Your guide to living well in South West Sheffield

SUMMER 2019

City Centre, Broomhall, Highfield, Sharrow, Heeley, Meersbrook, Totley, Dore, Beauchief, Greenhill, Bradway, Batemoor, Jordanthorpe, Lowedges, Woodseats, Nether Edge, Ecclesall
Welcome to your local guide to keeping happy, healthy and well in South 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 Age UK Sheffield, Heeley City Farm, Heeley Trust, Reach South Sheffield and Shipshape, together with Sheffield City Council.

- **Sheffield Age UK**
  - First Floor, South Yorkshire Fire & Rescue, 197 Eyre St, S1 3FG.
  - (0114) 250 2850.
  - enquiries@ageuksheffield.org.uk.
  - www.ageuk.org.uk/sheffield.

- **Heeley City Farm**
  - Richards Rd, S2 3DT.
  - (0114) 258 0482.
  - info@heeleyfarm.org.uk.
  - www.heeleyfarm.org.uk.

- **Heeley Trust**
  - Meersbrook Hall, Meersbrook Park, Brook Rd, S8 9FL.
  - (0114) 399 1070.
  - info@heeleydevtrust.com.

- **Reach South Sheffield**
  - Herdings Heritage and Community Centre, Morland Rd, Gleadless, S14 1TD.
  - (0114) 239 4466.
  - info@gvcf.org.uk.
  - www.reachsouthsheffield.org.uk.

- **Shipshape**
  - The Stables, Sharrow Lane, S11 8AE.
  - (0114) 250 0222.
  - info@shipshape.org.uk.
  - www.shipshape.org.uk
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), [0344 4 113 111](tel:03444 113 111).

Local offices

- **London Road.** 416-418 London Rd, S2 4ND.
  Drop-in advice service Monday 9.30am-4pm.
- **Hanover Medical Centre.** 100 William St, S10 8LA.
  Drop-in advice service Wednesday 1.30-3.30pm.
- **Totley Rise Methodist Church.** Grove Rd, S17 4DJ.
  Drop-in advice service Tuesday 10am-12noon.

Age UK Advice Service

Age UK Sheffield’s Independent Living Coordinators are specialists in older people’s benefits advice such as Attendance Allowance, Pension Credit and Carers Allowance, and can support with any over-50’s issue. Our information and advice service holds the Advice Quality Standard. Call (0114) 250 2850 or drop in to our office in the Fire Service HQ, 197 Eyre St, S1 3FG, Monday-Thursday 10.30am-3.30pm. We’re also developing local advice sessions in the Dore and Totley areas. Call us or visit [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield) to find out more.

Health and Wellbeing Information and Advice

Age UK Sheffield, Heeley City Farm, Heeley Trust, Reach South Sheffield and Shipshape provide local health and wellbeing advice and support. Find out more on p7-10.

Community Support Workers

There are Community Support Workers (CSWs) based at each GP surgery in the city. Your local workers are Jack, Janine, Karen and Sue. 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:

- 🏠 **Sharrow Family Centre.** Highfield Library, London Rd, S2 4NF. 📞 (0114) 205 3471.

- 🏠 **Valley Park Family Centre.** Norton Ave, S14 1SL. 📞 (0114) 241 6968. (also has a link site at Chancet Wood).

**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 ☎ (0114) 205 7243.
✉ 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

For people 50+ years
Age UK Sheffield. 🌐 www.ageuk.org.uk/sheffield. ☎ (0114) 250 2850.

For carers
Sheffield Carers Centre. 🌐 www.sheffieldcarers.org.uk. ☎ (0114) 272 8362. 
Sheffield Young Carers. 🌐 www.sheffieldyoungcarers.org.uk. ☎ (0114) 258 4595.

For people on the autistic spectrum
Sheffield Autistic Society. 🌐 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. 🌐 www.disabilitysheffield.org.uk. ☎ (0114) 253 6750, 
text only: ☎ 07541 937169.

For people with a learning disability
Sheffield Mencap & Gateway. 🌐 www.sheffieldmencap.org.uk. 
☎ (0114) 276 7757.

For people with a mental health problem
Sheffield MIND. 🌐 www.sheffieldmind.co.uk. ☎ (0114) 258 4489.

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

## Local health and wellbeing services

### GP Surgeries

**Heeley Green Surgery.** 🏥 302 Gleadless Rd, S2 3AJ. 📞 (0114) 250 7206.  
**Matthews Practice.** 🏥 22 Asline Rd, S2 4UJ. 📞 (0114) 255 4498.  
**Devonshire Green Medical Centre.** 🏥 126 Devonshire St, S3 7SF. 📞 (0114) 272 0255.  
**Carterknowle Medical Practice.** 🏥 1 Carter Knowle Rd, S7 2DW. 📞 (0114) 229 1686.  
**Lowedges and Batemoor Medical Centre.** 🏥 7 Low Edges, S8 8LW. 📞 0845 124 0737.  
**Lowedges Surgery.** 🏥 127a Lowedges Rd, S8 7LE. 📞 0845 123 6889.  
**Meadowgreen Health Centre.** 🏥 Old School Site, School Lane, Greenhill, S8 7RL. 📞 (0114) 237 8877.  
**Meadowgreen Health Centre.** 🏥 Lowedges Site, 127a Lowedges Rd, S8 7LE. 📞 (0114) 237 8800.  
**Sloan Medical Centre.** 🏥 2 Little London Rd, S8 0YH. 📞 (0114) 258 1554.  
**Woodseats Medical Centre.** 🏥 900 Chesterfield Rd, S8 0SH. 📞 (0114) 285 0140.  
**Hanover Medical Centre.** 🏥 100 William St, S10 2EB. 📞 (0114) 276 2248.  
**Hollies Medical Centre.** 🏥 20 St Andrews Rd, S11 9AL. 📞 (0114) 255 0094.  
**Porterbrook Medical Centre.** 🏥 9 Sunderland St, S11 8HN. 📞 (0114) 263 6100.  
**Sharrow Lane Medical Centre.** 🏥 129 Sharrow Lane, S11 8AN. 📞 (0114) 255 6843.  
**Baslow Road Surgery.** 🏥 148 Baslow Rd, S17 4DR. 📞 (0114) 236 9957.  
**Dore Medical Practice.** 🏥 137 Dore Rd, S17 3NF. 📞 (0114) 229 1686  
**Totley Rise Medical Centre.** 🏥 96 Baslow Rd, S17 4DQ. 📞 (0114) 236 5090.  

### Dentists

Find your local dentist on the NHS Choices website: 📱 www.nhs.uk.
Community health and wellbeing

Age UK Sheffield, Heeley City Farm, Heeley Trust, Reach South Sheffield, Shipshape and a network of local organisations working in the South West 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.

Heeley Trust and Shipshape have Health Trainers who offer free one-to-one support with things like:
- healthy eating.
- chronic pain.
- losing weight.
- stopping smoking.
- getting more active.
- stress and anxiety.

Reach South Sheffield has a Health Practitioner who provides the same service.

Shipshape are here with a warm welcome and sessions to support your health and wellbeing. We have 6 Health Trainers and we offer free or low cost group and one-to-one services together with volunteering opportunities. These happen at our centre in Sharrow and at outreach centres in the city centre, Broomhall, S12 and S20. Feel free to ring or drop in and have a chat about our services. Group sessions and volunteering are a great way to socialise. Our volunteers get support, training, the chance to make friends and contribute to our community.

We also provide a free, person-centred counselling service 3 mornings a week and can refer people to foodbanks where appropriate.

We also run activities at the following venues:
- 🏡 Shipshape, The Stables, Sharrow Lane, S11 8AE. Games group, Monday 11am-12.30pm, Cooking on a budget 12.30-2.30pm. Mixed
walking football, Tuesday 12.30-2pm. Ladies drop in & exercise, Wednesday 10.30am-12noon, Breakfast Club 10am-12noon. Craft group, Friday 10.30am -1.30pm.

**Community Social Café** held on the last Thursday of the month 10am-12noon. Men only. Exercise session 10-10.45am. Speakers, good food and company. Free. Dementia friendly.

- **廋 Broomhall Centre, Broomspring Lane, S10 2FD.**
  - English Conversation Class, Tuesday 11.30am-12.30pm.
  - Ladies chairobics, Tuesday 1-2pm.
- **廋 Birley Fire Station, S12 3BF.** Mixed chairobics, Monday 1-2pm.
- **廋 ISRAAC, 54 Cemetery Rd, S11 8FP.**
  - Men’s chairobics, Thursday 10.30-11.30am.
- **廋 Moor Market, city centre.**
  - Community information hub, Monday 9.30am-12.30pm.

Contact us to find our more. Our contact details are on p2.

**Heeley Trust** runs a Community Learning and Wellbeing Centre in Meersbrook. It provides friendly support for people looking to improve their health and wellbeing. We offer free or low cost courses (see p24).

The centre runs a giant over 50’s Connect IT Project, helping to connect people through IT. We also run a digital inclusion project across the city (see p23).

We have Community Link Workers, who work in 3 GP surgeries (Woodseats, Sloan and Carterknowle). We provide one-to-one support and lots of volunteering opportunities. You can be referred to us by your GP or health professional or you can just turn up. We provide free support to set your own
health goals. We can refer you to our Health Trainers, our activities or to an activity in the local community. We also run Health cafes in the area (see p16). If you’d like to volunteer with us you can become a Health Champion. We give you support and training and the chance to make friends, learn new skills and contribute to the community. Our Health Champions help us to support patients and set up new groups.

We also have a counsellor (Nikki) who runs one-to-one sessions to help with things like stress, anxiety, sleep and weight problems. See our contact details on p2.

**Reach South Sheffield** supports people (in Gleadless Valley, Lowedges, Batemoor and Jordanthorpe) to make positive changes for themselves, their families and their communities by

- encouraging them to gain knowledge and skills through a range of learning opportunities.
- helping them into employment by supporting them to find and apply for work.
- improving their health and wellbeing.
- promoting volunteering opportunities.

You can get your GP to refer you to our Health Practitioner or you can contact them direct, Pete Bird ☎️ 07821 681100. ✉️ health.pract@gvcf.org.uk.

Find our contact details on p2.

**Reach Fit Bus.** Get fit, lose weight and feel great!

Low-cost gym & swimming sessions at Heeley gym and pool. Transport to and from the pool with pick-up and drop-off points in Lowedges, Batemoor, Jordanthorpe, Gleadless Valley and Heeley Green. The price (£4.50), includes transport and 1 hour gym or swim.

Monday 10.15-11.15am (minibus pick-ups start from 9.30am).
Wednesday 13.15-14.15pm (minibus pick-ups start from 12.30pm).
Contact Kim Hinchliffe ☎️ (0114) 239 8946. ✉️ kim.hinchliffe@gvcf.org.uk.

**Heeley City Farm** is an inner-city farm providing a range of activities for all, including employment, play, youth work, youth and adult training, education, health and therapeutic services, day care for adults with learning disabilities, older peoples’ activities and heritage projects. We also offer a variety of volunteering and training opportunities. See our contact details on p2 and our activities on p15, 19, 24, 25, 31.
The Terminus Initiative. 🏡 240 Lowedges Rd, S8 7JB (we’re located above the Terminus Café). We try to help as many people as possible in the Lowedges, Batemoor and Jordanthorpe areas. Almost everything we do is free – and everyone’s welcome! We can help with physical and mental health, feelings of loneliness and isolation, signposting to other services, making new friends, volunteer opportunities and having fun!

Our activities include: Knit and Natter, art group (for all abilities), women’s conversation club, carers groups, community lunch (learn cooking skills in a group and have a free lunch), food growing project.

We understand that coming to a group for the first time can be daunting, so call Pam or Joy ☎️ (0114) 237 8724 for a chat beforehand! 📧 hlc-tti@btconnect.com.

Live Lighter is a free weight management service for all ages. Call ☎️ (0114) 270 2040. 🌐 https://www.zestcommunity.co.uk/services/live-lighter.

Sheffield United Community Foundation runs a health walk, football and walking football sessions. Sessions are open to people with disabilities or mental health difficulties ☎️ (0114) 261 9883.
🌐 www.sufc-community.com/health-wellbeing.

Yoga classes are held at the following venues (please contact for details of days and times):

- 🏡 Hagglers Corner, 586 Queens Rd, S2 4DU. ☎️ 07968 822654.
- 🏡 Heeley Institute, 147 Gleadless Rd, S2 3AF. Women only. ☎️ (0114) 250 0613.
- 🏡 St. Mary’s Community Centre, Bramall Lane, S2 4QZ. ☎️ (0114) 223 0223.
- 🏡 Sharrow Community Forum, Old Junior School, South View Rd, S7 1DR. ☎️ (0114) 250 8384.
- 🏡 Sheffield Yoga for ME, Holy Trinity Church, Millhouses S7 2GY. ☎️ 0845 582 0112.
- 🏡 Meersbrook Hall, Meersbrook Park, Brook Rd, S8 9FL. ☎️ (0114) 399 1070.
- 🏡 Broomhall Centre, Broomspring Lane, S10 2FD. ☎️ (0114) 272 9105.

Fitness classes are held at the following venues:

- 🏡 Heeley Institute. 147 Gleadless Rd, S2 3AF. Women only keep fit and have fun, Monday 10.30am. Women only Zumba, Tuesday 9.30am.
• Scout Hut, Canterbury Rd, S8 9QS. Tai Chi, Tuesday 9.30am (in the walled garden when weather improves).

• Meersbrook Hall, Meersbrook Park, S8 9FL. Yoga for stress management, Monday 1-2.30pm, Gentle exercise class (for balance and mobility), 11am.

• Abbeydale Sports Club, S17 3LJ. Yoga (10 week course), every Friday at 3.30pm followed by coffee.

• Dore and Totley United Reformed Church, S17 3QS. Yoga (10 week course), Tuesday 1.15pm.

• Heeley Swimming Pool, S8 0XQ. Women only swim with lifeguard and female instructor, Friday 10.30am (term-time only).


Dance to Health. St Augustine’s Church, Hunters Bar, S11 8RQ. For older women who have had a fall or are at risk of falling. Wednesday 10am-12noon. Contact Jenny (01993) 870159. jennyjohnson@ae-sop.org.

Heeley Asian Women’s Group. A self-organised group of women who run a health and fitness programme which includes women only swimming, keep fit and Zumba. We meet regularly, and organise trips, parties, short courses and activities which get women together to build up their confidence and health awareness. Meets at Meersbrook Hall, Brook Rd, S8 9FL. Contact Hamida (0114) 255 1307 or Maxine (0114) 399 1070.

Walk for Wellbeing. Walk from Heeley Green PO and social session afterwards at the Church of the Nazarene. Monday 10.30am. Contact Peter Burgess-Allen (0114) 303 9981. peter.syec@heeleyfarm.org.uk.

Step Out Sheffield runs weekly health walks across the city including: Graves Park on Monday at 10am. Lowedges on Thursday at 10.30am. Ecclesall Woods on Tuesday and Thursday at 10.30am. Totley on Wednesday at 10.30am. Forge Dam on Thursday at 2pm. Porter Valley on Tuesday at 1.30pm. We socialise afterwards with a cuppa and a natter. www.healthwalksinsheffield.btck.co.uk. 07505 639524.

See sports centres on p20.
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 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. 🌐 www.drinkwiseagewell.org.uk. 📞 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). Also provide a bereavement service in Greenhill/Beauchief.

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.
- 📍 Meersbrook Park United Reformed Church, 173 Chesterfield Rd, S8 0RP. First Thursday 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.

Contact the Alzheimer’s society to find out more about these activities (see p5).

**Venture Walking Friends** run a series of walks for people with dementia and their carers. Contact Heeley Trust (see p2).

**Recharge Your Batteries**. Group for people with dementia and their carers. Last Tuesday of each month 10.30am-12.30pm at ShipShape (see p2). Pampering and creative activities, speakers and refreshments. Free.

You will also find other dementia friendly activities in the Activities section p15-20.
**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. To register and find out more 🌐 www.parkrun.org.uk. A Parkrun is held at Endcliffe Park.

**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. Sessions held in Endcliffe Park on Tuesdays and Saturdays. Book a timeslot ☎️ (0114) 241 2775. ✉️ admin@pedalready.co.uk.

**Sheffield Cycle Boost** promotes cycling. Bike loans, cycle courses and workshops. Call ☎️ (0114) 250 0613. For recycled bikes visit 🏠 Heeley Trust, Ash Tree Yard, 62-68 Thirlwell Rd, S8 9TF or call ☎️ (0114) 250 0613.

Activities

Things to do and places to go locally

Community hubs and activities

S2

Chinese Community Centre. ★ 157-159 London Rd, S2 4LH. Provides lots of activities including welfare rights, lunch club, therapies, afternoon tea, table tennis, Tai Chi, low impact aerobics. ☎ (0114) 258 8863.

Church of the Nazarene. ★ 8 Fitzroy Rd, Sheffield S2 3BB. Activities include baby and toddler groups, youth club, Knit and Natter, lunch club. Call ☎ (0114) 250 0995.

Heeley City Farm. See also p19, 24 & 25. Wild & Woolly Knitting and Craft Group. Craft and knitting social group, alternate Thursdays 6-9pm. Contact Aly Laloo ☎ (0114) 250 5111. ✉ special@heeleyfarm.org.uk.

Heeley Parish Church. ★ 151 Gleadless Rd, S2 3AE. Activities include mums groups, toddler groups and youth groups. We also run Café Care, a not for profit Community Café on Tuesday 11am-1.30pm. We offer a warm and friendly welcome, drinks, cakes, soup, activities, friendship, a non-judgemental listening ear and a job club on the 1st week of the month, just pop in! Call ☎ (0114) 255 7718.

Highfield Trinity Church. ★ 11 Holland Place, S2 4US. Runs lots of activities including parent and toddler group, yoga, Tai Chi, English conversation. Activities run by Sharrow Community Forum ☎ (0114) 250 8384.

St. Wilfrids Centre. ★ 524 Queen’s Rd, S2 4DT. Homeless, vulnerable and socially excluded adults can find understanding, practical assistance, a sense of belonging and the support to regain self-esteem at the centre. Runs lots of activities. ☎ (0114) 255 5720.

Terry Wright Community Hall. ★ 569 Gleadless Rd, S2 2BT. Food, Fun and Friendship. Drop-in on the 3rd Monday of the month.

Roshni. ★ 444 London Rd, S2 4HP. Provides support to South Asian women including advocacy support, training and learning opportunities, help seeking employment, as well as social and recreational activities (including summer trips). ☎ (0114) 250 8898. ✉ www.roshnisheffield.co.uk.
St. Mary’s Community Centre. 🏛 Bramall Lane, S2 4QZ. TimeBuilders project works with people to find the strength and ability to change their lives. Through the project we discover what each person can give to help make society better. Almost all members are unemployed, a third have mental health difficulties and many have chronic ill health. Our members become assets in the community! ☏ (0114) 223 0223.

Umix Centre. 🏛 17 Asline Rd S2 4UJ. Provides football pitches, dance studio, recording studio, fitness suite and digital media centre. Provides a range of activities like football (including walking football), dance classes, youth clubs and SoundKickers Music Session. Also runs the Belonging Project for refugees (male football, lunch club, women’s exercise, Minds over football - for mental wellbeing). Call ☏ (0114) 258 9601.

S7

Sharrow Community Forum. 🏛 The Old Junior School, Southview Rd, S7 1DR. Provides café, work club, choir, adult education (including English conversation, languages, arts, drama and yoga classes). ☏ (0114) 250 8384.

S8

Meersbrook Hall Adult Learning and Wellbeing Centre (run by Heeley Trust). Runs lots of activities including craft, Knit and Natter and sewing Wednesday 11am-2pm. We also run Health Cafes at Sloan Medical Centre (once a month on a Monday) and Woodseats Medical Centre (Tuesday 10am-12noon). Contact details p2.

Brindley and Mundella TARA. 🏛 Norton Lees, S8 8PZ. Runs a coffee morning on Wednesdays and dementia friendly activities and film show. Call ☏ (0114) 281 0570.

Batemoor & Jordanthorpe Community Centre. 🏛 450 Dyche Lane, S8 8BT. Runs lots of activities including Open Doors, Tuesday 10am-3pm (free for all ages, lunch available from £1), after school club, friendship group, Wednesday at 4pm. Wingchung. ☏ (0114) 237 7777.

Greenhill Methodist Church. 🏛 School Lane, S8 7RL. Runs activities including: coffee morning (Tuesday and Thursday 10am-12noon), ladies fellowship, prayer meeting, Knit and Natter, line dancing. ☏ (0114) 237 8363. ✉ officegreenhillmethodist@gmail.com.

Lowedges Community Centre. 🏛 Gresley Rd, S8 7HL. Home for the whole community. Provides adult learning, community launderette, free access to computers and wifi, community café, toddler group,
family activities, foodcycle and much more!  
☎ (0114) 237 2237. ☃ info@lbjforum.co.uk.

**Madina Mosque** 🏰 24 Wolsey Rd, S8 0ZU. Run open days.  
✉️ admin@madinamasjid.org.uk.

**Michael Church.** 🏰 Lowedges Rd, S8 7LD. Women’s Conversation Club, Tuesday 1-3pm. Call ☎ (0114) 237 8724.

**S10**

**Broomhall Centre.** 🏰 Broomspring Lane, S10 2FD. Provides a range of activities including educational clubs, English and life drawing classes, youth club, women’s chairobics, and yoga. Call ☎ (0114) 272 9105.

**S11**

**Cemetery Road Baptist Church.** 🏰 11 Napier St, S11 8HA. Provides a range of activities including Munch Club for the elderly, Tuesday 12.30pm. Coffee morning with English conversation, Thursday 10.30am. Also has a Foodcyle Café. Call ☎ (0114) 272 2179.

**ISRAAC Centre.** 🏰 54 Cemetery Rd, S11 8FP. Provides activities for the Somali community including daily lunch clubs, and men’s chairobics on Thursdays. Call ☎ (0114) 278 7662.

**Regather co-operative.** 🏰 57-59 Club Garden Rd, S11 8BU. Runs a co-working project which has fast internet, flexible membership and workshops. ☑️ (0114) 273 1258.

**S17**

**Age UK Sheffield** runs free and low cost activities in Dore and Totley to suit everyone. Everybody’s welcome so come alone or bring a friend:

- **Sporting Chatter at Totley Library.** Come and reminisce with others. Fortnightly on Fridays 10am-12noon.

- **Fitness classes for the over-50's.** Develop your strength, balance and flexibility at 🏰 Totley United Reformed Church, 28 Totley Brook Rd, S17 3QS. Monday 2-3pm and Thursday 2.30-3.30pm. Followed by coffee.

- **Table tennis at Bradway Community Hall, 59 Bradway Rd, S17 4QR.** Friday 7-9pm.
• Memoir Writing Workshops at Dore Parish Church, 2 Townhead Rd, S17 3GA. Courses run every 6 weeks.
• Dementia cafés. Every Wednesday at a venue in Dore and or Totley (contact us for more details).
• Walking football and other sports.

Our activities are expanding all the time. Our contact details are on p2.

Sheffield United Community Foundation (see p10).

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
Central Library. 🏛️ Surrey St, S1 1XZ. 📞 (0114) 273 4712.
Highfield Library. 🏛️ London Rd, S2 4NF. 📞 (0114) 203 7204. Health café held on Wednesday 11am-12.30pm.
Park Library Centre. 🏛️ 243 Duke St, S2 5QP. 📞 (0114) 275 7497.
Jordanthorpe Library. 🏛️ 15 Jordanthorpe Centre, S8 8DX. 📞 (0114) 327 3400.
Woodseats Library. 🏛️ 944 Chesterfield Rd, S8 0SH. 📞 (0114) 293 0411. Coffee Morning, Wednesday. Sporting Memories, Friday.
Ecclesall Library. 🏛️ 120 Ecclesall Rd South, S11 9PL. 📞 (0114) 203 7222.

Volunteer Libraries
Totley Library. 🏛️ 205 Baslow Rd, S17 4DT. 📞 (0114) 236 3971. Sporting Chatter – a group for men of all ages (every other Friday).
Lunch Clubs

Church of the Nazarene. 🏆 8 Fitzroy Rd, S2 3BB. Lunch followed by Activities, Wednesday 11.30am-2.30pm (term-time only). £2.50 for lunch and £2.50 for transport.

Duke Street Lunch Club. 🏆 Duke Street Community Centre, S2 5QL. For African-Caribbean people, Wednesday at 1pm. Meal costs £3. Call ☏ (0114) 253 6674.

St. Andrews URC Church Breakfast and Lunch Club. 🏆 Upper Hanover St, S3 7RQ. Breakfast club, Monday 8-10am. Open Kitchen Social Club Friday 12noon-2pm. Voluntary donation. Call ☏ (0114) 262 0718.

Woodseats Methodist Church. 🏆 Holmhirst Rd, Sheffield S8 0GS. Tuesday 12noon-2pm. Call ☏ (0114) 274 5293.

Cemetary Road Baptist Church. 🏆 11 Napier St, S11 8HA. Foodcycle lunches. Call ☏ (0114) 272 7579.

ShipShape Breakfast Club. Wednesday 10am-1pm. Open to anyone 18+. Contact details on p2.

Totley Rise Methodist Church Lunch Club. 🏆 Grove Road, S17 4DJ. Provides morning coffee, a 2-course lunch and entertainment for housebound or lonely residents in the S17 area most Fridays 10.30am-1.30pm. Transport can be provided. Call Phyl on ☏ (0114) 235 1897 if you’re interested in coming.

Gardening and Community Allotments

Heeley City Farm is an inner-city farm providing a range of activities for all. We have organic gardens, farm and smaller animals, low-energy buildings, wind turbines, Farm Kitchen Café, Garden Centre and much more. Contact details on p2.

Community Food Growing with Heeley City Farm. Come along and join friendly gardening sessions. Open to all and there’s no cost.

- Heeley City Farm Kitchen Garden. 🏆 Richards Rd, S2 3DT. Friday 10.30am-12.30pm. Contact Saskia Peet ☏ (0114) 258 0482 or ✉️ saskia@heeleyfarm.org.uk
• **Lowedges Firestation Garden.** 🏯 Low Edges Rd, S8 7JN. Alternate Saturdays 11am-1pm. Family friendly gardening sessions in a small garden. Contact Jo 📞 07775 573437. ⏳ jotownshend@rocketmail.com.

**Sports facilities**

**Ponds Forge Sports Centre.** 🏯 Sheaf St, S1 2BP. 📞 (0114) 223 3400.

**Graves Health and Sports Centre.** 🏯 Bochum Parkway, S8 8JR. 📞 (0114) 283 9900. Also runs dementia friendly swimming sessions.

**Heeley Pool and Gym.** 🏯 Broadfield Rd, S8 0XQ. 📞 (0114) 280 2370.

**King Edwards Swimming Pool.** 🏯 Clarkehouse Rd, S10 2LB. 📞 (0114) 267 1116.

**Moorview Golf Centre.** 🏯 Bradway Rd, S17 4QU. 📞 (0114) 236 1195.

The LifeCARD gives 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.

**Community choirs and singing groups**

**Purple Cats Community Choir.** 🏯 St Mary’s Community Centre, S2 4QZ. Adult community choir which sings for enjoyment, Tuesday 7.30-9.45pm (term-time only). ⚽️ sheffield.purplecats@gmail.com.

**City of Sheffield Teachers Choir.** Mixed voice choir, Thursday 7-9pm. Also meets at St Mary’s Community Centre. Call 📞 (0114) 236 2544.

**Sosa-Xa Choir (Sounds of Southern Africa).** Friendly Intercultural Community Choir, open to all, Monday 7.30-9.15pm (term-time only). Call Jane 📞 07422 966150.

**Melody Moments** (50+ singing group). Call Mo Baxter 📞 07579 004190 / 0114 250 7001. Both groups meet at the Quaker Meeting House, city centre.

**Humzingers.** Abbey Pub, Woodseats. Small, friendly, community singing group. Call 📞 (0114) 274 6204.
Woodseats Musical Theatre Company. 🏤 Highfield Trinity Church, S2 4US. Rehearsals Monday and Thursday 7.30pm-10pm. Call Mary ☎️ (0114) 264 4803.

Carfield Community Choir. 🏤 Carfield Primary School, Argyle Close, S8 9HJ. Friendly local choir. Monday 6.30-8.00pm (term-time only). Call ☎️ 07732 246372.

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.

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 p2.

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 p13.

Activities for people with disabilities

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

Sheffield Mencap and Gateway has an Out and About Scheme with activities for people over 18 with a learning disability. Activities include Liberated Ladies, snooker, bowling, football, fitness fanatics, walking and youth groups. Call ☎️ (0114) 276 7757. 🌐 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.

**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. ✉️ 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.

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**Learning and Work**

**Local education, training and employment support**

**Learn for Life.** 📍 241-243 London Rd, S2 4NF. Courses and classes include: languages, English as a Second Language, music, IT, media, art, maths and English, creative writing, yoga and Zumba. Call ☎️ (0114) 255 9080.

**Sheffield College City Campus.**

📍 Granville Rd, S2 2RL.
☎️ (0114) 260 2600. 🌐 www.sheffcol.ac.uk/courses/adult-learners.

**University of Sheffield Lifelong Learning.** 📍 241 Glossop Rd, S10 2GW. ☎️ (0114) 222 7000.

**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.

**Age UK Sheffield** also run digital drop-in events, including one at Totley Library. Call ☎️ (0114) 250 2850 for dates and times.
Heeley Trust – Community Learning. Meersbrook Hall, S8 9FL. Classes include: Art for All, Monday 12.30-2.30pm and Friday 10am-12noon. English as a Second Language, Monday and Tuesday 10am-12noon at Umix, Wednesday 12.30-2.30pm, Thursday 10am-12noon. Maths, Thursday 10am-12noon. English, Wednesday 9.30-11.30am. Family history, Friday 12.30-3.30pm. iPads for Beginners, Tuesday 1-3pm. Digital photography, Tuesday 10am-12noon. Spanish (for beginners onwards), Wednesday 1.30-3.30pm, Thursday 9.30-11.30am, 12.45-2.45pm. Childcare level 2, Wednesday 12.30-2.30pm. Functional skills IT, (for beginners to Level 1), Monday 1-3pm, Friday 10am-2noon. Contact Matthew Reeve (0114) 399 1070. learningchampion@heeleydevtrust.com.

Heeley Trust - Employment Support. CV writing, Wednesday 2pm by appointment. How to get a job course, Friday 12.30pm. Job search support, Tuesday 1-4pm, Wednesday 9am-1pm and 1-4pm, Thursday 1-4pm. Held at venues across the area.

Reach South Sheffield – Community Learning. Classes include cooking, catering, reading, IT, English, maths, English as a Second Language, managing stress through yoga. Contact Wesley Peters (0114) 239 4466. wesley.peters@gvcf.org.uk.

Reach South Sheffield – Employment. If you live in SW Sheffield we can help with:

- job searching
- completing job applications
- producing an up-to-date CV
- preparing for interviews
- improving your confidence after being unemployed for a while

Book an appointment with one of our Employment Support Workers at one of these locations: Reach Employment & Learning Centre (Blackstock Rd), Jordanthorpe Library, Newfield Green Library or Greenhill Library. Call (0114) 239 4888 or email our Employment and Skills Manager, Meyoma Usen, skills.manager@gvcf.org.uk.

Sharrow Community Forum. See p16.

Heeley City Farm and partner projects offer a variety of volunteering and training opportunities in local food growing, café and garden centre work, animal care, social care, community history and heritage, office and receptionist work and much more. Contact Aly Laloo (0114) 250 5111. special@heeleyfarm.org.uk.

Find out about volunteering opportunities on p21.
Citywide training and careers providers


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.

Sheffield Association for the Voluntary Teaching of English (SAVTE) can help you learn English. 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.

Money Matters

Local services

Debt advice

Local Citizen’s Advice (see p3).

Live Well at Home. 🏠 c/o SYHA, 43-47 Wellington St, S1 4HF. Debt advice for the over 55's. 📞 07971 609796.

Roundabout. 🏠 Floor 4, The Circle, 33 Rockingham Lane, S1 4FW. Debt advice for younger people. 📞 (0114) 253 6789.

Energy advice

South Yorkshire Energy Centre at Heeley City Farm. Offers free energy advice to help people save money on their gas and electricity bills and keep warm and well at home. We help find the best energy deals, explain how to manage heating systems and advise on practical ways to make homes more energy efficient. Open to visitors Tuesday-Thursday 11am-3pm and by appointment at other times. Drop-in advice sessions on Thursdays. Our advice is impartial. We deal directly with suppliers to arrange switching and make sure that you are receiving any discounts or services you’re entitled to. Contact Sharon Smith 📞 (0114) 303 9981. ✉️ sharon.syec@heeleyfarm.org.uk.
Food banks
In most cases a referral to a foodbank is needed. This can be a referral from an advice service like Citizens Advice (p3), GP or the organisations on p2.

**Jubilee Food Bank.** For Abbeydale, Nether Edge, Millhouses and Carterknowle areas 📞 (0114) 232 0631.

**S6 Food Bank** (city centre). 📞 (0114) 241 9560.

**Burngreave Foodbank** (includes the Broomhall area). 📞 07542 888671.

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 p2).

**Loans, savings and current accounts**

**Sheffield Credit Union.** 🏢 16 Commercial St, S1 2AT.

**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**

**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.

Local offices
- Howden House, 🏡 1 Union Street S1 2SH.
- Jordanthorpe, 🏡 17 Jordanthorpe Centre, S8 8DX.
- Low Edges, 🏡 88 Gervase Road, S8 7PS.

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

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

**Frontotemporal Dementia Carers Group.**  🔥 Heeley City Farm, Richards Rd, S2 3DT. 2nd Tuesday of the month 6.30-8.30pm. Contact Lee ☎️ lee@heeleyfarm.org.uk.

**Roshni Asian Womens’ Resource Centre.**  🔥 444 London Rd, S2 4HP. Monthly.

**Unpaid Carers Support Group.**  🔥 Newfield Green Library, S2 2BT. 3rd Thursday of the month 10.30am-12.30pm. ☎️ (0114) 239 8946.

**Carers Support Group.**  🔥 Terminus Café, Lowedges Rd, S8 7JB. 2nd Tuesday of the month 10.30am-12noon. ☎️ (0114) 237 8724.

**Shipshape Carers’ Group.**  🔥 The Stables, Sharrow Lane, S11 8AE. Third Wednesday of the month 10.30am-12.30pm. ☎️ (0114) 250 0222.

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.**
  - 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 South 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](http://www.sheffielddirectory.org.uk/homesupport).

**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** ................................................................. 0114 327 0830

**Bluebird Care** ............................................................. 0114 265 6670

**Caring Personal Assistants** .................................................. 0114 290 3612

**Careline Homecare** .................................................. 0114 273 3939

**Chrismark Care** ............................................................ 0798 290 6618

**Citizenship First** ............................................................ 0114 279 8001

**Comfort Call Ltd.** ...................................................... 0114 273 7305

**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

**Excell Home Care Ltd.** ...................................................... 0114 247 1428

**Fosse Healthcare – Sheffield** ........................................... 0114 322 0109

**Fuscoe Browne Healthcare Ltd.** ........................................... 0114 275 7272

**GMS Carers** ................................................................. 0114 253 1309

**Hallam Homecare Services Ltd.** ........................................ 0114 327 6405

**Helping Hands Sheffield** .................................................. 0114 205 5267

**HFT Sheffield & Derbyshire** .................................................. 0114 250 0718

**Holistic Social Care** .................................................... 0114 250 0718

**Home Alternative Ltd.** ........................................................... 0114 266 6180

**Home Instead Senior Care North** ........................................ 0114 246 9666

**Home Instead Senior Care South** ........................................ 0114 250 7709

**Inspire UK Care** ............................................................. 0114 232 3333

**JS Parker** ................................................................. 0114 250 7711

**Jubilee Angels** .............................................................. 0300 124 5522

**Juventa 4 Care Ltd.** ....................................................... 0114 324 1260

**Kingfield Supported Living** .................................................. 0114 258 7557

**Lynx Care** ................................................................. 0114 243 1624

**Millennium House** ....................................................... 0114 266 6180

**Optimum Healthcare** ..................................................... 0114 386 3340
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<th>Pacific Care Services</th>
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<td>PIC 24</td>
<td>0114 279 5313</td>
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<td>Pillar Nursing Placements Ltd.</td>
<td>0114 299 5090</td>
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<td>Principle Support Ltd.</td>
<td>0114 213 1750</td>
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<td>Prof-Care Ltd.</td>
<td>0114 324 1256</td>
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<td>Progressive Care</td>
<td>0114 280 0270</td>
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<td>Proud to Care</td>
<td>0785 496 5088</td>
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<td>PT Care UK Ltd.</td>
<td>0114 553 9780</td>
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<td>Royal Care Health</td>
<td>0114 438 8507</td>
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<td>Samfos Health</td>
<td>0114 245 5450</td>
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<td>Sarah Care Ltd.</td>
<td>0114 248 5658</td>
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<td>Serenta Homecare</td>
<td>0114 258 1093</td>
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<td>Seven Steps Support Ltd.</td>
<td>0780 283 3568</td>
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<td>Spectrum Social Care Ltd.</td>
<td>0114 249 9988</td>
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<td>Thames Homecare Services Ltd.</td>
<td>0114 321 6488</td>
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<td>The Caring Choice Ltd.</td>
<td>0114 245 5335</td>
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<td>The Good Days Project</td>
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<tr>
<td>TLC Homecare</td>
<td>0114 407 0036</td>
</tr>
<tr>
<td>Twelve Trees Homecare Ltd.</td>
<td>0114 258 3802</td>
</tr>
<tr>
<td>Unique Options</td>
<td>0114 292 2164</td>
</tr>
<tr>
<td>Visiting Angels Care</td>
<td>0114 433 3000</td>
</tr>
</tbody>
</table>

**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.shefield.gov.uk](http://www.shefield.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](http://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.
Allotments available!

We have allotments immediately available in parts of the city. Grow your own fresh fruit and vegetables, whilst keeping fit and making new friends. It costs around £3 a week (less for smaller plots); some people are eligible for a discount

Call 0114 2734528 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

Opening Hours:
Monday-Friday 9:00am – 5:30pm
Saturday 10:00am – 4:00pm
Sunday 10:00am – 2:00pm

• Home Help
• Medication Support
• Personal Care
• Punctual and Efficient carer
• Support with communication
• Personal Attention
• Help with shopping and going out

Tel: 075 5175 7854
Pitsmore Methodist church building
131 Burngreave Road, Sheffield, South Yorkshire S3 9DG
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.

What does quality care look like?
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.

Our caregivers are carefully selected. We find excellent people with the right mix of skills, experience and a true caring nature, so that they can provide consistently superior home care.

- Companion & Social Care
- Personal Care
- Dementia & Alzheimer’s Care
- Post-Hospital Stay Care
- Palliative
- End of Life Care

Find out more about how a Visiting Angel can help
Call: 0114 433 3000
www.visiting-angels.co.uk | sheffield@visiting-angels.co.uk
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MANU Integrity Services will MEET your needs

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Email: admin@manuintegrityservices.co.uk
Address: 58a Birley Moor Road, Sheffield, S12 4WD
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 itself on working to the outcomes of the Care Quality Commission Essential Standards when delivering services that promotes dignity / empowers human rights and aids independence to improve or to sustain a quality of life.

Adswad will work with social services, families 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

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