BANNER JONES'

GUIDE TO GETTING YOU THROUGH DIVORCE IN SHEFFIELD

Divorce or separation is one of the hardest things you will ever have to go through and we know that during this time it helps to keep yourself busy. However, Sheffield is a bustling and vibrant city and there's plenty to do to keep you out and about, no matter what your tastes are.

Our family law solicitors in Sheffield have compiled this guide to places and activities that should help to keep your mind off things if you're going through a divorce, separation or similarly difficult time.

CATCH UP WITH FRIENDS AT NONNA'S

Lost touch with good friends? Plan a night out and book a table at Nonna's, easily one of the best restaurants in Sheffield. Enjoy the exquisite Italian cuisine and wash it down with a good selection of top wines or beers.



If there are a few of you, why not pre-book the Tuscan menu for you all to share? Plus, if you still have room, we've heard the desserts are amazing – go on you deserve it!

BECOME THE NEXT GORDON RAMSEY AT THE MILESTONE

If cooking has become a chore then why not give yourself a little inspiration down at The Milestone? They offer 'hands-on' cookery classes with award-winning chefs using local produce.

Book on to a full day course or even a 'make and take' 90 min lesson after work, in which you will prepare yourself your evening meal. Why not ask friend to join you?

TREAT YOURSELF AT ETON CLOTHING

If your wardrobe is in need of a little refresh, Eton Clothing have everything you need. Whether it be a new jacket or pair of jeans, Eton have all the latest designer clothing available and it's located conveniently in Sheffield city centre.

For the guys, grab yourselves a new shirt and tie to get the confidence flowing again. For the ladies, treat yourselves to an amazing new Mulberry handbag, everyone will be envious of you!



TIME FOR A NEW EXPERIENCE AT <u>THE</u> HAIRBAND

Are you bored of the same old hair style, ladies? Maybe it's time for a little change; book an appointment at The Hairband and let them work their magic. The Hairband offer much more than a 'cut & dry', it's all about the experience with them.

If you want to experience something special that will leave you feeling pampered then look no further, The Hairband on Ecclesall Road is the place to go!

SOMETHING NEW FOR THE GENTS AT SA-KIS CLOTHING

Gents, if you're thinking about hitting the town on the weekend then you probably need some new threads. Sakis have just what you need. Finish off the new look with some smart shoes or boots.

Feel great this weekend, get yourself to Sa-kis and enjoy an evening out in Sheffield to lift your spirits.

STEP BACK IN TIME AT SAVILLS BARBERS

Is it time for a new style, guys? Savills Barbers is an award winning barber shop on Devonshire Street that still uses the age-old craft of barbering. Their techniques have been handed down through the generations, improving gents' styles along the way.

With barbers of all ages, Savills can offer new styles to any man, or maybe just a refresh of the style you already have. Whatever it may be, their scissors can do it!

SOAK UP THE RELAXATION AT SPA 1877

Indulge yourself with a spa day. Home to the oldest Victorian Turkish baths in the world, Spa 1877 is the perfect place to relax for a full day or just an essential treatment. Enjoy both the hot and cold experiences (including steam rooms and plunge pools), body and massage treatments, relaxation area and complimentary hot and cold drinks.

It's the perfect place for both men and women to steam away their stress and worries and leave feeling mentally and physically refreshed.



GET <u>IN-TRIM</u> AT SHEFFIELD'S LEADING INDEPENDENT GYM

Now is the perfect time to kick-start that healthy lifestyle you've been meaning to do for ages. Why not join Sheffield's leading independent gym? Its family managed and far more personal than cramped chain gyms with expensive memberships.

In-Trim offers group and 1-2-1 personal training as well as much needed motivation and support to achieve your goals – something you just don't get in bigger gyms. Feel better with improved health, confidence and vitality – and tackle those Sheffield hills with ease!

PUTT YOUR TROUBLES BEHIND YOU AT ABBEYDALE GOLF CLUB

What could ease stress and anxiety better than the perfect combination of fresh air and exercise? With stunning views over Sheffield and Derbyshire, you can enjoy a rewarding day of friendly competition before relaxing in

the lounge or sampling some of the fine cuisine in the restaurant.

There's also a steadily growing ladies section that welcomes both new and experienced players. Got the kids? No problem, they can join the weekly 'turn up and play' junior sessions.

A TASTE OF CULTURE WITH YORKSHIRE WINE EXPERIENCE



Going through a divorce is a great time to learn a new hobby to keep yourself busy and focused. If you enjoy good wine and beer – why not learn more about it?

The Yorkshire Wine Experience offers a range of reasonably priced ale and wine tasting courses in Sheffield for both the beginner and the connoisseur. From introductory courses, to learning about wines from specific parts of the world, you will be immersed and learn a lot of interesting information about your favourite tipple. You can take a friend or even go in a group.

DANCE THE NIGHT AWAY AT CITY LIMITS

Don't fancy the gym or going for a run? Dancing is a great way to get fit, socialise and learn new skills. City Limits offers an array of adult dance classes from Ballroom & Latin to Salsa and Street Dance. Grab a dance partner and head down for a class; with new beginner classes starting every month, you won't feel out of place or worry that you're out of step.

IMMERSE YOURSELF IN THE HISTORY OF SHEFFIELD AT THE INDUSTRIAL MUSEUM

A great way to keep occupied is to visit the attractions in the city that you've always known were there but never got round to going. Now is the time to take a trip down to Kelham Island's Industrial Museum to learn the story of Sheffield, the Steel City, from its beginning to the present day. If you've got kids, they'll love it too (and its free entry for them).



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