**Positive Activities Programme.**

**What is the Positive Activities Programme?**

In partnership with Sheffield Changing Futures and Sheffield Drug and Alcohol Coordination Team, SYHA have distributed grant funding to local organisations delivering Positive Activities to adults in recovery across Sheffield. Through the Positive Activities fund we are working with local organisations to help create a meaningful, diverse and exciting programme of activities for adults facing multiple disadvantages in Sheffield. For more info visit [www.syha.co.uk/positive-activities/](http://www.syha.co.uk/positive-activities/)

**What activities are available?**

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| **Adira**City Centre, Wicker | Black hair and beauty courses & mentorship training for members of the Black Community in recovery. | Email: Adiraboard@adira.org.uk |
| **Bloom**Heeley, Meersbrook, Gleadless Valley | ‘Gardening to Feel Good’ groups for women in recovery from mental health issues. | Facebook: <https://www.facebook.com/people/Bloom-Sheffield/100064541542461/>General Email: Jane@bloomsheffield.comReferrals: cath@bloomsheffield.com |
|  **Firvale Community Hub**Firvale | Activities targeted towards BAME adults in recovery from ‘dual diagnosis’ including:Gardening.Economical cook and eat sessions.Health walks.Art sessions.Interfaith education activities. | Tel: 0114 2619130Email: info@firvalecommunityhub.org.uk |
| **Framework**City Centre, Burngreave | Person centred programme of activities built for women engaging with Street Outreach including:Life skills.Peer support groups.Physical activities.Crafts. | Tel: 07971987561Office: 0800 066 5358Email: Claire.Kirby@FrameworkHA.org |
| **Haven** | Activities for survivors of domestic abuse including:Arts and crafts.Mindfulness.Dance/Zumba.Baking/cake decorating.Alpaca treks.Walks/picnics. | These activities are limited to those already working with Haven. |
| **RiteTrax**City Centre | Activities for those in recovery from various needs including:Weekly evening music drop-in, 121 sessions in multiple music based vocations, group therapeutic sessions (e.g skills development, reflecting on music).Dry/alcohol-free music events/gigs once a month. | Facebook: <https://www.facebook.com/ritetrax/?locale=en_GB>Tel: 07709 958848Email: info@ritetrax.co.uk |
| **The Archer Project**City Centre & S8 | Screen Printing taster classes, therapeutic activities with horses and sessions to train as greeters for Sheffield Cathedral.For vulnerable adults who visit The Archer Project. | Tel: 0114 2636970Facebook: [www.facebook.com/archerprojectsheffield/](http://www.facebook.com/archerprojectsheffield/)Email: ContactUs@archerproject.org.ukWeb: [www.archerproject.org.uk](http://www.archerproject.org.uk) |
| **The Art House at St. Matthew’s**City Centre | Evening Pottery and Art classes with a cooked meal and drink provided.For adults in recovery from multiple disadvantage. | Tel: 0114 2723970Facebook: [www.facebook.com/arthousesheff/?locale=en\_GB](http://www.facebook.com/arthousesheff/?locale=en_GB)Email: info@arthousesheffield.co.ukWeb: [www.arthousesheffield.co.uk](http://www.arthousesheffield.co.uk) |
| **Endeavour Training**Fir Vale, green & blue spaces in & around Sheffield. | Person centred outdoor activities such as walking, canoeing, fishing, paddle-boarding, conservation, orienteering and bush craft.For adults in recovery from multiple disadvantage. | Tel: 0114 2438219Email: info@endeavour.org.ukWeb: [www.endeavour.org.uk](http://www.endeavour.org.uk) |
| **Ethel Trust**Victoria Quays, Tinsley Marina. | Day experiences on a community barge along the Sheffield and Tinsley Canal.For adults in recovery from multiple disadvantage. | Tel: 07722 678168Facebook: [www.facebook.com/ethelbarge/](http://www.facebook.com/ethelbarge/)Email: ethelbarge@gmail.comWeb: [www.etheltrust.co.uk](http://www.etheltrust.co.uk) |
| **Space To Breathe**Citywide inc. Westfield, Burngreave, Chapletown. | Mindfulness sessions, wellbeing courses and one-off groups.For adults who have experienced mental health challenges. | Tel: 0114 2412 794Facebook: [www.facebook.com/SpacetoBreatheCIC/?locale=en\_GB](http://www.facebook.com/SpacetoBreatheCIC/?locale=en_GB)Email: info@spacetobreatheuk.comWeb: [www.spacetobreatheuk.com](http://www.spacetobreatheuk.com) |
| **Stocksbridge Community Leisure Centre**Stocksbridge | Health & fitness, multi-sports, swimming/soaking, knitting & support groups.For adults in recovery from multiple disadvantage, elderly Men & Women and fathers facing/ recovering from mental health challenges. | Tel: 0114 288 3792Facebook: [www.facebook.com/stocksbridgeclc/?locale=en\_GB](http://www.facebook.com/stocksbridgeclc/?locale=en_GB)Email: admin@stocksbridgeclc.co.ukWeb: [www.stocksbridgeclc.co.uk](http://www.stocksbridgeclc.co.uk)Referral/enquiry form: [www.stocksbridgeclc.co.uk/community-engagement/](http://www.stocksbridgeclc.co.uk/community-engagement/) |
| **Target Housing**Citywide | Person centred activities such as fishing, gardening, cooking, budgeting, getting out into nature, team building etc.For Target Housing service users as well as other adults in recovery from multiple disadvantage. | Tel: 0330 202 0403Facebook: [www.facebook.com/TargetHousing/?locale=en\_GB](http://www.facebook.com/TargetHousing/?locale=en_GB)Email: info@targethousing.org.ukWeb: [www.targetsheffield.org.uk](http://www.targetsheffield.org.uk) |

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