Your guide to living well in North East Sheffield

SUMMER 2019

Foxhill, Parson Cross, Colley, Longley, Shirecliffe, Shiregreen, Wincobank, Brightside, Darnall, Tinsley, Burngreave, Firth Park, Firvale, Woodside, Burncross, Chapeltown, Ecclesfield, Grenoside, Highgreen
Welcome
to your local guide to keeping happy, healthy and well in North East Sheffield. Here you’ll find where to go to get advice, stay healthy and well, find things to do or get active, learn something new or get help into work, get help with money problems or housing issues… and if you’re a carer or need help to stay in your home, you’ll find support that’s local to you.

This guide’s been produced by Darnall Wellbeing and SOAR, together with Sheffield City Council.
# Getting advice and support

## Local information and advice services

**Citizens Advice Sheffield** provides free, independent, impartial and confidential advice. Help with welfare benefits and tax credits, debt, housing, employment, immigration or any other issue.  
[www.citizensadvicesheffield.org.uk](http://www.citizensadvicesheffield.org.uk).  
☎️ 03444 113 111.

### Local offices

- **Firvale Centre.** Earl Marshall Rd, S4 8LA.  
  Drop-in advice service Tuesday 9am-1pm.
- **Spital Hill.** 28-30 Spital Hill, S4 7LG.  
  Drop-in advice service Tuesday 9.30am-4pm.
- **Learning Zone.** 320 Wordsworth Ave, Parson Cross, S5 8NL.  
  Drop-in advice service Wednesday 10am-1pm.
- **Stubbin Lane.** 9 Stubbin Lane, Firth Park, S5 6QG.  
  Drop-in advice service Wednesday 9.30am-4pm.
- **Darnall Primary Care Centre.** 290 Main Rd, S9 4QH.  
  Drop-in advice service Wednesday 9.30-11.30am.
- **Tinsley One-Stop Shop.** 120-126 Bawtry Rd, S9 1UE.  
  Drop-in advice service Thursday 9.30am-1pm.  
  ☎️ (0114) 243 2720.  
  ✉️ tinsleyadvice@hotmail.com.
- **Stocksbridge Library.** Manchester Rd, S36 1DH.  
  Drop-in advice service Thursday 10am-1pm.

### Independent advice services

- **Firvale Community Hub.** 127 Page Hall Rd, S4 8GU.  
  ☎️ (0114) 261 9130.
- **Chapel Green Advice Centre.** 35 Station Rd, Chapeltown, S35 2XE.
- **Freedom Community Project.** Tinsley Methodist Church, 2 Ingfield Ave, S9 1WZ.  
  Provides a free café and a listening ear. Gives advice on benefits, debt, housing and mental health support, and general advice.  
  We have a food bank and provide grants. Tuesday 9am-12noon.  
  Contact ☎️ (01246) 241 457.  
  ✉️ tinsley@fcgroup.org.uk.

### Health and wellbeing information and advice

**Darnall Wellbeing** and **SOAR** provide local health and wellbeing advice and support. Find out more on p7-9.
**Community Support Workers**

There are Community Support Workers (CSWs) based at each GP surgery in the city. Your local workers are Andy, Carmen, Helen, Liz, Nasreen and Thando. They can help you with any non-medical issue you may have, such as:

- help to find local social or support groups. Your local CSW will introduce you to the group if you’re worried about going on your own for the first time.
- help to get involved in your local community.
- help to find support for you in and around your home.
- help to check your benefit entitlement.
- advice to support carers… and much more!

To contact the workers call ☏ (0114) 205 7120 (Monday-Friday 8.45am-5pm).

**Children and families**

**Family Centres** offer a range of support from pregnancy onwards, including: Talking Toddlers, Stay and Play, infant feeding support, baby massage, family learning, midwife and health visitor drop-ins, healthy eating and nutrition for the really young. For all the latest information: 🌐 www.sheffielddirectory.org.uk. ☏ (0114) 273 5008 or just pop in:

**First Start Family Centre.** 441 Firth Park Rd, S5 6HH. ☏ (0114) 232 2203. Also has link sites at Burngreave, Brightside and Shirecliffe.

**Darnall Family Centre.** 563 Staniforth Rd, S9 4RA. ☏ (0114) 273 5008.

**Early Days Family Centre.** 71 Palgrave Rd, S5 8GS. ☏ (0114) 250 3060. Also has a link site at Angram Bank School, High Green.

**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’s Hub is for parents of tots to teens. Free local meetings and 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
For parents/carers of children and young people with a disability or special educational needs
Sheffield Parent Carer Forum.  
[www.sheffieldparentcarerforum.org.uk](http://www.sheffieldparentcarerforum.org.uk)  
(0300 321 4721 (local call rate).

For people 50+ years
Age UK Sheffield.  
[www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield)  
(0114) 250 2850.

For carers
Sheffield Carers Centre.  
[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk)  
(0114) 272 8362.  
Sheffield Young Carers.  
[www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk)  
(0114) 258 4595.

For people on the autistic spectrum
Sheffield Autistic Society.  
[www.sheffieldautisticsociety.org.uk](http://www.sheffieldautisticsociety.org.uk)  
Helpline 07923 473 240. National 0808 800 4104.

For people with dementia and their carers
Alzheimer's Society.  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
(0114) 276 8414.

For people with a disability or long term health condition
Disability Sheffield.  
[www.disabilitysheffield.org.uk](http://www.disabilitysheffield.org.uk)  
(0114) 253 6750, text only: 07541 937169.

For people with a learning disability
Sheffield Mencap & Gateway.  
[www.sheffieldmencap.org.uk](http://www.sheffieldmencap.org.uk)  
(0114) 276 7757.

For people with a mental health problem
Sheffield MIND.  
[www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk)  
(0114) 258 4489.

Fire Service
Can provide free home safety checks and fitting of smoke alarms  
[www.syfire.gov.uk](http://www.syfire.gov.uk)  
(0114) 253 2314. In an emergency call 999.

[www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk)
Keeping healthy and well

Local health and wellbeing services

GP Surgeries

Pitsmoor Surgery. 🏠 151 Burngreave Rd, S3 9DL. ☏ (0114) 272 5154.
Pitsmoor Surgery. 🏠 21 Spital St, S3 9LB. ☏ (0114) 272 7042.
Page Hall Medical Centre. 🏠 101 Owler Lane, S4 8GB. ☏ (0114) 261 7245.
Upwell Street Surgery. 🏠 93 Upwell St, S4 8AN. ☏ (0114) 243 5504.
Barnsley Road Surgery. 🏠 899 Barnsley Rd, S5 0QJ. ☏ (0114) 232 9390.
Buchanan Road Surgery. 🏠 72 Buchanan Rd, Parson Cross, S5 8AL. ☏ (0114) 245 4834.
Dunninc Road Surgery. 🏠 28 Dunninc Rd, S5 0AE. ☏ (0114) 257 0788.
Elm Lane Surgery. 🏠 104 Elm Lane, S5 7TW. ☏ (0114) 245 5112.
Firth Park Surgery. 🏠 400 Firth Park Rd, S5 6HH. ☏ 03333 232900.
Margetson Surgery. 🏠 1 Remington Ave, S5 9PA. ☏ (0114) 246 9030.
Norwood Medical Centre. 🏠 360 Herries Rd, S5 7HD. ☏ (0114) 243 7212.
Shiregreen Medical Centre. 🏠 492 Bellhouse Rd, S5 0RG. ☏ (0114) 245 6123.
Southey Green Medical Centre. 🏠 281 Southey Green Rd, S5 7QB. ☏ (0114) 232 6401.
The Flowers Health Centre. 🏠 87 Wincobank Ave, S5 6AZ. ☏ (0114) 256 7333.
The Health Care Surgery. 🏠 63 Palgrave Rd, S5 8GS. ☏ (0114) 234 4729.
Foxhill Medical Centre. 🏠 160 Fox Hill Cres, S6 1GA. ☏ (0114) 232 2055.
Darnall Primary Care Centre. 🏠 290 Main Rd, Darnall, S9 4QH. ☏ (0114) 226 0000.
Dr Mehrotra. 🏠 Darnall Health Centre, 2 York Rd, S9 5DH. ☏ (0114) 244 9525.
Highgate Surgery. 🏠 Highgate, Tinsley, S9 1WN. ☏ (0114) 226 3535.
The Medical Centre. 🏠 Ingfield Ave, Tinsley, S9 1SW. ☏ (0114) 261 0623.
York Road Surgery. 🏠 Darnall Health Centre, 2 York Rd, S9 5DH. ☏ (0114) 244 8357.
Local dentists
Find your local dentist on the NHS Choices website: www.nhs.uk.

Community health and wellbeing

Darnall Wellbeing, SOAR and a network of local organisations working in the North East of the city, are part of The People Keeping Well Partnership.

We work together to improve the health and wellbeing of your local community. We can support you to improve your health, get more active, get out and meet people, learn new things, get support into employment and cope with life issues. We run a wide range of activities and have people who can work with you to find the right support for you. Our work is often called Social Prescribing.

Darnall Wellbeing (DWB). You can get help from Darnall Wellbeing 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 Darnall Wellbeing’s many activities, as well as other things going on locally.

Darnall Wellbeing Health Trainers. Our Health Trainers can help if you need support to improve your health. They can help with:

- healthy eating
- getting more active
- losing weight
- diabetes and chronic pain

Darnall Wellbeing activities
We also run a range of activities like: Conversation club (Friday 10am-12noon), Health Walks (Monday 10.45am-12.30pm), Women’s Learn to Ride
(Monday 10am-12noon) and crafts (Friday 1-3pm). You’re welcome to join us, call to find out more or see our Health Trainers for more details. We aim to make our activities dementia friendly. See our contact details on p2.

**SOARs Social Prescribing Service** is available in 22 GP Surgeries in North Sheffield. The service provides health, employment and wellbeing advice and support. You’re referred using a ‘social prescribing’ pad to SOAR’s Health Services Team. SOAR’s Health Trainers and Advocacy workers will then spend time with you to understand, build confidence, plan, support and/or refer to additional support.

**SOAR Health Trainers.** Our Health Trainers can help you if you need practical support to improve your health and wellbeing. They can help with:
- healthy eating
- getting more active
- losing weight
- referral to stop smoking support

and much more! You can have 5 or 6 sessions on a one-to-one basis. Call for an informal chat (see our contact details on p2).

**SOAR’s Health and wellbeing activities**

- **Springboard Social Cafés**
  - The Learning Zone, 🏘 320 Wordsworth Ave, S5 8NL. **The ‘New Brew’** is for people who are struggling with anxiety, depression, panic attacks or other mental health conditions. Held all day, every other Friday. People drop-in as they need to and, over refreshments, talk with others in a similar situation. Provides a programme of activities and events. Contact Helen Warren ☎️ (0114) 213 4065 / 📞 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. Activities include massage therapy, healthy lifestyle and eating, mental health workshops, gentle exercise. Refreshments and lunch £1.50. Call Helen Warren ☎️ 07795 563700.
  - The Firvale Community Hub, 🏘 S4 8GU / ACT, 🏘 Earl Marshall Road, S4 8LB. Do you want more energy and to make new friends? Come and
have a chat! Every other Thursday 10am-4pm. Call ☏ (0114) 261 9130 (Firvale Community Hub) / ☏ (0114) 243 4340 (ACT Firvale Centre).

• **Community cafe.**  🏡 Comfort Zone, The Hub, Firth Park, S5 6QL. The café is a place where people can drop in and meet others who may feel lonely or isolated. Runs activities like crafts, indoor bowls, hand massage, board games and drop in IT sessions. Refreshments and lunch £1. Held every other Tuesday 10am-2pm. Call Helen Warren ☏ 07795 563700.

• **Forget Me Not Memory Cafe.**  🏡 Parson Cross Community Development Forum, 56 Margetson Crescent, S5 9NB. The café is aimed at supporting adults with early stage dementia and their carers, Tuesday 9.30-11.30am (term-time only). Call Louise Askew ☏ (0114) 327 9727.

• **Chronic Pain Support Group.** Join in with light exercise, massage and support each other to manage pain. Held once a month on Tuesday at:
  - Sorby House,  🏡 42 Spital Hill, Burngreave, S4 7LG.
  - St Cuthberts Church,  🏡 Barnsley Road, Firvale, S5 7AD.
  Call Somshun Nessa ☏ (0114) 213 2591 to find out more.

**Darnall Dementia Group** provides day care on Monday, Wednesday and Friday in a local church. We welcome referrals for anyone with a diagnosis of dementia. We provide a friendly space where people are supported by skilled helpers. Contact Sheila Manclark on ☏ (0114) 226 2116.

**Parson Cross Community Development Forum.**

-Origin  🏡 56 Margetson Crescent, S5 9NB.
Runs fabulous free dementia/Alzheimer’s groups: JABADAO group that runs Monday 1-2pm and a Memory Cafe that runs Tuesday 9.30-11.30am (term-time only). These groups are a great community activity for people with dementia and their families. Contact ☏ (0114) 327 9727. 📧 louise@pxforum.org.

**SAGE Greenfingers.**  🏡 30 Minna Rd, S3 9AZ. Provides gardening as therapy for adults with mental health problems living in the area. Contact ☏ (0114) 274 3651. 🌱 www.sagesheffield.org.uk.

4 week sessions on Tuesdays 2-4pm. Call Tommy Grant ☏ (0114) 232 6211.
Dance to Health. Fir Vale Community Hub, 127 Pagehall Rd, S4 8GU. For older women who have had a fall or are at risk of falling (sessions can be done sitting or standing). Opportunity to have a drink and a chat at the end. Thursday 10am-12noon. Contact Jenny ☏ 01993 870159. ⌂ jennyjohnson@ae-sop.org.


Drink Wise, Age Well gives advice on healthier drinking for the over 50’s and runs free local activities and social opportunities to meet new people or develop skills. Activities like: exercise groups, healthy eating sessions, craft groups, and many more. Runs a community allotment in Darnall at ⏺ Ouse Rd, S9 3FS, on Wednesday 10am-2pm. Call free ☏ 0800 032 3723. ⌂ www.drinkwiseagewell.org.uk.

Pedal Ready aims to get more people cycling more safely. Learn to Ride and Cycle Confidence sessions are held across the city. A women only session is held at High Hazels Park, Darnall, Monday 10am-12noon, and in Tinsley Park, Wednesday 10.30am-12.30pm. All sessions are free, including loan of a bike for the lesson. Booking is essential. ☏ (0114) 241 2775. ⌂ admin@pedalready.co.uk. ⌂ www.pedalready.co.uk.

See sports facilities on p20.

Citywide health and wellbeing services

Stop smoking
Sheffield NHS Stop Smoking Service has helped thousands of people to quit smoking for good ⌂ www.yorkshiresmokefree.nhs.uk. ☏ 0800 612 0011 (free from landline), ☏ 0330 660 1166 (free from mobile).

Alcohol support
The Sheffield Treatment and Recovery Team (START) is your first stop for support with alcohol. They can help assess your drinking habits and give you advice and support to change them. Call for an appointment or drop-in at ⏺ 44 Sidney St, S1 4RH (Matilda St entrance), between 9am-5pm. ☏ (0114) 226 3000.

Drink Wise, Age Well see above.

START also provides free drug support. For support with heroin or other opiate drugs call ☏ (0114) 305 0500. For support with non-opiate based drugs (like cannabis, amphetamines, ‘legal highs’, steroids, cocaine) call ☏ (0114) 272 1481.
Healthy eating and weight management
For self-help tools and information visit the NHS Choices website www.nhs.uk/livewell/healthy-eating. For support with weight management visit https://www.zestcommunity.co.uk/services/live-lighter or call the new Live Lighter service on (0114) 270 2040.

Sexual Health
Sexual Health Sheffield provides free and confidential sexual health services. www.sexualhealthsheffield.nhs.uk. (0114) 226 8888.

Falls
There are lots of ways you can reduce your risk of falling. Find out more at the NHS Choices website www.nhs.uk. If you’ve had a fall or are worried about falling, talk to your GP who can refer you to the Falls Prevention Service.

Mental Health
Sheffield’s Mental Health Guide is online and 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 or call (0114) 273 7009.

Sheffield MIND (see p5).
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. Runs courses and has self-help materials. www.iaptsheffield.shsc.nhs.uk. (0114) 226 4380.

Cruse is a national charity which provides bereavement support (0114) 249 3328. sheffield@cruse.org.uk.

Dementia
Dementia Cafes. Provide information, advice and activities. They’re also a place to relax, socialise and meet other people with dementia and their carers.

- United Reformed Church, Norfolk St, City Centre. Usually last Friday in the month 10am-12.30pm.
- Hillsborough Arena, Middlewood Rd, S6 4HA. 2nd Wednesday of the month 10am-12noon.

Singing for the Brain brings people together in a friendly, fun and social environment. The stimulating sessions include singing a wide variety of familiar and new songs. Three groups are held on Wednesday afternoons.
at the Quaker Meeting House in the city centre. We also run a monthly Peer Support Group.

Contact the Alzheimer's society for more details (contact details on p5).

See other local dementia friendly activities on p9.

**Stroke**

**Stroke Association Sheffield** provides a reablement service which supports stroke survivors to learn new skills, regain confidence, increase independence and socialise with others. Contact Jane 📞 07717 275705. 🆔 jane.hammond@stroke.org.uk.

We provide emotional support through individual counselling for stroke survivors, carers and family members, helping people come to terms with what’s happened to them. Contact Charlotte 📞 07342 049977. 🆔 charlotte.gutu@stroke.org.uk.

We run stroke clubs and groups which provide long-term peer support to stroke survivors, carers, family and friends. We also have local volunteering opportunities. Contact Rachel 📞 07939 051612. 🆔 rachel.knebel@stroke.org.uk.

We also run a 5 week course called Caring and You, for carers of stroke survivors. Contact Margaret 📞 07764 903519. 🆔 margaret.harrod@stroke.org.uk.

**Healthy activities**

**Step Out Sheffield** runs weekly health walks at 29 locations across the city. All free and delivered by trained health walk leaders. People of all ages, levels of ability and fitness are welcome. Walks vary from 15 minutes to one hour. We also socialise afterwards with a cuppa and a natter. 🌤️ www.healthwalksinsheffield.btck.co.uk. 📞 07505 639524.

**Parkrun** organize 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.

**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 📞 (0114) 241 2775. 🌤️ www.pedalready.co.uk.

Activities

Things to do and places to go locally

Community hubs and activities

S1
Together Women Project. 🏹 106 Arundel Lane, S1 4RF. Open Monday-Friday 9am-5pm. A women-only centre offering groups and activities including health group, 50+ group and drop-ins. One-to-one advice, guidance and advocacy is also provided. Call 📞 (0114) 275 8282.

S4
ACT Sheffield at Fir Vale Centre. 🏹 Earl Marshal Rd, S4 8LB. Gym with therapies offered. Public classes, room hire and support services for BME communities. Contact 📞 (0114) 243 4340. ✉️ reception@actsheffield.com.

S5
Longley 4G Community Centre. 🏹 Southey Ave, S5 7NN. 📞 (0114) 399 0520. Activities include:

• Sporting Chance group (activities and exercise for men 50+, plus social area for board games and a chat, coffee and tea), Monday 1-3pm. Call Joanne Badger 📞 (0114) 399 0520.

• Craft group for the over 50’s run by Drink Wise Age Well. Join us for a cup of tea and crafts, Tuesday 2-4pm. Call Grace 📞 07714 898585.

• Wild at Heart. A fun-packed group for the over 50’s with various wildlife activities, Wednesday 10am-12.30pm. Refreshments and transport (if needed) provided. Booking required for the 12-week block of sessions. Call Jenny King 📞 (0114) 263 4335.

• Confidence through Singing. A friendly course for anyone who wants to learn to sing in harmony in a group, Thursday 10am-12noon (term-time only). No previous singing experience necessary. Run by the WEA. Call Kate Thomas 📞 (0114) 242 5565.

• ESOL classes (basic English lessons for adult learners), Tuesday and Wednesday 12.30-2.30pm. Call SAVTE 📞 (0114) 253 6644.

• Longley Wrigglers. Play and stay group for parents, grandparents or carers with children aged 0-5, Wednesday 9.30-11.30am (term-time only).
Parson Cross Initiative. 🏛️ Mount Tabor Methodist Church, Wordsworth Ave, S5 8NJ. Foodbank, gardening based projects and community classes. 📞 (0114) 281 5799.

Shirecliffe Community Centre. 🏛️ 349 Shirecliffe Rd, S5 8XJ. Provides free internet access and activities including art club, bingo and food club. Call 📞 (0114) 232 6201. 🌐 www.shirecliffe.org.uk.

Shiregreen Neighbourhood Centre. 🏛️ Westnall Rd, S5 0AA. Provides activities including conservation group, women’s over 50’s group and gardening group. Call 📞 (0114) 245 9200. 🌐 www.shiregreen.net. Also has a social café, which is a great place to meet others, build confidence and self-esteem, Wednesday 10am-1.30pm.

SOAR. 🏛️ 14 Knutton Rd, S5 9NU.
See our health and wellbeing activities on p8-9.
Also runs the following activities at various venues:

- Shiregreen Social Group. 🏛️ Shiregreen Neighbourhood Centre, Westnall Road, S5 0AA. Meet new people who will support you through a range of activities, building confidence and encouragement to being socially active, learn new skills, cook together or just a place to meet up. Wednesday 10am–1pm. Call Helen 📞 (0114) 213 4065 / 📞 07795 563700.

- Women only Zumba Classes. 🏛️ Firvale Community Hub, 127 Page Hall Rd, S4 8GU. Wednesday 5.30-6.30pm, price £2.50. Call 📞 (0114) 261 9130.

- Women Only Exercise session. 🏛️ Verdon Recreation Centre, Verdon St, S3 9QS. Monday 1.30-2.30pm (term-time only). Call Somshun Nessa 📞 (0114) 213 2591.

- Concord Fitness Group. SOAR’s volunteers will accompany you to Concord Leisure Centre for moral support and taking that first step in becoming more physically active at any level. Call Helen Warren 📞 (0114) 213 4065.

- Powerhoop. 🏛️ The Learning Zone, 320 Wordsworth Ave, S5 8NL. Exercise with weighted hoops. Fitness with a twist! £6 per session. Call Jilly Gough 📞 07584 002400.
• Yoga. The Learning Zone, S5 8NL. Gentle yoga exercises to help relieve stress and improve breathing techniques. Suitable for all ages. £6 per class. Call Tommy Grant (0114) 232 6211.

• Judo for Children. The Learning Zone, S5 8NL. Monday 4-5pm, 5-6pm. Call Andy Parton 07595 049 228.

• Over-50’s Modelling and Crafting Group. The Learning Zone, S5 8NL. Fortnightly on Friday 11am-1pm, cost £1. Call Helen (0114) 213 4065.

Southey Development Forum. Moonshine Lane, S5 8RB. Provides a range of activities including Knit and Natter, 50+ club and arts and crafts sessions. Also a UK online centre, where you can learn to use a computer. (0114) 285 3093. www.southeyforum.co.uk.

Foxhill Forum. Involve Community Hub, 31-33 Wolfe Rd, S6 1BT. Provides health and wellbeing activities, community learning, employability support and active involvement activities in the local community. (0114) 231 5522. contactus@foxhill-forum.co.uk.

Foxhill Medical Centre. 160 Fox Hill Cres, S6 1GA. Coffee morning Thursday 10am-12noon.
S9

Church of Christ. Station Rd, S9 4JT. Coffee Morning, Wednesday and Friday 10am-12noon. Sugar craft group, Wednesday 10-12noon. Darnall Tai Chi group, Thursday 2-3.30pm (beginners welcome). Call (0114) 272 6009.

Time-Aside parent/carer and pre-school, Wednesday 10-11.45am (term-time only). Call 07790 224 563.

Darnall Baptist Church, S9 5AD. Inclusive Ping Pong – table-tennis group for people with or without disabilities, Thursday at 10am. Call (0114) 256 2269.

Darnall Community Development Centre. 1 The Green, S9 5JN. Boxing club, café and rooms for hire. Call 07479 363 730.

Darnall Education Centre (Starworks). Darnall Rd, S9 5AF. Activities include youth club, boxing club, Darnall Musical Theatre Company (Thursday 6.30pm). Call 07954 383051.

Darnall Forum and Post Office. 245 Main Rd, S9 4QD. Provides courses in English as a Second Language (ESOL), IT/computers, Driving Theory and Confidence Building. Call Nazia Fazil (0114) 249 0099 or speak to one of the tutors.

If you’re feeling down, are a woman and belong to a minority ethnic community, you can ask to speak to Nazia or Zahira at Darnall Forum (0114) 249 0099.

Darnall Wellbeing. 290 Main Rd, S9 4QH. See our activities on p7-8.

Galeed House. 75 Nidd Rd, Darnall, S9 3BB. A community house open to all in Darnall. Runs free English classes for men and women from beginners to intermediate, a ladies drop in sewing class and lunch club and weekly youth and kids clubs for all ages. Contact Amer or Louise (0114) 244 4832. admin@galeed.org.uk.

High Hazels Academy. Fisher Ln, Darnall, S9 4RP. Coffee morning, Friday 9-10.30am, everyone welcome! Mother and Toddler groups, Wednesday 10.15-11.30am, 1.30-2.45pm. Call (0114) 244 2189.

Pakistan Muslim Centre. Woodbourn Rd, S9 3LQ. Runs regular classes and projects. Call (0114) 243 6091.

St Alban’s. Chapelwood Road, S9 5AY. Coffee morning, Thursday 10am-12noon.

St Lawrence Church. 247 St Lawrence Rd, Tinsley, S9 1WG. Has a coffee morning on Wednesday 10.30am-12noon. Call (01709) 361630.

Staniforth Road Neighbourhood Centre. Staniforth Rd, S9 3WF.
Subud Centre. Swarcliffe Rd, S9 3FA. Provides activities including English classes and African Asian Women's Group. Call (0114) 242 1901.

Tinsley Community Centre. 1A Ingfield Ave, S9 1WZ. Activities include Over 60’s group (Wednesday afternoon) and bingo (Wednesday night). Call (0114) 243 0687.

Tinsley Forum. 120 Bawtry Rd, Tinsley, S9 1UE. Provides education, training, employment support, activities and a youth club. Contact (0114) 244 4887. admin@tinsleyforum.co.uk.

S35

High Green Methodist Church Hall. Wortley Rd, S35 4LQ. Coffee morning, Wednesday 10-11.30am. Call (0114) 240 3514.

Methodist Church Chapeltown. Nether Ley Ave, S35 1AE. Coffee morning, Tuesday 9.45-11am. Open to all. Serving light refreshments at a minimal cost. There’s a short optional 15 minutes reflection time at 10.30am which takes place in the worship area of the church. Disability accessible. You’ll be greeted with a warm welcome. Contact the Rev Jill Pullan (0114) 240 3514. jmpullan03@gmail.com.

Clubs and groups

SAGE Greenfingers - Women’s Singing Workshop. The Welcome Centre, Christchurch, Nottingham St, S3 9AW. Monday 12.30-2.30pm (term-time only). Please call first (0114) 273 7718.

Friday Craft Group. The Learning Zone, 320 Wordsworth Avenue, Parson Cross, S5 8NL. (0114) 213 4065.

Native American Drumming. Darnall Spiritualist Church, Shirland Ln, S9 3FN. Call to find out more (0114) 269 8498.

Darnall and Handsworth Chess Club. Stradbroke Community Centre, Richmond Rd, S13 8LT, Monday at 7.30pm. Includes refreshments. Call 07931 563787.

Tinsley Community Heritage is a community based heritage project exploring the history and archaeology of Tinsley. Activities include free school holiday arts workshops, evening talks, archives research, oral history, work with local groups and more. Contact Charlotte Head (0114) 258 0483. charlotte.head@heeleyfarm.org.uk.

VIBE Project is a project for and led by young women and girls aged 12-19 to have a say on issues affecting them and make changes locally, regionally and nationally. Also holds a range of events you can get involved in, like film nights and craft sessions. Call (0114) 275 8282.
The Sheffield Community Investment Deal (SCID).

A community project working in Darnall, Tinsley, Page Hall and Grimesthorpe to help social cohesion and integration of new arrivals, especially in relation to education and health services. If you want to share your views, get involved or have ideas for community actions please get in touch. Contact Sofia Gkika 07825 288580 (Darnall), Ruth Johnson 07534 862169 (Tinsley), Patrick Moran 07904 163331, Yasmin Iqbal 07538 118947, Nicola White 07538 118956 (Page Hall and Grimesthorpe).

Libraries

All council libraries have books, music and films to borrow. They have computers and free wifi you can use. They also run groups and activities. These include activities for children and young people: babytime, storytime and toddler time, Chatterbooks, arts and crafts and young people’s book and writing groups. Volunteer libraries provide some or all of these services and activities and more. The council also provides an eLibrary service which offers ebooks, audiobooks and emagazines. www.sheffield.gov.uk/libraries.

Council Libraries

Firth Park Library. 443 Firth Park Rd, S5 6QQ. (0114) 203 7433.
Parson Cross Library. 320 Wordsworth Ave, S5 8NL. (0114) 203 9533.
Darnall Library. Britannia Rd, S9 5JG. (0114) 203 7429.
Activities include Toddlers group, Friday 10.30-11.30am (term-time only) for babies, toddlers, parents and carers.

Chapeltown Library. Nether Ley Ave, S35 1AE. (0114) 203 7001.

Volunteer Libraries

Burngreave Library. 42 Spital Hill, S4 7LG. (0114) 203 9002.
Activities include Benefits / IT drop in for the over-50’s (Citizen’s Advice worker and IT support for help with online benefit claims), Thursday 10am-12noon. Call Sofeena Aslam (0114) 213 2591.

Southey Library. Moonshine Lane, S5 8RB. (0114) 203 9531.

Tinsley Library. 120-126 Bawtry Rd, S9 1UE. (0114) 244 4887.
Activities include crochet club, Wednesday 10.30am-12noon. £1 per session.

Ecclesfield Library. 113 High St, S35 9UA. (0114) 246 3615.
Activities include men’s social group (board games, chat and socialise. £1, refreshments provided), Monday 11am-1pm.
**Lunch clubs**

**Darnall Lunch Club.** 🏺 Church of Christ in Darnall, Station Rd, S9 4JT. A great chance to meet other people over a hot meal, enjoy a chat, chairrobics, raffles and trips out. Meal costs £3. Tuesday and Thursday 12noon-2pm. To book a place contact ☎️ (0114) 253 6674. 📧 margaret.holt@yahoo.co.uk.

**Lunch Club.** 🏺 St Marys Church Hall, 15 Mortomley Lane, High Green, S35 3HS. Community lunch club for friendship and companionship, 2nd Monday of the month. Everyone welcome. Call ☎️ (0114) 284 4048 (church office).

**Gardening and Community Allotments**

**Sage Greenfingers.** Grimesthorpe allotments, S4 8LE. Promotes the mental and physical well-being of adults experiencing mental health problems through creative therapeutic activities. Runs gardening sessions Monday 11am-2pm (women only), Tuesday and Thursday 11am-2pm (mixed). Call ☎️ (0114) 273 7718.

**Firth Park Community Allotment.** 🏺 Vickers Drive, S5 6TG. ☎️ (0114) 258 0482.

**Hope Community Allotment.** 🏺 Windmill Lane, Wincobank, S5 6FW. Monday, Thursday and Saturday 9.30am-1pm. Call James ☎️ 07749 594 566 or ☎️ (0114) 244 3357.

**LEAF.** 🏺 Norwood Allotments, Herries Rd, S5 7JB. Sessions on Wednesday, Thursday and Saturday. Call Diane ☎️ 07799 851 888.

**Darnall Allotment Project.** 🏺 Top of High Hazels Park, Infield Lane, S9 4PE. Open Tuesday afternoons, just drop-in!

**Ouse Road Allotment.** 🏺 S9 3AD. Drop-in session Wednesday 10am-2pm. Site is wheelchair accessible and has a ladies and gents toilet. Contact Corrine Moss ☎️ 07442 501290 or ☎️ 0800 0323723.

**Tinsley community Allotment.** 🏺 Behind Tinsley One-Stop-Shop, 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. Come and join us! Friday 1-3pm (March to October). 📧 tinsleyallotment@gmail.com.

**High Green in Bloom.** 🏺 Mortomley Park, S35 3HS. Saturday 10am-12noon. Everyone welcome, gardeners or not! Call ☎️ 07748 833 057.

**St. Saviour’s Community Project Allotment.** 🏺 Paces Campus, Pack Horse Lane, S35 3HY. Contact Maureen Greaves ☎️ (0114) 284 4003.
Parent and Toddler

Best Start - Communities Count project has parent and toddler groups running in Darnall and Tinsley (term-time only). Also run family fun days, craft days, cook and eat sessions, and days out during the school holidays. Katiecotterill@manorandcastle.org.uk. 07495 965429.

Living Waters. Main Road, Darnall, S9 5HL. Toddler Group, Tuesday 9.45-11.00am (term-time only). Call 07553 959938.

Sports facilities

Verdon Recreation Centre. Verdon Street, S3 9QS. Provides health and sports activities for the local community. Call (0114) 213 2300.

Concord Sports Centre. Shiregreen Lane, S5 6AE. Provides a wide range of activities and facilities including swimming pools, Easytone exercise classes, a medical exercise referral scheme if you have a medical condition. Find out about the LifeCARD Scheme, which gives you big discounts on the use of the facilities and classes. Call (0114) 257 0053.

Darnall Community Development Centre. The Green, S9 5JN. Empire Boxing and Fitness Gym on upper floor. Contact (0114) 281 6603. info@darnallcentre.co.uk.

Davys Sporting Club Ltd. 630 Prince of Wales Rd, S9 4ER. A not-for-profit club. Facilities include football, cricket, squash, crown green bowls, snooker, pool, darts and gym. (0114) 244 2936. info@davyssportingclub.co.uk.

English Institute of Sport Sheffield (EISS). Coleridge Rd, S9 5DA. Facilities include gym, athletic arena, fitness class and spin studio, sports halls, table tennis, badminton. Leisure time at EISS is an easy going, friendly and open environment where you can stay active and meet new people. Suitable for adults with learning and/or physical disabilities. Call (0114) 223 5600. www.siv.org.uk/accessibility/leisure-time.

iceSheffield. Coleridge Rd, S9 5DA. Facilities include ice skating, skating and ice hockey lessons, altitude high ropes adventure course. (0114) 223 3900. www.siv.org.uk/icesheffield.

Park Tennis High Hazels Park, S9. 5 all-weather hard courts available for booking. 01865 689754. hello@parkstennis.co.uk.
Volunteer Centre. 🏢 The Circle, 33 Rockingham Lane, S1 4FW. Has lots of different volunteering opportunities in Sheffield for people of all ages and abilities. Monday-Wednesday 10am-4pm. ☏ (0114) 253 6649. 🌐 www.sheffieldvolunteercentre.org.uk.

Activities for older people

Sheffield University of the Third Age – fun and interesting activities and courses for retired and semi-retired people. Drop-in 1st Tuesday of the month 10am-12noon (not in August) at the Central United Reformed Church, Norfolk St. 📨 enquiry@sheffieldu3a.org.uk 🌐 www.su3a.org.uk.

Friends of Age UK Sheffield – meet people at social events (fee applies). Age UK Sheffield also have coffee mornings on Friday 11am-12noon at the Crucible Corner Café in the city centre and on Wednesday 11am-12noon at Woodseats Library.

Age UK contact details are on p5.

Activities for Carers

Sheffield Carers Centre has a Carers Café on the 2nd Friday of the month (except in August) from 10am-12noon at the 🏢 Central United Reformed Church, Norfolk Street in the city centre. Contact details on p5.

Activities for people living with dementia

Find dementia cafés, activities and support groups on p12.

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

www.sheffielddirectory.org.uk

**Activities for people who are lonely or isolated**

If you’re feeling lonely or isolated contact the organisations below for support.

**The Silver Line** is a 24 hour, free and confidential helpline for older people. 0800 4708090. www.thesilverline.org.uk.

**Contact the Elderly.** Join our local group for fun, friendship, tea and cake! (0114) 230 2343. angela.handforth@contact-the-elderly.org.uk.

**Sheffield Churches Council for Community Care (SCCCC)** provides a friendly visiting service. Our volunteers can offer regular or occasional friendly visits to your home. We also offer befriending by phone, and have volunteering opportunities. (0114) 250 5292.

**Age Better in Sheffield.** Aims to reduce isolation and loneliness for the over 50’s. We provide a range of exciting projects that have been designed with older people. www.agebettersheff.co.uk. (0114) 2900 294.

**b:friend.** For the over 65’s. (0114) 221 0270. www.letsbfriend.org.uk.

**Services that can come to you**

**Home library service**

Offers books, talking books, DVDs, music CDs and jigsaws, all delivered free to your home. (0114) 273 4277. www.sheffield.gov.uk/homelibrary.

**Community development**

Starting an organisation or group in your community?

**Voluntary Action Sheffield’s** Community Development Team can help, and can support you to recruit volunteers www.vas.org.uk. (0114) 253 6600.

**Help with travel**

**Discount travel**

Travel passes for bus, tram and train are available for students, older people and people with disabilities. www.travelsouthyorkshire.com/ticketfinder. (01709) 515151.

**Disabled Parking**

The Blue Badge Scheme is for people with severe mobility problems and allows them to park close to where they need to go. www.sheffield.gov.uk/bluebadge. (0114) 273 4567, then press 5. Find disabled parking at www.sheffield.gov.uk/parkingguide.
Community Transport

Sheffield Community Transport (SCT) provides 4 main door to door services to help people get around the city, including:

- Shopper Bus.
- Community Car Scheme (volunteers take you places like hospital or to visit friends).
- City Ride (you need to book this service).
- City Ride+ (arranged transport on a regular basis. No need to book each time).

SCT has a Travel Buddy service if you need someone with you to get out and about. ☎ (0114) 276 6148. ℐ reception@sheffieldct.co.uk. 🌐 www.sheffieldct.co.uk.

Shopmobility

Shopmobility Sheffield loans wheelchairs for free for a day or for a longer time. ☎ (0114) 281 2278 (city centre outlet), ☎ (0114) 248 3802 (Crystal Peaks outlet). 🌐 www.shopmobility-sheffield.weebly.com.

Learning and Work

Local education, training and employment support

SOAR Employment Services.

Our employment support services are delivered by friendly staff with a wealth of knowledge that can help you with one to one support, including:

- Help with CV and covering letter.
- Interview role play and techniques.
- Job searching / finding the right vacancy.
- Exclusive employment engagement.
- Information on training and courses.
- Signpost to other organisations.
- Support with online applications and application forms.

Our job clubs are held at:

⇧ Employment Services, 19 Bellhouse Rd, S5 6HJ, Monday-Friday 9am-4pm.
⇧ SOAR Works, 14 Knutton Rd, S5 9NU, Thursday 1-4pm.
Angram Bank Children’s Centre, Kinsey Rd, High Green, S35 4HN, Tuesday 1-4pm.

Meeting Place Social Café, Christchurch, Stocksbridge, Monday 9.30am-12.30pm. Stocksbridge Library, Manchester Rd, S36 1DH, Monday 1-4pm.

Contact the Employment Team ☎ (0114) 244 0401.
✉ employment@soarcommunity.org.uk.

Darnall Forum. 🏡 245 Main Rd, S9 4QD. Provides employment support and adult community learning. Training includes life skills, English as a Second Language, confidence building, sewing and IT/computers.
Call ☎ (0114) 249 0099.
Find out about volunteering opportunities on p21.

Citywide training and careers providers

Sheffield Digital Inclusion Project. Heeley Trust provides a range of free digital drop-ins across the city in libraries and community venues. We help people get to grips with digital technology, helping them to keep in touch, save money, look for work, do online transactions including Universal Credit,
stay safe or manage their health. To find out more and to book a place contact ☏ (0114) 339 1070. ✉ learningchampion@heeleydevtrust.com.

**Sheffield College.** 📅 www.sheffcol.ac.uk/courses/adult-learners. ☏ (0114) 260 2600.


**Learn Direct.** 🏘 Dearing House, 1 Young St, S1 4UP. Provides online skills, training and employment services. Call ☏ 0800 101901. 📅 https://www.learndirect.com.

See details of the **U3A** on p21.

**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.

**Lifelong Learning and Skills Service** 📅 www.lifelonglearningandskills.org/all-lifelong-learning-courses. ☏ (0114) 266 7503.

**Sheffield Futures** provide expert careers advice for anyone 16+. 📅 www.sheffieldfutures.org.uk. ☏ (0114) 201 2800.

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**Money Matters**

**Local services**

**Debt advice**
Local Citizen’s Advice (see p3).

**Food banks**
There are a number of foodbanks in the area. Find a full list at 📅 www.sheffieldfoodbank.org.uk/food-bank-list. You need to be referred to a food bank and the food is a short-term emergency response for people in crisis. You can be referred by Health Trainers (p7-8), GPs (p6-7), Citizens advice (p3), schools and Children’s centres (p4). Don’t be afraid to ask!
Citywide support with money

The Money Advice Service provides free, impartial and independent financial information. They can help with issues such as: budgeting, paying and planning for the cost of care, using an independent Financial Adviser. www.moneyadviseservice.org.uk. 0800 138 7777.

Age UK Sheffield offers support with money matters for older people (see p5).

Loans, savings and current accounts
Sheffield Credit Union, ☑ 16 Commercial St, S1 2AT. Offers loans, savings and budgeting accounts. ☑ (0114) 276 0787. ☑ www.sheffieldcreditunion.com.

Energy advice
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.

Furniture and household items
Emmaus Sheffield, ☑ Cadman St, S4 7ZG. Sells recycled household furniture including electrical goods. They have low cost items and basic kitchen equipment. ☑ (0114) 272 0677. ☑ www.emmaus-sheffield.org.uk.

Clothing stores
Victoria Hall Methodist Church, ☑ Norfolk St, S1 2JB. Has a friendly drop-in and free clothing store Wednesday 2-4pm, if you’re in desperate need of clothing. ☑ (0114) 272 1749.
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.

Local offices

• **Enquiry Point at Firth Park.** 🗝️ 443 First Park Rd, S5 6QQ.
• **Wordsworth Avenue.** 🗝️ 320 Wordsworth Ave, S5 8NL.
• **Darnall.** 🗝️ Station Rd, Darnall, S9 4JT.
• **First Point at Chapeltown.** 🗝️ 1b Station Rd, Chapeltown, S35 2XE.

Tenants and Residents Associations (TARAs). To find your local TARA and get involved, please contact 📧 getinvolved@sheffield.gov.uk or call ☏️ 273 5566.

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. 🏛️ www.sheffieldpropertyshop.org.uk. ☏️ (0114) 293 0000.

**MESH – Mediation Sheffield** provides a mediation service if you’re having a neighbour dispute, that’s making you feel ill or stressed. Call ☏️ (0114) 241 2771.

**Housing support**

You can get housing support to help you maintain your independence at home if you’re a tenant or a home owner. If you’re aged 55 or over you can contact the **LiveWell at Home** housing support service run by South Yorkshire Housing Association. ☏️ (0114) 290 8359. 🏛️ www.livewellathome.org.uk.

For other housing support projects visit 🏛️ www.sheffielddirectory.org.uk/housingsupport, or if you’re a council tenant, you can talk to your local Housing+ officer on ☏️ (0114) 293 0000.

www.sheffielddirectory.org.uk
Support for Carers

Local Carers services

North Sheffield Carers. Ecclesfield Support Unit, Wordsworth Ave, S5 9JN. Meet on the 2nd Wednesday of the month 7-9pm. A group for carers and former carers who provide a listening ear to those who need it over a cuppa. New members always welcome. 07719 945535.

The North Sheffield LD Carers Group. Acorn Pub, 516 Burncross Rd, Chapeltown, S35 1SL. Meets on the 3rd Tuesday of the month 12noon-2pm for an informal lunch and social. This group is for carers of people with a learning disability and/or Autism. Contact Cathy or Kirsty (0114) 275 8879.

Citywide services

Sheffield Carers Centre works with adults who provide unpaid practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health problem or addiction issue. The centre provides:

- confidential Carers Advice Line, week days 9am-6pm.
- free Carer Card giving discounts and offers across Sheffield.
- Carers Needs Assessment to access a full range of support.
- regular newsletter and monthly e-bulletin.
- Carers Café and events.
- help for carers dealing with the end of caring and to connect with social activities.
- training for carers.
- support to plan for emergencies.
- specialist benefits advice.
- support for older carers of people with a learning disability.
- counselling service.
- advice and advocacy to juggle paid employment and caring.
- support to have a break.
- free spa sessions.

(0114) 272 8362. support@sheffieldcarers.org.uk. www.sheffieldcarers.org.uk.
Help in your 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 lots of different types of equipment that can help you at home. Get advice from your GP, community nurse or occupational therapist. They may arrange a loan of equipment, depending on your needs. You can also buy small aids like tap turners, support cushions, wide handled cutlery, waterproof sheets. You may want to contact the British Red Cross Store, 🏠 Jordanthorpe Medical Centre, 1 Dyche Lane, S8 8DJ. ☎️ 07885 804976. You can also shop online www.giftshop.redcross.org.uk.

There are other specialist equipment stores throughout the city and online. Find out more at ⬆️ www.sheffielddirectory.org.uk/helpathome.

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 ⬆️ www.sheffield.gov.uk/carealarms. ☎️ (0114) 242 0351. ⬆️ citywidecarealarms@sheffield.gov.uk.

Help with home maintenance and fitting equipment in your home

The Stayput Handyperson service can help you with little jobs to make your home safer. They can do the small jobs, like fit hand rails on stairs or grab rails, for about half the usual cost. They can also do odd jobs like fitting door bells and changing light bulbs. Call ☎️ (0114) 256 4270. ⬆️ sheffieldstayput@yorkshirehousing.co.uk.

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.](http://www.wiltshirefarmfoods.com)
  - 0800 077 3100.

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

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

### Home support services

Here’s a list of Home Support services that work in the North East of the city. They can help you with things like cleaning, shopping, laundry and personal care. For a full list see [www.sheffielddirectory.org.uk/homesupport.](http://www.sheffielddirectory.org.uk/homesupport)

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Abbeycare and Nursing at Home</td>
<td>0114 284 4868</td>
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<tr>
<td>Access Support Services (SADACCA)</td>
<td>0114 275 3479</td>
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<td>Active Friendly Support</td>
<td>0114 348 5547</td>
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<td>Adswad Ltd.</td>
<td>0114 246 7607</td>
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<td>Alzheimer’s Society</td>
<td>0114 276 8414</td>
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<td>Arbouthorne Healthcare Ltd</td>
<td>0114 478 4965</td>
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<td>Aspire PC Ltd.</td>
<td>0114 245 6320</td>
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<td>At Home with Age UK Sheffield</td>
<td>0114 250 2850</td>
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<td>Baldev Skills Resources Ltd</td>
<td>0114 327 0830</td>
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<tr>
<td>Bluebird Care</td>
<td>0114 265 6670</td>
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<td>Care2Care</td>
<td>0114 349 4384</td>
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<td>Carewatch Sheffield</td>
<td>0114 268 0333</td>
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<td>Caring Personal Assistants</td>
<td>0114 290 3612</td>
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<td>Careline Homecare</td>
<td>0114 273 3939</td>
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<td>Chrismark Care</td>
<td>0798 290 6618</td>
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<td>Citizenship First</td>
<td>0114 279 8001</td>
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<td>Communication Independence</td>
<td>0758 268 3406</td>
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<td>Delight Care Services Ltd</td>
<td>0793 923 9075</td>
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<td>Dimension UK Ltd</td>
<td>0300 303 9003</td>
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<td>Direct Health</td>
<td>0114 256 6480</td>
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<td>Eternity Healthcare Ltd</td>
<td>0114 349 1147</td>
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<td>Fosse Healthcare – Sheffield</td>
<td>0114 322 0109</td>
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<td>Fuscoe Browne Healthcare Ltd</td>
<td>0114 275 7272</td>
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<tr>
<td>Hallam Homecare Services Ltd</td>
<td>0114 327 6405</td>
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<td>Hallam24 Healthcare</td>
<td>0114 349 4545</td>
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<tr>
<td>Helping Hands Sheffield</td>
<td>0114 205 5267</td>
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<tr>
<td>HFT Sheffield &amp; Derbyshire</td>
<td>0114 250 0718</td>
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<tr>
<td>Holistic Social Care</td>
<td>0114 327 0320</td>
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<tr>
<td>Home Instead Sheffield North</td>
<td>0114 246 9666</td>
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<td>Home Instead Sheffield South</td>
<td>0114 250 7709</td>
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<tr>
<td>Inspire UK Care</td>
<td>0114 232 3333</td>
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<tr>
<td>JS Parker</td>
<td>0114 250 7711</td>
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<tr>
<td>Jubilee Angels</td>
<td>0300 124 5522</td>
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<tr>
<td>Lotus Homecare Sheffield</td>
<td>0114 303 6000</td>
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<tr>
<td>Lynx Care</td>
<td>0114 243 1624</td>
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<td>Manu Integrity Services Ltd</td>
<td>0114 265 0342</td>
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Get advice about the quality of services

Find reviews of home care services on the Care Quality Commission (CQC) website 🌐 www.cqc.org.uk and find services on the Council's Recognised Provider List 🌐 www.sheffielddirectory.org.uk/rpl.

www.sheffielddirectory.org.uk
Keeping safe

If someone’s in immediate danger call 999, otherwise:

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).

Domestic abuse – Call the free Sheffield Domestic Abuse Helpline 0808 808 2241 (Mon-Fri 8am-8pm) or email help@sheffielddact.org.uk (interpretation and translation available).

Hate incidents and crimes – Call 101. Report online at report-it.org.uk. Find out more at www.sheffield.gov.uk.

Sheffield Safe Places
Managed by Heeley City Farm. The project works with companies and organisations to support people with a learning disability, dementia or mental health illnesses who may be lost, ill or frightened and to provide them with a temporary refuge if they need it. For a list of Safe Places call (0114) 250 5111 or visit www.sheffieldsafeplaces.org.uk.

Getting care and support

Sheffield City Council may be able to provide support to help you stay independent, safe and well. We’ll talk to you and, if you have eligible care and support needs, we’ll talk to you about your finances. We’ll use the information about your finances and national rules based on the Care Act 2014 to work out what you can afford to pay and what, if anything, we’ll contribute towards the cost of your care and support.

adultaccess@sheffield.gcsx.gov.uk. (0114) 273 4908.

You can also speak to the staff in First Point reception at Howden House in the city centre (Monday-Friday 8.30am-5.30pm).

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.
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From the services we provide, to our staff and to the experience of our customers, we stand for quality. We want the very best for you and your loves ones. That is why we look at every single detail of our care and what is most relevant. From small tasks like helping with cleaning or cooking, to the more skilled approach to dealing with dementia, our staff are on hand.

For new clients or job opportunities contact us on: 0114 478 9707
Office 205, 14 Knutton Road, Sheffield, South Yorkshire S5 9NU
Email: info@delightcareservices.co.uk  Web: www.delightcareservices.co.uk
What does quality care look like?

Visiting Angels was created to address a very specific problem in the care sector. The experience of our founder was that the visits for his family were often at times other than those agreed. They were sometimes early and more frequently they were up to 2 hours late or worse still missed. There were also lots of changes to the care team which meant that in the space of 8 weeks there were 12 different carers.

Dan Archer explains: “My nan used to say she only knew she was getting care when the blue tabard showed up. She didn’t know the carers names and there was little consistency or continuity of care. I could see that the problems came from high staff turnover. When I started Visiting Angels I wanted us to be different. We are carer-centric. I take the view that by looking after our wonderful caregivers, we will keep them in the business and provide more consistency.”

Visiting Angels is a proudly carer-centric provider. By investing in its staff and by treating caregivers better with fairer pay and proper benefits they believe that these problems will be stopped. Dan continues: “Our staff turnover is much lower than the industry average and for our clients this means that the visits that you want, happen when you want and that when you choose a caregiver they will be with you for as long as you need them.”

The unique thing about our Angels is that you get to choose the person who visits you. They get to know you and match an Angel to your interests, hobbies and character but you will meet them before you decide whether you would like them to help you. Dan concludes: “I feel that it is a privilege not a right to be invited into someone’s home because of this our clients have the final say on who does their visits. Select the caregivers who match them well but we ask the client and their family to choose their caregiver.”

Visiting Angels is based in Sheffield and covers Sheffield, Barnsley and Rotherham. For more information call 0114 433 3000.
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Adswad a limited by guarantee, organisation and is registered with CQC to provide support for all vulnerable adults to live their lives as they choose within their own homes.

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

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

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

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

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

Support cost will be £15 per hour week days/£15:50 at weekends and £60 per sleep-in. These prices are supplied by Adswad Ltd so please check them yourself for accuracy.

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

The company registration number is 08008042

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