



CLIFFORD HOUSE

What's On Nov-Dec 2017

“Somewhere to be me...”

Clifford House is here for you if you or your loved ones are affected by an illness that has no cure. You don't need to be referred to Clifford House by your GP or medical specialist. It's up to you.

All activities at Clifford House are free,
so there's nothing to pay at all.

www.clifford-house.eventbrite.co.uk

Clifford House is open Tuesday, Wednesday & Thursday 10am – 4pm

Activities, drop ins, as well as practical advice and support times are listed in this leaflet. Have a look to see what you would like to take part in.

Booking is easy...

Visit www.clifford-house.eventbrite.co.uk

The quickest and easiest way to book is through our online box office – all you will need is an email address.

You'll receive an automatic reminder prior to the event and can simply display your ticket on your phone when you arrive.

By phone 0114 235 7650

You can phone between 10am and 4pm, Tuesday, Wednesday & Thursday and we will be happy to book you onto the activities of your choice.

By email

Email cliffordhouseenquiries@hospicesheffield.co.uk and we'll be happy to book you onto the activities of your choice.

For more information about Clifford House please visit www.stlukescliffordhouse.org.uk



Citizens Advice Sheffield are available daily 10am-4pm to offer advice on housing, finances and work.

Activities

We have a packed programme of activities for you whatever your ability and the kettle is always on, so come on in, make yourself at home, meet new friends and have some fun. For more details about each activity please visit www.clifford-house.eventbrite.co.uk

Key to activities

- Advice and Discussion
- Feeling Fit
- Cinema Club
- Creative Arts
- Bookable slots
- Health and Wellbeing
- Musical Journeys
- World of Sports
- Your Stories
- Drop in - no need to book

Throughout December we are offering a gift wrapping service; bring your gifts and we will wrap them for you.

Tues Nov 14

Living Well: Tackling Fatigue	●	10am-12pm
Creative Writing	●	10am-12pm
Scrapbooking Journal	●	10am-12pm
Complementary Therapies	●	10am-12pm
Games Room	●	10am-4pm
Coping Strategies: Cancer Related Fatigue (1 of 3)	●	2pm-4pm
Cinema Club: Churchill (2017)	●	2pm-4pm

Wed Nov 15

Getting to Grips with Technology	●	10am-12pm
Complementary Therapies	●	10am-12pm
Dancing for Health	●	2pm-4pm
Musical Journeys: Ukulele Workshop	●	2pm-4pm
Ask St Luke's: Advice from the experts	●	2pm-4pm
Craft Club: Silk Painting Workshop	●	2pm-4pm

Thurs Nov 16

Craft Club: Home Crafts	●	10am-12pm
Complementary Therapies	●	10am-4pm
Exercise for All	●	2pm-4pm
Art Club: Life Drawing	●	2pm-4pm
Sheffield Stories: Relax & Chat	●	2pm-4pm

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 **Citizens Advice Sheffield available daily 10am-4pm**






Tues
Nov
21

Living Well: Managing Stress and Tension		10am-12pm
Creative Writing		10am-12pm
Scrapbooking Journal		10am-12pm
Complementary Therapies	 	10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (2 of 3)		2pm-4pm
Cinema Club: King Arthur (2017)		2pm-4pm
Age UK	 	2pm-4pm

Wed
Nov
22


Getting to Grips with Technology	 	10am-12pm
Complementary Therapies	 	10am-12pm
Dancing for Health		2pm-4pm
Musical Journeys: African Drumming		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
Craft Club: Silk Painting Workshop		2pm-4pm

Thurs
Nov
23

Craft Club: Advent Calendar		10am-12pm
Complementary Therapies	 	10am-4pm
Exercise for All		2pm-4pm
Art Club: Life Drawing		2pm-4pm
Sheffield Stories: Relax & Chat	 	2pm-4pm

Tues
Nov
28









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Living Well: Moving and Handling for Carers		10am-12pm
Creative Writing		10am-12pm
Scrapbooking Journal		10am-12pm
Complementary Therapies	 	10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (3 of 3)		2pm-4pm
Cinema Club: Wonder Woman (2017)		2pm-4pm

Wed
Nov
29

Getting to Grips with Technology	 	10am-12pm
Complementary Therapies	 	10am-12pm
 Gift Wrapping Service	 	10am-4pm
Dancing for Health		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
Musical Journeys: Samba Band		2pm-4pm
Lymphedema Support Group (St Luke's patients only)		2pm-4pm
Craft Club: Silk Painting Workshop		2pm-4pm

Thurs
Nov
30

 Craft Club: Christmas Crafts		10am-12pm
Complementary Therapies	 	10am-4pm
Exercise for All		2pm-4pm
Art Club: Life Drawing		2pm-4pm
Sheffield Stories: Relax & Chat	 	2pm-4pm



Lunch

From 12pm-2pm daily we serve a free lunch of delicious home made soup, sandwiches, fruit and cakes. All the ingredients for our food are sourced locally and everything is made on the premises by Head Chef Nick and his team.














Every Day

You're free to drop in for a drink and a chat any time we're open - there's no need to book.

Citizens Advice Sheffield will offer their service daily from 10am-4pm.

 **Citizens Advice Sheffield available daily 10am-4pm**





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Nov
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Nov
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Complementary Therapies	 	10am-12pm
Dancing for Health		2pm-4pm
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Exercise for All		2pm-4pm
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Tues
Dec
5

Living Well: Breathlessness		10am-12pm
Creative Writing		10am-12pm
Scrapbooking Journal		10am-12pm
Complementary Therapies	 	10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (1 of 3)		2pm-4pm
Cinema Club: Dukhtar (Urdu, with English subtitles)		2pm-4pm

Wed
Dec
6












Getting to Grips with Technology	 	10am-12pm
Age UK	 	10am-12pm
Complementary Therapies	 	10am-12pm
 Gift Wrapping Service	 	10am-4pm
Dancing for Health		2pm-4pm
Musical Journeys: Body Percussion		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
 Craft Club: Christmas Cards		2pm-4pm

Thurs
Dec
7














Cookery DIY: Cinnamon Buns		10am-12pm
Complementary Therapies	 	10am-4pm
Exercise for All		2pm-4pm
 Art Club: Painted Gifts		2pm-4pm
Sheffield Stories: Relax & Chat	 	2pm-4pm

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Tues
Dec
12

Exercise for All		10am-12pm
Creative Writing		10am-12pm
Scrapbooking Journal		10am-12pm
Complementary Therapies	 	10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (2 of 3)		2pm-4pm
 Cinema Club: Elf		2pm-4pm
Skin Care & Make Up		2pm-4pm

Wed
Dec
13

Getting to Grips with Technology	 	10am-12pm
Complementary Therapies	 	10am-12pm
 Gift Wrapping Service	 	10am-4pm
Dancing for Health		2pm-4pm
Musical Journeys: write music for the cello		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
 Craft Club: Christmas Cards		2pm-4pm

Thurs
Dec
14

 Craft Club: Christmas Gifts & Decorations		10am-12pm
Complementary Therapies	 	10am-4pm
Exercise for All		2pm-4pm
 Art Club: Painted Gifts		2pm-4pm
Sheffield Stories: Relax & Chat	 	2pm-4pm



Practical support and advice

Clifford House works in partnership with organisations across the city. The Brathay Trust provides bereavement support for ages 10-16, using creative therapies and outdoor activities to improve resilience and confidence. The Citizens Advice Sheffield and Age UK Sheffield will also offer advice on housing, finances, work, health, lifestyle and wellbeing.












Getting here

We are immediately next to the Whirlow Lane bus stop, served by the 81, 82, 271, 272 and more, but if you are driving, there is plenty of free parking at Clifford House and on Ecclesall Road South.
















Alternatively, we are able to provide FREE transport from all locations across Sheffield. Call 0114 235 7650 or visit www.stlukescliffordhouse.org.uk for details.

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 Craft Club: Christmas Cards		2pm-4pm

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Dec
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Sheffield Stories: Relax & Chat	 	2pm-4pm

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Tues
Dec
12

Exercise for All		10am-12pm
Creative Writing		10am-12pm
Scrapbooking Journal		10am-12pm
Complementary Therapies	 	10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (2 of 3)		2pm-4pm
 Cinema Club: Elf		2pm-4pm
Skin Care & Make Up		2pm-4pm

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Getting to Grips with Technology	 	10am-12pm
Complementary Therapies	 	10am-12pm
 Gift Wrapping Service	 	10am-4pm
Dancing for Health		2pm-4pm
Musical Journeys: write music for the cello		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
 Craft Club: Christmas Cards		2pm-4pm

Thurs
Dec
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 Craft Club: Christmas Gifts & Decorations		10am-12pm
Complementary Therapies	 	10am-4pm
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Tues
Dec
19

Living Well: Walking Group		10am-12pm
Creative Writing		10am-12pm
Complementary Therapies	 	10am-12pm
 Scrapbooking Journal: Christmas Pages		10am-12pm
Games Room	 	10am-4pm
Coping Strategies: Cancer Related Fatigue (3 of 3)		2pm-4pm
 Cinema Club: It's a Wonderful Life		2pm-4pm
Age UK	 	2pm-4pm

Wed
Dec
20

 Mince Pies & Getting to Grips with Technology	 	10am-12pm
Complementary Therapies	 	10am-12pm
 Craft Club: Gingerbread Houses		10am-12pm
 Gift Wrapping Service	 	10am-4pm
Dancing for Health		2pm-4pm
 Musical Journeys: Christmas Sing Along		2pm-4pm
Ask St Luke's: Advice from the experts	 	2pm-4pm
 Craft Club: Christmas Cards		2pm-4pm

Thurs
Dec
21

 Craft Club: Christmas Decorations		10am-12pm
Complementary Therapies	 	10am-4pm
Exercise for All		2pm-4pm
 Art Club: Painted Gifts		2pm-4pm
 Christmas Photobooth	 	10am-12pm

Registered Charity No. 254402



How to find us

Address: Clifford House, Ecclesall Road South, Sheffield S11 9PX

Tel: 0114 235 7650 (Tues to Thurs, 10am - 4pm)

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All details correct at the time of publication 9/10/17