

Health Trainer Service

One-to-one support around changing or leading a healthier lifestyle, e.g. advise on weight loss, increasing exercise and smoking cessation.

The service is **FREE & CONFIDENTIAL**.
Call for more information or to book an appointment.

Kate Russell: 07903391405

Email : healthtrainer@mywoodhouse.co.uk



Courses and Activities 2017

We offer a wide range of courses and activities in local venues in South East Sheffield. Please call or email for more information about courses, venues & fees. Course fees from £10 if in receipt of benefits.

Contact information:

Learning Champions:

Liz: 07847602644, Jackie : 07847602613

Lesley:07748375023 Nicola: 07736221829

Email : adultlearning@mywoodhouse.co.uk

Healthy Activities Co-ordinator:

Nicola: 07736221829

Email: projectworker@mywoodhouse.co.uk

www.mywoodhouse.co.uk



Find us on
Facebook

Partners and Funders



Computers

Com.Unity

Monday 10 am—12 noon

Badger TARA House

Tuesday 1.00 pm 3.00 pm

Woodhouse Library

Tuesday 9.30—11.30

Wednesday 10 am—12 noon

Frecheville Library

Wednesday 1.00 pm—2.00 pm

Beighton TARA

Thursday 10 am—12 noon

Digital Imaging

Woodhouse Library

Wednesday 10 am—12 noon

Job Club

Com.Unity

Thursday 12.30 pm—2.30 pm

Tai Chi

Woodhouse Library

Monday 1.00 pm —2.30 pm

Tuesday 6.00 pm—7.30 pm

English

Com.Unity

Tuesday 10 am—12 noon

Badger TARA House

Wednesday 12.30 pm—2.30 pm

Maths

Com.Unity

Tuesday 12.30 pm—2.30 pm

Badger TARA House

Wednesday 10.00 am—12 noon

Chair Based Exercise

Hutton Croft

Monday 12 noon —1.00pm

Brigadier Hargreaves Court

Monday 1.45 pm —3.00 pm

Spring Water House, Hackenthorpe

Wednesday 2.00 pm—3.00 pm

Spa View, Hackenthorpe

Thursday 11.15 am —12.15 pm

Woodhouse Library

Friday 11.30 am —12.30pm

Also: Yoga, Flower Arranging, Cooking on a Budget