

ROTHERHAM TOGETHER February Programme



Chinese New Year

Look out for fabulous performances by some very talented young people on our RMBCEvents Facebook page, throughout the day on Friday 12th February, in celebration of Chinese New Year.

Chinese New Year, also known as Spring Festival, is the most important festival celebrated over 15 days by Chinese people all over the world, with this new year of the Ox beginning on 12th February 2021.

Traditionally, the new year is about family reunion and wishing each other good luck, health and prosperity, with children and non-married family members receiving a red packet (lucky money). People also display auspicious, red coloured decorations like Chinese lanterns or paper cuts and couplets to enhance happiness and a bright future.

Jo Mahler from Rotherham Wah Hong Chinese Association - 'Understandably, due to the impact of Covid-19, this year's celebration will undoubtedly be very different; so I would like to thank RMBC Rotherham Together programme for supporting Wah Hong Chinese community in their virtual New Year celebration and also to the parents in encouraging their children to participate and share their talents.'

Happy new year or Xīn nián kuàilè
to everyone. 新年快乐

www.facebook.com/Rotherham-Wah-Hong-Chinese-Association-106771994094889

Funded by: Rotherham Council
Event Partner: Rotherham Wah Hong Chinese Association

華康
HONG

**ROTHERHAM TOGETHER: A celebration
of community, creativity and recovery.**

Rotherham
Metropolitan
Borough Council



Life in Lockdown

Calling all Creative Writers

Create a short story or poem which reflects your life during lockdown.

This is a great opportunity to write about your experience and share your voice. This could be a creative short story or a poem about your life in lockdown. All of you will have had a unique experience during lockdown and the COVID-19 pandemic, and only you can capture this in words.

Your response must be no more than 200 words.

- Open 7 to 13 years, 14 to 19 years, and 20+/adults.
- Prize for 1st and 2nd place for each age group.
- Competition closes 1st March 2021 12noon.

Your entry will be used in our Life in Lockdown Exhibition, then added to our Archive collection for future generations to see.

Please note if you are under 16 you must have parent's/guardian's permission to enter.

To enter - Please email your work to:
caroline.lee@rotherham.gov.uk

Attach the following information to your entry:

- Name
- Age
- Parent's/Guardian's Name (if applicable)
- Phone number
- Postal Address
- Email Address

Funded by: Rotherham Council
Event partners: Rotherham Heritage services





Rotherham Carers & Co Choir

The choir started in October of last year, and is currently running online during the pandemic.

It has been funded thanks to a successful bid to the Mental Health small grant scheme, facilitated through Rotherham Clinical Commissioning Group, as an online activity that can still operate during the pandemic.

The group aims to bring people together, especially unpaid carers, with a view to promoting wellbeing, raising self-esteem, and alleviating loneliness and depression. The sessions also include 'friends and family', as they may also enjoy spending an hour with the group sharing some time out with music and song.

Sessions are on Wednesday evenings between 7pm and 8pm via Zoom. You can join them from 6.30pm, giving people a chance to log in, and catch up on news. The choir sessions starts at 7pm with warm up exercises, including loosening up, stretching and breathing. Carers are welcome to include the people they care for, and they even had a dog joining in for one session. This is a friendly, informal group, offering fun and well-being boosting sessions.

The groups' Facebook page is Rotherham Carers and Co Choir. Please feel free to join if you are on Facebook. They sometimes share sessions from other groups/choirs and when they are in a position to meet face to face, they plan to do so.

Zoom links are on the Rotherham Carers and Co Choir Facebook page, and Rotherham Carers Forum Facebook page.

Funded by: Mental Health Small Grant Scheme
Partners: Rotherham Clinical Commissioning Group
and Rotherham Carers & Co Choir to Partners





No Leotard Necessary

**Rotherham Friends In Deed
Salaam! Peace and blessings!**

Join fitness sessions online via Zoom both mornings and afternoons every Tuesday, Wednesday, and Thursday. These popular fitness sessions are for men 50+ and are hoped to help tackle loneliness, depression, obesity, and illness.

Raja Khan, Fitness Instructor, Rotherham Healthy Lifestyles Group - 'Be active, be happy and enjoy life even during lockdown!

For more details about joining these fitness sessions, please call 07913 836053.

Event Partner: Rotherham Friends in Deed

**#stepintoyourcommunity
#RotherSteps**

Everyone can take part, whether you are going out for a socially distanced walk or walking around your house/garden. Monitor and screenshot your weekly steps to win prizes.

For more info contact

Rotherham South:
Ian.Huddleston@rotherfed.org
07495 352311

Rotherham Central:
Robert.gooding@rotherfed.org
07538 625150

Rotherham North:
Rachel.cole@rotherfed.org
07983 147948

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**Rotherham
Federation**



Strengthening Communities



Kindness Exchange

The Kindness Exchange is part of the Kindness Project, developed through the Love Is Louder initiative, hosted by REMA, a Rotherham based charity. Love is Louder aim to bring people together positively.

During the pandemic communities have supported each other and shown kindness in numerous ways. The Kindness Project will celebrate and encourage further positivity in these uncertain times.

The initiative aims to connect communities through art activities and bring creativity and fun into your home.

How you can help

We need people to make up a small box of interesting things that can be taken to someone who is isolated and feeling lonely at the moment. The idea behind the box is based on a time capsule idea, where you put in small items of little or no monetary value, that say something about you and about our lives now. The difference is your box will be opened within days. Full instructions will be provided.

We also need your help in finding the people who would like to receive a box, who are isolated and in need of some kindness. If you know of anyone, please let us know.

Please contact us at

team@rotherhamroar.org or
through Facebook @roarartspace
or @LovelsLouderRotherham and
we will organise a drop off or
collection point for you.

**The boxes need to be complete
and ready for collection by the:
15th March 2021.**

Funded by: National Lottery Community Fund
Event Partner: Love is Louder, REMA & National lottery



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

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Children's Mental Health Week

Children's Mental Health Week 1st - 7th February

To recognise Children's Mental Health Week, Rotherham Libraries have some great activities on their Facebook page.

Monday, 1st of February at 6pm - settle down with Dutch author Eva Eland who will be reading her beautiful debut book, *When Sadness Comes to Call*, which takes a poignant but uplifting look at dealing with sadness.

Wednesday, 3rd of February at 6pm - join Zoe and relax for a while. Meditation can really support children's mental health and well-being, so why not give it a try.

Friday, 5th of February at 6pm - find a comfortable space and join Chitra Soundar as she reads her calming book, *You're Safe With Me*, a beautifully illustrated tale of motherly love, making it a perfect bedtime story.

Facebook and watch again

Funded by: Rotherham Council
Event Partner: Rotherham Libraries





Children's Mental Health Week

**The theme of this year's
Children's Mental Health Week
is Express Yourself.**

At Grimm & Co, they do that all the time in very imaginative (and sometimes pretty weird) ways! Grimm & Co is a literacy charity based in the centre of Rotherham, providing free creative writing workshops for children and young people.

As they've not been able to get together in person much this year, they have created a variety of free writing activities that you can access on their website. Anyone between the ages of 5 to 105, mortal or magical being can enjoy their creative explorations! There's all sorts! From Adventure Writing, to Word Play; from finding inspiration Out & About to Writing for Wellbeing.

It is their Writing for Wellbeing programme that they would like to introduce for Children's Mental Health Week 2021. Through a series of writing activities and exercises, Grimm & Co will work with you to explore the world around you, and the thoughts and feelings you are experiencing internally. It may help you to self-regulate, meditate on the present, and be mindful of the emotions you are experiencing. It's all about being accepting of and feeling comfortable with all of your feelings, the positive stuff, and the complex. Above all, be kind to yourself.

**Visit their Writing for Wellbeing page
here to get started:**

[grimmandco.co.uk/ activities/writing-for-wellbeing](https://grimmandco.co.uk/activities/writing-for-wellbeing)

Funded by: Grimm & Co



Creative Outdoor Practitioner Open Call

'Moving in Nature' discovery stage project

Rotherham Council would like to commission three outdoor practitioners/artists to work on a collaborative 'discover stage' project, funded through the Shaping Places for Healthier Lives programme. To work in 3 designated areas, to help deliver workshops to understand the current levels of engagement, then create a co-designed activity, whilst gathering feedback.

The project aims to co-produce a new approach to physical activity within green spaces, bringing local communities, Urban Park Rangers, Public Health and other partners together.

COVID-19 has seen huge growth in use of Rotherham's destination and country parks, however local park usage has remained relatively static. This programme aims to deliver activities that are safe and compliant with the government guidelines at the time (currently full lockdown with access to green space for exercise).

For more information on the project and how to apply, please contact:
kate.green@rotherham.gov.uk



UEFA Women's Euro 2022

**UEFA Women's Euro 2022
come to Rotherham**

Rotherham is one of 9 cities that has been chosen as a host for the UEFA Women's Euro 2022.

21st February will mark 500 days to the start of the tournament. To celebrate the day, keep your eyes peeled on the RMBCEvents Facebook page for something very exciting!

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Funded by: Rotherham Council