

zest

FOR THE COMMUNITY



Supporting the community through the pandemic

The range of services that Zest can offer during the pandemic changes in line with government guidance. The team are still here for you and there are still loads of activities on offer.

The safety of everyone is paramount, all services are delivered in line with government guidance to reduce the risk of spreading Coronavirus. Everyone must adhere to our strict policies and procedures for attendance.

The programme changes regularly so please keep checking Facebook and website for the most up to date details.

The Zest Centre is closed to the public for now, (with some exceptions by prior arrangement e.g. to collect food) but will reopen on Monday 11th January 2021.



Health and Wellbeing

It's important to keep looking after our physical and mental health and wellbeing during the pandemic. Our health and exercise programmes are here to support you:

Social Prescribing and Health Training

What is it?

Our Health Link Worker can support and assess your needs and provide you with a social prescription – a service or activity – that will benefit your health and well-being. We use the 5 ways to wellbeing to identify ways for you to Be Active. Connect. Take Notice. Learn and Give. Our Health Trainers provide one to one support, around changing or leading a healthier lifestyle. Health Trainers also support people living with long term conditions such as diabetes or COPD. Support is offered by telephone or video call and face to face (in Covid safe ways)

Who is it for?

Services are open to all adults living in the local area

Telephone: **0114 270 2040** and ask for the Health Team

Website: <https://www.zestcommunity.co.uk/services/personal-health-support/>

Facebook: <https://m.facebook.com/ZestCommunity/>

Email: health@zestcommunity.co.uk



Anxiety Management and Managing Depression Educational Programme

What is it?

Group based course to support you to manage your depression and anxiety.

Next courses planned for January 2021

This is a group setting, with the option for online learning.

Each course runs for one day per week, for seven weeks and last for two hours.

Who is it for?

18+

Resident of Sheffield

Existing mental health condition, such as anxiety, depression or both

Ask GP for referral

Email: For informal enquires please telephone [0114 270 2042](tel:0114 270 2042) and ask for Richard Tinsley

Dementia Carers Group

What is it?

Monthly support group for people caring for those living with dementia

When is it?

Every other Monday 11.00am – 12.00 noon

Who is it for?

Carers of people living with dementia

Contact: Sarah.longfield@zestcommunity.co.uk to book

Live Lighter

What is it?

Now more than ever it is time to manage our weight. Being overweight means we are more likely to experience complications if we contract Covid-19. Zest delivers 12 week group-based weight management programmes across the city for adults, children and families. Courses are currently being delivered by video call. We cover topics such as portion sizes, emotional and comfort eating, physical activity, sleep and screen time.

Who is it for?

For people living in Sheffield with a Body Mass Index of 25 or above

Children aged 5-17 and Adults 18+

You can be referred by a professional (such as your doctor or nurse) or you can self-refer via the links below

Telephone: [0114 270 2043](tel:0114 270 2043)

Website: <https://www.livelightersheffield.com/>

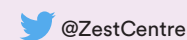
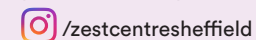
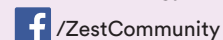
Facebook: <https://facebook.com/livelightershef/>

Email: livelighter@zestcommunity.co.uk



Keeping physically active is important for health:

For gym and pool timetables please check out



ZEST is proud to support the @ThisGirlCanUK campaign to empower more women to be as active as possible.



We now run a regular programme of exercise classes on Zoom.

Here is the current class timetable:

Monday	Gentle Circuits for all abilities <i>*Personal equipment optional</i>	10:30am - 11:30am
Monday	Express Abs for all abilities	11:45am - 12:15pm
Tuesday	Legs, bums and turns for all abilities	10:00am - 10:45am
Tuesday	Kettlercise express for all abilities <i>*Personal Kettlebell or dumbbell required</i>	11:00am - 11:30 am
Wednesday	Pilates for all abilities	10:00am - 10:45am

To book your place contact jean.kirby@zestcommunity.co.uk

Whether it's sticking to home workout routines or getting out into the fresh air

#ThisGirlCan

Outdoor walking and cycling groups for women

What is it?

Zest runs a regular cycling group with Cycle4All on Tuesday mornings at Hillsborough Park and a regular walking group on Tuesday lunchtimes meeting at Zest. Both events are for women only.

Who is it for?

Women only

Please register first as spaces are limited in order to stay Covid-safe

Telephone: [0114 270 2040](tel:0114 270 2040) and ask for the Health Team

Website: <https://www.zestcommunity.co.uk/services/personal-health-support/>

Email: health@zestcommunity.co.uk

Gentle exercise class for people with dementia

What is it?

Gentle exercise class for people living with dementia

When is it?

Thursdays at 1.00pm

Who is it for?

Local people living with dementia and their carers

Email: health@zestcommunity.co.uk for more details and to register

Social groups and Activities:

We know people have found it hard to stay connected during lockdown. These friendly, informal groups are taking place online and always welcome new members.

Social café

What is it?

Regular social meetings and a wide range of activities.

When is it?

Meets weekly on Thursday mornings at 11.00am for chat and cuppa, currently via Zoom

Who is it for?

For over 50s at risk of social isolation.

Contact: jane.duckitt@zestcommunity.co.uk

Black and Minority Ethnic older womens group

What is it?

For women over 50 to meet, chat and support each other socially

When is it?

During lockdown meets on Zoom on Tuesdays fortnightly at 12.00pm

Who is it for?

Women aged 50+ from minority groups

Contact: jane.duckitt@zestcommunity.co.uk

Community Skillshare

What is it?

Learn a new skill from someone in your community or share skill you have

When is it?

Meet on Zoom

Who is it for?

Aged 16+

Contact: Alison.somerset-ward@zestcommunity.co.uk

Craft Group

What is it?

Relaxed and friendly craft group, different craft activity each time

When is it?

Monthly, dates vary

Who is it for?

Grown ups!

Contact: alison.somerset-ward@zestcommunity.co.uk

Communi-Tea

What is it?

Pop-up community tea tent. Free tea, coffee, biscuits and chats in the garden behind the main Zest building. Look out for the orange gazebo!

When is it?

Tuesdays 12.00pm-3.00pm

Who is it for?

Everyone!!

Contact: alison.somerset-ward@zestcommunity.co.uk

Services for Children, Young People and parents:

Online Homework Support

What is it?

Individual homework support zoom sessions

When is it?

Zoom sessions, after school Monday-Friday

Who is it for?

5-16 year olds,

Contact david.mcneil@zestcommunity.co.uk to book a session

Holiday activities

What is it?

A range of play and craft activities for Primary aged children during the holidays.

Who is it for?

Primary school aged children and their families from the local area

Contact: david.mcneil@zestcommunity.co.uk

Healthy Holiday food provision

What is it?

Meal kits and cooking activities for the whole family

Who is it for?

School age children in receipt of free school meals and their families from the following areas: Upperthorpe, Netherthorpe, Langsett, Hillsborough, Middlewood, Wadsley

Contact: david.mcneil@zestcommunity.co.uk

After School Activities

What is it?

Face to face after school clubs starting soon.

Who is it for?

Primary School aged children from the local area

Contact: For more information join Zest Children and Families group on Facebook or
Email: david.mcneil@zestcommunity.co.uk

Under 18s stop smoking service

What is it?

Now more than ever it is time to quit. Smoking means we are more likely to contract Covid-19 and more likely to experience complications if we do. Our 4 week quits programme provides free, confidential advice and support as well as access to Nicotine Replacement Therapy (e.g. nicotine gum, patches or lozenges) to young people aged 18 under.

Support is offered by telephone or video call and face to face (in Covid safe ways)

Who is it for?

Young people aged 18 or under and interested in finding out more about quitting

Contact: smokefree@zestcommunity.co.uk or 07795 637044

Empowering Parents, Empowering communities

What is it?

Training for parents to enable them to deliver parenting classes to others in their local area

Who is it for?

Parents and guardians

Contact: Lynn.wragg@zestcommunity.co.uk

For more information on our Youth clubs (currently on hold) and other activities like counselling, advice services, competitions etc please see our Instagram page : https://www.instagram.com/zestyouthclub_

We are also developing the idea of 'bubble' sessions. If you already have a bubble we could let you use the hall and equipment. Please contact lloyd.samuels@zestcommunity.co.uk to discuss. We are unable to host events such as birthday parties at these sessions.

Employment support, advice and training

Employment support

What is it?

Looking for work and need some help?
Personal and confidential support with:

- Job searching
- CV writing
- Completing job applications
- Practising interview skills
- Help to make a claim to universal credit
- Better Off In Work calculation

Other help includes:

- Careers advice
- Debt support
- Access to training
- Volunteering opportunities

Who is it for?

Unemployed

Live in Sheffield

Aged 18 or above

Contact: Our keyworkers Russell or Lynsey on 0114 270 2042

Complete online enquiry: www.bit.ly/jobssupportsheff

Email: jobssupport@zestcommunity.co.uk

FACES (Families and Communities Educational Services)

What is it?

Training courses and learning opportunities. Our learning champion who will support you to access learning that's right for you.

Zest provides a range of short courses in the community to help people develop their skills, confidence, motivation and resilience

Courses coming soon;

- Enable: For positive thinking, confidence & resilience
- Women's wellbeing
- Employability
- Basic computer skills

Who is it for?

Aged 19+

For local residents who live in post codes starting with S6, S3 and S10

Contact: [0114 270 2042](tel:01142702042) and ask for Richard Tinsley

Walking in time (Walking for Purpose)

What is it?

This is a new and exciting five-week programme, delivered in Hillsborough and Upperthorpe that includes workshops and local walks which support people to be more active, improve their motivation, mental health and think about what they'd like to do next in life.

First set of 5 weekly session STARTS JANUARY 2021.

Further starts in MARCH 2021 and MAY 2021

Who is it for?

Resident of Sheffield

Contact: Abi Goodman abi.goodman@zestcommunity.co.uk 07928 814805

Zest 4 Life

What is it?

A service for people who are out of work who are lacking motivation or might be struggling mentally and just need something to give them a boost.

A fun, engaging, stimulating and thought-provoking programme to inspire, challenge and motivate improvement in mental and physical wellbeing.

A short programme that provides individuals with a wellbeing toolkit using a holistic approach to the mind body and soul.

1 day per week for five weeks

9.30am – 2.30pm

Covering topics such as positive thinking and goal setting, food and mood, and relaxation techniques. Includes Passport to Leisure activities.

Please note: way may be able to supply you with a travel pass.

This is a rolling programme so please contact us to arrange enrolment.

Who is it for?

People who are unemployed and are in need of some extra help to get back into work.

For people who need some extra help to get back into work. For people who are needing help with motivation, confidence or finding it difficult in the current climate.

Contact: [0114 270 2042](tel:01142702042) and ask to speak with Maria Smallwood.

Need help paying for essentials and bills?

You (or your support worker) can make an application for a Covid19 Emergency Grant via the council website at <https://sheffield-framework.egovhub.net/socialfund/launch>

Telephone **0114 273 4567**.

You will need to apply online and provide evidence of your outgoings and income/benefits.



Need help fetching shopping?

Contact: jane.duckitt@zestcommunity.co.uk 07546 620956

Use PayPal - You can pay us for shopping with cash or by Paypal/bank transfer



No money for food?

For an emergency food parcel contact S6 Foodbank on **0114 321 0733**

Foodworks is supplying very low cost frozen meals that can be ordered in advance and collected from Zest. All diets catered for.

Website: www.thefoodworks.org/shop/food-works-meals-subscription/



Need benefits, employment or housing advice?

Citizens Advice: **0808 278 7820**

Email: getintouch@citizensadvicesheffield.org.uk

Web: citizensadvicesheffield.org.uk

Shelter: **0344 515 1515**



Need someone to talk to?

To arrange a friendly phone call, contact your local community hub:

24/7 Mental health support line: **0114 226 3636**

Sheffield Domestic Abuse Team: **0808 808 2241**

Online support: www.idas.org.uk

Samaritans: **116 123**

