Your guide to living well in North West Sheffield

SUMMER 2019

Crookes, Broomhill, Walkley, Upperthorpe, Netherthorpe, Langsett, Hillsborough, Wadsley, Middlewood, Worrall, Oughtibridge, Wharncliffe Side, Deepcar, Stocksbridge
to your local guide to keeping happy, healthy and well in North West 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, find 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 ZEST together with Sheffield City Council.

18 Upperthorpe, S6 3NA.
(0114) 270 2040 option 6.
health@zestcommunity.co.uk.
www.zestcommunity.co.uk.
@zestcommunity
@ZestCentre.
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. 03444 113 111.

Local offices

Spital Hill. 28-30 Spital Hill, Pitsmoor, S4 7LG.
Drop-in advice service Tuesday 9.30am-4pm.

Stocksbridge Library. Manchester Rd, S36 1DH.
Drop-in advice service Thursday 10am-1pm.

Independent advice services

Langsett Advice and Area Resource Centre. Creswick St, S6 2TN.
Drop-in advice service Tuesday 10am-12.30pm, Thursday 1.30-4.30pm.
Wednesday 6.30-8pm (free legal advice).

(0114) 233 5198.
Drop-in advice service at St. John’s Church Vicarage Office, Walkley Lane, S6 2NW.
Monday and Wednesday 10am-12noon.
Advice sessions by appointment only, at Zest (see p2) on Tuesday and Friday 10am-12.30pm. Phone on the day 9-10am to book an appointment.

07794 110509.

Health and Wellbeing Information and advice

Zest have a number of services designed to help you take the first steps towards leading a healthier life. Find out more on p7-8.

Community Support Workers

There are Community Support Workers (CSWs) based at each GP surgery in the city. Your local workers are Amy, Anne, Carmen, Karen, and Marisa. 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:

• 🏠 Primrose Family Centre. Creswick St, S6 2TN. Also has link sites at Stocksbridge and Stannington. 📞 (0114) 205 2723.

**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

The information we provide is evidence based, tried and tested. 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.
Citywide information and advice services

For parents/carers of children and young people with a disability or special educational needs
Sheffield Parent Carer Forum.
_website: www.sheffieldparentcarerforum.org.uk._ ☏ 0300 321 4721 (local call rate).

For people 50+ years
Age UK Sheffield._ website: www.ageuk.org.uk/sheffield._ ☏ (0114) 250 2850.

For carers
Sheffield Carers Centre._ website: www.sheffieldcarers.org.uk._ ☏ (0114) 272 8362.
Sheffield Young Carers._ website: www.sheffieldyoungcarers.org.uk._ ☏ (0114) 258 4595.

For people on the autistic spectrum
Sheffield Autistic Society._ website: www.sheffieldautisticsociety.org.uk._
_Helpline ☏ 07923 473 240. National ☏ 0808 800 4104._

For people with dementia and their carers

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

For people with a learning disability
Sheffield Mencap & Gateway._ website: www.sheffieldmencap.org.uk._ ☏ (0114) 276 7757.

For people with a mental health problem
Sheffield MIND._ website: www.sheffieldmind.co.uk._ ☏ (0114) 258 4489.

Fire Service
Can provide free home safety checks and fitting of smoke alarms
_website: www.syfire.gov.uk._ ☏ (0114) 253 2314. In an emergency call ☏ 999.
# Keeping healthy and well

## Local health and wellbeing services

### GP Surgeries

<table>
<thead>
<tr>
<th>Practice Name</th>
<th>Address</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Deer Park Surgery</td>
<td>3 Deer Park Close, Stannington, S6 5NA.</td>
<td>(0114) 234 7979.</td>
</tr>
<tr>
<td>Dykes Hall Medical Centre</td>
<td>156 Dykes Hall Rd, Hillsborough, S6 4GQ.</td>
<td>(0114) 232 2340.</td>
</tr>
<tr>
<td>Far Lane Medical Centre</td>
<td>1 Far Lane, S6 4FA.</td>
<td>(0114) 234 7701.</td>
</tr>
<tr>
<td>Harold St Medical Centre</td>
<td>2 Harold St, S6 3QW.</td>
<td>(0114) 233 2803.</td>
</tr>
<tr>
<td>Middlewood Medical Centre</td>
<td>Fairlawns 621 Middlewood Rd, S6 1TT.</td>
<td>(0114) 234 5338.</td>
</tr>
<tr>
<td>Trafalgar House Medical Centre</td>
<td>45 Halifax Rd, S6 1LA.</td>
<td>(0114) 234 6820.</td>
</tr>
<tr>
<td>Tramways Medical Centre – Dr Milner and Partners</td>
<td>54A Holme Lane, S6 4JQ.</td>
<td>(0114) 234 3418.</td>
</tr>
<tr>
<td>Tramways Medical Centre – Dr O’Connell and Partners</td>
<td>54 Holme Lane, S6 4JQ.</td>
<td>(0114) 234 5338.</td>
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<tr>
<td>Upperthorpe Medical Centre</td>
<td>30 Addy St, S6 3FT.</td>
<td>(0114) 275 1010.</td>
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<tr>
<td>Walkley House Medical Centre</td>
<td>23 Greenhow St, S6 3TN.</td>
<td>(0114) 234 3561.</td>
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<tr>
<td>Broomhill Surgery</td>
<td>5 Lawson Rd, S10 5BU.</td>
<td>(0114) 266 5344.</td>
</tr>
<tr>
<td>Manchester Road Surgery</td>
<td>484 Manchester Rd, S10 5PN.</td>
<td>(0114) 266 8265.</td>
</tr>
<tr>
<td>Selbourne Medical Centre</td>
<td>1 Selborne Rd, S10 5ND.</td>
<td>(0114) 268 6929.</td>
</tr>
<tr>
<td>The Crookes Practice</td>
<td>203-205 School Rd, S10 1GN.</td>
<td>(0114) 267 1280.</td>
</tr>
<tr>
<td>Oughtibridge Medical Centre</td>
<td>Church St, S35 0FW.</td>
<td>(0114) 229 9835.</td>
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</tbody>
</table>
Deepcar Medical Centre and Pharmacy. 🔝 271 Manchester Rd, S36 2RA. 📞 (0114) 283 1710.

Valley Medical Group. 🔝 Johnson St, Stocksbridge, S36 1BX. 📞 (0114) 321 7510.

**Dentists**

Find your local dentist on the NHS Choices website: 🌐 www.nhs.uk.

**Community health and wellbeing**

**Health checks.** Free and confidential health checks. Just drop in! A great way of keeping track of your weight, BMI and blood pressure – and you can get information and advice on a range of health related issues. Thursday 9-10am in the Winn Gardens Pavilion, 1-2pm at the Zest Centre (details on p2).

**Improve your health at Zest.** 🔝 18 Upperthorpe, S6 3NA. We have a number of services to help you take the first steps towards leading a healthier life. We can help you to improve your health, become more active, and get back into work. Our supportive staff will help you to make the changes that are right for you.

**Zest’s Health Link Workers,** Jenny and Sarah, 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 your progress.
• **Jenny** covers Upperthorpe, Netherthorpe, Langsett and Walkley areas. 📞 (0114) 270 2040 extension 210. ✉️ jenny.hare@zestcommunity.co.uk.

• **Sarah** covers Hillsborough, Middlewood, Wadsley, Walkley Bank, Wisewood and Winn Gardens areas. 📞 (0114) 270 2040, extension 232. ✉️ sarah.longfield@zestcommunity.co.uk.

**Zest’s Health Trainers** can give you free, confidential one-to-one advice to help you to

- eat more healthily.
- get more active.
- watch your weight.
- quit smoking.
- improve your mood if you’re feeling low.

Our Health Trainers work in the same areas as our Health Link Workers. We now have a Health Trainer covering people living in Broomhill, Crookes and Crosspool.

Contact ✉️ health@zestcommunity.co.uk. 📞 (0114) 270 2040 option 6.

**Zest activities.** See the wide range of activities we run on p13-14.
Exercise referral. If you need help to get healthier and more active or have a health condition, you may be eligible to join an exercise referral programme. This entitles you to lower cost leisure centre membership for 3 months. Your GP can refer you, or you can self-refer by contacting whichever centre is most convenient.

- Hillsborough Leisure Centre. ☏ (0114) 257 4426. ✉ exercisereferal@siv.org.uk.
- Wisewood Leisure Centre. ☏ (0114) 233 5457.
- Zest. Contact Jean Kirby ☏ (0114) 270 2040, extension 225. ✉ jean.kirby@zestcommunity.co.uk.
- Stocksbridge Leisure Centre. Physical Activity Referral Team. ✉ sdo@stocksbridgeclc.co.uk.

Sage Greenfingers promotes the mental and physical well-being of adults experiencing mental health problems by providing creative therapeutic activities. Find out more ☏ (0114) 273 7718 / 07932 927153.

Addiction Support Group. 🗻 Christ Church Stocksbridge, Manchester Rd, S36 1DY. Tuesday 2-4pm.

Stocksbridge Community Care Group is a charity working in Stocksbridge, Deepcar, Wharncliffe Side, Oughtibridge and Worrall. Runs a Friendly Visitor Scheme (for those feeling lonely or isolated), a Friday drop-in 10am-3pm at 🗹 the Venue, 650 Manchester Rd, Stocksbridge, S36 1AJ, and a dementia café (see p12). Contact Stocksbridge Town Hall ☏ (0114) 283 0141. ✉ stocksbridgeccg@gmail.com.

Community Health Forum. 🗹 Stocksbridge Library, Manchester Rd, S36 1DH. Local group which discusses health issues and has speakers on various health initiatives. 2nd Friday of the month 10.30am-12noon (see p16).

Dance to Health. 🗹 Stocksbridge Community Leisure Centre, Moorland Drive, S36 1EG. Monday 10am-12pm. Sessions last between 60-90 minutes and can be done either seated or standing. Followed by a drink and a chat. Contact Jenny ☏ 01993 870159. ✉ jennyjohnson@ae-sop.org.

Step Out Sheffield Health Walks

Walks led by trained volunteer leaders with refreshments available after the walk.

- **Hillsborough Park.** Meet at Hillsborough Arena, S6 4HA. Thursday 10.30am.
- **Stannington.** Meet in the TARA office, 29 Fairbarn Drive, S6 5QH. Tuesday 10.15am.
- **Wisewood/Wadsley.** Meet at Wisewood Community Sports Centre, Laird Rd, S6 4BS. Thursday 10.45am.
- **Ecclesfield.** Meet outside Mill Road Surgery, S35 9XQ. Wednesday 2pm.
- **Stocksbridge.** Wednesday 10.30am. Meet at various venues, call 07546 660286 for details.

Find our more at www.healthwalksin sheffield.btck.co.uk. Call 07505 639524.

The Ponderosa in Upperthorpe has outdoor gym equipment for you to use.

See sports centres on p19-20.

Citywide health and wellbeing services

**Stop smoking**

Sheffield NHS Stop Smoking Service has helped thousands of people to quit smoking for good at www.yorkshiresmokefree.nhs.uk. Call 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. Call (0114) 226 3000.

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. Call 0800 032 3723.
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 of 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).

**Dementia Café. 🏡** The Venue, 650 Manchester Rd, Stocksbridge S36 1DY. First Thursday of the month 10am-12noon. A friendly social setting for people affected by dementia and their carers. You can also speak to a highly trained volunteer and qualified dementia Worker.

Contact Dave 📞 07553 486579 or Helen 📞 (0114) 283 8692.

**Zest** will be running dementia friendly activities soon. Please contact for more details (contact details on p2).

**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**

**Parkrun** organise free weekly park runs in Sheffield for all abilities. Hillsborough Parkrun is on Saturday at 9am. Run, jog or walk the course. Register online 🏃️‍♂️ 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. Thursdays at Hillsborough Park 10am-12.30pm. Book a timeslot ☎️ (0114) 241 2775. 📧 admin@pedalready.co.uk. 🏃️‍♂️ www.pedalready.co.uk.

Activities

Things to do and places to go locally

Community hubs and activities

S6

Zest. 🏠 18 Upperthorpe, S6 3NA. We run the following clubs and groups. Come along and join in, everyone’s really welcome!

- Sewing group. Zest Training Room, Monday 10.30am-12.30pm.
- Ladies walking group. Meet us in Zest reception, Tuesday 2-3pm.
- MASH (Men’s healthy activities). Zest Centre, Wednesday 11am-1pm.
- 50+ social café. Zest Citrus Café, Thursday 10.30am-12noon.
- Men’s social café. Zest Citrus Café, Friday 10-11am.
- Walking group. Meet us in Zest reception, Friday 10.30-11.30am.
- 50+ Social Dining Club. Zest Citrus Café, Friday 12noon-2pm.
- Couch to 5k group (runs for 8 weeks, suitable for absolute beginners), Hillsborough Park. Contact us for dates.
- Community bike ride for ladies. Once a month bike rides to help you gain confidence. Bikes provided free of charge. Contact us for dates.
- Healthy Living course (runs for 4 weeks). Hillsborough Morrisons Community Room. Contact us for dates.
- Family Health Workshops (for women only, runs for 4 weeks). Zest Centre. Contact us for dates.
- Type 2 Diabetes Workshop. Zest Centre. Contact us for dates.
- Dementia friendly activities.

See our contact details on p2.

Hillsborough Trinity Methodist Church. 🏠 Middlewood Rd, S6 4HE. Has a variety of community activities including a coffee morning, community café, Knit and Natter group, lunch club, Companions social group for the over 50’s, yoga and snooker. Contact 📞 (0114) 249 4182. 📧 jillian.trinity@gmail.com.

Walkley Community Centre. 🏠 7a Fir St, S6 3TG. Has a wide range of social, creative, and fitness activities for all ages. Contact 📞 (0114) 251 7171. 🚶‍♀️ www.walkleycommunitycentre.org/regular-groups-activities.

S10

Church of St Francis of Assisi. 🏠 277 Sandygate Rd, S10 5SD. Monthly afternoon tea, Tuesday. Call 📞 (0114) 263 0383.
St Timothy's Church. 138 Slinn St, S10 1NZ. Social club, Tuesday 11am-2.15pm, Wellness Exercise sessions in Crookes 12.45-1.45pm. Older adults lunch club, Wednesday 11am-1.45pm. Call (0114) 266 1745.

The Beacon Methodist Church. 281-283 Fulwood Rd, S10 3BD. Older adults social group, Monday-Wednesday and Thursday morning. Call (0114) 266 8729.

The Church of Saint Columba. 503 Manchester Rd, S10 5PL. Keep fit class, Thursday 10.30am, Yoga class at 12noon. Crosspool Ladies Fortnightly Thursdays. St Columbas Lunch Club fortnightly on Tuesday. Call (0114) 267 0006 to find out more.

S36

Christ Church Community Hall, Stocksbridge. Manchester Rd, S36 1DY. (0114) 288 3674. The Meeting Place - Social Café. If you’re feeling lonely or isolated, the Social Café provides a friendly place to meet with others, have a meal and find out about things going on in the area. If you’re feeling low, you can talk with someone in a caring environment. Monday 9.30am-1pm. Contact Sarah (0114) 288 7899. sccordinator@outlook.com.

The Venue. 650 Manchester Rd, Stocksbridge, S36 1AJ. Provides a wide range of activities and events. Learn new skills such as cake decorating, scrap booking, jewellery making, cake decorating, playing ukulele, bridge and crafts. If you’d like to learn how to use a computer or improve your computer skills, we run a number of leisure learning courses. Other regular activities include Music and Song for pre-school children, children’s activities as well as Slimming World, Zumba, Chairobics and Pilates. Friday Drop In, 10am-3pm (contact Gina Bastiani (0114) 283 0141). Also hosts the Waldershelf Mixed Choir. Contact Julie Corner (0114) 283 8692.

The Cornerstone Drop In Café.
Christian Centre, Cedar Road, Stocksbridge, S36 1EX. Thursday 9-11am. Contact Revd. James Grayson (07780 701116.

Valley React. Balfour House, Horner Close, Stocksbridge, S36 1LQ. Offers a range of different activities and events including art, Tai Chi, Chairobics, exercise and computer classes. Call Kath Travis (0114) 288 7006.
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, eaudibooks and emagazines. 🌐 www.sheffield.gov.uk/libraries.

Council Libraries

Hillsborough Library. 📍Middlewood Rd, S6 4HD. 📞(0114) 203 9529.

Stocksbridge Library. 📍Manchester Rd, S36 1DH. 📞(0114) 273 4205.
50+ Group, 2nd Thursday of the month 2-3.30pm. Call Sylvia Parry/Elsie Newton 📞(0114) 288 3515. Writing for Pleasure, first Thursday of the month 2-4pm. Contact 📞(0114) 288 3390. ✉️francesTS36@gmail.com.

Volunteer Libraries

Broomhill Library. 📍10 Taptonville Road, S10 5BR. 📞(0114) 273 4276.

Upperthorpe Library. 📍Zest Centre, 18 Upperthorpe Rd, S6 3NA. 📞(0114) 270 2040. Open 7 days a week.

Walkley Carnegie Library. 📍South Rd, S6 3TD. 📞(0114) 231 2947.

Clubs and groups

Oughtibridge Brass Band. 📍The Band Room, 10 Station Lane, S35 0HS. Call John Linton 📞01484 522 279.

Hand Bell Ringers. 📍Stocksbridge Christian Centre, S36 1EX.
Call Dorothy Kirbyshaw 📞(0114) 288 5588.

The Women’s Institute. 📍Christ Church Stocksbridge, Manchester Rd, S36 1DY. Contact 📞07939 941 818. ✉️janetwoodhead07@gmail.com.
Stocksbridge & Deepcar Townswomen Guild. The Christian Centre, Cedar Rd, S36 1AS. Contact Margaret Derbyshire (0114) 288 2393.

Thursday Writing Club. Salvation Army, Victoria St, Stocksbridge, S36 1FY. 2nd and 4th Thursday of the month.

Lunch Clubs

S6

Hillsborough Trinity Church Lunch Club. Middlewood Rd, S6 4HE. Friday (fortnightly) 11am-1.30pm. Limited number of places available so please call first. Serves a two course freshly cooked meal for £3.50. Transport is available if you struggle to access the club without it (costs £1 each way). Contact Jillian (0114) 249 4182. communityworkerhillsborough@gmail.com.

Wadsley Church Lunch Club. Wadsley Church Hall, Worrall Rd, S6 4BB. Monday (fortnightly) 12.30-2pm. Provides a two course hot meal for £2.50, and a variety of activities. Limited places on the club’s own transport for people with walking difficulties (costs £1.50), Social club at 11am. Contact A Bailey (0114) 234 8425. alannebailey@talk21.com.

Walkley Ebenezer Methodist Church, Greenhow St, S6 3TP. Friday Folk Lunch Club, 12noon-1.45pm. Provides a hot meal for £3.50, and a variety of activities. Limited places on the club’s own transport for people with walking difficulties (costs £1.50). Call (0114) 285 3075.

S10

St John’s Church. 5 Ranmoor Park Rd, S10 3GX. Wednesday lunch club 12.15-2 pm. Call (0114) 230 1199.

St Timothy’s Church, 138 Slinn St, S10 1NZ. Older adults lunch club, Wednesday 11am-1.45pm. Call (0114) 266 1745.

The Church of Saint Columba. 503 Manchester Rd, S10 5PL. Lunch Club, Tuesday (fortnightly) 12.15-2pm. 2 course meal. Call (0114) 267 0006.

Wesley Hall. Crookes, S10 1UD. Thursday Lunch club at 12noon. Call (0114) 267 9040.

S35 and S36

Oughtibridge and District Lunch Club. United Reformed Church Hall, 21 Langsett Rd South, S35 0GX. Wednesday 12noon-1.30pm. Hot meal and a variety of activities. Call (0114) 286 4427.

Christ Church Stocksbridge - Thursday Lunch Club. Manchester Rd, S36 1DY. 12noon. Call Wendy 07870 296733.
Salvation Army - Meet and Eat Lunch Club.  Victoria St, Stocksbridge, S36 1FY. Monday at 12.30pm. Costs £4 for a 2 course meal and drink. Call (0114) 283 0651.

Stocksbridge Christian Centre - Tuesday Lunch Club.  Cedar Rd, S36 1EX. Alternate Tuesdays 12noon-1.30pm. Call Margaret Warren (0114) 288 5900.

Gardening and Community Allotments

Stocksbridge Community Gardens Group.  Stanley Rd Allotments, S36 2FQ. Contact Barbara (0114) 288 8394 or Joan (0114) 288 3899.

Environment groups

Rivelin Valley Conservation Group runs work days on the last Sunday of each month, regular walks and talks. Contact Christine and Graham Roe (0114) 266 5473. g.roe@sheffield.ac.uk.

Friends of groups

- Hillsborough Park. (0114) 234 4348. fohp@btconnect.com.
- Ruskin Park. veronicahardstaff@btinternet.com, kirsten_marsh@hotmail.com.
- Crookesmoor Parks. j.slate@sheffield.ac.uk.
- Bolehills. friendsofthebolehills@yahoo.co.uk.
• Coronation Park.  fofcp.oughtibridge@gmail.com.

Steel Valley Project.  h Town Hall, The ARC, Manchester Rd, Stocksbridge, S36 2DT. We work with volunteers in the Stocksbridge area, providing training and tasks in countryside management and conservation skills. Call ☑ (0114) 283 0880.

Valley in Bloom.  h Bracken Moor Sports Club, Bracken Moor Lane, Stocksbridge, S36 2AN. Meets first Thursday of the month 7.30pm. Contact Joan ☑ (0114) 288 3899, Mary ☑ (0114) 288 5586, Jim ☑ (0114) 283 1793 or Catherine ☑ (0114) 283 1727.  ❌ stocksbridgeinbloom@hotmail.co.uk.

Greave House Farm Trust.  h New Hall Lane, Stocksbridge, S36 4GH. A not-for-profit company running as a Care Farm, supporting adults with a learning disability or mental health needs. Call Barbara Bristow ☑ (0114) 288 8417.

Children and families

Children’s activities at Zest. Free and low cost after school and holiday activities for 0-5 year olds and parents and 5-13 year olds. Run from the main Zest Centre, the Zest for Sport building and in local parks. No need to book, just come along and join in the fun! Pick up an activities timetable from the reception desk at the Zest Centre, or contact Megan ☑ 07792 191522.  ❌ megan.drury@zestcommunity.co.uk.

Our pool also offers fun sessions and swimming lessons for children and young people. Zest runs youth clubs most week day evenings in Upperthorpe and Netherthorpe for young people aged 11-18. Drop-in on Wednesday 5-6pm at h Zest for Sport, Shipton St, S6. Contact Lloyd ☑ 07970 679235.  ❌ lloyd.samuels@zestcommunity.co.uk.

Sports facilities and activities

Hillsborough Leisure Centre.  h Beulah Road, S6 2AN. Offers a wide variety of exercise classes alongside its gym and swimming pool. Classes include yoga, Pilates, Silver Circuits and much more. Call ☑ (0114) 231 2233.

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. Contact ☑ (0114) 207 2040 option 4 or pick up a timetable from reception.
Forge valley cycle track.  
Forge Valley Sports Centre,  
S6 5HG.  ☏(0114) 229 4040.

**Cycle 4 all.** Weekly sessions run at Hillsborough Park. You can ride one of our adapted trikes, or get a lift on one of our side-by-side tandems or wheelchair trikes.  
🌐 www.sheffieldcycling4all.org.  ☏ 07565 695296.

Inman Pavilion.  🏠 Moorland Drive, Stocksbridge, S36 1EG.  
Provides a range of activities including dancing, Tai Chi, yoga and pilates.  ☏ 07966 720773.

Stocksbridge Community Leisure Centre.  🏠 Moorland Drive, Stocksbridge, S36 1EG. Gym, swimming pool, classes, chairobics.  ☏(0114) 288 3792.

Stocksbridge & District Golf Club.  🏠 Royd Lane, Deepcar, S36 2RZ.  ☏(0114) 288 7479.

Park Steels Football Club.  🏠 Bracken Moor Lane, Stocksbridge, S36 2AN.

Stocksbridge Rugby Club.  🏠 634 Manchester Rd, S36 1DY.  
3 Junior Teams, 2 Senior Teams.  ☏(0114) 288 5078.

Stocksbridge Cricket Club.  🏠 Bracken Moor Lane, S36 2AN.  ☏(0114) 249 7540.

Stocksbridge Tennis Club. Contact Claire on ☏ 07577 040409.

**The LifeCARD** offers significant savings on sport and leisure activities at SIV venues (Sheffield International Venues). For information about the LifeCARD and Plus One card (for people with a disability who need a PA to accompany them) visit🌐 www.siv.org.uk/lifecard. You can also call any SIV venue.

**The Saver Plus Card** gives significant savings on casual swimming, gym & fitness classes at Graves, Thorncliffe and Wisewood Sports and Leisure Centres as well as SIV venues.

See healthy activities on p9-10 and 13.


**Citywide activities**

**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](http://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](http://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](http://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. Call ☏ (0114) 276 7757. ☝️ [www.sheffieldmencap.org.uk/learning-disabilities/out-and-about-scheme](http://www.sheffieldmencap.org.uk/learning-disabilities/out-and-about-scheme).

**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](http://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.

[www.sheffielddirectory.org.uk](http://www.sheffielddirectory.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).
Zest for work (based in the Zest 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).

SCT has a Travel Buddy service if you need someone with you to get out and about. ☎ (0114) 276 6148. ✉ 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.

Local specialist equipment shops

Sell mobility and disability aids.

Parkgate Mobility. 🏡 Unit 30, Hillsborough Barracks S6 2LW. ☎ (0114) 437 2329.

Clark and Partners. 🏡 Hillsborough Barracks, S6 2LR. ☎ (0114) 231 5566.

Stocksbridge Mobility, 🏡 500 Manchester Rd, S36 2DU. ☎ 07378 415 368.

Learning and Work

Local education, training and employment support

Zest for work (based in the Zest Centre) provides Employment Support, and training including:
training courses include: employability, confidence building, English, maths and ITC. We can also signpost you to other training courses, for example ESOL, vocational training. Support with childcare and direct funding for courses is available in some cases.

Find out more ☏ (0114) 270 2042. ⌘ reception@zestcommunity.co.uk.

**Zest for work club.** Provides IT facilities, support with interview skills, job search, CV building and completing applications. Tuesday 9-10.30am, 10.30am-12noon, Thursday 1-2.30pm, 2.30-4pm.

We can also refer you to South Yorkshire Housing Association’s **Building Better Opportunities** and **WorkingWin** projects for training and help with Job Search. Zests contact details are on p2.

**English conversation class** (women only). Monday 12.30-2.30pm at Zest. Meet other women and practice speaking English in a safe and friendly environment. Free. Contact Samira Saleh ☏ (0114) 270 2040 ext 213. ⌘ samira.saleh@zestcommunity.co.uk.

**Computer Classes** available at Valley React (p15), The Venue (p15) and Belmont Nursing Home, Belmont Dr, Stocksbridge, S36 1AH.

Find out about volunteering opportunities on p21.

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**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.

**The WEA** run adult education courses.

_CHARSET_www.wea.org.uk/yorkshire-and-humber. ☏ (0114) 242 3609._CHARSET_

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

See details of the **U3A** on p21.
Debt advice
Local Citizen’s Advice (see p3).

Christians Against Poverty. Free advice and support to anyone in debt. Call ☎ 0800 328 0006 or drop into ☏ Connect Café, Philadelphia, 6 Gilpin St, S6 3BL on Thursday 10.30am-12.30pm.

Jubilee Money Advice. ☏ 349 Shirecliffe Rd, S5 6XJ. ☎ (0114) 232 0631.

Step Change. Provides free debt advice to help people deal with their debts and set up a solution. Call ☎ 0800 138 1111 Monday-Friday 8am-8pm, Saturday 8am-4pm.

Food banks
St. Thomas’ Church. ☏ Philadelphia, 6 Gilpin St, S6 3BL. Tuesday and Friday 11am-1pm. ☎ (0114) 241 5960.

Winn Gardens. ☏ Tara Building, 126 Winn Drive, S6 1UP. Thursday 9-10am.

Jesus Centre. ☏ 93 Broomspring Lane, S10 2FB. Monday 11am-1pm. ☎ (0114) 241 5960.

St. Thomas’ Church. ☏ Nairn St, Crookes, S10 1UL. Tuesday 2-3pm. ☎ (0114) 241 5960.

All of the foodbanks above are referral only. Food vouchers can be issued by GPs, Zest or other frontline professionals (like social workers, health visitors, Citizens Advice).

The HUB Church. ☏ 512 Manchester Rd, Stocksbridge, S36 2DU. Contact Ray Hawley ☎ (0114) 288 3924.
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.moneyadvice.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.
Housing

Local housing advice and support

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.

- **First Point Hillsborough.** 🏢 Unit 7, Hillsborough Barracks, Langsett Rd, S6 2LR.
- **Town Hall.** 🏢 The Arc, Manchester Rd, Stocksbridge, S36 2DT.

**Tenants and Residents Associations (TARAs).** To find your local TARA and get involved, please contact ✉ getinvolved@sheffield.gov.uk or call ✆ 273 5566. Local TARAs are Crookes & Upper Walkley, Edward Street and St George’s, Langsett and Walkley Community Association, Martin & Oxford Street, Upperthorpe, Westminster, Winn Gardens, Upper Don.

Citywide housing advice and support

**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.
Support for Carers

Local Carers services

Zest Carers Support Group.
Meets alternate Thursdays in Upperthorpe Library 1.30-3pm (see p16). Contact Jenny ☎ (0114 270) 2040, ext. 210. ✉ jenny.hare@zestcommunity.co.uk.

Carer Led Support Group,
明确规定 Rawson Spring pub in Hillsborough, S6 2LN. Meets on the last Thursday of the month 10.30am-12noon. Contact Vicky ☎ 07764 964531.

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**

Find local specialist shops where you can buy or hire equipment on p23.

**Community Equipment Service (British Red Cross).**

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.  0800 077 3100.

Hot meals can also be delivered to your door every day:
• **Park Care Meals.**  www.parkcaremeals.co.uk.  (01709) 378 100.

### Home support services

Here’s a list of Home Support services that work in the North West 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.

- Abbeycare and Nursing at Home .................................................. 0114 284 4868
- Access Support Services (SADACCA) ........................................... 0114 275 3479
- Active Friendly Support ................................................................. 0114 348 5547
- Adswad Ltd. ................................................................. 0114 246 7607
- Alzheimer’s Society ................................................................. 0114 276 8414
- Aspire PC Ltd. ................................................................. 0114 245 6320
- At Home with Age UK Sheffield .................................................. 0114 250 2850
- Awesome Healthcare Solutions Ltd ............................................ 0170 983 7191
- Baldev Skills Resources Ltd ....................................................... 0753 327 0830
- Bespoke Care (Sheffield) Ltd ....................................................... 0114 442 7949
- Bluebird Care ................................................................. 0114 265 6670

- Care2Care ................................................................. 0114 349 4384
- Carewatch Sheffield ................................................................. 0114 268 0333
- Caring Personal Assistants ......................................................... 0114 290 3612
- Chrismark Care ................................................................. 0798 290 6618
- Citizenship First ................................................................. 0114 279 8001
- Communication Independence .................................................. 0758 268 3406
- Custom Home Care Ltd ............................................................... 0114 275 9703
- Delight Care Services Ltd ............................................................. 0793 923 9075
- Dimension UK Ltd ................................................................. 0300 303 9003
- Direct Health ................................................................. 0114 256 6480
- Fosse Healthcare - Sheffield ......................................................... 0114 322 0109
- Hallam Homecare Services Ltd .................................................. 0114 327 6405
- Hallam24 Healthcare ................................................................. 0114 349 4545
- Helping Hands Sheffield ............................................................. 0114 205 5267
- HFT Sheffield & Derbyshire ......................................................... 0114 250 0718
- Holistic Social Care ................................................................. 0114 327 0320
- Home Alternative Ltd ................................................................. 0114 266 6180
- Home Instead Senior Care North .................................................. 0114 246 9666
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.

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).

www.sheffielddirectory.org.uk
**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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SINCE I KNEW
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or visit www.sheffield.gov.uk/allotments
for more information
Select Support Sheffield offer personally tailored packages, to meet individual needs.

For all enquiries please contact:
Select Support:
07549 280475
enquiries@select-support-sheffield.co.uk

Select Support Sheffield
The Lifestyle Centre, Room 10,
High Street, Beighton, S201HE
Tel: 07549 280475
www.select-support-sheffield.co.uk

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Pitsmore Methodist church building
131 Burngreave Road, Sheffield, South Yorkshire S3 9DG

Tel: 075 5175 7854
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.
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.
Exceptional home care visits from exceptional carers

Most people in need of care would prefer to stay in their own home. Our home care visiting service is carefully tailored to suit your loved one's needs, can help them retain their independence and stay connected to friends, relatives and pets.

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- Personal Care
- Dementia & Alzheimer's Care
- Post-Hospital Stay Care
- Palliative
- End of Life Care

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www.visiting-angels.co.uk | sheffield@visiting-angels.co.uk
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- Sitting Service
- Befriending Services
- Domiciliary Care (Home Care)

CALL US ON:
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ADSWAD LTD
SUPPORT SERVICES

A direct service with a difference

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 outcome is listed on CQC web site.

The company registration number is 08008042

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