



Woodhouse and District Community Forum Weekly Activities

WHAT,WHEN AND WHERE? – January 2019 to March 2019

Activity	When	Where	Contact
LOVE SPORT	Thursdays 10am-11.30pm	Woodhouse Library Skelton lane S13 7LY	Nicola Garnett- 07736221829
Dementia Café 3rd Monday in the Month	Mondays 10am-12pm	Salvation Army Tannery Street Woodhouse S13 7JW	Nicola Garnett- 07736221829 Lesley Roberts - 07748375023
Dementia Café 3rd Wednesday in the Month	Wednesdays 1pm-3pm	Gleadless Library White Lane S12 3GH	Lesley Roberts - 07748375023 Nicola Garnett- 07736221829
Chair Based Exercise	Mondays 12-1pm	Com.unity, Westfield Centre, S20 8ND	Nicola Garnett- 07736221829
Chair Based Exercise	Mondays 1-45pm-2-45pm	Brigadier Hargreaves Woodhouse S13 7GB	Nicola Garnett- 07736221829
Chair Based Exercise	Wednesdays 12.30pm-1.30pm	Hollybank Sheltered Housing Mansfield Drive S12 2BF	Nicola Garnett- 07736221829
Chair Based Exercise	Wednesdays 1-45pm-2-45pm	The Link Stradbroke Drive S13 8SE	Nicola Garnett- 07736221829
Chair Based Exercise	Wednesdays 3pm-4pm Cot Leigh Care Home (Closed Group)	Cot Leigh Care Home Hackenthrope S12 4JB	Nicola Garnett- 07736221829
Chair Based Exercise	Thursdays 11.15am-12.15pm	Spa View Community Church Hackenthrope S12 4HD	Nicola Garnett- 07736221829
Chair Based Exercise	Fridays 11.15am-12.15pm	Woodhouse Library Skelton lane S137LY	Nicola Garnett- 07736221829
Chair Based Exercise	Fridays 12.30pm-1.30pm	Carpenter Gardens Community Centre Hollybank Road S12 2BW	Nicola Garnett- 07736221829
Chair Based Exercise	Fridays 2.45pm-3.45pm (Closed Group)	Knowle Hill Care Home Beighton, High Street Beighton S20 1HE	Nicola Garnett- 07736221829



People Keeping Well in their Community (PKW)



Activity	When	Where	Contact
Coffee Morning	3 rd Saturday of the month 10am-12.30pm	Woodhouse Library Skelton lane S13 7LY	Woodhouse Library- 01142692607
Knit and Natter	Saturdays 10am-12pm	Woodhouse Library Skelton lane S13 7LY	Woodhouse Library- 01142692607
Dance Fit	Wednesdays 1pm-2pm	St James Church Hall Woodhouse S13 7LL	Nicola Garnett- 07736221829
Yoga	Wednesdays 2pm-2.45	Com.unity Westfield Centre, S20 8ND	Nicola Garnett- 07736221829
Friendship Lunch	Dates and Time TBC	The Stag Market Square , Woodhouse S13 7JX	Nicola Garnett- 07736221829 Lesley Roberts - 07748375023
Can You Dig It Community garden project	Tuesdays 2pm-4pm Thursdays 1pm-4pm Sundays 10am-2pm	Victoria Allotments Sheffield Road S13	Sue Claydon - 01142692607
Well Man Group	Every other Friday 3.00pm-4.30pm	Woodhouse Library Skelton lane S13 7LY	Woodhouse Library- 01142692607

