

Your guide to **living well** in Sheffield

WINTER 2021/22



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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.
- 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. 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.

As this guide has been produced during the Covid 19 pandemic, please contact services to check that they're still 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.
🌐 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



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

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, Tues at 8.45am.

📍 Tinsley Meadows School, Thurs at 9.15am.

Darnall Allotment Project. 📍 Infield Lane, S9 4PE. A community growing project, which holds regular food growing sessions on the site, with an emphasis on social activity whilst improving health and wellbeing. Call Sarah 📞 07415 025919 or email ✉️ darnallallotmentproj@gmail.com.

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. Booking is essential. Contact Jo 📞 07495 548929 or our centre.

Dementia Café. This is a pilot project starting in January 2022 – a dementia café with language support. 📍 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. Book as above. Cost £2.

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

Virtual Chairbics. 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.

Volunteer get together. Zoom call for our volunteers to get together and support each other. Call if you want to find out about volunteering with us. Tues at 1pm.

Virtual carers session. Grab a brew and join others who support loved ones, online in our friendly group. Weds at 3.30pm.

Cycling. We often provide opportunities to learn to ride or improve your confidence when cycling. Contact us for more details on available sessions.

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 📞 0114 244 4832, ✉ admin@galeedhouse.org.uk.

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. Fri 10.30-11.30am. Check with us if this class is running.
- **Men's English.** ESOL English Course for Men. 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.
- **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. 🌐 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 Friday (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, contact ✉ Shabaz.Abbas@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 a 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. Call 📞 0114 244 4887 or email ✉ admin@tinsleyforum.co.uk.

Sheffield Olympic Legacy Park. 📍 Worksop Rd, S9 3TL. Has a 100m track, run routes, cycle routes, cricket pitch and open green spaces which are accessible at all times. The pitch is available for community use and can be hired during evenings and weekends. Call 📞 0114 261 9604 or email ✉ info@olympiclegacypark.co.uk.

Tinsley Community Allotment. 📍 120-126 Bawtry Rd, S9 1UE. A community allotment and orchard producing organic fruit and vegetables. A space for growing, chatting, relaxing and learning together. Email ✉ tinsleyallotment@gmail.com.

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 Sarah 📞 0114 242 3510 or email ✉ 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 253 6644 or email ✉ savte@savte.org.uk.

The Source Skills Academy. 📍 300 Meadowhall Way, S9 1EA. Leading provider of training, apprenticeships and conferencing facilities. Courses include employability training courses to help job seekers, computing, Maths Functional Skills and many more. Call 📞 0114 263 5600 or email ✉ marketing@thesourceacademy.co.uk.

Darnall FA/Darnall Diamonds. 📍 High Hazels Academy, Fisher Lane, S9 4RP. 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. 🌐 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:



Photo supplied by SOAR

- 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.
- 🏠 Chapeltown Scout Hut, Burncross Rd, S35 1RX. The café is a great starting point for those who want to meet others, build confidence and self-esteem. Refreshments and lunch £1.50. 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.

Walking for Purpose Group. Join us for a gentle walk around our local green spaces and parks, benefitting your emotional wellbeing and giving you the space to talk as much or as little as you'd like. Walks tend to be around 2 miles and occasionally include trips to our local countryside walks. Contact Julie Moore 📞 07960 084251 ✉ 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 s 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.

SACMHA. 📍 84 Andover St, S3 9EH. Runs a **Dementia Carers group.** Support for carers of those living with dementia. Call Corrine 📞 07725 204574.

Other activities in the area:

SACMHA. 📍 SADACCA, 48 The Wicker, S3 8JB A charitable organisation supporting the health and social care needs of people of African and Caribbean descent. We provide culturally responsive support to people in need of assistance because of their age, youth, disability, caring responsibilities, financial hardship or social disadvantage. Get in touch!

We also run a social café and lunch club at SADACCA. Meet new people, have a chat and share skills, have a Caribbean meal and snacks, take part in gentle exercise and self-care activities. There's also a chiroprapist (by appointment only). We have a pay what you can system for the café and lunch club. Held on Thursday. Call 📞 0114 272 6393 or email ✉ admin@sacmha.org.uk. 🌐 www.sacmha.org.uk.

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 **Social Prescribing Link Workers** 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 or call 📞 0114 270 2043.

We also run a range of activities in the area.

Our activities:

Swimming at Zest. Our pool is fully equipped for disabled people and there are a number of disability friendly, women only/men only and quiet adult swimming sessions. The pool also hosts a dedicated disabled and able-bodied swimming group (DABS) on Monday and Thursday evenings. We also have a range of children's swimming lessons and parents and toddler aqua classes. Call 📞 0114 270 2040 option 4 or pick up a timetable from reception.

Zest Centre has a discount scheme. Cost £3. It gives 30% off activities (but not swimming lessons). For over 65s, full time students 16+, people on benefits (please ring or check our website for a full list of benefits and other people who may apply).

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.



Photo supplied by Zest

Dementia Carers Group. For carers of people with dementia. Meets every other Monday 11am-12noon.

Email ✉ sarah.longfield@zestcommunity.co.uk to book.

Gentle exercise class for people with dementia. For local people living with dementia and their carers. Monday lunchtimes.

Email ✉ health@zestcommunity.co.uk 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 ✉ nighat.ahmed@zestcommunity.co.uk.

Outdoor cycling group for women. A regular cycling group with Cycle4All on Monday and Wednesday lunchtimes at Hillsborough Park. Please register first as spaces are limited in order to stay Covid-safe. Call 📞 0114 270 2040 and ask for the Health Team or email ✉ nighat.ahmed@zestcommunity.co.uk.

Social Café. Social meeting with a wide range of activities for the over 50s at risk of social isolation. Thursday lunchtime with Jane and Kath in the Zest centre. Currently delivered via Zoom. Email ✉ jane.duckitt@zestcommunity.co.uk.

Community Women's Group. A chance for women of all ages and from all backgrounds to meet together for social times and shared wellbeing and creative activities. Meets monthly. Contact ✉ rachel.guilford@zestcommunity.co.uk, 📞 07857 028855 or ✉ jane.duckitt@zestcommunity.co.uk for more information.

Craft Group. Relaxed and friendly craft group, different craft activity each week. Email ✉ alison.somerset-ward@zestcommunity.co.uk.

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
✉ alison.somerset-ward@zestcommunity.co.uk.

Zest 4 Life. A service for people who are out of work, who are lacking motivation or might be struggling mentally and just need something to give them a boost. One day per week for five weeks 9.30am-2.30pm. Covers topics such as positive thinking and goal setting, food and mood, and relaxation techniques. Includes Passport to Leisure activities. We may be able to supply you with a travel pass. This is a rolling programme so please contact us to arrange enrolment. Call 📞 0114 270 2042 and ask to speak with Maria Smallwood.

Citrus. Pay as you feel Café run in partnership with Food Works Sheffield. Offers a variety of healthy breakfasts, lunches, snacks, juices and hot drinks, Mon-Fri 9am-2pm. Giving generously supports those who may not be able to afford so much, and every penny you spend goes straight back into the cafe and the amazing work of Food Works.

No money for food? For an emergency food parcel contact S6 Foodbank on 📞 0114 321 0733. Foodworks is supplying very low cost frozen meals that can be ordered in advance and collected from Zest. All diets catered for 🌐 www.thefoodworks.

Children and families:

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

- **Parental Befriending Service.** One to one telephone/Zoom support for families with children under 5. Will be face to face when Covid safe.
- **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.

Contact ✉ lynn.wragg@zestcommunity.co.uk, 📞 07792191522.

- **Community mentoring service (CMS).** 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 or ✉ lucy.gray@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.
- **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.
- **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.
Winn Gardens Youth Club, Winn Gardens Pavillion. Traditional youth club with multi-sports. Tues 5-7pm (mixed). Email ✉ sonya.chattoo@zestcommunity.co.uk.
- **Online Homework Support.** Individual homework support for 5-16 years. Fri 4-5pm. Email ✉ joanna.jackson@zestcommunity.co.uk.
- **FACES (Families and Communities Educational Services).** Training courses and learning opportunities. Our learning champion will support you to find learning that's right for you. Courses include: positive thinking, women's wellbeing, employability and basic computer skills. For people aged 19+ in S6, S3 and S10. Call 📞 0114 270 2042 and ask for Richard Tinsley.

Other activities in the area:

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

- **Baby group** at the church, Tues at 10am. Email ✉ bec@stjb.org.uk.
- **Foodbank and clothes swap** at the TARA house, Winn Gardens. Thurs at 10am. Email ✉ susanne@stjb.org.uk.
- **Steel City Choristers** children's choir. Monday and Thursday teatime. 🌐 www.steelcitychoristers.org.uk.
- **Family Support** project that provides family mentors to support families with additional needs (by referral only). Email ✉ info@thefamilyworks.co.uk. 🌐 www.thefamilyworks.co.uk.



Photo supplied by
Stocksbridge Community
Leisure Centre

• **Church services, Sunday school** and creche. 🌐 www.stjb.org.uk.

Stocksbridge Community Leisure Centre. 📍 Morland Drive, Stocksbridge, S36 1EG. Call 📞 0114 2883793. 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.

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.

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 Walk.** Gentle walk to get the daily steps up for mum and little one or just mum. Tues 11am-12pm.
- **Mum's Dance for Fun.** 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:

- **Cornerstone Social Cafe.** Thurs 9-11.30am.
- **Tuesday Lunch Club.** Fortnightly 12noon-1.30pm. Cost £4.
- **Saturday morning coffee morning.** Weekly 10am-12noon.

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.
- **Toddler Group.** Oughtibridge Chapel. Tuesday during term-time 10-11.30am. Book your place at 🌐 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.

The Salvation Army. 📍 Victoria St, Stocksbridge, S36 1FY. Call 📞 0114 288 5963 or email ✉ stocksbridge@salvationarmy.org.uk. Runs

a writing club (2nd and 4th Thursday of the month) and Drop-in Thurs 10.30am-12.45pm.

Oughtibridge and District Lunch Club. 📍 Zion Church Hall, Langsett Rd South, Oughtibridge, 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.

Singing Groups. Email ✉ info@singing-in.com:

- Singing in Stocksbridge 📍 The Venue, 650 Manchester Rd, S36 1DY. Weds 10.30am-12noon.
- Waldershelf Singers 📍 The Venue. Tues 7.30-9.30pm. Email ✉ web@waldershelfsingers.org.

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

Stocksbridge and District Women's Institute. First Wednesday of the month at 7.15pm. Email ✉ stocksbridgewi@gmail.com.

Stocksbridge and Deepcar Townswomens Guild. First Monday of the month at 7.30pm. Contact 📞 0114 288 2393, ✉ mgtd2@live.co.uk.

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).

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 (MCDT) 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:

- 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:

Pram Push at Manor Fields Park with Kellyanne. Mon 11am-12noon.

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

Health Walk from White House Surgery with Monika. Tues 1-2pm.

Health Walk from Norfolk Park Medical Centre with Nigel. Weds 10-11am.

Health Walk from Dovercourt Surgery with Kellyanne. Thurs 9.30-10.30am.

📍 **Manor Fields Park**, 535 City Rd, S2 1GW. Outdoor classes:

Kettlercise with Errol. Tues 9.30-10.15am, 10.30-11.15am. Weds 9.30-10.15am. Thurs 9.30-10.15am.

Circuits with Kellyanne. Tues 9.30-10.15am.

Boxercise/Kick Boxercise with Kellyanne. Tues 10.30-11.15am.

Women only Health Walk (This Girl Can) with Monika. Weds 9.30-10.30am.

Circuits with Errol and Kellyanne. Weds 10.30-11.15am.

Circuits with Errol. Thurs 10.30-11.15am.

Book on or turn up to these activities! Email ✉ kellyannesharman@manorandcastle.org.uk, ✉ errolbarrows@manorandcastle.org.uk or call 📞 0114 278 9999.

Springboard Social Café. Remote support from Monika including walks and outdoor coffee mornings. Provides safe and positive help for people with low level mental health conditions to get support on their journey to recovery. Contact Monika ✉ monikakatarzyte@manorandcastle.org.uk.

Man Shed at Steel Inn. Woodworking workshop where men can join, have a cup of tea, a chat and make a range of items



Photo supplied by Manor and Castle Development Trust

such as planters, toolboxes, bird boxes and picnic tables. Weds 10.30am-1pm. Please contact: Ian 📞 077346 78862; Phil 📞 07914 766 849, ✉ phild204@gmail.com or Gordon 📞 07443 622 053, as space is limited.

Dementia support:

Memory, dementia and carer support 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. Contact Helen 📞 0114 273 9850, ✉ v.c.e.admin@gmail.com.
- **Forget Me Nots Singing Group.** 📍 Arbourthorne Centre, Edenhall Rd, S2. Open to everyone. No singing experience necessary. Tues 5.30-6.30pm. Call Diane Cairns 📞 07946 436163.
- **Spires Café.** 📍 The Spires Centre, 600 East Bank Rd, S2 2AN. We are now running the Spires Café outside. 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. There's a gazebo to keep the sun/rain off so we hope to run in all weathers if we can (but do phone to check). 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 3-4.30pm.
- **Community coffee morning.** Seating will be provided inside and out (in one of our gazebos for those just venturing out following Covid restrictions). **Drop-in session.** Running alongside our coffee mornings. 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.

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.

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

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

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

We deliver our 'People Keeping Well' health and wellbeing activities in: Woodhouse, Beighton, Hackenthorpe, Westfield, Owlthorpe, Halfway, Beighton, 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, dementia cafes, health and well-being support, social groups and much more to come!

Our activities:

Adult Community Education. Beginners accredited and non-accredited classes:

- English. Tues 10am-12noon.
- Computers (ICT). Tues 12.30-2.30pm.
- Essential Digital Skills. A blend of classroom and distance learning. An Entry 3 or Level 1 course. Digital equipment will be required. One 3 hour session per week.
- Employability Skills, Level 1. 12-week courses run by FACES (Sheffield City Council).
- Yoga. Weds 10-11.15am and 7.30-8.45pm.
- Tai Chi. Thurs 11am-12noon.

We run many other courses including: Maths, 6 hour Emergency and 12 hour Paediatric First Aid, flower arranging, cooking on a budget, smartphone photography. Contact Jackie or Liz for more information.

Yoga classes. Helps to bring peace to the mind and body. Free 7 week starter courses for all levels. Online via Zoom. Weds 10-11.15am and 7.30-8.45 pm. Support to access the class is available. To book or for information, please contact Jackie or Liz.

Health and wellbeing activities:

Chairobics to music:

🏠 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.

📍 Spa View Church, Hackenthorpe, S12 4HD. Thurs 11am-12noon.

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

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 11am-1.30pm. Contact Ross 📞 07719 709326, ✉ communitygarden@mywoodhouse.co.uk. **Wellbeing Wednesday.** 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. However, these are currently being delivered by Zoom:

- **Dementia Cafés:**

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

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

- 🏠 Beighton Miners Welfare. Every third Thursday of the month 10am-12noon.

- **Carers Support Zoom.** Mon 11am-12noon. Please get in touch for the next available date.

- **Women's Social** Zoom (dementia friendly). Tues 10.30-11.30am.

- **Sporting Memories** social Zoom (dementia friendly). Thurs 10.30am-12noon.

All the groups are free to attend. Email Nicola or Lesley for a Zoom link.

We're also offering 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 or Nicola.

South West Sheffield

In SW Sheffield there are four leading 'People Keeping Well' community organisations: Age UK Sheffield, Heeley Trust, Heeley City Farm and Shipshape. 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. To book your place and receive links and instructions to join call 📞 0114 553 7807:

- **Gentle Circuits** online exercise class. Mon and Thurs at 10am.
- **Zumba Gold** online exercise class. Tues at 10am.
- **Zumba Chair** online exercise class. Thurs at 1.30pm.
- **Strength and Balance** online exercise class (can be chair based). Weds at 10am.
- **Mindfulness** online. Fri at 10am.
- **Walking Football** for men and women:
 - Springs Leisure Centre. Mon at 11am.
 - St George's Park Thorncliffe. Tues at 2pm.
 - St George's Park Graves. Weds at 11am.
 - Concord Sports Centre. Weds at 2pm.
 - Davy McKee Sports Ground. Fri at 11am.
 - Women's Walking Football at Goodwin Sports Centre. Weds at 8pm.
- **HiiT** online exercise class. Tues at 5.45pm.

Sheffield Mencap and Gateway Coffee Morning. For unpaid carers and the person they care for (adults with mild to moderate learning disabilities/Autism). First and third Monday of the month. Call Katie 📞 07447 391437, Ellie 07735 316347 or email ✉ cope@mencap.org.uk.

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. Email Eliza ✉ Eliza.Groark@ageuksheffield.org.uk or call 📞 0114 250 2850.
- **Fulwood Memory Café.** Held at Fulwood Scout Hut. Chat, quizzes, live singers and more, for people living with dementia and their carers. Tues 10am-12noon. Email Eliza ✉ Eliza.Groark@ageuksheffield.org.uk or call 📞 0114 250 2850.



Photo supplied by Age UK
(Singing Teapots Choir)

- **Singing Teapot Choir.** Second and last Tuesday of the month.
- **Cosy Creatives.** Online creative writing sessions. Mon 2-3pm. Email ✉ Joanna.Woodward@ageuksheffield.org.uk for details about the choir or writing sessions.
- **Connecting with Nature for Wellbeing.** Delivered by Caroline Cook, Horticulturist. Fri 10.20-11.30am. Email ✉ info@gardeningwithcaroline.co.uk or call Age UK ☎ 0114 250 2850. Visit 🌐 gardeningwithcaroline.co.uk.
- **Table Tennis** organised by Jan Clist at Bradway Community Hall. Thurs at 3pm, Fri at 7pm. Call ☎ 07787 954 842 or 0114 418 6463 to book a place.
- **Hammer & Pincers Friendship Lunch.** 📍 Ringinglow Rd, S11 7PW. Costs £7.50. Includes a 2 course meal and entertainment. Held monthly 12noon-2pm. Call the venue for more information and to book ☎ 0114 262 0759.
- **Writing sessions.** Delivered by Kathryn Reaney, a professional journalist:
 - Memoir Writing. Mon 12noon-2pm.
 - Writer's Drop-in. For writers who want readers and readers who want to hear the new writing of other people. Mon 2-4pm.

- 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.

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, Broomhall and the city centre. We also support services across Birley, Mosborough and Hackenthorpe.

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 trained coaches offer one to one tailored health and wellbeing support to help you develop healthier lifestyle choices. This includes a personalised support plan that encourages you to take control of your own health and wellbeing. Support may include: eating healthier, losing weight, being more active, referral to other services, advice and information, housing, benefits, Diabetes and chronic pain support. Mon-Thurs 10am-3pm. Sessions are delivered face to face, by phone, Zoom and WhatsApp. All are by appointment only.



Photo supplied by ShipShape

Our Health and Wellbeing Coaches also provide their service at the following GP practices/medical centres: Hanover MC, Porterbrook MC, Sharrow Lane MC, Matthews Practice, Sloan MC, Blackstock/Mosborough MC, Birley MC, Hackenthorpe MC. Ask your GP to refer you to our coaches. Face to face appointments at Sloan and Black Stock Medical Centre are available.

You can also join our wellbeing workers for a nice walk and talk about your wellbeing. Mon-Thurs 11am-3pm. By appointment only.

Community Wellbeing Support Line. For a free, confidential chat with our ShipShape health and engagement team who are here to help. Receive up to date information on any health advice. Language support available: Urdu, Punjabi, Arabic, Hindi, Bengali. Mon-Fri 11am-2.30pm. Sessions are delivered face to face, by phone, Zoom and WhatsApp. All are by appointment only.

Our activities:

Health checks and one to one support. Checks include: weight, height, BMI and blood pressure. Weds 10am-3pm. Contact us to book a place.

Diabetes and Health Group for women. We offer face to face sessions to support you to manage your Diabetes. We provide a range of outdoor activities, discussion on Covid and Diabetes, getting active, food and Diabetes, one to one support/connecting to services. Tues 11am-12.30pm.

Self-love and Mindfulness for women. Supporting you with anxiety, mental health and emotional wellbeing, and social isolation. A chance to talk to our Wellbeing Officer about general health and wellbeing. Thurs 12.30-1.30pm. Contact us to book your place.

Wellbeing Support Group for Asylum seekers and Refugees. Offering wellbeing support to vulnerable people in our community. Includes advocacy/walk and talk appointments and signposting. First Friday of the month 10am-12noon. Contact us for more information or to refer someone you know who might need this support.

Dementia and Carers service:

- **Coffee Morning.** Monthly check-in calls with carers and people with dementia. First Monday of the month 10am-3pm. Sessions are delivered face to face, by phone, Zoom and WhatsApp.

- **Men's Café.** Monthly check in calls with carers/people with dementia. Third Monday of the month 12noon-1pm. Sessions are delivered face to face, by phone, Zoom and WhatsApp.
- **Activity Packs.** Come and collect your dementia and carers activity packs! Third Monday of the month 11am-12.30pm. Please book your slot before attending.
- **Recharge your batteries.** Carers Zoom session for women. A variety of activities like: chair-based stretching exercise, pampering sessions, nails, hand massage and special guest visits! Fourth Monday of the month 1-2pm.

Chair Aerobics and keep fit class for women. Chair-based stretching exercises to music. Weds 11am-12noon. Delivered in an outdoor space.

Bollywood Dancing. Join us and dance to your choice of music with our trainer. Different cultural music played. Weds 12noon-12.30pm. Delivered in an outdoor space.

Desi Football. 📍 Mount Pleasant Park. For women and girls. A weekly outdoor session keeping active and having fun! Fri 4-5pm. 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.

Women's Cycling Club. Learn how to ride a bike. Meet at ShipShape, 📍 The Stables, Sharrow Lane, S11 8AE. Followed by a session at the back of the centre. Mon and Thurs 10am-12noon. Contact us to book your place.

Keep fit class for Asylum Seekers and Refugees. First Monday of the month 12noon-12.30pm.

Helping Hand and Support Group for female Asylum Seekers and Refugees. Come along for wellbeing support, to connect with other women, to find out more about ShipShape, the city and other services. Fri 1-2.30pm. Contact us for more information / to refer someone you know who might need this support.

Broomhall Women's Health Group. D Broomhall Centre, Broom Spring Lane, S10 2FD. Broomhall Women's Health café for families in the area. A range of food and creative activities. Connect with the community

hub to find out more information on local support that's being offered. Tues 11am-2.30pm. Contact us to book your place.

Walking Football for Men. 📍 U-Mix centre, 17 Asline Rd, S2 4UJ. Tues 1-2pm. Contact us to book your place.

Community Cricket Hub. For women and girls. Meet at ShipShape for a Bhangra keep fit class and straight after we'll play cricket in the park! If you haven't signed up, then get in touch as spaces are limited. Thurs 4-5.30pm at Mount Pleasant Park.

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. Come and enjoy weekly sessions with us. Men's session will be available soon. Contact us for days and times.

Community Learning Hub at ShipShape:

- **Social Café.** A digital cafe supporting you to use Zoom, a SMART phone, set up email, registering with online banking and shopping online, using WhatsApp, registering with a GP. Thurs 1.30-2.30pm.
- **Employability Support.** Provided 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. Pop into the Job Club Thurs 11am-3pm or call to book a one to one appointment.



Photo supplied by ShipShape

- **English Conversation.**

ShipShape Community Kitchen:

- **Breakfast Club.** Come and enjoy a healthy breakfast, connect with others and find out about other services and support available. Fri 10.30am-12noon. Contact us to book a place.
- **Cooking on a budget.** Together we'll learn to cook exciting, diverse and delicious meals with affordable, local and seasonal ingredients as well as homegrown produce. Thurs 11am-1pm. Contact us to book a place.

ShipShape's Community Courtyard Garden Project. Sessions held at ShipShape. Join us for light gardening and help us transform our courtyard! Fri 2.30-4.30pm.

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

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

Heeley Trust is a local charity and community anchor, committed to providing opportunities and support to residents of Heeley and Meersbrook. Over the last two decades we've been working to improve public spaces, secure community assets and build social enterprises to deliver a wide range of projects to the people living in the surrounding area 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, well-being and community services.
 - **Health and wellbeing activities**
 - Wellness Walks. Walk locally with others. Tues from 10.30am.
 - Nature Natter. Walk, nature activities and a cuppa. Weds at 10.30am.
 - Tai Chi. Gentle exercise. Mon at 9.30am.
 - **Food and Exercise**
 - 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.
- Contact the team on 📞 0114 399 1070.



Photo supplied by Heeley Trust

- **Dementia activities.** Support groups, weekly activities and events for those living with dementia and their carers (there are separate groups for young onset dementia). Includes **Activity Cafe**. Monthly group with activities and refreshments. Call Grace 📞 0114 399 1070.

- **Courses and workshops:**

Activity courses. Call Elisha on 📞 0114 399 1070.

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

- IT Device Doctor. Help with IT issues. Held at Meersbrook Hall. Mon.
 - Telephone IT advice. One to one sessions. Tues.
 - Online IT Basics. Weds and Thurs.
 - Computer Access. Need to be pre-book. Mon, Tues and Thurs.
- **Volunteering.** We offer a variety of different opportunities to suit different interests and availability:

- Dementia Champion
- Digital Champion
- outdoor volunteer
- parks 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: Brownies (Mon 7-8pm, term-time); Rainbows (Mon 6-7pm, term-time); Diddi Dance, young persons' dance classes (Tues 10.30-11.45am, term-time); Sew, Knit and Natter (Fortnightly on a Monday 10.30am-12.30pm).
- At the Meeting Place: Chairobics (Thurs 2.30-3.30pm); Pram Chorus, a choir for parents/carers who bring their little ones along (Mon 9.30-11am); TLC, a support group providing tea and love for our community (Tues 2.30-3.30pm).

- In the Old Vestry: Norton Lees Local History Group (2nd Tuesday of the month 7.30-9pm); toddler art group (Tues 10-11am, term-time).
- In the Nave: Norton Lees Ladies Group (1st Wednesday of the month 7.30-9pm).

Contact Peter Franklin 📞 0114 255 4441, ✉ peter@franklinphsl.plus.com.

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

Email ✉ info@heeleyfarm.org.uk. 🌐 www.heeleyfarm.org.uk.

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

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, saying which site you’d like volunteer on:

- Heeley City Farm main site. Sat 10am-3pm.
- Wortley Hall walled garden. Tues-Thurs 10.30am-4pm.
- Dovercourt Doctors Surgery garden. Weds 11am-1pm.
- St Marys Church community garden, Handsworth. Tues 12noon-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 am-12noon.

Dementia Friendly Farm Afternoons. 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.

Frontotemporal Dementia (FTD) Carers/Supporters Group. A relaxed, supportive and confidential group set up by two brothers who cared for their mother who had FTD. Held at the farm 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.

Walking Football. Based at the U-Mix Centre. 5-a-side walking football game run in partnership with ShipShape. Also training drills like crossbar challenge and keepy uppy's. The group is mixed and all abilities are welcome! Tues 1-2pm. For details visit 🌐 www.shipshape.org.uk/walking-football.

Energy/fuel poverty advice and support. One to one support and advice with managing your energy bills (including ensuring 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.

At the moment there is no leading PKW partner for the following areas: **South, Batemoor, Jordanthorpe, Lowedges, Bradway, Greenhill, Beauchief and Woodseats.** However, there are a local network of organisations delivering a wide range of activities:

Terminus Initiative. 📍 240 Lowedges Rd, S8 7JB.

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.



Photo supplied by Heeley City Farm

- **Women's conversation club.** 🏠 Michael Church, Lowedges Rd, S8 7LD. Tues 1-3pm. Call Joy to book.
- **Whats App Slow cooker course.** 6 week course, held on Weds. Call Amy to book 📞 07928 811238.
- **Carers group.** 🏠 Jordanthorpe Centre, S8 8DX. Thurs 1-2.30pm. Call Joy to book.
- 🏠 **The Meeting Place.** 240 Lowedges Road, Sheffield, S8 7JB:
 - **Lowedges Library service.** Mon 10am-1pm, Weds 10am-4pm.
 - **Tiddlypeeps parent and toddler group.** Tues 10am-12noon. Call Elaine to book 📞 07926 787806.
 - **Drop-in coffee morning.** Thurs and Fri 10-11.30am.
 - **Singing for wellness.** Thurs 10am-12noon. Call Elaine to book 📞 07926 787806.
 - **Friday fellowship.** Fri 12.30-2pm. Call Elaine to book 📞 07926 787806.
 - **Crafty corner.** Fri 10am-12oon. Call Amy to book 📞 07928 811238.

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 7-9pm. Held in Unit 3.
- **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 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. Thurs 10am-12noon. 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.



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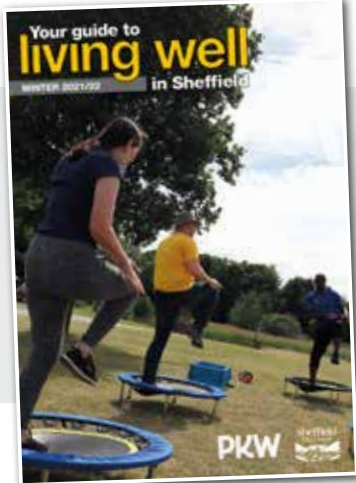
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Tel: 0114 327 1720

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

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. 🌐 www.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 p11.

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-Weds and Fri 9am-5pm, Thurs 12noon-8pm. 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.

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.

Live Lighter Sheffield. Delivered by Zest. Offers 12 week weight management programmes across the city for adults, children and families. 🌐 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 has a wide range of information about mental health conditions, wellbeing, what help is available and what you can expect from services. 🌐 www.sheffieldmentalhealth.org.uk.

You can call 📞 0114 273 7009 or email ✉ mhguide@sheffieldflourish.co.uk if you need more personalised support.

Sheffield MIND offers support for people with mental health problems, including: counselling and therapy services, practical and emotional support and peer support. See their contact details on p55 .

If you're feeling low, stressed, anxious or depressed, **Sheffield IAPT** can help. They can also help you to live well with chronic pain and long-term conditions. They run courses and have self-help materials.

🌐 www.iaptsheffield.shsc.nhs.uk. 📞 0114 226 4380.

Cruse is a national charity which provides bereavement support.

Call 📞 0114 249 3328 or email ✉ sheffield@cruse.org.uk.

Andy's Man Club. 🏠 Community Rooms, Fire Station, Eyre St, S1 3HU. Drop-in for men to socialise and discuss mental health issues if they wish. During the pandemic they are meeting online, contact them for a link. Mon 7-9pm. 🌐 www.andysmanclub.co.uk. ✉ info@andysmanclub.co.uk.

Dementia support

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 or call 📞 0114 276 8414.

Stroke support

Stroke Association Sheffield provides a reablement service which supports stroke survivors (including TIAs/mini-strokes), to learn new skills, regain confidence, increase independence and socialise with others. Their Stroke Recovery Service provides practical advice, emotional support and high-quality information following a stroke. Whether you're a stroke survivor, carer or family member, they'll work with you to identify and address your physical needs through a personalised plan and support you to rebuild your life after stroke. Email Jane Hammond sheffield@stroke.org.uk or call 📞 07717 275705.

🌐 www.stroke.org.uk/finding-support/support-services/sheffield-stroke-recovery-service.

Cancer support

Weston Park Cancer Charity. 📍 Whitham Rd, S10 2SJ. In our cancer support centre, or in the community and closer to home for patients, we offer all kinds of practical and emotional help. We enable patients and their families to get professional advice, emotional support, the chance to make friends, join in with activities like craft or singing, or just to have a quiet place to be themselves. Call 📞 0114 553 3330 or email ✉ CharityTeam@WPCancerCharity.org.uk. 🌐 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 11am-2pm, just pop in! or call 📞 0114 278 4600.

🌐 www.cavcare.org.uk.

‘Alike’ UK cancer app. A two-time cancer survivor has launched a new app to help combat loneliness amongst young people with cancer. The app has partnered with the largest organisations that support young people diagnosed with cancer. The platform provides peer support for the cancer community, by the cancer community. 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.’

Healthy activities

Step Out Sheffield runs weekly health walks from around 30 sites 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. 📞 07505 639524.

Parkrun organise free weekly park runs in Sheffield for all abilities (you can run, jog or walk). It’s free! Please register before your first run.

🌐 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

Please contact organisations to check if services have changed

🏠 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/sheffielddolph-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.

Grow Sheffield. Find community food growing projects at 🌐 www.facebook.com/growsheffieldgrow.

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 or call 0114 273 4712.

Volunteer libraries also provide a wide range of services and activities. To find out more, visit 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.

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.

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.

Age UK Sheffield coffee mornings. Drop-in Fri 11am-12noon at the Crucible Corner Café in the city centre and on Weds 11am-12noon at Woodseats Library. Age UK contact details are on p55.

Support for Carers

Sheffield Carers Centre Carers Café which used to meet at the Central United Reformed Church on Norfolk Street, is now held as





a virtual get together on Zoom. It's still a great opportunity to meet other carers, share experiences and have a break from caring. The café meets on Fri at 10am. Contact Jan 📞 0114 278 8942, ✉ jan@sheffieldcarers.org.uk.

The Carers Centre also offers a range of support and information services to all unpaid adult carers. Services include:

- Carers Advice Line. For specialist advice and information. Call 📞 0114 272 8362.
- Carer Card. For a range of discounts and offers from local and national businesses.
- Carer's Needs Assessments. Looks at how your caring role impacts your life and the support you might need.
- Carers News! A monthly E-newsletter providing unpaid carers with up to date information on key topics.
- Carers support groups. Zoom meetings that help carers share experiences and keep in touch with others.
- Community Connect. Provides practical information and support for carers from a team of volunteers.

- Legal service. Online sessions with a solicitor to offer advice on common legal issues facing carers.
- Plan for Emergencies. The Carer Card and Carer Advisors can help plan for if, or when, you are unable to care.
- Time for a break. Helps carers get a break from caring to find some quality time.

Call 📞 0114 272 8362 (10am-4pm). 🌐 www.sheffieldcarers.org.uk.

Activities for people with disabilities

Within Reach helps people with a disability to take part in sport, recreation and arts. 🌐 www.withinreach.org.uk. 📞 0114 273 4266.

Sheffield Mencap and Gateway has an Out and About Scheme with activities for people over 18 with a learning disability. Activities include Liberated Ladies, snooker, bowling, football, fitness fanatics, walking and youth groups. They also run social groups and education courses. Call 📞 0114 276 7757 or visit 🌐 www.sheffieldmencap.org.uk/learning-disabilities.

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.

Re-engage provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing. Most famous for their monthly Sunday tea parties which take place in volunteers' homes. These are currently on hold due to the pandemic, but will be re-opening as soon as it's safe to do so. In the meantime, why not 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. 🌐 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, a letter, card or drawing from a friend you haven't met yet

- holiday check for the duration of a relative's holiday
- re-arranging furniture to enable greater mobility
- occasional sitting to give a carer time to attend an appointment
- escorting to hospital appointments (service user to bear any cost).

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

🌐 www.scccc.co.uk.

Age Better in Sheffield are all about supporting people aged 50 and over to experience opportunities that are enjoyable, and that help to reduce loneliness and isolation. They provide a range of exciting projects that have been co-designed with older people so that they best meet the needs of the individuals living in Sheffield. Call 📞 0114 2900 294.

🌐 www.agebettersheff.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.

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

Sheffield Digital Inclusion Project. Heeley Trust provides a range of free digital drop-ins across the city in libraries and community venues. They support people in getting to grips with digital technology. They help people to: manage finances, job search, stay safe or stay connected. To find out more and to book a place call 📞 0114 339 1070 or email ✉ toni.b@heeleydevtrust.com.

For IT help and advice call Toni on 📞 0114 399 1070:

- IT Device Doctor. Help with IT issues. Held at Meersbrook Hall on Mondays.
- Telephone IT advice (one to one sessions) on Tuesdays.
- Online IT Basics. Weds and Thurs.

Sheffield College. 🌐 www.sheffcol.ac.uk/courses/adult-learners.

Call 📞 0114 260 2600.



The **WEA** run adult education courses. 🌐 www.wea.org.uk/yorkshire-and-humber. Call 📞 0114 553 6614.

Sheffield Association for the Voluntary Teaching of English (SAVTE) can help you learn English in a class or in your home. Call 📞 0114 253 6644. 🌐 www.savte.org.uk.

Help to get out and about

Sheffield Community Transport (SCT) provides 4 main 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)
- Mobility for Leisure (transport to go on breaks and holidays).

SCT also has a Travel Buddy service if you need someone with you to get out and about. Call 📞 0114 276 6148 or email ✉ enquiry@sheffielddct.co.uk. 🌐 www.sheffielddct.co.uk.

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

- The Moor Market. Call 📞 0114 273 8787.
🌐 <https://mobilesheffield.co.uk/how-to-find-us.html>.
- Crystal Peaks Shopping Centre. Call 📞 0114 247 2611.
🌐 www.crystalpeakscentre.com/shopping/32190/professional-mobility.
- Meadowhall (also offers accompanied shopping).

Call 📞 0333 313 2000. 🌐 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/sheffield) 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). You can also text on 07860 026 184 or email ✉ getintouch@citizensadvice.org.uk.

There's a Language Line (for people with little or no English). You can leave a message in your own language and one of our bi-lingual advisers will phone you back (open Mon-Fri 10am-4pm):

Somali Line 📞 0114 700 6896; Urdu/Punjabi Line 📞 0114 700 6881;
Arabic Line 📞 0114 700 2345.

Citizens Advice Sheffield also runs the following 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.

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. 📞 (01246) 241 457. ✉ tinsley@fcgroup.org.uk.

🏠 **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).
🌐 www.sheffieldparentcarerforum.org.uk. 📞 0300 321 4721
(local call rate).
- **Age UK Sheffield.** 🌐 www.ageuk.org.uk/sheffield. 📞 0114 250 2850.
- **Sheffield Carers Centre.** 🌐 www.sheffieldcarers.org.uk.
📞 0114 272 8362.
- **Sheffield Young Carers.** 🌐 www.sheffieldyoungcarers.org.uk.
📞 0114 258 4595.
- **Sheffield Autistic Society.** 🌐 www.sheffieldautisticsociety.org.uk.
📞 07923 473 240.
- **Alzheimer's Society.** 🌐 www.alzheimers.org.uk. 📞 0114 276 8414.
- **Disability Sheffield** (for people with a disability or long-term health condition). 🌐 www.disabilitysheffield.org.uk. 📞 0114 253 6750,
text only: 📞 07541 937169.
- **Sheffield Mencap & Gateway** (for people with a learning disability).
🌐 www.sheffieldmencap.org.uk. 📞 0114 276 7757.
- **Sheffield MIND.** (For people with a mental health problem).
🌐 www.sheffieldmind.co.uk. 📞 0114 258 4489.
- **Sheffield Royal Society for the Blind** (for blind and partially sighted people) 🌐 www.srsb.org.uk. 📞 0114 272 2757.

- **Deaf Advice Team (Sheffield Citizens Advice).**

🌐 www.citizensadvice.org.uk. 📞 03444 113 111.

SMS/WhatsApp message only 07464 544214.

Email ✉ deafadvice@citizensadvice.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.
- 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 or call 📞 0114 2057120 and speak to a member of our friendly team.

Money matters

South Yorkshire Energy Centre 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. Drop-in advice session on Thursdays. 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 📞 0114 303 9981, ✉ 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.

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
- Stay and Play
- Talking Toddlers
- baby massage
- links to Family Learning
- Midwife and Health Visitor drop-ins
- healthy eating and nutrition for the really young.

For all the latest information visit:

🌐 www.sheffielddirectory.org.uk,
www.facebook.com/sheffieldfamilycentres.

Email ✉ sheffieldfamilycentres@sheffield.gov.uk, call 📞 0114 273 5665 or just pop into your local Family Centre!

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.

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.

🌐 www.sheffield.gov.uk/parenting.



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📞 01302 714528 | 🌐 www.octagon.org.uk | ✉ info@octagon.org.uk

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.

The service is open Mon-Fri 9am-5pm by appointment only.

We provide support in various locations across North Sheffield:

- 🏠 SOAR Employment, 19 Bellhouse Rd, Firth Park, S5 6HJ (Main Office).
- 🏠 SOAR Works, 14 Knutton Rd, S5 9NU.
- 🏠 Learning Zone, 320 Wordsworth Avenue, Parson Cross, S5 8NL.
- 🏠 Chapeltown Library, Nether Ley Ave, S35 1AE.
- 🏠 Stocksbridge Library, Manchester Rd, S36 1DH.

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. Call 📞 0114 244 4887 or email ✉ admin@tinsleyforum.co.uk.

North West Sheffield

Zest for work (based in the Zest Shipton Street Centre) provides employment support, and training including:

- one to one employment support and skills assessment tailored to your needs
- action planning and regular review of your goals
- careers advice
- signposting to specialist support services like debt support
- interview skills, job search and job application support
- work placements
- continued support when you're in work
- better off calculations (help to maximise your benefits)
- training courses.

Our training courses include:

- employability
- confidence building
- English
- maths
- IT.

We can also signpost you to other training courses, for example education, ESOL or vocational training. Support with childcare and direct funding for courses is available in some cases. Zest also offers free courses in Managing Anxiety, Managing Depression and our Zest4Life course. To find out more about our employment and training services call ☎ 0114 270 2042 or email ✉ reception@zestcommunity.co.uk.

Zest for work club. Provides IT facilities, support with interview skills, job search, CV building and completing applications. Monday and Wednesday 1-3pm. We can also refer you to South Yorkshire Housing Association's **WorkingWin** projects for training and help with Job Search.

South East Sheffield

Manor and Castle Development Trust. 📍 52-54 Manor Park Centre, Manor Park, S2 1WE. Our specialist team of employment keyworkers can provide help and support for people who are 18+, unemployed and economically inactive with:

- job searching and support to set up email accounts and register on job search websites
- creating an eye-catching CV
- interview skills and mock interviews
- training and careers advice
- all types of job application forms
- accessing education/training/volunteering or work placement
- specialist support for lone parents to access work
- specialist support for ex-offenders to find sustainable employment.

The support is free, confidential, and tailored to your needs.

If you want to find out more or to book an appointment, call 📞 0114 265 5145 or email ✉ employmentteam@manorandcastle.org.uk.

Manor and Castle CSCS Test Centre. Looking to take your CSCS (Construction Skills Certification Scheme) test or gain or renew your CSCS card to work in the construction industry? Give us a call to see how we can help. You may be eligible for a free CSCS test and/or CSCS card. To find out more call 📞 0114 265 5145 ext 2 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 Aly Lalloo 📞 0114 250 5111, ✉ aly@heeleyfarm.org.uk.

Shipshape Community Learning Hub. 📍 The Stables, Sharrow Lane, Sheffield S11 8AE. Call 📞 0114 250 0222.
Email ✉ info@shipshape.org.uk. 🌐 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. Pop into the Job Club Thurs 11am-3pm or call to book a one to one appointment.



Employment Support

Citywide employment support

Sheffield Digital Inclusion Project. Heeley Trust provides a range of free digital drop-ins across the city in libraries and community venues. They support people in getting to grips with digital technology. They help people to: manage finances, job search, stay safe or stay connected. To find out more and to book a place call 📞 0114 339 1070 or email ✉️ toni.b@heeleydevtrust.com.

Learn Direct. 🏠 Dearing House, 1 Young St, S1 4UP. 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 253 6644. 🌐 www.savte.org.uk.

Sheffield Futures. 🏠 Star House, 43 Division St, S1 4GE. Provides expert careers advice for anyone 16+. 🌐 www.sheffieldfutures.org.uk.
Call 📞 0114 201 2800.

Workpays. 🏠 Courtwood House, Silver Street Head, S1 2DD. Funded employment support for unemployed people 18+. Call 📞 0800 1979 826.
✉️ enquiries@workpays.co.uk. 🌐 www.workpays.co.uk.

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.

Housing

Citywide services

Sheffield City Council Housing+ service

Sheffield City Council's Housing+ service is here to support our tenants, signposting to appropriate support where necessary to make sure people can enjoy and sustain their tenancy. Call 📞 0114 293 0000 or call in to your local office.

Shelter. 🏠 6th Floor, Furnival House, Furnival Gate, S1 4QP. Provides help with housing issues. Call 📞 0344 515 1515.

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 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.

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City Council



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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.

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

- Age UK www.ageuk.org.uk/sheffield or call 0114 250 2850.
- Disability Sheffield www.disabilitysheffield.org.uk or call 0114 253 6750.
- Or for an easy-to-use, online self-help guide visit the Carers UK AskSARA website 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 or email citywidecarealarms@sheffield.gov.uk.

www.sheffield.gov.uk/carealarms.

Home maintenance and fitting equipment in your home

The Stayput Handyerson service can help you with little jobs to make your



home safer. They can do the small jobs, like fit handrails on stairs or grab rails, for about half the usual cost. They can also do odd jobs like fitting doorbells and changing light bulbs. Call 📞 0114 256 4270 or email ✉️ sheffieldstayput@yorkshirehousing.co.uk.

🌐 www.yorkshirehousing.co.uk/home-improvement/sheffield.

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. 📞 0333 370 6700.
- Wiltshire Farm Foods. 🌐 www.wiltshirefarmfoods.com. 📞 0808 239 3003.

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

- Park Care Meals. 🌐 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.

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.

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.

This guide can be supplied in other languages and alternative formats. Please call ☎ 0114 273 4119 or email ✉ 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/LAC.

Bunique Beauty

Beauty | Lashes | Brows

Cavendish Court, South Parade,
Doncaster DN1 2DJ

Call Julia on: 07879813151

julia@buniquebeauty.co.uk
www.buniquebeauty.co.uk



Semi Permanent Makeup

Semi permanent brows start at **£180** depending on techniques used. Semi permanent brows can last between 1 and 3 years depending on skin type and aftercare.

Eyelashes Full Set

Classic Lash Extensions	£38
Hybrid (mix)	£48
Russians	£55
LVL Lash Lift	£30

Brow Services

Tint & Wax	£15
Henna Brow	£27
Brow Lamination	£27
Brow Shape	£8

Facial Treatments

Microdermabrasion	£27
Course of 5	£110
Icon Ultralift	£32

V.I.P. PACKAGES AVAILABLE



Treatment prices are subject to availability & the management reserves the right to change prices or refuse treatment at their discretion. Some treatments require a patch test, this must be carried out at least 24-48 hrs before the treatment & cannot be carried out.