen on 0114 2053954  
ruth.thomas@ramblers.org.uk  
www.getwalking.org.uk

## Do you want to stop smoking?

If you want to stop smoking then you may be interested in having support from your local stop smoking advisor. Waqas is a Community Stop Smoking Advisor who can support you whether you are an English or Urdu speaker and help to make the process easier. Waqas can provide the following information and support

- ⇒ Nicotine replacement therapy
- ⇒ Distraction techniques
- ⇒ Motivation
- ⇒ Relaxation

And whatever else you need to help you stop smoking.

Waqas can meet you in Tinsley at a time and place convenient for you including Highgate Surgery.

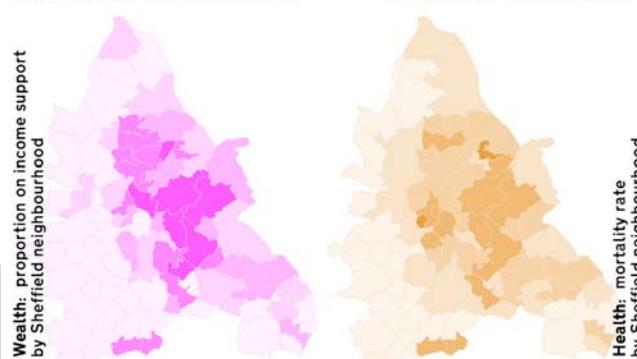
For more information or to book an appointment please phone Waqas at Damall Well Being on: 0114 2496315 or 07825290770. Email him at [waqasdw@rocketmail.com](mailto:waqasdw@rocketmail.com). Or contact Highgate Practice and ask to be referred to the Community Stop Smoking Service.

## Healthier Tinsley

NHS Sheffield have been developing their Healthy Communities Programme (previously known as the EPHPs) since 2005 to tackle health inequalities in Sheffield. Healthier Tinsley is one of the 14 programmes working across the city where we have worked with local people to identify health needs and causes of ill health. Healthier Tinsley is about working with community and voluntary groups, health care providers, and Sheffield City Council tackling some of the wider determinants of ill health, promoting healthy lifestyles and increasing the uptake of appropriate health services.

Two of our key projects in Tinsley are Social Prescribing and Health Trainers. Martin Poole has been working as a Social Prescriber for the past two years to provide local people with a non medical approach to dealing with health problems. Becoming more involved in community activity, new friends, joining a social group has been shown to make a significant difference to your health. Martin can be contacted directly or referred through your local GP practice. Martin Poole can be contacted at Tinsley Forum on 0114 2444887. Since the start of 2010, there have been two

## YOUR MONEY AND YOUR LIFE?



## Closing the health gap in Sheffield

With **Dr Jeremy Wight, Director of Public Health in Sheffield**

And **Danny Dorling, Professor of Human Geography, University of Sheffield**

**7pm Thursday 21st October 2010**

**Domino Hall, Sheffield Cathedral**

All welcome. Free entry, donations welcome.  
Sheffield Equality Group For more info tel 07956 384142  
[www.sheffieldequalitytrust.org.uk](http://www.sheffieldequalitytrust.org.uk)

Health Trainers, Saima and Waqas, providing free & confidential sessions on a one-to-one basis to support personal health action plans around healthy eating, increasing physical activity and losing weight. Referrals are made through the local GPs Practices. From October 2010, the Health Trainers will be particularly focussing on people at risk or diagnosed with Diabetes. For more information about the Healthier Tinsley please contact Lyn Brandon Healthy Communities Lead Tel 0114 3051060 or email [Lyn.Brandon@sheffieldpct.nhs.uk](mailto:Lyn.Brandon@sheffieldpct.nhs.uk)

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 GP News

Where health comes first



## Highgate Surgery Open event – 13 October

Re-opening of Highgate Surgery, Tinsley  
Special guest the Lord Mayor of Sheffield  
Wednesday 13 October, 2pm

Following a scheme of redevelopment during 2010 you are invited to join the practice, staff and patients in celebrating the re-opening of Highgate Surgery by the Lord Mayor of Sheffield. The afternoon will focus on the health of the community. Refreshments will be provided.



A new consulting room at Highgate Surgery

## The Tinsley Chronicle, This new book about the history of Tinsley launched at Tinsley Library



The Tinsley Chronicle was launched on Friday 17th September by the Lord Major Councillor Alan Law. Seen here with the author Stephen Johnson. The book is on sale at Tinsley Library priced £7



Tinsley

## Medical Centre

The Medical Centre Ingfield Avenue opened as a new practice by Dr Okorie in Tinsley on Monday Jan 2nd 1991 in a portakabin on the grass patch next to the community centre. Dr Okorie purchased the piece of land opposite the community centre a few months later and started building the present surgery. The practice moved into the new premises on 10th October 1992. The building has ample patient waiting area, three consulting rooms and an operating theatre for minor surgery. The practice will be celebrating its 20th year of service to the community of Tinsley in Jan 2011. There is disabled access and a pram porch. The surgery is open 8am to 6pm Monday, Tuesday, Wednesday, Friday, and 8am to 1pm Thursdays. New registrations are welcome. Telephone 0114 2610623

## Cancer know the warning signs

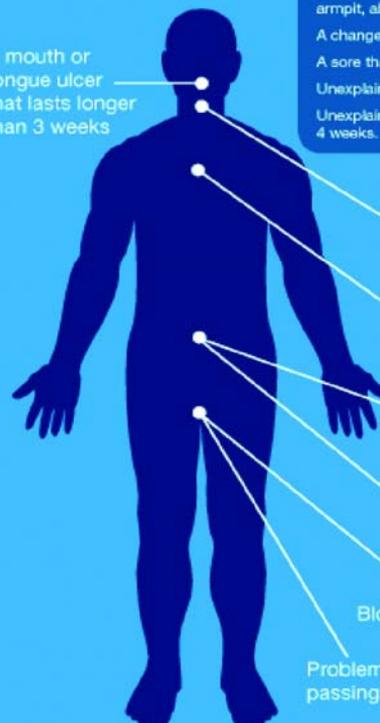
...and get them checked out by your doctor

Cancer is easier to treat and cure if diagnosed early

### Symptoms anywhere on your body:

- An unusual lump or swelling (including neck, armpit, abdomen, groin, testicle or breast area).
- A change in the size, shape and colour of a mole.
- A sore that won't heal after several weeks.
- Unexplained weight loss or heavy night sweats.
- Unexplained pain or ache that lasts longer than 4 weeks.

A mouth or tongue ulcer that lasts longer than 3 weeks



A cough or croaky voice that lasts longer than 3 weeks

Persistent difficulty swallowing or indigestion

Blood in your bowel motions

A change to more frequent and looser bowel motions that last longer than 4-6 weeks

Blood in your urine

Problems passing urine

**Tinsley Forum and East  
Community Assembly  
Joint Meeting  
Thursday 30th October 7pm  
at  
Tinsley Methodist Church**

The agenda will include:

**Sterecycle Smell, will it ever stop?**

Sterecycle and Environment Agency will present their case. Why not come and express your views.

**Highgate Centre Environmental Improvements**

Hear the City Council explain the Ideas developed from earlier consultations

**Tinsley Link**

Update on proposed planning application to build a link road from Sheffield Road to Meadowhall Way



**Get involved In  
your Forum  
All welcome**



**Tinsley Link  
Planning  
Application Update**

In the July edition of the Tinsley Tribune we featured an article on the Tinsley Link Planning Application which is being prepared by Sheffield City Council. The Tinsley Link is a new road which would connect Meadowhall Way to Sheffield Road. The proposal forms a key part of the Northern Bus Rapid Transit Route and would help to enable new development in the Lower Don Valley by reducing traffic pressure on Junction 34 South.

Following the article in the Tinsley Tribune, the proposed link road was discussed with local residents at a meeting of the Tinsley Forum on 29<sup>th</sup> July. Since that meeting Sheffield City Council have completed the environmental assessment which will form part of the planning application. The assessment includes an analysis of predicted air quality and noise impacts. As part of on-going discussions with the local community the key findings from the assessment will be presented by Council Officers at the next meeting of the Tinsley Forum on Thursday 30<sup>th</sup> September. The meeting will take place at

Tinsley Methodist Church on Ingfield Avenue at 7pm. In addition to these discussions there will be a formal consultation period once the planning application has been submitted. If you have access to the internet you can keep up to date with the scheme at [www.sheffield.gov.uk/tinsleylink](http://www.sheffield.gov.uk/tinsleylink). The website provides the opportunity for people to leave feedback on the proposed link road.

**Volunteer  
with the  
Blue Loop  
Troop**

The Blue Loop is a continuous loop of waterways and riverside walkways in the heart of Sheffield, made up of The River Don and Tinsley Canal. It travels for 8 miles from the city centre and flows close by the communities of Tinsley, Burngreave, Attercliffe and Darnall. The "Loop" as it has been described includes the 5 Wiers Walk, Salmon Pastures and Tinsley Marina all of which have undergone clean up operations carried out by the River Stewardship Company and the "Blue Loop Troop". So, who are the Blue Loop Troop? The Blue Loop Troop are a group of volunteers who work alongside River Stewards in cleanup and

**What a stink!**



If you smell those bad smells from Sterecycle on Sheffield Road Please complain. Its not causing trouble its defending yours rights as a citizen of Tinsley

Please contact Environment Agency on 0800 80 70 60 Or Tinsley Forum on 0114 2444887

اگر آپ کو سٹر سائیکل جو ہیٹفلڈ روڈ پر واقع ہے، اس میں سے بدبو آ رہی ہے۔ برائے مہربانی اسکی شکایت کریں۔ یہ آپ کو زحمت دینے کے لئے نہیں بلکہ سٹیرلے کا ایک شہری ہونے کے ناطے سے اور آپ کے حقوق کے دفاع کے لئے ہے۔  
برو مہربانی انوائٹمنٹ ایجنسی سے 0800-807060 پر رابطہ کریں یا ٹینٹرلے فورم سے خود 0114 2444887 پر رابطہ کریں۔

conservation tasks. "Our volunteers have found that working on the Blue Loop is a satisfying day out" says Hellen Hornby River Steward. Working on the Waterways as a Blue Loop Volunteer has many perks for instance health & safety at work qualifications, conservation experience with references from the River Stewardship Company and the occasional cup of tea. For the volunteers of the Blue Loop Troop it is also an opportunity to meet new people, get some exercise and to learn about Sheffield's waterways and ecology.

The Blue Loop Troop are operating on the second Saturday of every month at various locations along the River Don and Tinsley Canal.

If you would like to be involved in the Blue Loop Troop for a eventful day out besides peaceful waterway locations please contact 0114 224 2256 or email [theblueloop@gmail.com](mailto:theblueloop@gmail.com).

