

# Your guide to **living well** in Sheffield

SUMMER 2022



**PKW**



# Welcome to Sheffield's Living Well guide.

This guide has been produced by Sheffield City Council with our 'People Keeping Well' partner organisations:

- Age UK Sheffield • Darnall Well Being • Heeley City Farm
- Heeley Trust • Manor and Castle Development Trust • Shipshape
- SOAR • Stocksbridge Community Leisure Centre • Terminus Initiative
- Woodhouse and District Community Forum • Zest.



These organisations are funded by us to lead on delivering a wide range of health and wellbeing support and activities in the community. This kind of support is often called Social Prescribing. As well as this, they deliver a range of their own activities and support either citywide or in the local area (with a network of other local community organisations).

They have worked with us on this guide to let you know what's going on in your area: to help you be healthy and well, get active, keep learning, meet new people and be supported.

**Always contact services to check that they're running as advertised.**

# Health and Wellbeing

## Local activities

Find out what activities are going on in your local area that can help you to be healthy and promote your physical and mental wellbeing. There are health and wellbeing services, wellbeing activities, leisure activities, education courses and places to go for advice and support.

### North East Sheffield

In NE Sheffield there are two leading 'People Keeping Well' community organisations: **Darnall Well Being** and **SOAR**. They work together with other local voluntary, community and faith organisations in their area to provide a wide range of activities for the community.

**Darnall Well Being.** 📍 Darnall Primary Care Centre, 290 Main Rd, S9 4QH. Call 📞 0114 249 6315. Email ✉ [dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk). 🌐 [www.darnallwellbeing.org.uk](http://www.darnallwellbeing.org.uk).

***Delivers their 'People Keeping Well' health and wellbeing activities in: Darnall, Tinsley, Acres Hill, Handsworth, House Steads (and Clover Group GP Practices).***

Darnall Well Being have been working with the community for over 20 years. You can get help from us by contacting us yourself, or through your GP or health professional. One of our team will talk with you by phone or face to face, to provide information on our activities, as well as other things going on locally.

**Darnall Well Being One to One team.** Our Health and Well Being workers can help if you need support to improve your health. They work with you to help you manage your own health and wellbeing in ways that work for you. Things that they can help you with include:



Photo supplied by Darnall Well Being



Photo supplied by Darnall Well Being

- healthy eating
- losing weight
- diabetes and chronic pain
- isolation/loneliness.
- getting more active
- stopping smoking
- mental health

### Our activities:

**Health Walk** at High Hazels Park. Group walk in the park for all fitness levels. Mon at 11am.

**Women Only Walks.** Friendly women only walking group.

📍 Oasis Academy Don Valley School, First Tuesday of the month.

📍 Tinsley Meadows School, Thurs at 9.30am.

**Chairobics.** Light exercise for women at Tinsley Community Centre. Thurs 1-2pm.

**Men's Health Group.** Meet with local men to have lunch, hear a speaker and join in a group exercise session. Meets in Darnall on the 1st and 3rd Thursday of the month 12noon-2pm.

**Craft Club.** Craft activities and a chat with a friendly, supportive group at Darnall Library. Fri 1-3pm.

**Darnall Allotment Project.** 📍 Infield Lane, S9 4PE. Learn about growing organic food, meet new people, no experience necessary. Everybody welcome! Fri 10am-1pm. Call Sarah 📞 07415 025919 or email ✉️ [darnallallotmentproj@gmail.com](mailto:darnallallotmentproj@gmail.com).



## Dementia Activities:

**Making Memories Dementia Café.** 📍 St Mary's Community Hub, 402b Handsworth Rd, S13 9BZ. For anyone living with dementia and their carers. Come for hot drinks and cakes, to meet others in a safe and friendly environment and to enjoy a range of guest speakers and activities. Every other Wednesday 1-3pm. Cost £2.

**Dementia Café.** 📍 Living Waters Christian Fellowship, Main Rd, Darnall, S9 5HL. Similar to our Making Memories Dementia Café, with additional support for community languages. Once a month on a Monday 1-3pm. Cost £2.

**On The Plot with Arts.** 📍 Infield Lane Allotments. Dementia activities on the allotment in Darnall (gardening, creative activities, refreshments and reminiscence work). Tues 1-3pm.

For all dementia activities booking is essential. Contact Jo 📞 07495 548929 or our centre.

**Virtual Chairobics.** Light exercise for women via Zoom. Tues at 10.45am.

**SAVTE one to one English support.** We can refer you for one to one or group sessions to improve your English or support with learning.

**Green Social Prescribing.** Darnall Well Being is running sessions to support people in group activities to access different green spaces within Sheffield, South Yorkshire and the Peak District. Bus fares will be paid, a drink will be provided, and there will be toilet facilities and a café available at all activities. Call Jo 📞 07904 281825 or 0114 249 6315.

**Virtual carers session.** Grab a brew and join others who support loved ones, online in our friendly group. Thurs at 2pm.

**Cycling.** We often provide opportunities to learn to ride or improve your confidence when cycling. Contact us to find out more.

**Volunteering.** We also offer opportunities to volunteer with our organisation in a number of different ways. Contact our centre for more information about how to get involved and what volunteering can do for you.

All of our activities are dementia friendly, supported by staff and volunteers who have done Dementia Friends training.

## Other activities in the area:

**Galeed House.** 📍 75 Nidd Rd, Darnall, S9 3BB. Contact Amer or Louise 📞 07710 671175, ✉ admin@galeedhouse.org.uk.



Photo supplied by Darnall Wellbeing.

A community house open to all in Darnall. All activities are free:

- **Women's English** class during school terms for all abilities. No registration needed. Thurs 11am-12noon. Check with us if this class is running.
- **Men's English.** ESOL English Course for Men. Mon and Weds 10.30am-12noon. Qualified teacher. Beginner level English. Offering integrated skills in reading, writing, speaking and listening in English. Cost £5 including study book. Contact Amer 📞 07710 671175, ✉ [amer@galeedhouse.org.uk](mailto:amer@galeedhouse.org.uk).
- **Drop-in for Women.** Come for a chat, to make new friends, practice your English or use our sewing machines. Thurs 10.30am-12noon.
- **Kids' Clubs.** Free weekly after school clubs for primary age children or girls aged 11-15. Tues 5.30-6.30pm.

**Freedom Community Project.** 📍 Tinsley Methodist Church, 2 Ingfield Ave, S9 1WZ. Free advice and support. We provide a listening ear, debt advice, mental health support, housing support, benefits advice, food bank and much more! Tues 9am-12noon. Call 📞 0300 302 0334 or email ✉ [info@freedom.charity](mailto:info@freedom.charity). 🌐 [www.freedom.charity](http://www.freedom.charity).

**Church of Christ.** 📍 Station Rd, Darnall, S9 4JT. Call 📞 0114 272 6009. Runs the following activities: coffee morning (Weds and Fri 10am-12noon); Food Works - tasty frozen, locally cooked ready meals from supermarket surplus including veggie and vegan for a £1 donation (Fri 10.30am-12.30pm); Foodbank collection point (Weds and Fri 10am-12noon); Time Aside toddler group (Weds 10-11.30am); Tai Chi (Mon 6-7.15pm, Thurs 2-3.30pm, beginners welcome); ESOL English Classes (Mon and Tues 9.30am-12noon, contact ✉ Faces@sheffield.gov.uk).

**Living Waters.** 📍 81 Main Rd, Darnall, S9 5HL. Call 📞 07553 959938. Runs a Foodbank Tues and Thurs 1-3pm. Clients need to be referred, but can come to us directly if in need of food and in short term crisis.

**Canal and River Trust.** Runs free workshops and events based on the canal around Attercliffe and Tinsley and also closer to the city in Victoria Quays. We have our own canoe hub at Tinsley Marina and offer free paddleboard and canoe taster sessions throughout the holidays plus some evenings and weekends. We host fishing sessions, walks, family events, forest schools, fun days and more. We also host an adult craft group Fri 10am-12noon in Victoria Quays and have a regular volunteering programme. Contact Jade 📞 07769 931463, ✉ jade.wilkes@canalrivertrust.org.uk.

**Tinsley Forum.** 📍 Tinsley One Stop Shop, 120-126 Bawtry Rd, S9 1UE. The Forum provides help to find employment, including job matching, CV workshops, mock interviews, training/skills tasters and one to one individual advice. Provides employment support drop-ins in both Tinsley and Darnall. Call 📞 0114 244 4887 or email ✉ anne@tinsleyforum.co.uk.

We also run **Tinsley Community Allotment** at 120-126 Bawtry Rd. An allotment and orchard producing organic fruit and vegetables. A space for growing, chatting, relaxing and learning together. School sessions held on Friday mornings and open community sessions Fri 1-3pm. Email ✉ tinsleyallotment@gmail.com.

**Sheffield Olympic Legacy Park.** 📍 Worksop Rd, S9 3TL. Has a 100m track, run routes, cycle routes, cricket pitch, open green spaces and a weekly free junior parkrun every Sunday at 9am. Call 📞 0114 261 9604 or email ✉ info@olympiclegacypark.co.uk

**Darnall Community Nursery.** 📍 Darnall Family Centre, 563 Staniforth Rd, S9 4RA. A charity offering full day and family support services for Darnall and surrounding areas. Specialist provision for children with

Special Educational Needs and disabilities. Call 📞 0114 242 3510 or email ✉ [dcn.childcare@btconnect.com](mailto:dcn.childcare@btconnect.com).

**SAVTE.** 📍 Castle Green, 7 Castle St, S3 8LT. Provides a range of English learning opportunities. These may be in the home, in conversation groups or small classes for parents and their young children. Call 📞 0114 212 3050 or email ✉ [savte@savte.org.uk](mailto:savte@savte.org.uk).

**Darnall FA/Darnall Diamonds.** Football training. Includes mentoring and engaging young members on the importance of health and wellbeing, mental health and social cohesion, while enhancing their social skills. Call 📞 07774 485300.

**Pakistan Muslim Centre.** 📍 Woodbourn Rd, S9 3LQ. Runs regular classes and projects. Call 📞 0114 243 6091.

**Subud Centre.** 📍 Swarcliffe Rd, S9 3FA. Provides activities including English classes and African Asian Women's Group. Call 📞 0114 242 1901.

**SOAR.** 📍 SOAR Works Enterprise Centre, 14 Knutton Rd, S5 9NU. Call 📞 0114 213 4065. Email ✉ [enquiries@soarcommunity.org.uk](mailto:enquiries@soarcommunity.org.uk).  
🌐 [www.soarcommunity.org.uk](http://www.soarcommunity.org.uk).

***Delivers their 'People Keeping Well' health and wellbeing activities in: High Green, Chapeltown, Ecclesfield, Burncross, Grenoside, Southey, Owlerton, Fox Hill, New Parson Cross, Old Parson Cross, Southey Green, Longley, Shirecliffe, Colley, Firth Park, Shiregreen, Wincobank, Brightside, Flower, Stubbin, Brushes, Burngreave, Firvale, Abbeyfield, Firshill, Woodside.***





**SOAR's Social Prescribing Service** is available in 22 GP Surgeries in North Sheffield. Our Social Prescribing Link Workers will carry out assessments over the phone or face to face, to find out how we can help you and then use that information to signpost to a service that can best meet your needs. SOAR's Wellbeing Coaches and Welfare Coaches will then spend time with you to understand, build confidence, plan, support and/or refer to additional support.

Our **Wellbeing Coaches** can help you if you need practical support to improve your health and wellbeing. They can help with:

- support, encouragement and motivation
- referral to other services and activities
- the chance to set your own health goals
- 5-6 sessions on a one to one basis
- identifying groups or activities in your local area.

Our **Welfare Coaches** can help you with short term welfare issues. They can speak up for you about a particular issue or speak up for you to help you through a crisis. This might include:

- independent support, advice and guidance
- goal setting through an agreed support plan
- referral to other services and activities
- housing or finances
- families and parenting
- any issues affecting your independence and quality of life.

**SOAR Employment Coaches** provide one to one support with getting back into employment, finding training and creating a plan to suit you. They can help with:

- information and advice about the latest job vacancies
- how to complete job application forms
- support with CV writing
- sourcing training or courses to build your skills and knowledge.

## Our health and wellbeing activities:

### Springboard Social Cafés.

- 🏠 The Learning Zone, 320 Wordworth Ave, S5 8NL. For people struggling with anxiety, depression, panic attacks or other mental health conditions. Call Helen Warren 📞 07795 536700.
- 🏠 Newton Hall, Cowley Lane, S35 1SX. For people suffering with mild mental health conditions to build resilience and move onto other activity. Refreshments provided. Call Helen Warren 📞 07795 563700.

**Chronic Pain Support Group.** Join in with light exercise, massage and support each other to manage pain. Contact Mariam Hussain 📞 07943 003159, ✉ [mariam.hussain@soarcommunity.org.uk](mailto:mariam.hussain@soarcommunity.org.uk).

**Moving through Menopause.** A Menopause Café aimed at breaking down the taboo around menopause, increasing awareness of the impact on those experiencing it, their family, friends and colleagues. We aim to offer 30 minutes of an activity such as Pilates at each monthly meeting. Contact Julie Moore 📞 07960 084251, ✉ [julie.moore@soarcommunity.org.uk](mailto:julie.moore@soarcommunity.org.uk).

**Wellbeing Wednesdays.** A free session for local people to come together, support each other and get active in a relaxed and enjoyable group! Held on Weds, you just need to complete a referral form, if you're not already one of our clients. There's a team of Wellbeing Coaches on hand using their health coaching skills to support you to develop the knowledge, skills, and confidence to become active and reach your own health and wellbeing goals. Contact Julie Moore 📞 07960 084251, ✉ [julie.moore@soarcommunity.org.uk](mailto:julie.moore@soarcommunity.org.uk).

### Dementia activities in our area:

**Parson Cross Development Forum.** 🏠 56 Margetson Cres, Parson Cross, S5 9NB. Runs:

- **Online Memory Cafés.** For people living with dementia and their family/carers.
- **Zoom Dementia Carers Group.** Support for carers of those living with dementia. Email Louise ✉ [louise@pxforum.org](mailto:louise@pxforum.org) or call 📞 0114 327 9727.

**The Methodist Church, Chapeltown.** 🏠 1 Nether Ley Ave, S35 1AE. Runs a dementia-friendly bowling group. Call Rev Jill Pullan 📞 0114 240 3513.

### Other activities in the area:

**SACMHA Health & Social Care.** 🏠 SADACCA building, 48 The Wicker, S3 8JB. A charitable organisation offering support to people of African



and Caribbean descent. We offer support in the community including: Social Café with activities (information and a hearty meal at a small cost to eat in or take away) Thurs 11.30am-2.30pm; Wellbeing Hub Weds 11am-2pm. Both these sessions take place at the SADACCA Day Care Centre. We host a monthly Man Talk session and provide weekly ward visits for those under mental health care. We also offer a range of services including Community Mental Health Advocacy, Self-Directed Support and counselling referral. Call 📞 0114 272 6393 or email ✉ admin@sacmha.org.uk. 🌐 www.sacmha.org.uk.

**Firvale Community Hub.** 🏠 127 Page Hall Rd, S4 8GU. Offers: an advice and advocacy service, immigration services, ESOL classes, employability service, digital media centre, health and wellbeing suite and services, youth projects, Sheffield Roma Network. Open Mon-Fri 9am-7pm, Sat- Sun 10am-2pm. Call 📞 0114 261 9130, email ✉ info@firvalecommunityhub.org.uk.

**Friendship Lunches** for older people are held at:

🏠 Oak House. 10 Station Rd, Chapeltown, S35 2XH. First Tuesday of the month. Call 📞 0114 245 5536.

🏠 Red Lion. 93-95 Penistone Rd, Grenoside, S35 8QH. 2nd Tuesday of the month. Call 📞 0114 438 3115.

These lunches are dementia friendly.

## North West Sheffield

In NW Sheffield there are two leading 'People Keeping Well' community organisations: **Stocksbridge Community Leisure Centre** and **Zest**. They work together with other local voluntary, community and faith organisations in their area to provide a wide range of activities for the community.

**Zest.** 📍 18 Upperthorpe, S6 3NA. Call 📞 0114 270 2040 option 2.  
Email ✉ health@zestcommunity.co.uk. 🌐 www.zestcommunity.co.uk.

***Delivers their 'People Keeping Well' health and wellbeing activities in: Hillsborough, Winn Gardens, Middlewood, Wadsley, Walkley Bank, Wisewood, Woodland, Loxley, Stannington, Netherthorpe, Upperthorpe, Walkley, Langsett, Crookesmoor, Crosspool, Lodgemoor.***

Zest have **Health and Wellbeing Coaches** who will work with you to get the help you need. Our workers can support you to make lifestyle changes like:

- eating more healthily
- getting more active
- watching your weight
- quitting smoking
- improving your mood if you're feeling low.

We have a **Social Prescribing Link Worker** who can help put you in



touch with a service or activity. They can tailor the support to suit you and will keep in touch with you to check on progress. We welcome referrals from the following GP practices: Upperthorpe and Ecclesall, Harold St, Porterbrook and Student Health at SHU, Devonshire Green and Hanover, Clover City and Mulberry.

We run a free **Stop Smoking Service**. If you're 18 or under and want help to stop smoking. Call 📞 07795 637044 or email ✉ smokefree@zestcommunity.co.uk.

We also run a free and inclusive weight management support service called **Live Lighter**. This is a group-based service open to all ages, genders, and abilities with various programmes running at venues across the city and virtually using Zoom. We offer both day and evening sessions to suit all. We also have an online programme you can access via our website and work through at your own pace.

🌐 [www.livelightersheffield.com](http://www.livelightersheffield.com) or call 📞 0114 270 2043.

We also run a range of activities in the area.

### **Our activities:**

**Swimming:** Our pool is equipped with a ramp making access to the pool safe and friendly for all. There are a number of dedicated sessions for people with disabilities, women, youth groups, parent and toddler, quiet adult swims, lane swimming, family sessions and general public sessions. In addition to this we offer swimming lessons and swimming teacher led sessions, including women's only aqua fit and parent and toddler.

Information and timetables are available online or you can pick up a timetable from reception.

**Gym:** We have a large gym and a dedicated womens' only gym, open daily. All new members have an induction which is tailored to your ability and knowledge/confidence in the gym. Our gym instructors will also develop plans to support you to achieve your desired goals.

Zest works hard to keep charges to a minimum and offers a discount scheme for the over 65's, people with disabilities, full time students and for people on benefits. Please check our website for charges.

**Managing Anxiety and Depression.** Group based course to support you to manage your depression and anxiety (with the option for online learning). Each course runs for a day per week, for seven



weeks and lasts for two hours. For people 18+ living in Sheffield with a mental health condition, such as anxiety, depression or both. Ask your GP for a referral or to find out more call 📞 0114 270 2042 and ask for Richard Tinsley.

**Dementia Carers Group.** For carers of people with dementia. Please contact for more details. Email ✉ health@zestcommunity.co.uk or call 📞 0114 270 2040 to book.

**Gentle exercise class for people with dementia.** For local people living with dementia and their carers. Monday afternoons. Email ✉ health@zestcommunity.co.uk or call 📞 0114 270 2040 to book.

**Carer Led Support Group.** 📍 Rawson Spring pub in Hillsborough, S6 2LN. Meets on the last Thursday of the month 10.30am-12noon. Call Vicky 📞 07764 964531.

**Physical Activity Ambassadors.** We are looking for Volunteer Ambassadors who can inspire others to participate in sport and fulfil an active lifestyle. You don't have to be a sports expert. You can inspire others by sharing your story or leading activities or groups (like walking or running groups, football or netball groups). We are looking for volunteers from the local area and from a variety of backgrounds. We are especially looking to recruit people from black and minority ethnic communities. Free training is available to help you to run groups, be a first aider or become a sports coach. Email ✉ health@zestcommunity.co.uk.

**Social Dining Group.** Social meeting with board games and friendly company for the over 50's. Thursday lunchtime 12noon-2pm in the Zest centre.

**Community Women's Group.** A chance for women of all ages and from all backgrounds to meet together for social times, shared wellbeing and creative activities. Meets on the second Wednesday of the month. Contact ✉ rachel.guilford@zestcommunity.co.uk, 📞 07857 028855 or ✉ bushra.karim@zestcommunity.co.uk for more information.

**Craft Group.** Relaxed and friendly craft group, different craft activity each week. Email ✉ linda\_charlton@yahoo.com.

**Communi-Tea Tent.** Pop-up community tea tent. Free tea, coffee, biscuits and chats in various local green spaces. Look out for the orange gazebo near you! Tues 12noon-4pm. Email ✉ susannah.brewer@zestcommunity.co.uk.

**Food Works Upperthorpe** is a sustainable food café in the Zest Centre, run by Food Works Sheffield. Offers hot drinks and snacks all day and lunch from 12noon. You can order or buy our frozen 'Just Meals' to take away too. You can buy our Just Meals, cafe meals and drinks on a 'pay what you can afford basis', but there is a minimum charge of £1.

**No money for food?** For an emergency food parcel contact S6 Foodbank on 📞 0114 321 0733.

**Children and families:** We run a wide range of activities for children and families, including:

- **Early Years Baby and Toddler Group.** Thurs 10.30-11.30am in the Children's Library.
- **Empowering Parents, Empowering Communities (EPEC).** Training for parents to enable them to deliver 'Being a Parent' groups. Training is delivered over a 12 week period, one day a week (9.45am-2.15pm) with lunch provided and travel expenses paid.
- **Being A Parent Group.** An 8-10 week parenting group (2 hours weekly) will help you support your child. City wide service for parents of children under 11. Various groups run including an Autistic Spectrum Disorder (ASD) group.
- **Community Champions.** A volunteering service listening to our community and sharing key health messages.

Contact ✉ [lynn.wragg@zestcommunity.co.uk](mailto:lynn.wragg@zestcommunity.co.uk), 📞 07792191522.

- **Community Mentoring Service.** A one to one service working with young people aged 8-19 across Sheffield. Volunteers work with young people for a minimum of 12 weeks doing different activities which are paid for by the service and chosen by the young person. To find out more contact ✉ [mentoring@zestcommunity.co.uk](mailto:mentoring@zestcommunity.co.uk).
- **Holiday activities and food.** A range of play and craft activities with food for children receiving free school meals. Email ✉ [david.mcneil@zestcommunity.co.uk](mailto:david.mcneil@zestcommunity.co.uk).
- **After school activities** for primary school aged children in the area. For more information join the Zest Children and Families group on Facebook or email ✉ [joanna.jackson@zestcommunity.co.uk](mailto:joanna.jackson@zestcommunity.co.uk).
- **Zest Youth Clubs.** Shipton Street Youth Club. Traditional youth club with pool, table tennis, computer games, board games. Tues 6-8pm

(girls only), Weds 6-8pm (mixed), Thurs 6-8pm (mixed). Email  
✉ [sonya.chattoo@zestcommunity.co.uk](mailto:sonya.chattoo@zestcommunity.co.uk).

Winn Gardens Youth Club, Winn Gardens Pavillion. Traditional youth club with multi-sports. Tues 5-7pm (mixed). Email

✉ [sonya.chattoo@zestcommunity.co.uk](mailto:sonya.chattoo@zestcommunity.co.uk).

- **Online Homework Support.** Individual homework support for 5-16 years. Fri 4-5pm. Email ✉ [joanna.jackson@zestcommunity.co.uk](mailto:joanna.jackson@zestcommunity.co.uk).
- **FACES (Families and Communities Educational Services).** Our learning champion will support you to find training that's right for you. Courses include: positive thinking, personal development and boosting confidence, mental wellbeing, employability, accredited vocational training and basic computer skills. For people aged 19+ in S6, S3 and S10. Call ☎ 0114 270 2042 and ask for Richard Tinsley.
- **Mental Health Educational Programme.** If you suffer from anxiety or depression and you live in Sheffield, please contact us to find out how you can access these free courses. Call ☎ 0114 270 2042.

### Other activities in the area:

**St John the Baptist Owlerton.** 📍 712 Penistone Rd, S6 2DF. Runs:

- **Baby group** at the church, Mon 9.30-11.30am for 2by2, Praise and Play for toddlers, Tues at 9.30am for pre-walkers. Email ✉ [bec@stjb.org.uk](mailto:bec@stjb.org.uk).
- **Foodbank and clothes swap** at the TARA house, Winn Gardens. Thurs at 10am. Email ✉ [suzanne@stjb.org.uk](mailto:suzanne@stjb.org.uk).
- **Steel City Choristers** children's choir. Monday and Friday teatime. Email ✉ [enquiries@steelcitychoristers.org.uk](mailto:enquiries@steelcitychoristers.org.uk)  
🌐 [www.steelcitychoristers.org.uk](http://www.steelcitychoristers.org.uk).
- **The Family Works** project that provides family mentors to support families with additional needs (by referral only). Email ✉ [info@thefamilyworks.co.uk](mailto:info@thefamilyworks.co.uk). 🌐 [www.thefamilyworks.co.uk](http://www.thefamilyworks.co.uk).
- **Church services, Sunday school** and creche. 🌐 [www.stjb.org.uk](http://www.stjb.org.uk).

**Friendship Lunches** for older people are held at the following venues:

- The Ball. 171-173 Crookes, S10 1UD. 1st Tuesday of the month. Call 0114 266 1211.
- Crosspool Tavern. 468 Manchester Rd, S10 5DT. Second Monday of the month. Call 0114 266 2113.

These lunches are dementia friendly.

**Stocksbridge Community Leisure Centre.** 📍 Morland Drive, Stocksbridge, S36 1EG. Call 📞 0114 288 3793. Email ✉ admin@stocksbridgeclc.co.uk. 🌐 www.stocksbridgeclc.co.uk.

***Leading the 'People Keeping Well' initiative and delivering health and wellbeing activities in: Stocksbridge and Upper Don.***

**Health and Wellbeing Team.** Our Health and Wellbeing team covers a range of services and activities designed to improve the health and wellbeing of our community.

Our team are:

- Lee Hible, Assistant Centre Manager - Health & Wellbeing, Stocksbridge Community Leisure Centre
- Katy Travis, Social Prescribing Link Worker
- Luke Denton, Community Engagement Coordinator
- Dyane Hind, Community Wellbeing Coach.
- Rachel Howard, Community Wellbeing Coach

**Social Prescribing Service.** Our Social Prescribing Link Worker is here to listen to you and put you in touch with people and activities that might help you feel better. They may introduce you to a community group, a new activity or a local club. They might help you with some information or advice, some legal advice or debt counselling.

Social Prescribing can help you to have more control over your own



health and find ways to improve how you feel in a way that suits you.

They are also able to refer people into the SCLC GP Exercise Scheme at a lower cost. If you'd like any more information, contact Katy ☎ 07444 142359 or ✉ [katy.travis@stocksbridgeclc.co.uk](mailto:katy.travis@stocksbridgeclc.co.uk).

**Community Wellbeing Service.** Our Community Wellbeing Coaches are here to address poor healthy lifestyles by working with you on a one to one basis. They use a 'what matters to me' approach to improve your health and wellbeing. The coaches will tailor their support to your needs and produce your support plan. If you'd like any more information, contact our Social Prescriber.

**Community Engagement Service.** Our Community Engagement Coordinator is a point of contact to give help and support to all local community groups and services across the area to help you continue providing your group's services. Contact Luke ☎ 07584 980282 ✉ [luke.denton@stocksbridgeclc.co.uk](mailto:luke.denton@stocksbridgeclc.co.uk).

### Activities in the area:

**Stocksbridge Community Leisure Centre (SCLC).** Open Mon-Fri 7am-9pm, Sat 7am-6pm, Sun 8am-1pm. Facilities and activities include:

- **Swimming Pool.** Large and small sized swimming pools with a variety of activities including lane swimming, Aqua Fit, Aqua Care, swimming classes. Times vary during the year, please check our website to book.





Costs: Adult £4.50 (£3.50 off peak), Child £3.50 (£3.00 off peak), Family (up to 2 adults and up to 2 children) £15 (£10 off peak).

- **Sporting Chance.** Men only sports and chat group. Mon 1.30-3pm.
- **S.P.A.** Suicide Prevention and Awareness meeting and chat group (with optional exercising and support links). Fri 2-3pm.
- **Door 43.** Support group for people aged 11-24 with activities and chat. Mon 3.30-4.30pm (aged 11-16), Mon 4.30-5.30pm (aged 16-24).
- **Mums Swim.** Swim for either mum and little one or just mum. Mon 12.15-1pm.
- **Mum's Bums and Tums.** Fun based fitness for mum and little one or just mum. Mon 5.30-6.15pm.
- **Mum's Me Time.** Tues 11am-12noon.
- **Mum's Circuit.** Aerobics based fitness class for mum and little one or just mum. Thurs 11-11.45am.
- **Chairobics.** Mon 12noon-12.45pm, Thurs 11-11.45am.
- **GP Circuit class.** Weds 10.30-11am.
- **Pilates.** Weds 6-6.45pm.
- **Me Time Chat Group.** Free refreshment and a chance to have a good natter and enjoy a bit of 'me time'. Weds 1-2pm.
- **Community Walk.** Beginners group for social and friendly walk. Tues 10am-12pm.

Our contact details are on p16.

**Valley React.** Call 📞 07596130043. Activities include:

- **Dance/chair based exercise.** Mon 11.15am. Cost £2.
- **Tai Chi for Health.** Mon 1.30pm. Cost £2.
- **Computers** - If your computer's causing you headaches get in touch with the Valley React IT Doctor. Free and friendly support. Call 📞 07835 328179.

**Stocksbridge Community Care Group.** 🏠 The Venue, 650 Manchester Rd S36 1DY. Call 📞 0114 283 0141 or email ✉ stocksbridgeccg@gmail.com. Provides:

- **Friday drop-in.** 10am-3pm.
- **Memory Time Café.** Friendly and social setting for people affected by dementia and their carers. First Thursday of the month 10am-12noon and 3rd Monday of the month 1.30-3.30pm.
- **Musical Memories.** Third Friday of the month 1-3pm.

**Stocksbridge Christian Centre.** 🏠 Cedar Rd. Call 📞 07780 70116. Runs the **Cornerstone Social Cafe.** Thurs 9-11.30am.

**Christ Church Stocksbridge.** 🏠 Manchester Rd, S36 1DY. Call 📞 07538 419263 or email ✉ sccordinator@outlook.com. Runs **The Meeting Place**, a social café (Mon 10am-1pm), Christ Church Lunch Club (Thurs 10am-2pm), social afternoon (Mon 2-4pm) and a lunch club (Thurs. Cost £4).

### **Oughtibridge Parish Church and Oughtibridge Chapel.**

Activities include:

- **Parent and baby group.** Oughtibridge Parish Centre. Weds 9.30-11am. Book your place at 🌐 [www.opc.or.uk/babies](http://www.opc.or.uk/babies).
- **Toddler Group.** Oughtibridge Chapel. Tuesday during term-time 10-11.30am. Book your place at 🌐 [www.opc.or.uk/toddlers](http://www.opc.or.uk/toddlers).
- **Oughtibridge Community Café.** Oughtibridge Chapel. Thurs 8.30-11am.

**Worrall Community Association.** 🏠 Worrall Memorial Hall, 49 Towngate Rd, S35 0AR. Runs the Young at Heart Afternoon Tea. Come along to enjoy good company, refreshments, quiz and a game of bingo. Alternate Fridays 1.30-3.30pm. Transport can be arranged from Worrall and Oughtibridge. Also runs Body Conditioning classes (Mon at 6.30pm), Yoga (Mon at 7.30pm), Pilates and Yoga (Tues at 11am), Hoopfit (Tues at 5.45pm), Line Dancing (Thurs at 7pm). Find out more at 🌐 [worrallcommunityassociation.co.uk](http://worrallcommunityassociation.co.uk).

**Bradfield Village Hall** 🏠 The Sands, Low Bradfield, S6 6LB. Runs Yoga (Mon at 10am), Meditation classes (Wed at 11.30am), parent and toddler group (Thurs at 9am). Find out more at 🌐 [bradfieldvillagehall.org.uk](http://bradfieldvillagehall.org.uk).

**Oughtibridge and District Lunch Club.** 🏠 Zion Church Hall, Langsett Rd South, S35 0GY. First and third Wednesday of the month 12noon-1.30pm. Call Sara 📞 0114 2864427 or Ann 📞 0114 286 4136.

**Oughtibridge Brass Band.** 📍 The Band Room, 10 Station Lane, S35 0HS. Email ✉ enquiries@oughtibridgebrassband.co.uk. Mon and Thurs 7.30-9.30pm.

**Oughtibridge Community Band.** 📍 The Band Room, 10 Station Lane, S35 0HS. Email ✉ trainingband@oughtibridgebrassband.co.uk.

**Deepcar Brass Band.** 📍 Deepcar Village Hall, Helliwell Lane, S36 2QH. Email ✉ enquiries@deepcarbrassband.org.uk. Mon and Fri 7.15-9.15pm.

**Waldershelf Singers** 📍 The Venue. Tues 7.30-9.30pm. Email ✉ web@waldershelfsingers.org.

**Kadampa Meditation.** 📍 The Venue 650 Manchester Rd, Stocksbridge, S36 1DY. Weds 12noon-1pm. Call 📞 0114 266 1142.

**Tai Chi Stocksbridge.** 📍 Inman Pavilion Moorland Drive, Stocksbridge, S36 1EG. Wu-style Tai Chi classes promoting good health for mind and body and an opportunity for friendly social interaction. Fri 11.30am-12.30pm. Call 📞 07966 720733.

**Christ Church.** 📍 Manchester Rd, S36 1DY. Hosts:

- **Stocksbridge and District Women's Institute.** First Wednesday of the month at 7.15pm. Email s stocksbridgewi@gmail.com.
- **Stocksbridge and Deepcar Townswomens Guild.** First Monday of the month at 7.30pm. Contact 📞 0114 288 2393, ✉ mgtd2@live.co.uk.
- **Wharnccliffe Side Women's Institute.** First Monday of the month at 7.15pm at Wharnccliffe Side Community Centre. Call 📞 0114 286 2281.

**Steel Valley Project.** 📍 Town Hall, The ARC, Manchester Rd, Stocksbridge, S36 2DT. Countryside management projects helping to improve the Upper Don area. Call 📞 0114 283 0880.

**Greave House Farm Trust.** 📍 New Hall Lane, Stocksbridge, S36 4GH. Email ✉ greavehouse@yahoo.co.uk. Provides Autism and Learning Difficulties support (Weds) and general volunteering days (Thurs).

**Blue Ball Inn.** 📍 320 Haggstones Rd, Worrall, S35 0PD. Runs a Friendship Club Weds 1-3pm and Musical Memories on Tour every second Wednesday of the month.

## South East Sheffield

In SE Sheffield there are two leading 'People Keeping Well' community organisations: **Manor and Castle Development Trust** and **Woodhouse and District Community Forum**. They work together with other local voluntary, community and faith organisations in their area to provide a wide range of activities for the community.

**Manor and Castle Development Trust.** 🏠 1st Floor, Park Library, Duke St, S2 5QP. Call 📞 0114 278 9999. Email ✉ info@manorandcastle.org.uk. 🌐 www.manorandcastle.org.uk.

***Delivers their 'People Keeping Well' health and wellbeing activities in: Manor, Castle, Wybourn, Woodthorpe, Park Hill, Granville, Arbourthorne, Norfolk Park.***

Manor and Castle Development Trust (MCDDT) provides 'cradle to grave' support to the local community, including access to employment, training, education and health and wellbeing. We work with our partners to give local people opportunities to contribute to their community whilst improving their own lives.

Our **Health and Wellbeing team** can help you access free support including:



Photo supplied by Manor and Castle Development Trust

- Our Health and Wellbeing Worker services. Providing support like help to eat well and move more.
- Physical fitness activities. We'll introduce you to social groups and activities.
- One to one support with housing benefits, finances, transport, attending appointments, making friends and getting more out of life.
- Dementia support. For people with dementia and their carers.

### Activities in our area:

**Health Walk** from East Bank Medical Centre. Mon 9.30-10.30am.

**Health Walk** from Dovercourt Surgery with Kellyanne. Thurs 11am-12noon.

For more information about the health walks call Kellyanne 📞 0114 278 9999.

**Springboard Wellbeing Café.** Provides safe and positive help for people with low level mental health conditions to get support on their journey to recovery. Mon 10am-12noon. Venues alternate between Manor Library, Ridgeway Rd and York House, City Rd. Call Monika 📞 07874 871792 to find out more and confirm the venue.

**Woodland Confidence Course.** For adults to improve self-esteem and strengthen a connection to nature. One morning per week for 8 weeks. Contact ✉ dianecairns@manorandcastle.org.uk, 📞 07946 436163.

**TakePART.** Online women's group. Weds 1.30-2.30pm. A weekly Zoom wellbeing session where women can take part in journaling and relaxation techniques. Contact Gemma 📞 07918 054945, ✉ gemmagervis @manorandcastle.org.uk.

🏠 **The Park Centre**, Samson Street, S2 5QT. Call 📞 0114 273 9611. Provides the following activities:

- **The Pantry Project.** An exclusive food club. For £3 a week, residents in Manor and Castle can access a whole range of benefits including: a weekly shop which has big names at small prices and free advice and support. Call us or call into Park Library or Park Centre and leave your contact details.
- **Line Dancing.** Arbourthorne Women's group. Mon 12noon-2pm. Call us and ask for Jackie.



- **Afternoon Tea.** For the over 50's. In the Park Centre & Library. Meet new people, have a chat and play bingo in a friendly atmosphere. Bring your lunch. Drinks provided. Mon 2-4pm.
- **Boxercise.** Classes are free and provided by Manor and Castle Development Trust to promote healthier communities. Fully qualified instructor. Tues 9.30-10.15am. Call Kellyanne 📞 0114 278 9999.
- **Kettlercise/Circuits and Abs classes.** Fully qualified instructor. Tues 10.30-11.15am.
- **Forget-me-nots singing group.** Open to everyone, no singing experience necessary. Build confidence and meet new people. Mon 5.15-6.15pm (refreshments from 5pm). Call Diane 📞 07946 436163.
- **Over 50's Table Tennis Club.** Beginners to experienced players welcome. Mon and Weds 10-11.30am. Cost £1. Contact Park Community Action 📞 0114 273 9611, ✉ parkcommunityaction@gmail.com.
- **Short mat bowling.** All equipment provided but please wear flat shoes. Up to 8 players at any one time. Typically 1-2 hour sessions. Recommended £1 donation per hour. Good fun and suitable for all! Contact Jackie 📞 0114 2739611 or email ✉ parkcommunityaction@gmail.com.

📍 **Arbourthorne Centre**, 33a Edenhall Road, S2 2LD. Call 📞 0114 278 9999. Runs:

- **Arts and crafts** activities. Free lunch at 1pm. Thurs 11am-1pm.
- **Boxercise Classes.** Fully qualified instructor. Mon 12.30-1.30pm.
- **Everyone's Singing Group.** Sessions are fun and inclusive. Taught by a professional teacher. It doesn't matter if you can't sing and no experience necessary. First session is free then suggested donation of £5. Thurs 2-3.30pm. Contact 📞 07719 230219, ✉ andybingham45@gmail.com.
- **Zumba.** Thurs 11.30am-12.30pm. Fully qualified instructor. Call Kellyanne 📞 0114 278 9999.

📍 **Flat 213**, Harborough Ave, S2 1QT runs the **Manor Park Breakfast Club**. Enjoy a hearty breakfast (cost £2.50) while meeting new people. Fri 9.30-11.30am. Call Stephen Johnson 📞 07908 832117.

📍 **The Spires Centre**, 600 East Bank Rd, S2 2AN. Runs:

- **Norfolk Park and Arbourthorne Men's Group.** Looking for things to do? Feeling lonely or isolated? Learn new things, healthy lifestyle tips and ideas, trips out and guest speakers. Mon 9.30-11.30am. Contact s michaelmckeown@manorandcastle.org.uk, 📞 0114 278 9999.
- **Spires Community Allotment.** No gardening experience needed. Weds 11am-1pm. Contact 📞 07552 719435, ✉ spiresallotment@gmail.com.
- **Rebound Classes.** A high intense workout using individual trampettes. Weds 5.15-6pm. Fully qualified instructor. Contact Errol 📞 07989 301097.

🏠 **York House**, 535 City Rd, S2 1GF. Echo sell pre-loved clothes and toys. Free hot drink for every customer. Mon 10am-2pm. Contact ✉ charlottehutton@manorandcastle.org.uk.

🏠 Manor Fields, City Rd, S2 1GF:

- **Park Run.** Register for free at [www.parkrun.org.uk](http://www.parkrun.org.uk), then turn up, run and have fun! If you don't want to run why not help others by volunteering. Sat at 9am.
- **Pram Push Fitness.** Meet at the City Rd entrance. Mon 11am-12noon. A great way for new parents to get back into doing some physical activity. Call Kellyanne 📞 0114 278 9999.

### **Memory, Dementia and carer support:**

All in your community! We can work together to enable you and your family to live your best lives in your local community.

Our support will focus on what's important to you. We can help you:

- to attend local community and city-wide activities
- to improve your wellbeing
- with practical support, advice and guidance.

If you're at all worried about your or someone else's memory, please call us for a chat – we can help. Call Nigel 📞 0114 265 5145 option 4, 📞 07918 054103 or email ✉ dementia@manorandcastle.org.uk. We also run the following dementia activities:

- **Victoria Centre Memory Café.** 🏠 Victoria Methodist Church, Stafford Rd, S2 2SE. For people experiencing some mild memory loss or diagnosed with mild to moderate dementia and their carers, family and friends.

A wide variety of activities to engage with and enjoy. The sessions are free to attend, but there's a small charge for refreshments (£1/person). Thurs 1-3pm.

- **Spires Café.** 📍 The Spires Centre, 600 East Bank Rd, S2 2AN. This is a dementia friendly social café for people with mild memory loss and people with mild to moderate dementia. It's a welcoming place for people in the local community to meet and share good times. We usually have a fun game and some light refreshments. Tues 1-3pm. Feel free to come along or you can register with Sheffield Community Transport 📞 0114 276 6148 and book a door to door trip to get you there and back.

**Norfolk Park TARA.** 📍 89 Guildford Ave, S2 2PP. Call 📞 0114 270 1191. Provides:

- Informal **Learn English group.** For people who have English as a second language but don't want to go on a formal classroom based course. Our volunteers are working with Kerry from SAVTE to provide this. Tues 10.30-11.30am.
- **Art and crafts for children** attending local schools (50 weeks a year!). Weds 3-5pm (held at St Leonards church).
- **Community coffee morning.** Seating will be provided inside and out (in one of our gazebos). Followed by a craft afternoon. A Drop-in session runs alongside our coffee morning and craft afternoon (for people who need to access computers, the internet, need help filling in forms, want help with a housing issue or other local issue). Thurs 10.30am-2.30pm.

**Food Project.** For local people to access food if they're in need. Fri 10.30am-1.30pm.

**A Friendship Lunch** for older people is held at Kathy's Tea Room. Manor Park Centre, S2 1WE. Every Monday. Call 0114 239 7206. This lunch is dementia friendly.

### **Woodhouse and District Community Forum.**

📍 2 Goathland Place, Woodhouse, S13 7TE.

Email ✉ mail@mywoodhouse.co.uk. 🌐 www.mywoodhouse.co.uk.

Our workers are:

Jackie 📞 07847 602613, ✉ Jackie@mywoodhouse.co.uk.

Janet 📞 07724 634359, ✉ janet@mywoodhouse.co.uk.

Liz 📞 07708 033166, ✉ liz@mywoodhouse.co.uk.

Lesley 📞 07586 823707, ✉ lesley@mywoodhouse.co.uk.

Norma 📞 07553 769231, ✉ norma@mywoodhouse.co.uk.

Nicola 📞 07586 974483, ✉ nicola@mywoodhouse.co.uk.

***We deliver our ‘People Keeping Well’ health and wellbeing activities in: Woodhouse, Bighton, Hackenthorpe, Westfield, Owlthorpe, Halfway, Bighton, Waterthorpe, Sothall, Mosborough, Charnock, Base Green, Birley, Richmond, Hollins End.***

Woodhouse and District Community Forum has experience of delivering a programme of health and well-being activities for over 10 years. We focus on all areas of health and well-being: emotional, physical and mental. We offer: volunteering, Health and Wellbeing Practitioners, Link Workers, Mental Health Worker, healthy activities, Woodhouse Community Library and community garden project.

You can refer into our activities through: your nurse, GP or Community Support Worker. You can also self-refer through our website or give us a call.

We organise a wide range of events, activities and training courses. Our events and training courses cater for a wide range of people from activities specifically for youngsters to training courses tailored to suit adults.

And now after more than 15 years in the planning we are so pleased and excited to see our brand new Community Hub nearing completion! Our Community Hub will house your new library together with all our WDCF services including adult learning, community dementia advice service, community mental health support, health and well-being support, social groups and much more to come!

### **Our activities:**

#### **Adult Community Education.**

Beginners accredited and non-accredited classes:



- **Essential Digital Skills.** A blend of classroom and distance learning. An Entry 3 or Level 1 course. Digital equipment is required. One 3 hour session per week.
- **Yoga.** Weds 10-11.15am (at Christchurch Hackenthorpe) and 7.30-8.45pm (online via Zoom).
- **Tai Chi.** At St James' Church Hall, Woodhouse. Tues 3.30-4.30pm.

We run many other courses including: Emergency and Paediatric First Aid, flower arranging, cooking on a budget, smartphone photography. Contact Jackie or Liz for more information.

### **Health and wellbeing activities:**

#### **Chairobics to music:**

- 📍 Newton Croft, 26 Chapel St, Woodhouse, S13 7JN. Mon 3-4pm.
- 📍 St James Church Hall, Tithe Barn lane, Woodhouse, S13 7LL. Weds 1-2pm and Fri 11am-12noon.
- 📍 Westfield Community Centre, S20 8ND. Mon 12noon-1pm.



Photo supplied by WDCF

🏠 St Catherines Church, 383 Richmond Rd S13 8LT Weds 11.30am-12.30pm.

🏠 Blackberry Hamlet, Mosborough, S20 4TD. Weds 10-11am.

🏠 Spa View Church, Hackenthorpe, S12 4HD. Thurs 11.15am-12.15pm.

First session free then £2/session. Contact Lesley or Nicola.

**Dance Fit.** 🏠 St James' Church Hall. Weds 1-3pm (cost £3).

**Early Years Toddler Walk/Pram Push**, Weds 10-11am. Contact Nicola or Lesley. Meet at Shirebrook Valley car park.

**Intergenerational Walk.** Weds at 11am. Meet at Shirebrook Valley car park. Contact Don@mywoodhouse.co.uk.

**Woodhouse Community Garden Project.** 🏠 Victoria Allotments, off Sheffield Rd, Woodhouse. We are always looking for volunteers to work in our community garden. you can contribute to your community with your practical skills, make new friends and experience the camaraderie of working with other like-minded people. Or you can just come and enjoy the gardens! Garden project opening times: Mon, Weds, Fri and Sun 10am-1pm. ✉ communitygarden@mywoodhouse.co.uk.

**Wellbeing Wednesday – Community Mental Health Support.**

11am-1pm. Email ✉ Janet@mywoodhouse.co.uk.

### **Dementia activities:**

**Community Dementia Advice Service.** If you or someone you know has recently been diagnosed with dementia the SE Sheffield Community Dementia Advice Service is ready to help. We'll tell you about dementia friendly activities and groups going on in the neighbourhood. These include: chair-based exercises, dancing, Woodhouse allotment, signposting to get your financial affairs in order, dementia cafes, lunch clubs, Sporting Memory groups. Email Lesley for more information.

We also run a range of face to face dementia friendly and carers support activities across the SE of the city:

#### • **Friendship Lunches:**

🏠 Beighton Miners Welfare, 52a High St, S20 1ED. First Thursday of the Month 12noon-2pm (cost £5 per person. You must pre book).

🏠 Elmwood Farm. Old Colliery Way, Beighton, S20 1DJ. Last Tuesday of the month. Call 0114 287 8098.



These lunches are dementia friendly.

- **Dementia Cafés:**

- 🏠 At the Salvation Army, Woodhouse. Every fourth Monday of the month 10am-12noon.

- 🏠 Centre Spot, Base Green, Fortnightly on a Wednesday 1-3pm.

- 🏠 Bighton Miners Welfare. Every 3rd Thursday of the month 12noon-2pm. £1 donation.

- **Carers Support Zoom.** Mon 2-3pm. Please get in touch for the next available date.

- **Women's Social** (dementia friendly). At St James' Church Hall, Woodhouse. Tues 10.30-11.30am. £1 donation.

- **Woodhouse Quiz Group** (dementia friendly). At Salvation Army, Woodhouse. Thurs 10.30am-12noon. £1 donation.

All the groups are free to attend. Email Nicola or Lesley.

We also offer free telephone **Health and wellbeing / befriending phone calls:**

- chat to someone
- get a bit of one to one support
- share your experiences as a person with dementia or as a carer.

For more information or to register your interest contact Nicola or Lesley.

**Dementia Friends training.** Do you want to help create a more dementia friendly community? Would you like to become a Dementia Friend? Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. We can deliver free sessions to suit your needs (the sessions are around 1 hour). For more information contact Lesley, Norma or Nicola.

## South West Sheffield

In SW Sheffield there are five leading 'People Keeping Well' community organisations: **Age UK Sheffield, Heeley Trust, Heeley City Farm, Shipshape and the Terminus Initiative**. They work together with other local voluntary, community and faith organisations in their area to provide a wide range of activities for the community.

**Age UK Sheffield.** 🏠 First Floor, South Yorkshire Fire and Rescue, 197 Eyre St, S1 3FG. Call 📞 0114 250 2850. Email ✉ enquiries@ageuksheffield.org.uk. 🌐 www.ageuk.org.uk/sheffield.

***Age UK Sheffield runs a citywide service but delivers their 'People Keeping Well' health and wellbeing activities in: Dore, Totley, Bradway, Endcliffe, Fulwood, Ranmoor, Broomhill, Greystones, Nether Edge, Bents Green, Brincliffe, Ecclesall, Whirlow, Abbeydale.***

Age UK Sheffield offers a citywide **Information and Advice Service**. This is a free and confidential service for people aged over 50, their families and their carers. The service meets the Age UK Information and Advice Quality Programme and the Advice Quality Standard. We can help with:

- benefits checks
- consumer advice
- housing support and advice
- non-residential care
- money matters
- legal matters
- health and disability support and advice.

We also have an **Independent Living Co-ordination (ILC) service**. It's a service that can help you with anything that's impacting on your ability to live independently at home with a good quality of life. This can be things like aids and adaptations for your home, increased benefits where eligible, or connecting you up to local activities and transport. To access our services you can call us during normal office hours. Our Information and Advice Officers are available on the phone Mon-Fri 9am-4.30pm. Or you can email us. Our contact details are above. Unfortunately, our office is currently closed to visitors due to Covid-19.

## Activities in our area:

**Community Wellness Service.** Classes delivered by specialist instructors. Call 📞 0114 553 7807:

- **Coffee and chair aerobics.** 📍 Bradway Community Hall. Mon at 10.30am.
- **Coffee and chair aerobics.** 📍 Dore Methodist Hall. Mon at 1pm.
- **Strength and Balance class.** 📍 Dore and Totley URC. Mon at 1pm and Weds at 10am.
- **Gentle Exercise Circuit class.** Delivered by Zoom. Weds at 2pm and Weds at 10am.
- **Chair aerobics.** 📍 Totley Library. Thurs at 12noon.

**Dore and Totley URC.** Runs a coffee morning. First and third Monday of the month. Call 📞 07929 720977.

**St Augustin's Church, Endcliffe.** Runs a Dance to Health class on Mondays and Wednesdays. Email ✉ Ejenyjohnson@ae-sop.org.

**Totley Rise Methodist Church.** Runs a Knit and Natter session Tues 1-3pm. Call 📞 0114 235 1138.

**Totley All Saints Church.** Runs a Natter Coffee Morning in Totley Library. Thurs at 10.30am.

**Age UK Sheffield** run the following 'People Keeping Well' activities:

- **Dore and Totley Rosemary Memory Café.** Online chat, quizzes, live singers and more, for people living with dementia and their carers. Tues 3-4.30pm.
- **Dore and Totley Rosemary Memory Café.** 📍 Dore Methodist Church. Quizzes, live singers and more, for people living with dementia and their carers. Tues 2-4pm.
- **Fulwood Memory Café.** 📍 Fulwood Scout Hut. Chat, quizzes, live singers and more, for people living with dementia and their carers. Tues 10am-12noon.
- **Bents Green Memory Café.** 📍 Bents Green Methodist Church. Chat, quizzes, live singers and more, for people living with dementia and their carers. Thurs 2-4pm.

For all the memory cafes email Eliza ✉ Eliza.Groark@ageuksheffield.org.uk or call 📞 07384 833594.



Photo supplied by Age UK  
(Singing Teapots Choir)

- **Singing Teapot Choir.** 📍 Dore and Totley URC. Second and last Tuesday of the month (10am for coffee, 10.30am singing begins).
- **Cosy Creatives.** Online creative writing sessions delivered by a trained art therapist. Mon 2-3pm. Email ✉ Joanna.Woodward@ageuksheffield.org.uk or call 📞 0114 250 2850 for details about the choir or writing sessions.
- **Connecting with Nature for Wellbeing.** 📍 Cross Scythes PH. Delivered by Caroline Cook, horticultural therapist. Mon at 11am and Fri 10.30-11.30am. Caroline also offers Forest bathing/Nature mindfulness in Graves Park monthly on a Saturday. Email ✉ caroline@wellwithnature.co.uk or call Age UK 📞 0114 250 2850. Visit 🌐 [www.wellwithnature.uk](http://www.wellwithnature.uk).
- **Table Tennis** organised by Jan at 📍 Bradway Community Hall. Thurs at 3pm and Fri at 7pm. Call 📞 07787 954 842 or 0114 418 6463 to book a place.
- **Hammer & Pincers Friendship Lunch.** 📍 Ringinglow Rd, S11 7PW. Costs £10. Held Monthly on a Tuesday 12noon-2pm. Email ✉ kathymarkwick@googlemail.com.
- **Coffee on the Corner.** 📍 Baslow Rd, S17 4DU. Held every Wednesday. This is different to the 'normal' Friendship Lunches in that it is weekly, with no set price/menu/live entertainment. Guests can therefore just call in and have a drink and/or lunch.

- **Shepley Spitfire Friendship Club.** 📍 Mickley Lane, S17 4HE. Two course meal and live entertainment. Cost £10. Held on the last Friday of the month. To book call 📞 0114 236 0298
- **Community Journalism.** For people wanting to learn how to write articles for local publications or just for their own enjoyment. Weds 6-8pm. Call 📞 07854 751932 or email ✉ reaneywrites@gmail.com.
- **Sporting Chatter** at Totley Library. Every other Friday. Email ✉ Joanna.Woodward@ageuksheffield.org.uk.

**Sheffield Carers Centre** runs the following activities:

- **Carers Café.** First and third Wednesday of the month at 10am.
- **Carers Café and Quiz.** Second Friday of the month at 10am.
- **Short Stories.** Listen or bring your own story to share. Second Thursday of the month at 2pm. Email Jan ✉ jan@sheffieldcarers.org.uk.

**ShipShape.** 📍 The Stables, Sharrow Lane, Sheffield S11 8AE. Call 📞 0114 250 0222 or 07843 552713 (leave us a text). Email ✉ info@shipshape.org.uk. 🌐 [www.shipshape.org.uk](http://www.shipshape.org.uk).

***Delivers their 'People Keeping Well' health and wellbeing activities in: Sharrow, Broomhall, City Centre.***

ShipShape is a community-based organisation delivering responsive services to tackle health and inequality amongst the most deprived communities across the neighbourhoods of Nether Edge, Highfield, Sharrow, Abbeydale, Broomhall and city centre.



Photo supplied by ShipShape

We run free and low-cost group and one to one services to support people within the community to improve their own health and wellbeing.

We also have a healthy living centre for local people and partners providing:

- services for people with dementia and their carers
- volunteering opportunities
- counselling service tackling low level mental health
- Diabetes self-management and chronic pain programmes
- support for men's health and suicide prevention
- sport and physical activities
- cooking on a budget sessions
- A&E courses - help to use the appropriate health services when you're feeling unwell
- co-production workshops/asset mapping events for local people
- learning centre.

**Health and Wellbeing Coaches.** Our coaches engage with local people to improve health and wellbeing and to change behaviours to achieve individual goals and to help people lead healthier lifestyles. This support is free, confidential, and tailored to individual need. Language support available - Urdu, Punjabi, Hindi. We offer:

- up to 6-8 sessions on a one-to-one basis
- working to set your own health goals
- support to manage your long-term health conditions like diabetes, chronic pain, mental health
- mini health checks. Weight, height, BMI, body mass percentage, waist circumference, blood pressure
- support, encouragement, and motivation
- identifying groups or activities in your local area
- referral to other services and activities.

We offer support: face to face at GP practices (Hanover/Devonshire Green MC / Porterbrook MC / Sharrow Lane MC / Matthews Practice /



Sloan MC / Blackstock MC /The Mulberry Practice), at local places, phone support and outdoor walk and talk sessions are also being offered. Ask your GP to refer you to our coaches. Face to face appointments at Sloan and Black Stock Medical Centre are available.

**Community Hub Line.** For a free, confidential chat with our Shipshape health and engagement team who are here to help. Receive up to date information on Covid or any other support required. Language support available: Urdu, Punjabi, Arabic, Hindi, Bengali. Mon-Fri 11am-2.30pm.

**ShipShape Community Food bank.** Running in partnership with S6 foodbank to support local individuals and families who are in a crisis. Providing weekly food packs and support to combat poverty and hunger amongst our most vulnerable communities. The food bank provides a hub of wrap round services: benefit and advocacy support, employment and training support, health and wellbeing support, counselling. Call our Hub line 📞 0114 321 0733 or 0114 250 0222.

### **Our activities:**

**Health Checks.** We will give you a 15 minute health check followed by one to one support. This will include weight, height, BMI, body fat percentage and blood pressure checks. Mon-Thurs 10am -2pm (by appointment only).

**Men's Diabetes Café.** Practical activities and information on diabetes self-management. Exercise, board and card games, guest speakers and health checks.

**Diabetes Education Programme** for women. 6 week self-management programme to support people to understand what diabetes is and how to better manage it. Practical session, cooking demos, exercise, health checks, setting own goals. Delivered in Urdu/Punjabi/Hindi.

**Helping Hand Support Group.** Monthly social wellbeing group for Asylum Seekers and Refugees. A range of fun and creative activities, information and advice, signposting to relevant and more specialised services. Last Friday of the month.

### **Dementia and Carers service:**

- **Community Men's Café.** Once a month drop-in to have tea/coffee and advice on dementia. For carers and people with dementia (men only). First Monday of the month 11am-12.30pm.

- **Recharge your batteries.** Face to face session for women who are carers. A variety of activities like: chair-based stretching exercise, hand massage and special guest visits! Last Monday of the month 11am-12noon.
- **One to One phone support.** For people who have dementia and their carers. Every 2nd Monday of the month.

**Chair Aerobics and keep fit class** for women. Chair-based stretching exercises to music. Come and get active with us! Weds 10.30-11.30am. Delivered in an outdoor space at the ShipShape Centre.

**Bollywood Dancing** for women. Join us and dance to your choice of music on the last Wednesday of the month 10.30-11.30am. At ShipShape Centre.

**Women and Girls Community Sport Hub.** Empowering women and girls through sport and physical activity. Runs during term-time. To register get in touch with us. Activities include:

- Desi Football
- Tennis. We're bringing tennis into the heart of our local communities to people who may have never picked up a racket or thought tennis was for them
- Cricket
- Bolly-Cricket (Bollywood Bhangra and cricket). A fun filled 90-minute session for women developed by Bhangra Blaze
- Rounders
- Cycling. Learn how to ride a bike
- Multi-Sport Activity days.

**Broomhall Women's Health Group.** 📍 Broomhall Centre, Broom Spring Lane, S10 2FD. A range of fun and creative activities for women in Broomhall. Sewing, information sharing, cultural dancing. Dementia Information Hub and health checks. Our Development Worker hosts an Information and Advice drop-in. Contact our Development Worker at ShipShape for more information on local support that's being offered, Tues 11am-2.30pm at Broomhall Centre.

## Men's services:

- **Walking Football** for Men. 🏠 U-Mix centre, 17 Asline Rd, S2 4UJ. Tues 1-2pm. Contact us to book your place.
- **Men's Community Cycling.** Weekly cycling sessions. Come and learn how to ride a bike and find new routes around Sheffield. Tues 11am-12.30pm. Contact us to book your place.
- **Men's Health and Wellbeing Open Day.** Social group offering a range of activities and information. Coffee morning, games, health checks, speakers, walks, walking cricket. Mon 10am-1pm.

## Community Learning Hub at ShipShape. We offer:

- English Conversation Class. In partnership with SAVTE. Women only. Thurs 11am-12noon.
- Computer Class. Thurs 12noon-1pm. (call to find out more).
- Online training opportunities.
- **Employability Support.** Are you looking for work? if you're unemployed and struggling to find work our key workers at Employers Forum can make a difference. A range of support is available: one to one support, job applications, CV writing, job search, interview tips, work experience and confidence building. Call to book an appointment 📞 0114 258 5000 or email ✉ info@theemployersforum.org.uk.

## ShipShape Community Kitchen:

- **Breakfast Club.** Come along and have some breakfast with us, join in activities, find out about our services and support available. Fri 10-11.30am. You can just drop-in!
- **Cooking on a budget.** Come along and learn recipes, skills, tips and tricks that help you to cook on a budget. With affordable, local and seasonal ingredients as well as homegrown produce. Thurs 10am-12noon (a 6 week programme).

**ShipShape's Garden based Project.** Come along and let's get started creating our green space. Donations welcome. Weds 12.30-2pm.



Photo supplied by Heeley Trust

**Heeley Trust.** 📍 Meersbrook Hall, Brook Rd, S8 9FL. Call 📞 0114 399 1070. Email ✉ info@heeleydevtrust.com. 🌐 www.htcommunityhub.org.

***Delivers their ‘People Keeping Well’ health and wellbeing activities in: Highfield, Heeley, Gleadless Valley, Meersbrook.***

Heeley Trust is a community anchor, a charity working in Heeley and Gleadless. We’re a local employer with a team of local staff and even bigger team of local volunteers. We’re committed to this area and the wellbeing of the people who live here. We believe in the power of people working together to change where they live for the better and we are determined to keep doing more. Heeley Trust has been working for the last 25 years to improve public spaces, save historic buildings for the community and deliver all kinds of projects for the people who live here and beyond.

We provide a **Social Prescribing service** through four Link Workers: Ben, Matthew, Maxine, and Jenna. The Link Workers provide support and offer signposting to community groups and statutory services, benefiting people’s physical, emotional and mental health. Social prescribing supports a wide range of needs, including mental health, loneliness, isolation, and financial exclusion. To make an initial appointment with one of our Link Workers, you can be referred by your GP practice (within the Heeley Plus Primary Care Network) or by another

agency if you live locally in or around Heeley. Alternatively, you can self-refer by calling or emailing us.

### **Our services and activities:**

All activities are free unless specified.

**Heeley Institute.** 📍 147 Gleadless Rd, Heeley, S2 3AF.

Hosts everything from fitness classes to pop-up restaurants, a resource for residents and fledgling businesses alike. To hire email

✉ info@heeleytrust.org.

### **Heeley Trust Community Hub activities:**

- **Link Worker service.** One to one support to access health, wellbeing and community services. Call to book or drop-in Tues 1-3pm at Heeley Green Community Centre.
- **Health and wellbeing activities**
  - Wellness Walks. Walk locally with others. Various days from 10.30am.
  - Nature Natter. Walk, nature activities and a cuppa. Weds at 11am. Meet at Newfield Green Library.
  - Family Woodland Sessions. Held on some Saturdays.
  - Men's Make Something. Creative Workshops. Tues 11am-12.30pm at Heeley Green Community Centre.
  - Craft Group. Mon 12noon-2pm at Newfield Green Library.
  - Coffee Morning. Fri 10am-12noon at Newfield Green Library.
  - Toddler Time. Sessions for children and a carer. Fri 1-2pm at Newfield Green Library
- **Food and Exercise**
  - Community meals. Come, make, eat together. Free. Monthly on a Thursday. Call to book
  - Eat Healthy, Be Healthy. Tips and support with weight management for everyone! Every other Wednesday at 11am.
  - Zumba. Women only. Tues. Cost £1.
  - Swimming classes. Women only. Fri. Cost £2.
  - Chairobics. Chair based exercise. Mondays at Newfield Green Library. Contact the team on 📞 0114 399 1070.

- **Live well with Dementia.** Support groups, weekly activities and events for those living with dementia and their carers. Includes Activity Cafe. A fortnightly group with activities and refreshments. Also a Carers Wellbeing group including walks around Meersbrook Park (there is access to toilets). Call Grace 📞 0114 399 1070.

- **Courses and workshops:**

**IT help and advice.** Contact Toni on 📞 0114 399 1070:

- Computer Access: Mon, Tues and Thurs at Meersbrook Hall; Mon, Tues and Fri at Newfield Green Library; Tues and Weds at Heeley Green Community Centre.
- IT Basics course. 6 week block.
- **Volunteering.** We offer a variety of different opportunities to suit different interests and availability:

- Dementia Champion
- Digital Champion
- Outdoor Volunteer
- Park Ranger Volunteer (Mon 10am-1pm)
- Community Hub volunteer
- leaflet delivery.

Call Samantha on 📞 0114 399 1070.

### Other activities in the area:

**St Paul's Church and Centre.** 📍 6 Angerford Ave, Norton Lees, S8 9BD. Runs the following activities:

- In the Upper Hall: Diddi Dance, young persons' dance classes (Tues 10.30-11.45am and Sat 10-11.15am, term-time); Sew, Knit and Natter (fortnightly on a Monday 10.30am-12.30pm); Slimming World (Weds at 5.30pm).
- At the Meeting Place: Chairobics (Thurs 2-3pm); TLC, a support group providing tea and love for our community (Tues 2.30-3.30pm); The Rock Project, a music school for young people (Mon 4.30pm, term-time).
- In the Old Vestry: Norton Lees Local History Group (2nd Tuesday of the month 7.30-9pm).



- In the Nave: Norton Lees Ladies Group (1st Wednesday of the month 7.30-9pm); St Paul's Tots, for babies, toddlers and their carers (Mon 10am-12noon).

Contact Peter Franklin 📞 0114 255 4441, ✉ [peter@franklinphsl.plus.com](mailto:peter@franklinphsl.plus.com).

**Heeley City Farm.** 📍 Richards Rd, S2 3DT. Call 📞 0114 258 0482.

Email ✉ [info@heeleyfarm.org.uk](mailto:info@heeleyfarm.org.uk). 🌐 [www.heeleyfarm.org.uk](http://www.heeleyfarm.org.uk).

***Delivers their 'People Keeping Well' health and wellbeing activities in: Gleadless Valley, Gleadless, Heeley, Hemsworth, Norton.***

Heeley City Farm is an inner-city farm providing a range of activities for all, including employment, play, youth work, youth and adult training, education, health and therapeutic services, day care for adults with learning disabilities, older peoples' activities and heritage projects. We also offer a variety of volunteering and training opportunities.



### **Our activities:**

**Volunteer gardening sessions.** You can get as involved as you like, do as little or as much as you want. All tools provided, no experience necessary. If you're interested email ✉ [volunteer@heeleyfarm.org.uk](mailto:volunteer@heeleyfarm.org.uk), saying which site you'd like volunteer on:

- Heeley City Farm main site. Sat 10am-3pm.
- Wortley Hall walled garden. Tues, Thurs and Fri 10.30am-4pm.
- Gleadless Valley Methodist Church Food Bank garden. Fri 11am-1pm.
- Norfolk Park Community Garden. Weds 10.30am-4pm.
- Firth Park Community Allotment. Weds-Thurs 10am-2.30pm.
- Herdings Community and Heritage Centre. Tues and Thurs morning -12noon.

**Dementia Friendly Farm Days.** Offering people living with dementia and their carers/supporters a variety of experiences on the farm. Weds

11am-12.30pm and 2-3.30pm. Spaces are limited and must be booked in advance. Email ✉ [susie@heeleyfarm.org.uk](mailto:susie@heeleyfarm.org.uk).

**Frontotemporal Dementia (FTD) Carers/Supporters Group.** A relaxed, supportive and confidential group for carers/supporters of people living with this rare form of dementia. Second Tuesday of the month. For more information email ✉ [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk).

**Walking Football.** 📍 U-Mix Centre. 5-a-side walking football game run in partnership with ShipShape. The group is mixed and all abilities are welcome! Tues 1-2pm. For details visit 🌐 [www.shipshape.org.uk/walking-football](http://www.shipshape.org.uk/walking-football).

**Farm to Fork Cooking Sessions.** 📍 Heeley Energy House, Heeley City Farm. Increase your knowledge and confidence in creating healthy dishes on a limited budget. Mon 10.30am-12.30pm. Email ✉ [dawn.young@heeleyfarm.org.uk](mailto:dawn.young@heeleyfarm.org.uk).

**Connect and Keep Well.** 📍 Terry Wright Community Hall. A health and wellbeing drop-in social café. The 4th Monday of the month 1-2.30pm. Email ✉ [dawn.young@heeleyfarm.org.uk](mailto:dawn.young@heeleyfarm.org.uk).

**Herdings Garden Social Café.** 📍 Herdings Community and Heritage Centre. £2.50 per session. Pop in for a chat, refreshments, games, gentle exercise or crafts. Tues 10am-12noon and Thurs 12noon-2pm.



Photo supplied by Heeley City Farm

Email ✉ kim.young@heeleyfarm.org.uk.

**Dementia Friendly Farm Visits.** Visits to the farm for people living with dementia and their families. Ad-hoc sessions. Book in advance. Email ✉ lee@heeleyfarm.org.uk.

**Mind Detox and Emotional Hygiene Sessions.** 📍 Heeley City Farm. Mental health wellbeing sessions. Fri 1-3pm. Email ✉ mohan.babu@heeleyfarm.org.uk

**Energy/fuel poverty advice and support.** One to one support and advice with managing your energy bills (including making sure you've got the most cost-effective supplier), adopting energy-saving behaviours, and low cost adaptations to your home to increase energy efficiency. For more information email ✉ sharon.syec@heeleyfarm.org.uk.

**Terminus Initiative.** 📍 240 Lowedges Rd, S8 7JB. Call 📞 0114 237 8540. 🌐 [www.facebook.com/TheTerminusInitiative](http://www.facebook.com/TheTerminusInitiative)

***Delivers their 'People Keeping Well' health and wellbeing activities in: South, Batemoor, Jordanthorpe, Lowedges, Bradway, Greenhill, Beauchief and Woodseats.***

Currently we try to help as many people as possible in the Lowedges, Batemoor and Jordanthorpe areas. Almost everything we do is free and everyone's welcome! We can help with physical and mental health, feelings of loneliness and isolation. We understand that coming to a group for the first time can be daunting, so call Joy 📞 07599 010452 for a chat! Or email ✉ joy@terminusinitiative.org.

We run the following activities:

- **Walk and Talk.** 📍 The gates to Greenhill park, Lowedges (Gresley Rd). Tues at 11am. Just turn up.
- **Women's conversation club.** 📍 Michael Church, Lowedges Rd, S8 7LD. Tues 1-3pm. Call Joy to book.
- **Carers group.** 📍 Jordanthorpe Centre, S8 8DX. Thurs 1-2.30pm. Call Joy to book.
- **Crafty corner.** 📍 Lowedges Community centre, Gresley Rd, S8 7HL. Fri 10-11.30am. No booking required.

📍 **The Meeting Place.** 240 Lowedges Road, Sheffield, S8 7JB:

- Tiddlypeeps parent and toddler group. Tues 10am-12noon.

- Singing for wellness. Thurs 10am-12noon.
- Friday fellowship. Fri 12.30-2pm.
- Holistic Wellbeing and Spirituality. Fri 10-11.30am.
- Store Cupboard Food Distribution. Thurs 12noon-12.30pm.

Call Elaine to book activities at the Meeting Place ☎ 07926 787806.

- Lowedges Library service. Mon 9am-12.30pm, 1.30-4.30pm; Weds 10am-12.30pm, 1.30-5pm. Activities include: Breakfast for parents after school drop off (Mon at 9am); Storytime for 0-4 years (Mon at 10am); Coffee morning (Weds from 10.30am); After school board games club (Weds 3.30-5pm).

**Jordanthorpe Library.** 📍 15 Jordanthorpe Centre, S8 8DX. Call ☎ 0114 327 3400 or email ✉ info@jordanthorpelibrary.org.uk. Provides a safe space at the heart of the community with a range of activities such as: Story Time, Citizens' Advice, craft group etc.

**Meadowhead Christian Fellowship (MCF).** D Units 2 and 3, Jordanthorpe Centre, S8 8DX. Call ☎ 0114 237 5700 or email ✉ info@mcfchurch.co.uk. 🌐 www.mcfchurch.co.uk.

The church is at the heart of the Batemoor and Jordanthorpe estates with Sunday morning worship at 10am. Runs a wide range of activities, groups and services:

- **Toddler group.** Mon 10-11.30am (term-time). Held in Unit 3.
- **Lilies Clothes Bank.** For people in need. Provides clothing for children, (including school uniforms) and adult men and women. Mon 1.30-3pm. Held in Unit 3.
- **Impact! Kids Club.** For children in Y1-Y6. Lots of games, crafts, songs and Bible stories. Mon 5.15-6.30pm (term-time), Held in Unit 3.
- **Zumba and Pilates.** Run by a qualified instructor. Mon 6-8pm. Zumba held in Unit 2 at 6pm and Pilates in Unit 3 at 7pm.
- **Grace Foodbank collection point.** With Citizens' Advice. Tues 10am-12noon. Held in Unit 3.
- **Sparrows' Nest Café.** Our community café. Weds 10am-2.30pm. Call ☎ 07719 865994. Held in Unit 2.
- **Pilates.** Run by a qualified instructor. Thurs 9.30-10.30am. Held in Unit 2.

- **Drop-in.** A great place to call in for a drink and a chat. Thurs 10am-12noon. Held in Unit 3.
- **Edge Centre** – runs alongside the drop-in. You can talk to one of the team for advice on benefits, debts, housing problems and form-filling. We can then arrange a confidential video chat with an adviser. This service is completely free and no need to make an appointment. For more information email ✉ [edgecentre@mcfchurch.co.uk](mailto:edgecentre@mcfchurch.co.uk) or call ☎ 07835 767873.
- **Parish Nursing Clinic.** An experienced registered nurse works alongside the local church and other health care providers to offer whole person health care. Including: health promotion and health advice, as well as spiritual care and support for people in their time of need. No need to book an appointment. Alternate Thursdays 10am-12noon. Held in Unit 3.
- **Seated Pilates.** Run by a qualified instructor. Thurs 12noon-1.45pm. Held in Unit 3.
- **Carers' Support Group.** Delivered by MCF in partnership with The Terminus Initiative. Provides a range of activities and information for carers. No need to book, just come and join us. Alternate Thursdays 1-2.30pm. Held in Unit 2 one week and The Meeting Place in Lowedges the following week. Call ☎ 07599 010452 for details.

**Peak Edge Social Prescribing.** A Social Prescribing service that covers Avenue Medical Practice, Baslow Road and Shoreham Street Surgery, The Meadowhead Group Practice and Woodseats Medical Centre. This service is funded by Peak Edge PCN and is managed by Age UK Sheffield, South Yorkshire Housing Association and Sheffield Futures. The service has 3 Social Prescribers targeting different age groups (under 18's, 18-50 years and people over 50). They can help with a range of social issues including housing problems, accessing food, benefits, loneliness and much more. The Social Prescribing Advisors can support patients to unpick matters affecting their wellbeing and achieve personal goals. They have links to the local community, resources and time to spend with patients to make an action plan which builds on 'what matters to you'.

If one of these is your GP surgery, you can ask your GP to refer you to the service.

# Health and Wellbeing

## Citwide activities

### Stop smoking

**Yorkshire Smokefree** provides expert NHS advice and support for anyone who wants to stop smoking. Their friendly experts will help you find the best way to quit and provide support throughout your journey, so you're smoke-free in no time. 🌐 [sheffield.yorkshiresmokefree.nhs.uk](http://sheffield.yorkshiresmokefree.nhs.uk). 📞 0800 612 0011 (free from landlines), 0330 660 1166 (free from most mobiles).

See also Zest's stop smoking service on p12.

### Alcohol support

The Alcohol Service is your first stop for support with alcohol. They can help assess your drinking habits and give you advice and support to change them. They can also provide support if you're affected by someone else's drinking. Call for an appointment or drop-in at 🏠 42 Sidney St, S1 4RH, Mon-Fri 9am-5pm (walk-ins will be seen up to 4.30pm). Open to 8pm on alternate Wednesdays and Thursdays for planned appointments. Call 📞 0114 305 0500. You can also call this number for free **drug support**.

### Gambling support

For support with gambling contact Gamcare. Call 📞 0808 8020 133. 🌐 [www.gamcare.org.uk](http://www.gamcare.org.uk).

### Healthy eating and weight management

For self-help tools and information on healthy eating visit the NHS Choices website 🌐 [www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well).

**Live Lighter Sheffield.** Offers free weight management sessions across the city for all. Including: eating well, portion sizes, emotional / comfort eating, food labelling. 🌐 [www.livelightersheffield.com](http://www.livelightersheffield.com) or call 📞 0114 270 2043.

### Mental Health

Sheffield's **Mental Health Guide** is online and is delivered by local charity Sheffield Flourish. It's a directory of mental health support services and activities. 🌐 [www.sheffieldmentalhealth.org.uk](http://www.sheffieldmentalhealth.org.uk).

You can call 📞 0114 273 7009 or email ✉ [mhguide@sheffieldflourish.co.uk](mailto:mhguide@sheffieldflourish.co.uk)



if you need help being referred to the right support for you.

**Sheffield MIND** offers support for people with mental health problems, including: counselling and therapy services, practical and emotional support, peer support and a listening line for adults 18+ (call 📞 0114 312 2209 Mon-Fri 10am-4pm). See MIND's contact details on p55.

Are you feeling stressed, down, worrying more often, tired? **Sheffield IAPT** can help. They can also help you to live well with chronic pain and long-term conditions. They run stress and wellbeing sessions, have self-help materials, provide one to one therapy and employment advice. Some wellbeing sessions are translated into Urdu and Arabic.

🌐 [www.iaptsheffield.shsc.nhs.uk](http://www.iaptsheffield.shsc.nhs.uk). 📞 0114 226 4380.

**Cruse** is a national charity which provides bereavement support.

Call 📞 0114 249 3328 or email ✉ [sheffieldbranch@cruse.org.uk](mailto:sheffieldbranch@cruse.org.uk).

**Andy's Man Club.** 🏠 Community Rooms, Fire Station, Eyre St, S1 3HU and 🏠 The Limes Community Centre, Lime St, Beighton, S20 1BL. Drop-in for men to socialise and discuss mental health issues if they wish. Mon 7-9pm. 🌐 [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk). ✉ [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk).



## Dementia support

**Dementia Advice Sheffield** is the first point of contact for any non-clinical dementia-related query from a person living with dementia or their family carer. Our specialist dementia advice workers will signpost you to the best source of information to meet your specific needs, including dementia resources and dementia groups and services in your local community which can provide ongoing support. Call 📞 0114 250 2875 or visit 🌐 [www.ageuk.org.uk/sheffield/our-services/dementia-services](http://www.ageuk.org.uk/sheffield/our-services/dementia-services).

The Sheffield Dementia Involvement Group, also known as **SHINDIG**, is a city-wide forum that meets four times a year (with a social lunch) to provide opportunities for people living with dementia in Sheffield (and their family and carers) to share ideas, views and opinions on local services and developments. New members from across the city are welcome. 🌐 [www.shsc.nhs.uk/shindig](http://www.shsc.nhs.uk/shindig).

**Singing for the Brain** brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. They also do vocal exercises that help improve brain activity and wellbeing. During the pandemic they are offering a virtual Singing for the Brain service - either over the internet using Zoom or over the phone (Ring and Sing). Run by the Alzheimers society. Find out more at 🌐 [www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain](http://www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain) or call 📞 0114 276 8414.

## Stroke support

**Sheffield Stroke Recovery** supports stroke survivors (including TIAs/mini-strokes), to learn new skills, regain confidence, increase independence and socialise with others. The service provides practical advice, emotional support, home visits and/or regular phone calls and high-quality information following a stroke. Also provides support to carers and family members. Email Jane Hammond ✉ [sheffield@stroke.org.uk](mailto:sheffield@stroke.org.uk) or call 📞 07717 275705. 🌐 [www.stroke.org.uk/finding-support/support-services/sheffield-stroke-recovery-service](http://www.stroke.org.uk/finding-support/support-services/sheffield-stroke-recovery-service).

## Cancer support

**Weston Park Cancer Charity**. 🏠 Whitham Rd, S10 2SJ. We provide emotional and practical support for people living with and beyond cancer. We also offer complementary therapies for anyone affected by cancer. Our services are free and we will work in the community wherever possible, to help patients in a place most convenient to them. Call 📞

0114 553 3330 or email ✉ [charityteam@wpcancercharity.org.uk](mailto:charityteam@wpcancercharity.org.uk).  
🌐 [www.westonpark.org.uk](http://www.westonpark.org.uk).

**Cavendish Cancer Care.** We are here to support you. We provide:

- support, counselling and complementary therapies
- specialist services for children and young people
- courses and classes to introduce simple, effective techniques to help people feel calmer, more relaxed and in control.

We have a cancer information hub in the Moor Market (city centre).  
Mon-Fri 10am-4pm, just pop in! or call 📞 0114 278 4600.

🌐 [www.cavcare.org.uk](http://www.cavcare.org.uk).

**‘Alike’ UK cancer app.** A two-time cancer survivor has launched an app that provides peer support to help combat loneliness amongst young people with cancer. Although the app is focused on younger people, it will be open to all those who suffer from the disease. The app is called Alike because ‘it’s not about cancer, it’s about finding what brings us together as a community. We’re all individuals, different but the same - we’re all alike.’ Find out more 🌐 [alike.org.uk](http://alike.org.uk).

## Healthy activities

**Step Out Sheffield** runs 29 weekly health walks across the city. All free and delivered by accredited volunteer leaders. Most sites offer a range of walks to suit all levels of ability. We also socialise afterwards with a cuppa and a natter.

🌐 [www.stepoutsheffield.org](http://www.stepoutsheffield.org).  
📞 07505 639524.

**Parkrun** organise free park runs on Saturdays in Sheffield for all abilities (you can run, jog or walk). It’s free! Please register before your first run. Held in Ecclesall, Graves, Hillsborough and Manor Fields parks  
🌐 [www.parkrun.org.uk](http://www.parkrun.org.uk).

There’s also a Sheffield



Olympic Legacy Park **Junior Parkrun**. A 2k free event for juniors (4-14 years). Held on Sunday at 9am at the park

📍 Worksoop Rd, Attercliffe, S9 3TL. Please register before your first visit. The aim is to have fun. Please come along and join in whatever your pace! 🌐 [www.parkrun.org.uk/sheffieldolp-juniors](http://www.parkrun.org.uk/sheffieldolp-juniors).

**Pedal Ready** run free cycle confidence courses usually in parks around Sheffield. They also run learn to ride sessions. All sessions are free and bikes are provided if you need them. Call 📞 07772 374759 or visit 🌐 [www.pedalready.co.uk](http://www.pedalready.co.uk).

**Grow Sheffield**. Find community food growing projects at 🌐 [www.facebook.com/growsheffieldgrow](https://www.facebook.com/growsheffieldgrow) or call 07508 269388.

See the **Canal and River Trust** on p6.

## Leisure activities

**Libraries**. All council libraries have books to borrow, computers to use, and free Wi-Fi. They also run groups and activities for all ages, both in the library and online. These include: babytime, storytime, arts and crafts, book clubs, and writing groups. There's also an ever-changing programme of author visits, lectures, and local history talks. Libraries also provide a range of free online tools, including help with preparing for the driving and citizenship tests, and a popular eLibrary service containing free eBooks, eAudiobooks, and eMagazines. Discover more at 🌐 [www.sheffield.gov.uk/home/libraries-archives](http://www.sheffield.gov.uk/home/libraries-archives) or call 📞 0114 273 4712.

Volunteer libraries also provide a wide range of services and activities. To find out more, visit 🌐 [www.volunteerlibrariesinsheffield.org](http://www.volunteerlibrariesinsheffield.org).

**Home library service**. For people who struggle to get into their local library because of health or access problems. The friendly home library staff will deliver books, talking books, DVDs and jigsaw puzzles directly to your home. Call 📞 0114 273 4277 or visit 🌐 [www.sheffield.gov.uk/homelibrary](http://www.sheffield.gov.uk/homelibrary).

**Volunteer Centre**. 📍 The Circle, 33 Rockingham Lane, S1 4FW. Has lots of different volunteering opportunities in Sheffield for people of all ages and abilities. Open Mon-Weds 10am-4pm. Call 📞 0114 253 6649 or visit 🌐 [www.sheffieldvolunteercentre.org.uk](http://www.sheffieldvolunteercentre.org.uk).

## Activities for older people

### Lunch clubs

If you or someone you know is interested in joining a lunch club, the Lunch

Club Referral Service can help. They can find the nearest club to you, on a day that suits you. Typically lunch clubs provide a hot meal with activities and refreshments, as well as the most important part - the chance to chat to people of a similar age! The Referral Service is open Tues-Thurs 10am-4pm. Call 📞 0114 253 6674 or email ✉ lunchclub@vas.org.uk.

**Sheffield University of the Third Age.** Provide fun and interesting activities and courses for retired and semi-retired people. Drop-in on the 1st Tuesday of the month 10am-12noon (not in August) at the Central United Reformed Church, Norfolk St. Email ✉ enquiry@su3a.org.uk. 🌐 www.su3a.org.uk.

**Sheffield Central Library free Digital Drop-in.** Run by Age UK Sheffield fortnightly on the 1st and 3rd Friday of the month 11am-1pm. There's no need to book, just turn up and one of our friendly volunteers will be there to help you! We can help with things like: your smart phone, tablet, camera or computer, video calling family and friends and online security. Call 📞 0114 250 2850 or email ✉ james.mansfield@ageuksheffield.org.uk or virginia.lowes@ageuksheffield.org.uk. You can also become a **Friends of Age UK** Sheffield Member. For £12/year you can benefit from activities, events and discounts and vouchers. Call 📞 0114 250 2850 or email ✉ enquiries@ageuksheffield.org.uk.

## Support for Carers

**Sheffield Carers Centre Carers Café** meets at the Central United Reformed Church on Norfolk Street on the 2nd Friday of the month at 10am. On the other Fridays we have a virtual get together on Zoom. The meetings are a great opportunity to meet other carers, share experiences and have a break from caring. Contact Jan 📞 0114 278 8942, ✉ jan@sheffieldcarers.org.uk.

Sheffield Carers Centre offers a wide range of support to all unpaid adult carers in the city, including:

- Carer Advice Line on (0114) 272 8362. Open Mon-Fri (9am-5pm) for information and advice plus practical and emotional support.
- Carer Card. Discounts and offers from local and national businesses for all carers registered with us.
- Carer Assessment. Help to assess the support all adult carers looking after another adult are entitled to.
- Carers Activities and Workshops. A range of events designed to help carers share experiences and learn new skills.





Picture supplied by the Carers Centre.

- Carers Café and Support Groups. Our Carers Café meets every Friday and Support Groups meet on different dates and different locations.
- Carers News! Free monthly Enewsletter with updates on our services and activities, plus other news for carers.
- Community Connect. Our team of volunteers can arrange to phone carers on a regular basis to provide support.
- Plan for an Emergency. Helps carers plan to ensure the person they care for is looked after in an emergency.
- Time for a Break. This can help carers arrange a break from caring & some quality time for themselves.

To find out more about all the services we offer visit

🌐 [www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk) or call 📞 0114 272 8362 (10am-4pm).

### Activities for people with disabilities

**Disability Sport Sheffield** (formerly Within Reach) helps people with a disability to take part in sport and physical activity across Sheffield. Their online brochure provides information on local sports clubs and leisure facilities in Sheffield that are accessible to disabled people.

🌐 [www.movemoresheffield.com/disabilitysportsheffield](http://www.movemoresheffield.com/disabilitysportsheffield).



**Sheffield Mencap and Gateway** run activities for children and adults with a learning disability. For adults they run Gateway clubs, which are a friendly space to meet up with friends and make new ones. There is a coffee bar and disco, and they also run baking and art activities for those who want to learn or practice their skills. At their Activity and Learning Hub they run a host of activities including, cooking, gardening and ICT. And they run health and wellbeing activities for both men and women, including Fitness Fanatics, cricket, snooker and football. All activities held at 🏠 Norfolk Park Lodge, S2 3QF. Call 📞 0114 276 7757 or visit 🌐 [www.sheffieldmencap.org.uk/learning-disabilities](http://www.sheffieldmencap.org.uk/learning-disabilities).

**Sheffield Cycling 4 All.** An inclusive cycling group for disabled people and people with long-term health conditions, run by Disability Sheffield:

- Manor Park fields. Toddlers trikes available with 'All wheels' group Weds 10am-12noon.
- Hillsborough Park cycling Mon-Thurs with free transport first time.
- Adult trike loan scheme available. Free trike for 1-3 months, contact Tom.

Call Tom 📞 07922 183338 or Rosemary 📞 07565 695296,  
✉ [info@sheffieldcycling4all.org](mailto:info@sheffieldcycling4all.org). 🌐 [www.sheffieldcycling4all.org](http://www.sheffieldcycling4all.org).

## Activities and support for people who are lonely or isolated

**The Silver Line** is a 24 hour, free and confidential helpline providing information, friendship and support to older people. 📞 0800 4708090.  
🌐 [www.thesilverline.org.uk](http://www.thesilverline.org.uk).

**Re-engage** provides vital, life-enhancing social connections for people over 75. They are most famous for their monthly Sunday tea parties which take place in volunteers' homes. You will even be taken there and home again so you don't need to worry about organising travel. You can also sign up for a regular friendly chat over the phone with your very own call companion. All services are free. Call 📞 0800 716543 or email ✉ [info@reengage.org.uk](mailto:info@reengage.org.uk). 🌐 [www.reengage.org.uk](http://www.reengage.org.uk).

**Sheffield Churches Council for Community Care (SCCCC)** provides a Good Neighbours Scheme for the over 65's. Their volunteers offer the kind of support a good neighbour might give, including things like:

- regular or occasional friendly (social) visits
- telephone support, a friendly call on a regular basis

- Pen Pal scheme, receive some happy post from a friend you haven't met yet
- re-arranging furniture to enable greater mobility or moving your bed downstairs after a hospital stay
- one off emergency shops if you can't get out (you just pay for the groceries)
- escorting to hospital appointments (service user to bear any cost).

Call 📞 0114 250 5292 or email ✉ mail@scccc.co.uk. 🌐 www.scccc.co.uk.

**b:friend.** Volunteer visiting for people over 65. Call or text 📞 07523 698530. 🌐 www.letsbfriend.org.uk.

**Ending Forever Isolation.** 📍 Blades Family Hub, Bramall Lane. A safe space for elderly people in Sheffield to have a cuppa, take part in activities and meet new friends. Weds 1-2.30pm.  
Email ✉ health@sufc-community.co.uk or call Josh on 📞 07949 375726.

If you have a physical or sensory impairment and are feeling lonely or isolated, you can also contact one of the organisations on p55-6 and they should be able to help you.

## Adult education

**Learn for Life Enterprise.** 📍 241-243 London Rd, S2 4NF.

Offers a variety of digital, IT and computer courses for:

- beginners
- employment
- basic skills.

Face to face and online classes are available at city-wide locations.  
Call 📞 0114 255 9080 or email ✉ info@learnforlifeenterprise.com.

**Sheffield College.** 🌐 www.sheffcol.ac.uk/levels-of-study.  
Call 📞 0114 260 2600.

**Sheffield Association for the Voluntary Teaching of English (SAVTE)** can help you learn English in a class or in your home. Parents and children can learn together. Runs classes and conversation groups (including women only groups). Call 📞 0114 212 3050. 🌐 www.savte.org.uk.

## Help to get out and about

**Sheffield Community Transport (SCT)** provides door to door services to help people who struggle to use public transport, get around the city, including:

- Shopper Bus
- Community Car Scheme (volunteers take you places like hospital or to visit friends)
- City Ride and City Ride+ (one-off or regular transport)

Call 📞 0114 276 6148 or email ✉ enquiry@sheffieldct.co.uk.

🌐 [www.sheffieldct.co.uk](http://www.sheffieldct.co.uk).

For **help getting around the shops**, you can loan mobility aids like wheelchairs or power scooters from:

- Mobility Sheffield. For use round the city centre. Call 📞 0114 339 2015.  
🌐 [www.mobilesheffield.co.uk](http://www.mobilesheffield.co.uk).
- Crystal Peaks Shopping Centre. Call 📞 0114 247 2611.  
🌐 [www.crystalpeakscentre.com/shopping/32190/professional-mobility](http://www.crystalpeakscentre.com/shopping/32190/professional-mobility).
- Meadowhall (also offers accompanied shopping).

Call 📞 0333 313 2000. 🌐 [www.meadowhall.co.uk/news/shopmobility](http://www.meadowhall.co.uk/news/shopmobility).

## Getting advice and support

**Citizens Advice Sheffield** provides free, impartial and confidential advice on welfare benefits, debt, housing, employment, immigration and other issues. They provide this advice in a variety of ways to best help you:

- If you're able to help yourself, visit their website  
🌐 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) and easily find the advice you need.
- If you'd like to talk to someone over the phone, call the freephone Advice Line 📞 0808 278 7820 (Mon-Fri 10am-4pm) or email ✉ [getintouch@citizensadvice.org.uk](mailto:getintouch@citizensadvice.org.uk).

Citizens Advice Sheffield also runs the following free specialist advice lines to help you:

- If you want help to claim Universal Credit, call 📞 0800 144 8444 (Mon-Fri 8am-6pm).
- If you need help with a consumer issue call 📞 0808 223 1133



(Mon-Fri 9am-5pm).

- If you want to know more about your defined contribution pension pot, call the Pension Wise helpline ☎ 0800 138 3944  
🌐 [www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise](http://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise).

All Citizens Advice Sheffield face to face services are now closed until further notice.

### **Independent advice services:**

🏠 **Firvale Community Hub.** 127 Page Hall Rd, S4 8GU.

Call ☎ 0114 261 9130.

🏠 **Chapel Green Advice Centre.** 35 Station Rd, Chapeltown, S35 2XE.

Call ☎ 0114 245 3262.

🏠 **Freedom Community Project.** Tinsley Methodist Church, 2 Ingfield Ave, S9 1WZ. ☎ 0300 302 0334. ✉ [info@freedom.charity](mailto:info@freedom.charity).

🏠 **Langsett Advice and Area Resource Centre.** Creswick St, S6 2TN.

Call ☎ 0114 233 5198.

### **Specialist Advice Services:**

- **Sheffield Parent Carer Forum** (for parents/carers of children and young people (0-25) with a disability or special educational needs).

Please contact organisations to check if services have changed

🌐 [www.sheffieldparentcarerforum.org.uk](http://www.sheffieldparentcarerforum.org.uk). 📞 0300 321 4721  
(local call rate).

- **Age UK Sheffield.** 🌐 [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield). 📞 0114 250 2850.
- **Sheffield Carers Centre.** 🌐 [www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk).  
📞 0114 272 8362.
- **Sheffield Young Carers.** 🌐 [www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk).  
📞 0114 258 4595.
- **Sheffield Autistic Society.** 🌐 [www.sheffieldautisticsociety.org.uk](http://www.sheffieldautisticsociety.org.uk).  
✉ [liz-friend@sky.com](mailto:liz-friend@sky.com).
- **Alzheimer's Society.** 🌐 [www.alzheimers.org.uk](http://www.alzheimers.org.uk). 📞 0333 150 3456.
- **Disability Sheffield** (for people with a disability or long-term health condition). 🌐 [www.disabilitysheffield.org.uk](http://www.disabilitysheffield.org.uk). 📞 0114 253 6750,  
text only: 📞 07541 937169.
- **Sheffield Mencap & Gateway** (for people with a learning disability).  
🌐 [www.sheffieldmencap.org.uk](http://www.sheffieldmencap.org.uk). 📞 0114 276 7757.
- **Sheffield MIND.** (For people with a mental health problem).  
🌐 [www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk). 📞 0114 258 4489.
- **Sheffield Royal Society for the Blind** (for blind and partially sighted people) 🌐 [www.srsb.org.uk](http://www.srsb.org.uk). 📞 0114 272 2757.
- **Deaf Advice Team (Sheffield Citizens Advice).**  
🌐 [www.citizensadvicesheffield.org.uk/deaf-advice-team/](http://www.citizensadvicesheffield.org.uk/deaf-advice-team/).  
SMS/WhatsApp message only 07464 544214.  
Email ✉ [deafadvice@citizensadvicesheffield.org.uk](mailto:deafadvice@citizensadvicesheffield.org.uk).

**Community Support Workers (CSWs)** are a dedicated support team for adults who need help dealing with multiple or complex issues that are affecting their independence and life. Based within both Sheffield City Council and GP surgeries, we work with people to ensure they receive the right services for them at the right time. We know that the best person to decide and direct their care and support, is the person themselves.

What we do:

- Work with people longer term and get to the 'root of the problem'.
- A full and holistic assessment focusing on what matters to you.
- Make sure you have integrated support from the services you need, when you need it.



Photo supplied by WDCF

- Provide you with the tools you need to remain/become independent.
- We don't signpost, we are a pro-active support service creating tailored support plans.
- Support people who may already have service involvement, such as a care package.

If you're over 18, and feel you have multiple unmet or complex needs email us ✉ [cswreferrals@sheffield.gov.uk](mailto:cswreferrals@sheffield.gov.uk) or call 📞 0114 2057120 and speak to a member of our friendly team.

## Money matters

**Heeley Energy House** at Heeley City Farm. Offers free energy advice to people in Sheffield to help them save money on their gas and electricity bills and keep warm and well at home. Advice sessions are by appointment only. Advice is impartial and offers one to one support. We deal directly with suppliers to arrange switching and make sure that you're receiving any discounts or services you're entitled to. Contact Sharon Smith ✉ [sharon.syec@heeleyfarm.org.uk](mailto:sharon.syec@heeleyfarm.org.uk).

**Sheffield Credit Union**, 📍 16 Commercial St, S1 2AT. Offers low cost loans, safe savings products and budgeting accounts. Call 📞 0114 276 0787. 🌐 [www.sheffieldcreditunion.com](http://www.sheffieldcreditunion.com).

## Children and families

**Sheffield Family Centres** offer a range of 'Start for Life' support from pregnancy onwards, including:

- Early years prevention support



- Infant feeding peer support
- Group activities across our centres for 0-5 years
- Talking Toddlers
- Baby massage
- Links to Family Learning
- Midwife and Health Visitor drop-ins
- Startwell programme

For all the latest information visit:

🌐 [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk),

🌐 [www.facebook.com/sheffieldfamilycentres](https://www.facebook.com/sheffieldfamilycentres).

Email ✉ [sheffieldfamilycentres@sheffield.gov.uk](mailto:sheffieldfamilycentres@sheffield.gov.uk), call 📞 0114 273 5665 or just pop into your local Family Centre!



Photo supplied by WDCF

## Childcare

Did you know you could get up to 30 hours a week of funded childcare for your 3 or 4 year old? And funded early learning places are available for some 2 year olds. To find out more and for a list of childcare providers in your area visit 🌐 [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk).

**Sheffield Parent Hub** is for parents of tots to teens. Free local and online relaxed and friendly discussion groups on topics to help you:

- improve your confidence as a parent
- deal with problem behaviour
- reduce conflict in the family
- build a better relationship with your teenager.

You can drop-in at a one off meeting or join in short small discussion group sessions. Find out what's happening in your area: Call 📞 0114 205 7243 or email ✉ [sheffieldparenting@sheffield.gov.uk](mailto:sheffieldparenting@sheffield.gov.uk).  
🌐 [www.sheffield.gov.uk/parenting](http://www.sheffield.gov.uk/parenting).

# Employment Support

## Local employment support

### North East Sheffield

**SOAR Employment Services.** Our employment team provide a tailored one to one support service. This is delivered by friendly staff with a wealth of knowledge, advice and guidance that can help you with:

- CV's and covering letters
- support with interviews skills / techniques
- job searching - finding the right vacancy for you
- support with online applications / job application forms
- signposting to a variety of different training courses
- access to exclusive job vacancies.

You can drop into our main office most weekdays 🏠 SOAR Employment, 19 Bellhouse Rd, Firth Park, S5 6HJ. Open Mon-Fri 9am-5pm.

Call our employment coaches 📞 0114 244 0401 or email ✉ employment@soarcommunity.org.uk.

**Tinsley Forum.** 🏠 Tinsley One Stop Shop, 120-126 Bawtry Rd, S9 1UE. The Forum provides help to find employment, including job matching, CV workshops, mock interviews, training/skills tasters and one to one individual advice. Provides employment support drop-ins in both Tinsley and Darnall. Call 📞 0114 244 4887 or email ✉ anne@tinsleyforum.co.uk.


We have a computer suite that can be used for IT classes and drop-in use for studies and employment support.

## North West Sheffield

**Zest for work** provides employment support, and training to 'out of work' residents in Sheffield. Including:

- free and impartial information advice and guidance service
- developing a personalised employment support plan with clear goals
- skills review and access to free training courses
- calculations to find out how much better off you would be in work
- CV building
- careers advice, job application and interview skills
- signposting to specialist support services like debt support and smart clothes for job interviews
- applications for discretionary funding to remove barriers to start work
- matching to volunteering and work experience opportunities
- support to improve your physical and mental well-being/managing a health condition
- continued help after you start work
- specialist workers who support parents and carers who wish to return to work or upskill.

Call Zest for work on  0114 270 2042 or email

 [jobsupport@zestcommunity.co.uk](mailto:jobsupport@zestcommunity.co.uk).

## South East Sheffield

**Manor and Castle Development Trust.** 📍 52-54 Manor Park Centre, Manor Park, S2 1WE. Get on the right track with our support!

We have an experienced and highly qualified team who can help you get back into work. We regularly speak to employers, have recruitment days and arrange interviews.

We have experience of supporting people with health related issues, giving them the confidence to move back into work.

We have up to date advice and guidance on available training including: warehouse, construction, retail and care, giving you the opportunity to change your career and learn new skills.

If you want to get your CSCS card (which you need to work in construction), we are a registered CITB Test Centre. We can help with referring you to CSCS training and put you forward for your CSCS test.

Call 📞 0114 265 5145 or email ✉ employmentteam@manorandcastle.org.uk.

**Woodhouse and District Community Forum.** 📍 2 Goathland Place, Woodhouse, S13 7TE. For employment support contact our outreach workers Jackie 📞 07847 602613 ✉ jackie@mywoodhouse.co.uk or Liz 📞 07708 033166 ✉ liz@mywoodhouse.co.uk.

## South West Sheffield

**Heeley City Farm.** 📍 Richards Rd, S2 3DT. Along with partner projects offers a variety of volunteering and training opportunities in local food growing, café and garden centre work, animal care, social care, community history and heritage, office and receptionist work and much more. Contact 📞 0114 258 0482, ✉ [volunteer@heeleyfarm.org.uk](mailto:volunteer@heeleyfarm.org.uk).

**Shipshape Community Learning Hub.** 📍 The Stables, Sharrow Lane, Sheffield S11 8AE. Call 📞 0114 250 0222. Email ✉ [info@shipshape.org.uk](mailto:info@shipshape.org.uk). 🌐 [www.shipshape.org.uk](http://www.shipshape.org.uk).

Provides Employability Support in partnership with the Employers Forum. Help to find work, job search, careers advice, job application/CV writing, help to apply for jobs, interview preparation, sourcing skills development.



Photo supplied by SOAR

# Employment Support

## Citywide employment support

**Learn for Life Enterprise.** 📍 241-243 London Rd, S2 4NF.

Offers a variety of digital, IT and computer courses for:

- beginners
- employment
- basic skills.

Face to face and online classes are available at city-wide locations. Call

📞 0114 255 9080 or email ✉ info@learnforlifeenterprise.com.

**Learn Direct.** Provides online skills, training and employment services.

📞 01202 006464. 🌐 www.learndirect.com.

**Sheffield Association for the Voluntary Teaching of English**

**(SAVTE)** can help you learn English in a class or in your home.

Call 📞 0114 212 3050. 🌐 www.savte.org.uk.

**Sheffield Futures.** 📍 Star House, 43 Division St, S1 4GE. A local charity providing expert careers advice for anyone 16+. Also provides support with social and life skills, health and wellbeing. Anyone aged 16-24 who's not currently in education, employment or training can apply for support from Feel Well Work Well. This programme is able to help with wellbeing challenges, such as low mood and anxiety, the only requirement is that young people are able to engage with their coach and are ready to explore their career prospects. 🌐 www.sheffieldfutures.org.uk. Call 📞 0114 201 2800.

**Find Good Work** (run by South Yorkshire Housing Association) for people with a mental or physical health condition or disability, to help them find and stay in work. Call 📞 0114 2900 218 or email

✉ goodwork@syha.co.uk. 🌐 www.findgoodwork.co.uk.

**The Source Skills Academy** 📍 300 Meadowhall Way, S9 1EA. Offers Apprenticeships and Traineeships to help people into employment.

🌐 www.thesourceacademy.co.uk. Call 📞 0114 263 5600.

**Employment and Skills Service** – Sheffield City Council. For people who want to start their employment journey but don't know how, including those with disabilities, physical or mental health issues, criminal records, skills deficits and a lack of work experience.

🌐 www.sheffield.gov.uk/home/business/employment-skills.

Call 📞 0114 229 6168.



# Housing

## Citywide services

### Sheffield City Council – Council Housing

Our Housing+ service focusses on supporting our tenants. We visit each household once a year to check that everything is okay with the tenant, their home and tenancy. It's also a great opportunity for Neighbourhood Officers to get to know people on their patch and for customers to raise any issues they might have. Call 📞 0114 293 0000, visit 🌐 [www.sheffield.gov.uk/home/council-housing](http://www.sheffield.gov.uk/home/council-housing), or call in to your local office for more information.

**Shelter.** 📍 33 Hereford St, S1 4PP. Provides help with housing issues. Call 📞 03301 755 121. 🌐 [https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help).

Visit the **Sheffield Property Shop**, 📍 Howden House, 1 Union Street, S1 2SH, to find and bid for Council and registered Housing Association properties, and to find out about swapping houses and downsizing your property. Visit 🌐 [www.sheffieldpropertyshop.org.uk](http://www.sheffieldpropertyshop.org.uk) or call 📞 0114 293 0000 or 📞 0114 205 3333.

**MESH – Mediation Sheffield** provides a mediation service if you're having a neighbour dispute, that's making you feel ill or stressed. Call 📞 0114 698 1060. 🌐 [www.meshccs.org.uk](http://www.meshccs.org.uk).



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# Help in the home

Most of us want to live independently in our own home for as long as possible, but from time to time we may need some support.

## Equipment and adaptations to help with daily living

There are many different types of equipment that can help you at home. Talk to your GP who can refer you to a community nurse, occupational therapist or physiotherapist for advice or an assessment of your needs. They may be able to prescribe you equipment such as mobility aids, commodes or hoists to help you remain independent in your home. They may also be able to organise a loan of equipment, depending on your needs. You can also buy small aids like tap turners, grab sticks, long handled shoe horns, water proof sheets and wide handled cutlery. There are many specialist equipment stores throughout the city and online. Find out more at [www.sheffielddirectory.org.uk/helpathome](http://www.sheffielddirectory.org.uk/helpathome).

If you need advice on what equipment is right for you, contact:

- Age UK [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield) or call [0114 250 2850](tel:01142502850).
- Disability Sheffield [www.disabilitysheffield.org.uk](http://www.disabilitysheffield.org.uk) or call [0114 253 6750](tel:01142536750).
- Or for an easy-to-use, online self-help guide visit the Carers UK AskSARA website [carersuk.livingmadeeasy.org.uk](http://carersuk.livingmadeeasy.org.uk).

## Care Alarms

Emergency care alarms can offer round the clock support to people who need them. They can also provide extra peace of mind for carers who know their loved ones can get help when they can't be there.





Call [0114 242 0351](tel:01142420351) or email [citywidecarealarms@sheffield.gov.uk](mailto:citywidecarealarms@sheffield.gov.uk).  
[www.sheffield.gov.uk/carealarms](http://www.sheffield.gov.uk/carealarms).

## Meals



You may need support to prepare or cook your food. Frozen meals can be



delivered to your home once a fortnight to store in your freezer:

- Oakhouse Foods.  [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk).  0333 370 6700.
- Wiltshire Farm Foods.  [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com).  
 0800 077 3100.

Hot meals can also be delivered to your door every day:

- Park Care Meals.  [www.parkcaremeals.co.uk](http://www.parkcaremeals.co.uk).  (01709) 378 100.



### **Home support services**

Home support services can help you with things like cleaning, shopping, laundry and personal care. For a full list visit:

 [www.sheffielddirectory.org.uk/homesupport](http://www.sheffielddirectory.org.uk/homesupport).

## **Getting care and support**

Sheffield City Council may be able to provide support to help you stay independent, safe and well in your home. We can give you advice about local support services, and if you need support from us, we'll assess your needs. We'll use information about your finances and national rules based on the Care Act 2014 to work out what you can afford to pay towards the cost of your care and support.

Call  0114 273 4908 or email  [asc.howdenhouse@sheffield.gov.uk](mailto:asc.howdenhouse@sheffield.gov.uk).

You can also speak to the staff in First Point reception at Howden House in the city centre.

# Keeping safe

**Adult abuse** – Call the Council's First Contact Team on 📞 0114 273 4908.

**Child abuse** – Call the Sheffield Safeguarding Hub on 📞 0114 273 4855. (24 hours).

**But if someone's in immediate danger call 📞 999.**

# Tell us what you think

We hope you've found this guide useful! Please give us your feedback and ideas on how to make it better. Call 📞 0114 273 4119 or email ✉ [information@sheffield.gov.uk](mailto:information@sheffield.gov.uk).

This guide can be supplied in other languages and alternative formats. Please call 📞 0114 273 4119 or email ✉ [information@sheffield.gov.uk](mailto:information@sheffield.gov.uk).

# Have your say

## Local Area Committees

Local Area Committees give you the chance to raise your views, share your opinion on what the council does in your area and contribute to making changes in your neighbourhood. Find out more about which area you are in and when your next local meeting is at

🌐 [www.sheffield.gov.uk/home/your-city-council/local-area-committees](http://www.sheffield.gov.uk/home/your-city-council/local-area-committees).

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Call free day or night on

116 123

Email  
j@samartans.org



ERIC EYRE  
INDEPENDENT FUNERAL SERVICE



Established since 1864, Eric took over the business in 1955 and has been looking after families in the local community and surrounding areas of Sheffield, Barnsley and Rotherham ever since. A second branch was opened at Sheffield Lane Top in 2014.

With decades of experience in guiding bereaved families through this difficult time, Eric Eyre provide a professional service caring for you and your loved ones while facilitating the necessary funeral arrangements and ensuring your wishes are carried out with care and compassion.

The team are available 24 hours a day, 365 days a year making our service is on hand at all times to support and assist you.

*A selection of the services we provide*

- Arrangements in our office or in the comfort of your own home
- Pre-paid funerals
- In-house catering
- Floral tributes
- Recently renovated private Chapel of Rest
- Religious and non-religious funerals



Mortonley House, 2-4 Mortonley Lane, High Green, Sheffield, S35 3HR

Tel: 0114 284 8202

Barnsley Road, Sheffield Lane Top, Sheffield, S5 0QG

Tel: 0114 327 1720

e: info@ericeyre.co.uk | www.ericeyre.co.uk



## Broomcroft House Care Home, Ecclesall Road South welcoming new residents

Whether you need to find a local care home now, or are just starting to look into options, we can help. We're welcoming new residents to join us for as long as they need - a few weeks, a month or a permanent stay.

Nursing | Residential | Dementia care



Call for advice on care today

0114 299 9721

Lines are open from 8am to 6.30pm Monday to Friday, 9am to 12.30pm Saturday. Closed Sundays and bank holidays. Calls are charged at no more than local rate and count towards any inclusive minutes from mobiles. We may record or monitor our calls.



carehome.co.uk  
Review Score  
45 reviews\*



We follow strict UK infection control standards. Roll out available vaccines.  
Carry out regular tests and make sure our team always have PPE.  
That's our Safety Promise you can rely on.

✓ All types of funding welcome

✓ No health insurance needed

## Trusts for your vulnerable relative



Trusts are a legally binding arrangement that can help you to provide for a friend or family member with a disability, learning difficulty or other special needs.

They can be used to protect your legacy to your loved one.

#### **The benefits of a trust:**

- Continued entitlement to local authority support and means-tested state benefits.
- Usually attracts tax benefits for its vulnerable beneficiary.
- In some circumstances there are inheritance tax advantages.
- Protects vulnerable beneficiary from exploitation due to involvement of trustees.

**We can give you the tailored advice, services and support you need to create and manage your trust.**



# ADSWAD LTD

## SUPPORT SERVICES

**A direct service with a difference**



*Asda is our local*

Adswad a limited by guarantee, organisation and is registered with CQC to provide support for all vulnerable adults to live their lives as they choose within their own homes.

We have a staff team that will deliver services in accordance with Person Centre Plans, Support Practise Guidelines, Support Strategies and Risk Assessments.

The aims of the company, is to enable individuals (with support) to take more control over their lives, develop more skills and increase their independence.



The company prides itself on working to the outcomes of the Care Quality Commission Essential Standards when delivering services that promotes dignity / empowers human rights and aids independence to improve or to sustain a quality of life.

Adswad will work with social services, families, guardians and service users with their own budgets in their best interest, to deliver person centred support services to meet the individual's needs. We will support the service user to integrate within their own communities so equality is reached and staff would promote independent living skills. These skills depend on individual service users and could range from support within their own homes with personal care, home economic, paying bills, medication and anything that is identified within their assessment needs. We offer a meet and greet to assess what the client wants. Some services are to give clients opportunities to access leisure or social activities and a befriending service.

The staff team have enhanced CRB's and are qualified workers with qualifications ranging from NVQ 2 to NVQ3 NVQ4 (RMA). Staff will have the on-going basic mandatory qualification and these will be up-dated as and when necessary.

Support cost will be £15 per hour week days/£15.50 at weekends and £60 per sleep-in. These prices are supplied by Adswad Ltd so please check them yourself for accuracy.

This service is registered and inspected by Care Quality Commission (CQC) to ensure a quality service is delivered and was last inspection was on 20/21/22 August 2018, the out come is listed on CQC web site.

The company registration number is 08008042



*relationships*



Tel: **0114 2467607** mobile: **07590 830616**  
E-mail: **stevejen@talktalk.net**

**Recruiting  
staff at £9.75  
per hour**